



Interfaith Towers

Community News

August 2015

'Hat' Is One

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

Gimme S'more

A toasted marshmallow, a square of chocolate and a graham cracker all come together to form the gooey campfire treat we know today as the s'more. The recipe for Some Mores first appeared in a book called "Tramping and Trailing With the Girl Scouts," published in 1927—although who originally invented it remains a mystery. Celebrate this delicious concoction on Aug. 10, National S'mores Day.



Sky Watch: Full Sturgeon Moon

The end of August brings the full Sturgeon Moon. At this time of year, Native American tribes had the most plentiful catches of the large freshwater fish, which were once abundant in the waters of the Great Lakes.

Giving Back Benefits the Brain

Giving of your time and talents often brings personal and emotional satisfaction. Evidence shows volunteering provides not only those feel-good benefits, but brain health advantages, too. Doctors say no matter where or how seniors lend a hand, taking part in engaging environments, social interaction and mentally stimulating activities that volunteer opportunities provide creates new pathways in the brain, which can help prevent memory loss and cognitive problems. Because of their sense of purpose and accomplishment, volunteers also report feeling happier and more satisfied with their lives.

Quick Getaway

"Laughter is an instant vacation." —Milton Berle

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

Pathstone Senior Employment Program Staff

Jes Reyes ~ Café / Store



Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. Ancient Romans called peridot "the evening emerald," as the gem appeared dark green in lamplight.



Trivia Whiz

A Home Fit for a King

Each August, tens of thousands of fans gather in Memphis, Tenn., to celebrate Elvis Week and take part in events at Graceland. Here are some details about the place the King of Rock 'n' Roll called home.

Presley's purchase.
At age 22, Elvis bought the estate in 1957 for \$102,500, which would be about \$870,000 today.

Hawaiian hangout.
Elvis' love of Hawaii influenced the legendary Jungle Room, which was decorated with Polynesian-style furniture, green shag carpet on the floor and ceiling, and an indoor waterfall.

Television trio. Elvis' TV room featured comfortable furniture and what was an extravagance at the time—three side-by-side TV sets so he could watch multiple programs at once.



HAPPY BIRTHDAY

- August 10 Vernon Campbell
- August 11 Carol Carlton
- August 11 Jo Ann Pellegrino
- August 12 Mary Urquhart
- August 14 Margaret Anson
- August 22 Ruby Slater
- August 24 Roshan Porbundervalla
- August 25 Sunny Asaram
- August 27 Julien Louis-Ferdinand

Happy Birthday with many blessings throughout the coming year!



The Power of Flowers

You've probably heard the old saying "Stop and smell the roses." Researchers confirm that taken literally, it's good advice. The scent of fresh flowers or floral scents in general can boost your mood, lower stress and even encourage friendliness. If you don't favor these fragrances, simply taking in the color of flowers can kindle positive emotions. Pastel-colored varieties tend to make people feel more relaxed, while bold colors are energizing.

Deal of the Month

You don't have to be campus-bound to take advantage of sales for the back-to-college crowd—towels and bedding are just a couple of things that will be marked down in August.



RESIDENT ADVISOR'S CORNER

HEALTHY, HAPPY and HYDRATED

I hope you are enjoying a warm and sunny summer and making the most of getting outdoors! We know it's easy to get caught up in enjoying the outdoors and sometimes forget the little things like keeping water on hand and staying properly hydrated! So be kind to yourself and stay hydrated.

Enjoy the summer and as always, call me if you need any assistance.
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!



Sausage & Peppers Luncheon

Please join us on
Wednesday, August 12
at 1 p.m.
for our

Sausage & Peppers Luncheon

Our menu will include:
Sausage & Pepper Hoagies
Potato Salad
Iced Tea & Lemonade
and
Italian Ice

Purchase your tickets in the office,
\$2 Residents and \$4 guests.

Remember the cost of tickets
doubles if bought on the day of the
event, so please plan accordingly.

We hope to see you all there!



MANAGER'S COFFEE

Our monthly
Manager's Coffee
is scheduled for

Friday, August 7 at 2 p.m.

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



Monthly Breakfast

Friday, August 28 8-9:15 a.m.

**Omelets, English Muffins, Hash Browns,
Fresh Fruit, 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!

**Monday, August 10 and
Wednesday, August 26 at 2:30 p.m.**

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



Wit & Wisdom

"The sea, once it
casts its spell, holds
one in its net of
wonder forever."
—Jacques Cousteau

"A drop of water, if it
could write out its own
history, would explain
the universe to us."
—Lucy Larcom

"A lake is the
landscape's most
beautiful and
expressive feature.
It is Earth's eye;
looking into which the
beholder measures
the depth of his
own nature."
—Henry David
Thoreau

"Rivers are roads
which move, and
which carry us whither
we desire to go."
—Blaise Pascal

"A river seems a
magic thing. A magic,
moving, living part of
the very Earth itself."
—Laura Gilpin

"No water, no life.
No blue, no green."
—Sylvia Earle

August 2015

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



August



2	3	4	5	6	7	8
Eucharistic Service 11:30 a.m.	SEP 9 a.m.			2ND Floor Vents 1 p.m.	SEP 9 a.m. ZUMBA 10 a.m. MANAGER'S COFFEE 2:00PM	Wranglers 1-4 p.m.
9	10	11	12	13	14	15
Eucharistic Service 11:30 a.m.	SEP 9 a.m. BINGO 2:30 PM	ELANT B/P CLINIC 9:00 AM COMMUNITY ROOM	SAUSAGE & PEPPERS LUNCHEON 1 PM	1st Floor Recon 7 a.m.	SEP 9 a.m. ZUMBA 10 a.m.	
16	17	18	19	20	21	22
Eucharistic Service 11:30 a.m.	SEP 9 a.m. PODIATRIST 4 p.m.			1st Floor Vents 1 p.m.	EXTERMINATOR 9 A.M. SEP 9 a.m. Zumba 10 a.m.	
23/30	24/31	25	26	27	28	29
Eucharistic Service 11:30 a.m.	SEP 9 a.m.	ELANT B/P CLINIC 9:00 AM COMMUNITY ROOM	BINGO 2:30 p.m.	12th Floor Recon 7 a.m.	Breakfast 8-9:15 a.m. ZUMBA 10 a.m.	