



# Interfaith Towers

Community News

February 2013



## Manager's Corner

It's time to celebrate romance and friendship despite the chill that is still in the air. Here's hoping that the groundhog doesn't see his shadow and that winter will be over sooner rather than later. I hope everyone has someone special with whom to spend Valentine's Day, and I want to take this opportunity to say: We LOVE our residents! Thank you for continuing to choose to call our community your home. Wishing you and yours a very Happy Valentine's Day!

Fondly, Mary and your staff of Interfaith Towers



### Motivational Tip: No 'Bad' Days

We all have days when things don't go our way. Don't label an entire day "bad" because of a mishap or two (or three). Take a deep breath, smile, and remember the good things that happened, too.

### A Hearty Celebration

Since 1963, February has been designated American Heart Month as a way to promote awareness of cardiovascular diseases.



### Send a Note

Keep in touch with friends and family by sending note cards. You may not have time to write a long letter, but it takes just a few minutes to write a note and let someone know you are thinking about them.



### Seasonal Selections

Loaded with vitamin C, citrus fruits such as oranges, kumquats, grapefruits, lemons and mandarins will rev up your immune system during the dry, cold winter.



### 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

Kathleen Wilkinson - Café/Store

Dana Cramer - Temporary

Assignment - Café/Store

Helen Douglas - Computer Lab

### Office Hours

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

### Back Pain Helper

Though it may seem counterintuitive, moderate aerobic exercise can be an excellent way to help relieve back pain. Staying on the couch can cause muscles to tighten and pain to get worse, but a brisk walk often loosens muscles and joints, reducing pain.



## Talk About It

### Cupid's Arrow

Love is in the air in February—there's a whole day set aside for it. Share your memories of past and present loves with your friends and family.

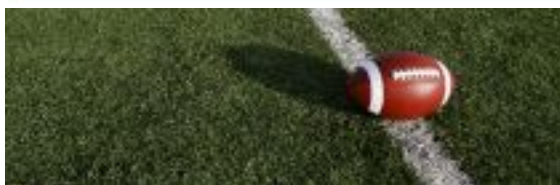
- Do you usually celebrate Valentine's Day? How? Are chocolates and roses standard fare or do you have a less traditional approach? Have you ever written a love letter or a poem to someone?
- Did you exchange valentines with classmates in school? If so, were they store-bought or homemade?
- Is there a particular Valentine's Day you remember clearly? Why was it special? Who was your sweetheart?



### HAPPY BIRTHDAY!

Feb. 1	Helen Reed
Feb. 1	Fr. Anthony Susaimarian
Feb. 5	Jorge Baco
Feb. 6	Shirley Colovi
Feb. 13	Yvonne Morrow
Feb. 15	Aurelia Lekatsas
Feb. 16	Edward Brown
Feb. 21	Brigitte Wilson
Feb. 27	Ernesto Melgarejo
Feb. 27	Rose Marie Rocco

*Happy birthday with many blessings throughout the coming year!*



### Deal of the Month

Even if you don't like football, get in the spirit of Super Bowl Sunday. Many grocery stores, restaurants and retailers offer great deals and discounts on all kinds of goodies. Take advantage of the bargains.



### Cheers for Cherries

In honor of George Washington's birthday, Feb. 22, bake a delicious cherry pie—it's National Cherry Month!

### RESIDENT ADVISOR'S CORNER

Hi All!

Think spring! Groundhog Day is right around the corner. Hopefully Punxsutawney Phil, that cute little groundhog, will not see his shadow and be frightened into six more weeks of bad weather!

Don't forget to purchase your tickets, no later than the day before the event, for the upcoming Chinese Food Bingo on Friday, Feb. 8, at 1 p.m. It's always a lot of fun and great food too!

Until next month, take care.

Sincerely,  
Anita



### 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!



### Wit & Wisdom

"Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat."

—Unknown

# Welcome Home

## WELCOME HOME

2/1 ~ Bessie Riley ~ 8A

2/16 ~ Dana Cramer ~ 10C

Wishing you years of happiness and many blessings in your new home!



## MANAGER'S COFFEE

Our monthly

### Manager's Coffee

is scheduled on

**Friday, Feb. 1, at 2 p.m.**

Informational meeting followed by refreshments. All residents are invited and encouraged to attend.



## Monthly Breakfast

**Friday, Feb. 22, 8-9:15 a.m.**

**Omelettes, 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!*



## CHINESE FOOD BINGO!

Please join us on Friday, Feb. 8, at 1 p.m. for **Chinese Food Bingo.**

A lunch featuring an assortment of Chinese Food followed by several games of BINGO for spectacular prizes!

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Purchase your tickets in advance at the office for only \$2/Residents and \$4/Guests. Remember, cost always doubles the day of the event, so get your ticket early! Hope to see you all there.



## MONTHLY BINGO!

**Monday, Feb. 11, at 2:30 p.m.**

**Wednesday, Feb. 27, at 2:30 p.m.**

Come enjoy an afternoon of BINGO!  
Cards cost \$1 each.



## Remember Me?

Nicknamed "The Golden Arm," Johnny Unitas was a football quarterback who spent most of his career with the Baltimore Colts. He was named the National Football League's Most Valuable Player three times. Here are some more highlights of his career:

- Unitas threw a touchdown pass in 47 consecutive games, a record that stood for 52 years.
- He led the Colts to a win in the 1958 NFL championship, a game that, with its sudden death overtime and high stakes, has been called the "greatest game ever played."
- Unitas' jersey number, 19, was retired by the Colts, as the numbers of many notable players are.

# February 2013

Sunday

Monday





Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2
3	4	5	6	7	8	9
<p>Eucharistic Service 11:30 a.m.</p>	<p>SEP 9 a.m.</p> <p>TransCare Bingo 1:30–3 p.m. Community Room</p> <p>Bible Study 6:30 p.m. Meeting Room</p>			<p>4th Floor Recon 7 a.m.</p>	<p>SEP 9 a.m.</p> <p>Zumba 10 a.m.</p> <p>Chinese Food Bingo 1 p.m.</p>	<p>Wranglers 1–4 p.m.</p> 
10	11	12	13	14	15	16
<p>Eucharistic Service 11:30 a.m.</p>	<p>BINGO 2:30 p.m.</p> <p>BIBLE STUDY 6:30 p.m. Meeting Room</p>	<p>TransCare Blood Pressure Clinic 10 a.m. Community Room</p>	<p>ASH WEDNESDAY</p> <p>11th Floor Inspections 1:30 - 3 p.m.</p>	<p>Schwan's 12:30 p.m.</p> <p>3rd Floor Vents 1 P.m.</p> <p>VALENTINE'S DAY</p>	<p>EXTERMINATOR 9 A.M.</p> <p>SEP 9 a.m.</p> <p>Zumba 10 a.m.</p>	
17	18	19	20	21	22	23
<p>Eucharistic Service 11:30 a.m.</p>	<p>Presidents' Day</p> <p>OFFICE CLOSED</p>			<p>3rd Floor Recon 7 a.m.</p>	<p>Breakfast 8–9:15 a.m.</p> <p>Zumba 10 a.m.</p>	
24	25	26	27	28	<p>{February}</p> <h1>American Heart month</h1> <p>www.Heart.org</p>	
<p>Eucharistic Service 11:30 a.m.</p>	<p>BIBLE STUDY 6:30 p.m. Meeting Room</p>		<p>BINGO 2:30 p.m.</p>	<p>2nd Floor Vents 1 p.m.</p>		

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