



Interfaith Towers

Community News

June 2014



MANAGER'S CORNER

The month of June yawns before us!! The dog days of summer are almost here. Our extended community offers so many options to get outside and enjoy the fresh air and beauty of the Hudson Valley. Take full advantage of all our area has to offer.

Congratulations to all of our Volunteers! Our Volunteer Recognition Luncheon was a great success. We are blessed to have over twenty regular volunteers who contributed approximately 5,000 hours last year in our community! That's remarkable! Kudos and our many thanks to all of our volunteers, we truly appreciate all of your efforts.

Enjoy the month of June.
Mary & your staff
of Interfaith Towers

Monthly Celebrations

June brings us Father's Day, Flag Day and the first day of summer. You can also celebrate:

- National Safety Month. Is there anything you can do to make your home or community a safer place?
- Great Outdoors Month. Visit a park, take a walk or just open a window and take a breath of fresh air.
- Audiobook Appreciation Month. Pop in a cassette or CD and read a book with your eyes closed!



Staff

Mary Scilleppi

Property Manager

Linda Van Vlack

Administrative Assistant

Alicia Phillips

Resident Advisor

Penny Napolitano

Bookkeeper

Roy Charter

Superintendent

Jim Scism

Custodian/Maintenance Asst.

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

Helen Johnson - Café/Store

Office Hours

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

Keep a List

Maintain a list of all medications you take: prescription drugs, over-the-counter products and vitamins. Include the dosage and how often you take it. Take a copy of the list with you every time you visit a health care provider.

Positive Thought

"Happiness often sneaks in through a door you didn't know you left open." —John Barrymore

Trip Tip

When packing for a trip, use a hard-sided eyeglasses case to hold jewelry.

Be an Early Bird at the Movies

Check local movie theaters for a schedule of matinee showings, which are often much cheaper than evening movie times. An added bonus? Earlier showings are generally less crowded.

HAPPY FATHER'S DAY!



Remember Me?

Esther Williams helped popularize synchronized swimming through a series of films in the 1940s and '50s. Now you can learn more about her life and career.

- As a teen, Williams competed with the Los Angeles Athletic Club swim team and earned national championships in the breaststroke and freestyle.
- She hoped to compete at the 1940 Olympic Games, but they were canceled due to the onset of World War II.
- Williams and Johnny Weissmuller performed in the San Francisco Aquacade, described as a Broadway musical in water, with hundreds of swimmers and special effects.



HAPPY BIRTHDAY!

June 1	Linda Van Vlack
June 2	Robert Nixon
June 3	Harold Gildersleeve
June 5	Leon Hart
June 12	LeRoy Bowen
June 14	Gloria Wager
June 17	Louise Micker
June 21	John Cummings
June 21	Virginia Wade
June 24	Beatrice Eginger
June 28	James McField
June 30	Johnny Johnson
June 30	Joseph LeClair

Happy Birthday with many blessings throughout the coming year!

RESIDENT ADVISOR'S CORNER

Hi Everyone,
Well the warm weather is finally here! If you are able, get outside and enjoy some fresh air!

There are many local trails for walking. Don't forget the Walkway over the Hudson. A great way to start the day & only a short distance away.

I hope you all enjoy the month of June.
Alicia



Family Photo Lineup

In addition to Flag Day, June 14 is also Family History Day. Do your descendants a favor by identifying the faces in family photos and writing their names on the back. You may also wish to note how they're related to you. Later generations often inherit heirloom photos and have no idea who's pictured.



Cool as a Cucumber

This DIY body spritzer will keep you cool on a hot summer day: Cut up half a cucumber and put it in a large spray bottle. Add water to the bottle. Store the spray in the refrigerator. When you need an instant refresher, simply spritz the water on your skin.

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 NOON on the previous day** to enjoy a great meal at a great price!





FLAG DAY BBQ

Please join us on Wednesday, June 11, at 1:00 p.m. for our annual **Flag Day BBQ** in the Community Room.

Our menu will include:
BBQ Chicken & Ribs
Baked Beans
Macaroni Salad
Watermelon Roll & Butter
&
Sherbet

Tickets cost \$3/residents and \$6/guests.
We hope to see you all there!



MONTHLY BINGO!

Monday, June 9, at 2:30 p.m.
Wednesday, June 25, at 2:30 p.m.
Come enjoy an afternoon of BINGO!
Cards cost \$1 each.



MANAGER'S COFFEE

Our monthly **Manager's Coffee** is scheduled on

Friday, June 6, at 2:00 p.m.

The informational meeting is followed by refreshments. All residents are invited and encouraged to attend.



Monthly Breakfast

Friday, June 27, 8:00-9:15 a.m.

Omelets, English Muffin, Hash Browns, 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!



Busy Brain

Did you know that about 20 percent of the blood flowing from your heart is pumped to your brain? The brain needs constant blood flow to keep up with the metabolic demands of its more than 85 billion neurons.



Laugh Lines

Things you don't hear fathers say:

- Can you turn up that music?
- Go ahead and take my truck, and here's \$50 for gas.
- Why do you want to get a job? I make plenty of money for you to spend!
- Your mother and I are going away for the weekend. You might want to consider throwing a party.
- Here, you take the remote.
- I think we're lost. I better stop and ask for directions.
- No hurry; do your chores whenever you feel like it.





Michael: How do you like the drum set you got for your birthday?

Ted: I love it!

Michael: Why?

Ted: Whenever I don't play it, my dad gives me \$10!

June 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Eucharistic Service 11:30 a.m.	2 SEP 9 a.m.	3	4 7th Floor Inspections 1:30 - 3 P.M. *** SCHWAN'S 12:30 p.m.	5 6th Floor Recon 7 a.m.	6 SEP 9 a.m. ZUMBA 10 a.m. MANAGER'S COFFEE 2:00PM	7 
8 Eucharistic Service 11:30 a.m.	9 SEP 9 a.m. BINGO 2:30 p.m.	10 	11 FLAG DAY BBQ 1PM	12 6TH Floor Vents 1 p.m.	13 SEP 9 a.m. ZUMBA 10 a.m.	14 FLAG DAY Wranglers 1-4 p.m.
FATHER'S DAY 15 Eucharistic Service 11:30 a.m.	16 SEP 9 a.m.	17	18 SCHWAN'S 12:30 p.m.	19 5th Floor Recon 7 a.m.	20 EXTERMINATOR 9 A.M. SEP 9 a.m. Zumba 10 a.m.	21 FIRST DAY OF SUMMER
22 Eucharistic Service 11:30 a.m.	23 SEP 9 a.m.	24	25 BINGO 2:30 p.m.	26 5TH Floor Vents 1 p.m.	27 Breakfast 8-9:15 a.m. ZUMBA 10 a.m.	28 
29 Eucharistic Service 11:30 a.m.	30 SEP 9 a.m. PODIATRIST 4 p.m.	 JUNE				