



Interfaith Towers

Community News

December 2013

Feed Your Brain

Older adults don't always get all the nutrients they need from foods because of changes in digestion as we age. In addition, some medications can interfere with the absorption of nutrients. A vitamin deficiency, in particular vitamin B12, can affect brain health, impairing reasoning and memory, reports www.AARP.org. Check with your health care provider if you are concerned about vitamin deficiencies.

Say What?

titian \ TISH-uhn \ noun, adjective

A reddish-brown or reddish-gold color. Named for the Italian artist known as Titian, who often painted women with hair of this distinctive color.

Example sentence: The titian throw pillows perfectly complemented the gold and ivory bedspread.

Online Security

Before you enter personal information on a website, check the URL. A secure site will have "https" instead of "http" at the beginning of the address. Another clue is to look for a lock symbol, which usually appears next to the URL or in one of the corners of the browser window.

The Best Medicine

Find little things that make you laugh every day. Laughter lowers blood pressure, reduces stress hormones and can relieve pain.

Be a Good Listener

When a family member or friend asks you for advice, first consider if they really want it. Often, they are simply seeking comfort and someone who is willing to listen.

A Figure of Speech

Phrase: Once in a blue moon

Meaning: Something that happens on rare occasions

Origin: A blue moon is the second full moon in a calendar month. Two full moons in the same month are rare, happening every two or three years.

'Ice' Is One

How many words can you come up with using the letters in "celebration"?

Learn Something New

Yes, you can teach an old dog new tricks. According to www.HelpGuide.org, middle-aged and older adults are just as capable of learning new things and thriving in new environments as younger people, plus they have the wisdom that comes with life experience.

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Office Hours

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

Build Your Bones

A great way to keep your bones healthy is by doing weight-bearing exercise. Walking, dancing, playing golf and climbing stairs are all activities that force your skeleton to support your weight. This triggers bone-building osteoblast cells to get to work.



Remember Me?

Ginger Rogers was an actress, singer and dancer best known for her dancing partnership with Fred Astaire.

Born Virginia Katherine McMath, a cousin had trouble pronouncing "Virginia" and dubbed her "Ginga." This morphed into "Ginger," and the nickname stuck. Her mother remarried when Ginger was young and both took the surname Rogers.

Rogers' mother was a theater critic, and young Ginger would often go with her to the theater, where she learned dance steps by watching the performers onstage.

At the age of 18, Rogers made her Broadway debut in "Top Speed" and was soon cast in the Gershwin show "Girl Crazy," which made her an overnight sensation.

Fred and Ginger made 10 films together.

Blood Pressure Basics

When your heart pumps blood throughout your body, the force of the blood against the walls of your arteries is called blood pressure. High blood pressure, or hypertension, is dangerous because that means more strain is being placed on your arteries and heart.

The only way to know if you have high blood pressure is to have it measured. Blood pressure is measured in millimeters of mercury (mmHg) and is written as one number "over" another number.

The top number is the systolic blood pressure, the highest level your blood pressure reaches (while your heart is beating). The bottom number is your diastolic blood pressure, the lowest level your blood pressure reaches (while your heart relaxes between beats).

A blood pressure reading of 120/80 or below is considered normal.

Readings above these numbers fall into the categories of prehypertension, stage 1 hypertension and stage 2 hypertension.

Several factors can lead to hypertension, including age, family history, stress and being overweight.

High blood pressure can be lowered by lifestyle changes and medication. Your health care provider will be able to discuss treatment options.



The Year Was: 1889

- The Eiffel Tower opens in Paris. Bridge engineer Gustave Eiffel designed the structure, which was built as the entrance arch for the World's Fair.
- The Oklahoma Land Run of 1889 begins at noon on April 22 with about 50,000 people lined up to claim a parcel under the Homestead Act of 1862.
- Dow Jones & Company begins publication of The Wall Street Journal.
- North Dakota, South Dakota, Montana and Washington are admitted to the union as states.
- Nintendo is founded by Japanese businessman Fusajiro Yamauchi to produce playing cards.

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!

Presidential Painter

Gilbert Stuart, a leading American portraitist, was born Dec. 3, 1755, in Rhode Island. Despite having painted more than 1,000 portraits, including those of several presidents, he is best known for his unfinished work of George Washington. This image has been used on the one-dollar bill for more than a century.

Sensational Centenarians

You probably know one or two centenarians, or you may even be one yourself! A centenarian is a person who has lived 100 years or more.

Centenarians are the fastest growing demographic group in many countries. There are currently about 80,000 centenarians in the United States. The U.S. Census Bureau estimates that number will be close to one million by 2050.

According to the Journal of the American Geriatrics Society, genetics play a large role in whether someone will live to be 100. Centenarians are often people who do not develop diseases or illnesses until very late in life.

Additionally, access to better medical care, housing, income and nutrition have contributed to the growing numbers of centenarians around the world.

In many surveys, centenarians have credited their longevity to staying active, eating balanced meals, and having a good attitude by not dwelling on regrets or holding grudges.

Centenarians tend to live in cities, and often with other people—either with family or in a communal home. The majority of centenarians are women.

Some well-known centenarians throughout history include Grandma Moses, Irving Berlin, Bob Hope, Rose Kennedy and George Burns.

A person who lives to be 110 or older is called a supercentenarian.



A Paws-itive Influence

If you've ever had a pet, you know the special kind of joy they bring to your life. But did you also know that interacting with animals can improve your health and longevity? More and more studies are proving both the psychological and physiological benefits of pet therapy, especially to the senior population.

Interacting with dogs, cats and other animals decreases blood pressure, encourages exercise, and reduces anxiety and depression. And it's not just the furry friends that provide benefits. Birds, fish and other small pets have been shown to reduce loneliness and encourage healthy behaviors.

For example, a study at Purdue University revealed that Alzheimer's patients began to eat more nutritious foods when aquariums were added to their dining room. Italian research found an increased quality of life and fewer cases of depression among seniors who had been given canaries as opposed to those who had no pets.

For people who like to interact with animals but cannot care for one, there are volunteer programs that arrange for pets to visit on a regular basis.

**Interacting with pets
decreases blood pressure
and reduces anxiety**



Talk About It

Around the Table

It wouldn't be the holiday season without an abundance of delicious foods and elaborate meals. Use the questions below to start a discussion about your own dining experiences, as well as those of your friends and neighbors.





What is on the menu of your favorite holiday meal? Which dish is your favorite?

Does your family have any special recipes that have been passed down through generations? If so, have you ever made the dish yourself?

Do you have a certain dish you are "famous" for? If so, do you follow a recipe or just make it from memory?

What was mealtime like in your family? Who did the cooking? Did everyone dine together? Did you have a favorite entrée or dessert?

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13 	14
15	16 	17	18	19	20	21
22	23	24	25 Christmas	26	27	28
29	30	31	 DECEMBER 			

“This Month In History” DECEMBER

1732: Benjamin Franklin first publishes “Poor Richard’s Almanac.”

1776: George Washington and his Continental Army cross the Delaware River to attack British troops.

1884: Construction of the Washington Monument is completed. The 555-foot marble obelisk honors the nation’s founding father.

1891: Using peach baskets and soccer balls, physical education teacher James Naismith creates an indoor sport called basketball.

1903: The Wright Brothers pilot the first successful powered and controlled airplane flight.

1946: The United Nations International Children’s Emergency Fund (UNICEF) is founded.

1947: Tennessee Williams’ “A Streetcar Named Desire” opens on Broadway.

1956: The first gorilla born in captivity arrives at the Columbus, Ohio, zoo. Colo went on to become a mother, grandmother and great-grandmother herself.

1962: Arizona’s Petrified Forest is established as a national park. The petrified wood comes from tall conifers that grew more than 200 million years ago.

1973: Following the resignation of Spiro Agnew, Gerald Ford is sworn in as vice president of the United States.

1982: Barney Clark becomes the first recipient of a permanent artificial heart.

2008: Bernie Madoff is arrested for securities fraud and is eventually sentenced to 150 years in prison.