

Interfaith Towers

Community News

August 2017

Manager's Corner

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." With those words, President Ronald Reagan proclaimed Aug. 21, 1988, the first National Senior Citizens Day, now an annual celebration. We celebrate each and every one of our wonderful residents during this very special month!

Wishing you all a happy, healthy month of August!

~Mary & your Staff of Interfaith Towers



Celebrating Seniors

There are 46 million people in the U.S. who are age 65 and older, and that number is expected to more than double to 98 million by 2060. National Senior Citizens Day on Aug. 21 celebrates the older generation and their contributions to their families, communities and country.



Positive Thought

"It is the sweet, simple things of life which are the real ones after all." —Laura Ingalls Wilder

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Staff

Mary Scileppi

Property Manager

Linda Van Vlack

Administrative Assistant

Jessica DeGarmo

Resident Advisor

Rita Barber

Bookkeeper

Roy Charter

Superintendent

Greg Davis

Maintenance/Custodial

Office Hours

Monday–Friday 8 a.m.–4 p.m.

Important Numbers

Office (845) 452-1172

Office FAX (845) 452-0106

Emergency Pager . (845) 431-6636



Wake Up and Drink Up

After a night of sleep, rehydrate your body by drinking a glass of water when you first wake up. The replenishment can provide a natural pick-me-up as you start the day.



Color Yourself Happy

If the sight of a new box of colorful crayons makes you smile, apply that idea to your surroundings. Bright colors, such as red, purple, green and yellow, can spark feelings of happiness and boost energy, so use them in your décor and clothing.



Trivia Whiz

Top Dogs

Celebrate these "pup" culture icons on National Dog Day, Aug. 26.

Petey. The original pooch in "The Little Rascals" kid comedies had a partial black circle around one eye, which makeup artists completed with dye, giving him his distinctive look.

Pluto. Since 1930, Mickey Mouse's pet has entertained audiences with his silly facial expressions and playful personality.

Toto. Dorothy's companion, who journeyed with her to a magical land in the film "The Wizard of Oz," was played by a black cairn terrier named Terry.

Benji. This heroic mixed-breed mutt became a box office star when his first film debuted in 1974.

Gidget. The small Chihuahua with the big personality starred in commercials for the fast-food chain Taco Bell in the late 1990s.

Happy Birthday

AUGUST BIRTHDAYS

August 7	Martha Watkins
August 10	Vernon Campbell
August 11	Carol Carlton
August 11	Jo Ann Pellegrino
August 12	Mary Urquhart
August 14	Margaret Anson
August 16	Brenda Trowbridge
August 22	Ruby Slater
August 23	Barbara Gernhardt
August 27	Julien Louis-Ferdinand

Happy Birthday with many blessings throughout the coming year!

Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves." —James Matthew Barrie

Summertime Sips

This summer, relax and unwind by enjoying an Arnold Palmer, the refreshing beverage created and loved by its legendary namesake. According to the golf great himself, he got the idea one day at lunch to add lemonade to his wife's batch of iced tea, and he experimented until he found the perfect ratio: 2 parts iced tea to 1 part lemonade. Palmer began carrying a thermos of the concoction on courses and ordering the mixed beverage in restaurants, and the drink was eventually named after him.



RESIDENT ADVISOR'S CORNER

To Your Health: Drink Up

Stay Hydrated!

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature change. Remember to drink water often and be sure to pack water when you are on the go.

Remember if you need any help, please stop by or call me in the office.

~ Jessie



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!





MANAGER'S COFFEE

Our monthly Manager's Coffee

is scheduled for

Friday, August 4, at 2 p.m.

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



Wit & Wisdom

"When you can't make them see the light, make them feel the heat."
—Ronald Reagan

"Maybe we adults idealize our own red-rover days, the hot afternoons spent playing games that required no coaches, eating foods that involved no nutrition, getting dirty in whole new ways and rarely glancing in the direction of a screen of any kind."
—Nancy Gibbs

"I'm surprised how hot it gets in the Moab Desert. I knew it got hot, but I didn't think it got, like, Mercury-hot."
—Adam Ferrara

"What dreadful hot weather we have! It keeps one in a continual state of inelegance."
—Jane Austen

"It ain't the heat, it's the humility."
—Yogi Berra



VOLUNTEER RECOGNITION LUNCHEON

Please join us on Friday, August 11th at 1:00 p.m.

Our menu will include:

- Chicken Francese over Pasta
- Mixed Vegetables
- Tossed Salad
- Italian Bread
- Cake

Tickets Available in the Office \$3 / Residents; \$6 / Guests.

Remember to purchase your tickets early: the price doubles the day of the event.

We hope to see you all there!



Monthly Breakfast

Friday, August 25, 8-9:15 a.m.

Omelets, Hash Browns, English Muffins, Fresh Fruit Salad, Pastries, Coffee, Tea and Orange Juice.

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



MONTHLY BINGO!

Tuesday, 8/15 & Wednesday, 8/30 at 2:30;

Come enjoy an afternoon of Bingo in the Community Room

\$1 per Bingo Card

Hope to see you all there!



August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				11th Floor Vents 1 p.m. FARMERS MARKET 12-1:30	SEP 9 a.m. MANAGER'S COFFEE 2 PM	
6	7	8	9	10	11	12
Eucharistic Service 11:30 a.m.	SEP 9 a.m.	EVERCARE B/P CLINIC 9:00 am Comm. Rm. Memorial Service Provided by the Family Of Leon Hart 2 pm Community Room		10th Floor Recon 7 a.m. FARMERS MARKET 12-1:30	SEP 9 a.m. VOLUNTEER RECOGNITION LUNCHEON - 1PM	
13	14	15	16	17	18	19
Eucharistic Service 11:30 a.m.	SEP 9 a.m.	BINGO 2:30 p.m.	5th Floor Inspections 1:30 - 3 P.M.	10th Floor Vents 1 p.m. FARMERS MARKET 12-1:30	Exterminator 8AM SEP 9 a.m.	
20	21	22	23	24	25	26
Eucharistic Service 11:30 a.m.	SEP 9 a.m.			9th Floor Recon 7 a.m. FARMERS MARKET 12-1:30	BREAKFAST 8-9:15 am	
27	28	29	30	31	<h1>August</h1>	
Eucharistic Service 11:30 a.m.	SEP 9 a.m.		BINGO 2:30 p.m.	FARMERS MARKET 12-1:30 9th Floor Vents 1 p.m.		