



Interfaith Towers

Community News

January 2014



MANAGER'S CORNER

Happy New Year! The start of a new year is the perfect time for us to renew our commitment to making Interfaith Towers the very best community for you to call "home." While 2014 will be different than any year preceding, rest assured that it is our mission to make each year better than the one before. Always remember that your input, ideas and talents are intrinsic to making our community so unique. Let us know how we can make you more comfortable and create the best quality of life for all. You are the heart of our community!

Wishing you and yours a happy and healthy 2014!

~Mary and your staff of Interfaith Towers

Jar of Happiness

Set aside an empty jar on New Year's Day. Throughout the year, write down all the good things that happen to you—large or small—and place the notes in the jar. At the end of the year, empty the jar and recall the moments that made you happy.

Dosage Dilemma

Many hospitalizations of people 65 and older are linked to taking medications improperly. For best results, never hesitate or be embarrassed to ask for help reading labels or clarifying correct dosage instructions.



NEWCOMERS' RECEPTION

Our annual newcomers' reception will be held on Thursday, Jan. 16, at 2 p.m. in the community room. Please join us as we officially welcome all your new friends and neighbors who moved here in 2013. We hope to see you all there!



Staff

Mary Scileppi

Property Manager

Linda Van Vlack

Administrative Assistant

Alicia Phillips

Resident Advisor

Penny Napolitano

Bookkeeper

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

John Vincent - Custodial

Office Hours

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



Benefits of Juice

Make a resolution to drink more juice this year. A Vanderbilt University study found that people who drank at least three servings of fruit or vegetable juice a week had a 76 percent lower risk for developing Alzheimer's disease than those who drank less than a serving weekly.



Wishing you health and happiness in the new year!

HAPPY NEW YEAR!



SOUP'S ON

Soup is winter comfort food. Add some fresh-baked bread or corn muffins, and you have a hearty meal. Here is a simple soup recipe from the lifestyles editor at the Tampa Bay Times:

- Sausage, Spinach and Lentil Soup. Bring six cups of your choice of broth to a boil. Add 10 ounces lentils, one cup diced carrots and two minced garlic cloves. Simmer for about 30 minutes or until lentils are soft. Add one pound sliced cooked kielbasa and fresh or frozen chopped spinach. Enjoy!!



HAPPY BIRTHDAY!

Jan. 1	Charlotte Bressette
Jan. 2	Mary McNamara
Jan. 6	Laura Lynk
Jan. 7	Kathleen Critchley
Jan. 8	Gloria Cusimano
Jan. 8	Hermine Ingoglia
Jan. 12	Tiny Baker
Jan. 13	Deloris Felder
Jan. 16	Richard Wilson
Jan. 17	Shirley Cole
Jan. 17	Beverly Johnson
Jan. 18	Gary Clendennen
Jan. 20	Louree Johnson
Jan. 20	Sadie McLean
Jan. 21	John Kosticky
Jan. 25	Arnold Matheson
Jan. 30	Joseph Licato
Jan. 30	Julius Wilson
Jan. 30	Muriel Yeaple

Happy birthday with many blessings throughout the coming year!

Positive Thought

"Think big thoughts but relish small pleasures." —H. Jackson Brown Jr.



Words of Wisdom

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'"

—Martin Luther King Jr.

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

—Anatole France

RESIDENT ADVISOR'S CORNER

Happy New Year, everyone!!

A whole new year will unfold before us. It's a great time to get organized and start fresh. With this in mind, you may also want to check and make sure the office has current information for your emergency contacts. It is vital that we have current contacts and phone numbers if an emergency occurs.

As always, I am here for you so please don't hesitate to stop by or call if you need my assistance.

Alicia



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!





Pizza Bingo

Please join us on
Tuesday, Jan. 7,
at 1 p.m.

We'll all enjoy some pizza, salad,
punch and dessert,
followed by several games of Bingo
for spectacular prizes!!

Purchase your tickets at the office
today. Cost is \$2/Residents,
\$4/Guests

We hope to see you all there!



MONTHLY BINGO! **MONTHLY BINGO!**

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

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

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

Wit & Wisdom

"Sure, luck means a lot in football.
Not having a good quarterback is
bad luck."

—Don Shula



MANAGER'S COFFEE

Our monthly
Manager's Coffee
is scheduled on

Friday, Jan. 3, at 2 p.m.

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

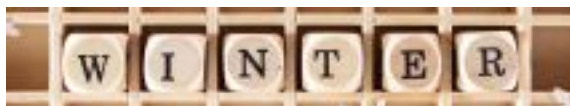


Monthly Breakfast

Friday, Jan. 31, 8-9:15 a.m.

***Pancakes, French Toast, Scrambled
Eggs, Sausage, Bacon, Pastries, Fresh
Fruit, Coffee, Tea and Orange Juice***

*Purchase your ticket in the office—\$2 for
residents and guests alike. Join us for
breakfast and invite a friend!*



The Comfort of Chamomile

On a chilly winter day, warm up with
a steaming cup of chamomile tea. The
herb's flowers contain powerful
flavonoids and oils that may help relieve
joint pain by reducing inflammation.



Talk About It

Life Changes

Whether you
embrace change or
resist it, it is one thing
that's bound to occur
throughout life. Use
the questions below
to start a discussion
about your own life
changes, as well as
those of your friends
and neighbors.


What is the earliest
life change you
remember? Maybe
having a sibling,
starting school or
moving to a new
neighborhood?

Are or were you
married? How did you
meet your spouse? Do
you recall your
proposal, wedding
and honeymoon?

When did you
move into your first
home as an adult?
Was it a house or an
apartment? How long
did you live there?

If you're a parent,
do you remember
when you found out
you were expecting
your first child? Were
you excited, nervous
or a little of both?

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy New Year			New Year's Day 1 CLOSED	2 5th Floor Recon 7 a.m.	3 SEP 9 a.m. ZUMBA Cancelled Manager's Coffee 2 p.m.	4
			5 Eucharistic Service 11:30 a.m.	6 SEP 9 a.m.	7 PIZZA BINGO 1:00 P.M.	8 Schwan's 12:30 p.m. 12th Floor Inspections 1:30 - 3 P.M.
12 Eucharistic Service 11:30 a.m.	13 SEP 9 a.m. BINGO 2:30 p.m.	14 TransCare Blood Pressure Clinic 10 a.m. Community Room	15	16 NEWCOMERS' RECEPTION 2 P.M. ***** 4th Floor Recon 7 a.m.	17 EXTERMINATOR 9 A.M. SEP 9 a.m. Zumba 10 a.m.	18 
19 Eucharistic Service 11:30 a.m.	20 Martin Luther King Jr. Day CLOSED	21 	22 Schwan's 12:30 p.m.	23 4th Floor Vents 1 p.m.	24 SEP 9 a.m. Zumba 10 a.m.	25
26 Eucharistic Service 11:30 a.m.	27 SEP 9 a.m. PODIATRIST 4 p.m.	28	29 BINGO 2:30 p.m.	30 3RD Floor Recon 7 a.m.	31 Breakfast 8-9:15 a.m. Zumba 10 a.m.	

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