



Interfaith Towers

Community News

August 2012



Manager's Corner

Three cheers to all of our wonderful volunteers who have helped us keep the grounds looking great this summer. You really do make a difference. I also want to extend my sincere appreciation to everyone for your positive responses to my recent memo regarding the shopping carts, laundry room, front lobby and front entrance areas. Our community is uniquely blessed by the presence and contributions of each and every one who makes Interfaith their home. May the coming month bestow many blessings on you!

Fondly, Mary and your staff of Interfaith Towers

Take a Deep Breath

The Mayo Clinic says proper relaxation can reduce the effects of stress, lower blood pressure and reduce chronic pain. Try meditation, yoga, listening to music or taking a walk. Find the technique that works best for you, then add it to your daily routine.

Shooting Stars

From Aug. 11 to 13, there will be a spectacular show in the sky: the Perseid meteor shower. Try to sneak a peek outside on one of these nights to see the event—maybe you'll get to wish upon a shooting star!



Positive Thought

"A No. 2 pencil and a dream can take you anywhere."
—Joyce A. Myers

Repurpose a Pillowcase

Old pillowcases can be used as dust covers for stored clothing; just snip a hole for the hanger to slip through.

Staff

Mary Scileppi

Property Manager

Linda Gorzka

Administrative Assistant

Anita Tomaszewski

Resident Advisor

Penny Napolitano

Bookkeeper

Terry VanVlack

Superintendent

Roy Charter

Custodian

Important Numbers

Office (845) 452-1172

Office FAX (845) 452-0106

Emergency Pager . (845) 431-6636

Pathstone Senior

Employment Program Staff

Anna Smith - Café/Store

Helen Douglas - Computer Lab

Office Hours

Monday-Friday 8 a.m.-4 p.m.



Chocolate Each Day

A study published in the Journal of Psychopharmacology found that a few ounces of dark chocolate a day can result in a better mood. It also improves concentration and blood flow to the brain. Chocolate with the highest percentage of cocoa is best.



LAUGH LINES

How Hot Is It?

You know it's hot when ...

- Birds need potholders to pull worms out of the ground.
- Farmers feed their hens crushed ice so they won't lay hard-boiled eggs.
- Cows give evaporated milk.
- A dog is chasing a cat, and they're both walking.
- The directions on a can of soup say, "Just pour and eat."
- The best parking place is determined by shade instead of distance.
- Pigs complain about sweating like humans.



Happy Birthday

Happy Birthday to ...

August 11	Carol Carlton
August 11	Jo Ann Pellegrino
August 12	Delois Johnson
August 12	Mary Urquhart
August 14	Michael Demartino
August 15	Robert Parker
August 24	Roshan Porbundervalla
August 25	Sunny Asaram
August 27	Julien Louis-Ferdinand
August 31	Mary Anderson
August 31	Joyce McKenna



Happy birthday with many blessings throughout the coming year!

Welcome Home

8/16 ~ Shirley A. Walden ~ 1D
Wishing you many years of health and happiness in your new home!



RESIDENT ADVISOR'S COLUMN

Hi Everyone.

I want to remind you of the importance of immunizations. The Dutchess County Department of Health holds an Adult Immunization Clinic every Monday, from 1 to 3 p.m., at 387 Mansion Street, Poughkeepsie, NY. No appointment is necessary. Please call (845) 486-3409 for more information. Stay well.

Sincerely,
Anita

Health & Wellness

Daily Lunch Program

D.C. Office for the Aging offers home-delivered meals at noon, Monday through Thursday, in the community room for a suggested donation of \$3. Sign-up sheets are posted on our main lobby bulletin boards. Sign up by 10 a.m. on the previous day to enjoy a great meal at a great price!

Monthly Celebrations

Smile a while because August means Happiness Happens Month. During that span, try and take advantage of these options that should make your world joyous:

- National Relaxation Day (Aug. 15)
- Be An Angel Day (Aug. 22)
- Kiss and Make Up Day (Aug. 25)
- Be Kind to Humankind Week (Aug. 25-31)



Community News



Remember Me?

Known for being a brilliant pianist and an amusing addition to the cast of many films, Oscar Levant made an impression that is hard to forget.

Soon after arriving in Hollywood, Levant became a close friend of composer George Gershwin. Levant played himself in "Rhapsody in Blue," a biopic of Gershwin, a role in which Levant claims he was "horribly miscast."

Levant once described himself as a "verbal vampire." He was a frequent panelist on radio shows, where he used his quick wit and sardonic humor, rather like most of the characters he played on film.

Not shy about discussing his neuroses and his own hypochondria, Levant once claimed, "There's a fine line between genius and insanity. I have erased this line."

MANAGER'S COFFEE

Our monthly Manager's Coffee is scheduled on **Friday, Aug. 3, at 2 p.m.** Informational meeting followed by refreshments. All residents are invited and encouraged to attend.



Monthly Breakfast

Friday, Aug. 31, 8-9:15 a.m.
Omelets, Hash Browns, English Muffins, Pastries, Fresh Fruit, Coffee, Tea and Orange Juice

Purchase your ticket in the office—\$3 for residents and guests alike. Join us for breakfast and invite a friend!

Wit & Wisdom

"Far away, there in the sunshine, are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

—Louisa May Alcott



CHINESE FOOD BINGO!

Please join us on Wednesday, Aug. 8, at 1 p.m. for

Chinese Food Bingo!

Enjoy a lunch of Chinese food followed by several games of bingo for fabulous prizes!

Purchase your tickets in advance at the office. \$3/residents, \$6/guests.

One bingo card will be included in the ticket price. Additional cards will be available for \$1 each if you'd like to increase your chances of winning!

Hope to see you there!



Monthly Bingo

Monday, Aug. 13, at 2:30 p.m.




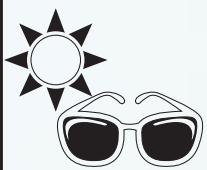
Wednesday, Aug. 29, at 2:30 p.m.

Come enjoy an afternoon of BINGO!

Cards cost \$1 each.



August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="text-align: center;">  <h1 style="font-size: 4em; margin: 0;">August</h1> </div>			1	2 5th Floor Recon 7 a.m. Schwan's 12:30 p.m.	3 SEP 9 a.m. ZUMBA 10 a.m. Manager's Coffee 2 p.m.	4 
5 Eucharistic Service 11:30 a.m.	6 SEP 9 a.m. TransCare Bingo 1:30-3 p.m. Community Room	7	8 CHINESE FOOD BINGO 1 P.M.	9 9th Floor Vents 1 p.m. AARP 1 p.m.	10 SEP 9 a.m. Zumba 10 a.m.	11 Wranglers 1-4 p.m.
12 Eucharistic Service 11:30 a.m.	13 SEP 9 a.m. BINGO 2:30 p.m.	14 TransCare Blood Pressure Clinic 10 a.m. Community Room	15 5th Floor Inspections 1:30 - 3 P.M.	16 4th Floor Recon 7 a.m. Schwan's 12:30 p.m.	17 EXTERMINATOR 9 A.M. SEP 9 a.m. Zumba 10 a.m.	18 
19 Eucharistic Service 11:30 a.m.	20 SEP 9 a.m.	21 	22	23 8th Floor Vents 1 p.m.	24 SEP 9 a.m. Zumba 10 a.m.	25
26 Eucharistic Service 11:30 a.m.	27 SEP 9 a.m.	28	29 BINGO 2:30 p.m.	30 3rd Floor Recon 7 a.m. Schwan's 12:30 p.m.	31 Breakfast 8-9:15 a.m. Zumba 10 a.m.	

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