

Interfaith Towers

Community News

February 2012

MANAGER'S CORNER

With shorter days and colder nights, winter can often make the most cheerful person feel a little down. The winter blues are characterized by the mild depression, lack of motivation and low energy many people experience this season. Luckily, there are ways to prevent the blues or get back to normal if they've already arrived. *Exercise, eat a healthy diet, get some sun, get regular sleep and seek social support.* If you need a pick-me-up, talk to a friend, neighbor or family member. Keep those mid-winter blues away and enjoy the love filled month of February!

Mary & your staff of Interfaith Towers



Seasonal Selections

Warm up this February by enjoying hearty meals featuring these winter produce stars:

Vegetables: Brussels sprouts, cauliflower, leeks, parsnips, shallots, sweet potatoes and turnips.

Fruits: Grapefruit, oranges, pears, tangelos and tangerines.

Wisdom Really Does Come With Age

Recent research shows that, in addition to a lifetime of experience, elderly wisdom can also be attributed to some changes in the brain. Brain scans reveal that older people are more likely than the young to utilize both the left and right sides of the brain, allowing them to make more balanced decisions. Aging brains are also less influenced by dopamine, the chemical that fuels emotion, so they are more inclined to think things through rather than act impulsively.



Positive Thought

"If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes." —John Wooden



Staff

Mary Scilleppi
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

Anna Smith - Café/Store
Joyce Williams - Café/Store
Helen Douglas - Computer Lab

Office Hours

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

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.

Happy Valentine's Day!



Trivia Whiz

Leaping for Leap Day

Every revolution Earth makes around the sun takes 365.25 days. To account for this disparity between a calendar year and one full revolution, every four years we add an extra day.

This February has 29 days. Make the most of those extra 24 hours by learning more about leap day events:

Ladies' choice. It was customary that women were allowed to propose to men either during a leap year or on leap day.

Witch trials. Feb. 29 marks the day in 1692 when accusations first began in the Salem witch trials.

Oscar honor. On Feb. 29, 1940, Hattie McDaniel became the first African-American performer to win an Academy Award. She won for her performance in "Gone With the Wind."

HAPPY BIRTHDAY!



Feb. 1	Father Susaimarian
Feb. 5	Jorge Baco
Feb. 6	Shirley Colovi
Feb. 13	Yvonne Morrow
Feb. 15	Aurelia Lekatsas
Feb. 16	Edward Brown
Feb. 27	Rose Marie Rocco
Feb. 27	Ernesto Melgarejo

Happy birthday with many blessings!

Bumper Sticker Snicker

Never lie to an X-ray technician. They can see right through you.



Resident Advisor's Column

Hi Everyone,

If you haven't joined us for Zumba on Friday mornings, please come down and have some fun and exercise at the same time. Those in wheelchairs are more than welcome. It's an experience not to be missed!

Have a wonderful month.

Sincerely,

Anita



Monthly Breakfast

Friday, Feb. 24, 8-9:15 a.m.

Omelettes to order, 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!



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!

Just Dewey It

February is Library Lovers' Month.



Welcome Home

2/16 ~ Anna Parry ~ 9A

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



Wit & Wisdom



PIZZA BINGO!

Please join us on Friday, Feb. 10, at 1 p.m. for a delicious lunch featuring **Pizza, Pizza, Pizza** followed by bingo for **spectacular prizes!**

Come for an enjoyable lunch and bingo with your friends and neighbors.

Tickets cost: \$2 Residents / \$4 Guests. Purchase your tickets in the office. Remember, the cost doubles the date of the event, so get your tickets early!



MANAGER'S COFFEE

Our monthly Manager's Coffee is scheduled on **Friday, Feb. 3, at 2 p.m.**

"I wonder what fool it was that first invented kissing."
—Jonathan Swift

"The sound of a kiss is not so loud as that of a cannon, but its echo lasts a great deal longer."
—Oliver Wendell Holmes Sr.

"They invented hugs to let people know you love them without saying anything."
—Bil Keane

"Kisses, even to the air, are beautiful."
—Drew Barrymore

"Kissing is like drinking salted water. You drink, and your thirst increases."
—Chinese proverb

"Kiss and make up, but too much makeup has ruined many a kiss."
—Mae West

"What of soul was left, I wonder, when the kissing had to stop?"
—Robert Browning



Monthly Bingo

Monday, Feb. 13, at 2:30 p.m.

Wednesday, Feb. 29, at 2:30 p.m.




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



Super Food: Cherish Chocolate

There are more nutritious foods than chocolate, but this month is a perfect time to savor small amounts of the sweet stuff. Chocolate contains flavonoids, a type of antioxidant. Studies show that a small daily serving of dark chocolate can help reduce blood pressure and cholesterol levels. On Valentine's Day, be good to your taste buds and your heart.

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 4TH Floor Recon 7 a.m. Schwan's 12:30 p.m.	3 SEP 9 a.m. ZUMBA 10 a.m. Manager's Coffee 2 p.m.	4 
5 Eucharistic Service 11:30 a.m.	6 SEP 9 a.m. Bible Study 6:30 p.m. Apt. 8L	7	8 11th Floor Inspections 2-3:30 p.m.	9 10TH Floor Vents 1 p.m. AARP 1 p.m.	10 SEP 9 a.m. Zumba 10 a.m. PIZZA BINGO 1 p.m.	11 Wranglers 1-4 p.m.
12 Eucharistic Service 11:30 a.m.	13 SEP 9 a.m. BINGO 2:30 p.m. Bible Study 6:30 p.m. Apt. 8L	14 	15	16 3RD Floor Recon 7 a.m. Schwan's 12:30 p.m.	17 EXTERMINATOR 9 am SEP 9 a.m. Zumba 10 a.m.	18
19 Eucharistic Service 11:30 a.m.	20 PRESIDENTS' DAY OFFICE CLOSED Bible Study 6:30 p.m. Apt. 8L	21	22	23 9TH Floor Vents 1 p.m.	24 BREAKFAST 8-9:15 a.m. ZUMBA 10 a.m.	25
26 Eucharistic Service 11:30 a.m.	27 SEP 9 a.m. Bible Study 6:30 p.m. Apt. 8L PODIATRIST 4 p.m.	28	29 BINGO 2:30 p.m.	{February} American Heart month www.Heart.org		

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