



Interfaith Towers

Community News

September 2013



MANAGER'S CORNER

The first day of autumn is fast-approaching. As we enter the cooler season, there are a few things you can do to take care of yourself.

If you catch a cold this fall or winter, here are a few ways to feel a little better:

1) Ease nasal congestion with saline solution drops or sprays.

2) Load up on liquids, such as water, juice, warm water with lemon and honey, and herbal tea.

3) Get lots of rest. Your body needs it to restore energy and strengthen your immune system.

We hope you enjoy and take advantage of the fall foliage and fresh autumn air.

-Mary & Your Staff of Interfaith Towers

What's so Funny?

Did you know that laughing engages many regions of your brain? In fact, according to www.HelpGuide.org, listening to jokes and figuring out punch lines activates parts of the brain vital to learning and creativity. So for a healthier brain, spend time with playful people who like to have fun, and remember to laugh often!



Light the Way

To prevent nighttime falls, keep a flashlight near your bed. If you need to get up during the night, turn on the flashlight and take it with you so you can see where you're going.

Staff

Mary Scileppi

Property Manager

Linda Van Vlack

Administrative Assistant

Alicia Phillips

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

Kathleen Wilkinson - Caf /Store

Office Hours

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

Seasonal Selections

The end of summer is in sight, but many gardens are still producing bushels of goodies. Plentiful in September are sweet potatoes, peppers, summer squash, eggplant and tomatoes. Apple orchards are also busy harvesting at this time of year.



Reduce Your Risk

Eating fruits and vegetables with white flesh, such as bananas, pears, apples, cucumbers and cauliflower, may protect against stroke, according to a Dutch study. The reduced stroke risk is linked to the type and number of antioxidants in these foods.



Talk About It

Help Wanted

Labor Day is a celebration of men and women in the workforce. Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- What was your first paying job? How old were you when you started it?
- Do you remember how much the job paid? Did you enjoy the work? How long did you stay in the position?
- What was the favorite job you ever had? What did you like about it?
- If you didn't work outside the home, would you have liked to? What would have been your "dream job"?



HAPPY BIRTHDAY!

Sept. 3	Jerome Leake
Sept. 6	Florine Cherry
Sept. 6	Terry Van Vlack
Sept. 7	Margaret Mizell
Sept. 7	Lorena Payton
Sept. 11	Arlean Facey
Sept. 11	Charles Merritt
Sept. 16	Agnes Asaram
Sept. 24	Edith Doyle
Sept. 26	Roy Charter
Sept. 28	Patricia Schmidt
Sept. 30	Hazel Touhey

Happy birthday with many blessings throughout the coming year!

RESIDENT ADVISOR'S CORNER

HI, EVERYONE,

It's so hard to believe it's September already. This is my favorite time of year. I thought you would enjoy the following poem:

AUTUMN ~ Ryan Larkin
 Descending leaves fall to the ground,
 Twirling, twisting, round and round,
 Autumn season is almost here,
 The smell of freshness is oh so near.
 The crisp, cool breeze,
 Shakes the leaves from the trees,
 Autumn takes away the green,
 Golden-bronze and brown is all that can be seen.
 Enjoy the crisp fall days ahead!
 ~Alicia



9/1 ~ Stuart Ballinger ~ Apt. 10A
Wishing you many years of health and happiness in your new home!



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!





Chicken Francaise Luncheon

Please join us on
 Tuesday, Sept. 17, at 1 p.m.
 for our
 Chicken Francaise Luncheon.
 Our menu will include:
 Chicken Francaise
 Pasta
 Tossed Salad
 Italian Bread and Butter
 and
 Italian Ice.
 \$3/Residents, \$6/Guests
 We hope to see you all there!



MONTHLY BINGO!

Monday, Sept. 9, at 2:30 p.m.
Wednesday, Sept. 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, Sept. 6, at 2 p.m.

Informational meeting followed by refreshments. Guest Speaker Kathy Sheehan will be here with a presentation on Elder Abuse Prevention. Kathy is the Coordinator of the Coalition Against Elder Abuse. All residents are invited and encouraged to attend.



Monthly Breakfast

Friday, Sept. 27, 8-9:15 a.m.
Pancakes, French Toast, Scrambled Eggs, Bacon, Sausage, 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!

Positive Thought

"Our greatest glory is not in never falling, but in rising every time we fall."
 —Confucius



Funny Fortunes

Laugh Lines

Fortune Cookie Day occurs this month. Here are a few funny fortunes found inside cookies:

- "If a robot promises to love you forever, it means it. Robots never die!"
- "A good way to keep healthy is to eat more Chinese food."
- "You will be president of a small country."
- "Ignore previous cookie."
- "You will read this and say, 'Geez! I could come up with better fortunes than that!'"
- "Come back later ... I am sleeping. (Yes, cookies need their sleep, too.)"
- "Ask your mom."
- "Promote literacy: Buy a box of fortune cookies."
- "There's no such thing as an ordinary cat."

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Eucharistic Service 11:30 a.m.	2 Labor Day OFFICE CLOSED	3 Walkers' Club 9 a.m.	4 	5 1st Floor Recon 7 a.m. Walkers' Club' 9 a.m.	6 SEP 9 a.m. ZUMBA 10 a.m. Manager's Coffee 2 p.m.	7
8 Eucharistic Service 11:30 a.m.	9 SEP 9 a.m. BINGO 2:30 p.m.	10 Walkers' Club 9 a.m. TransCare Blood Pressure Clinic 10 a.m. Community Room	11 4th Floor Inspections 1:30-3 p.m.	12 Walkers' Club 9 a.m. Schwan's 12:30 p.m. 1st Floor Vents 1 p.m.	13 SEP 9 a.m. Zumba 10 a.m.	14 Wranglers 1-4 p.m.
15 Eucharistic Service 11:30 a.m.	16 SEP 9 a.m.	17 Walkers' Club 9 a.m. CHICKEN FRANCAISE LUNCHEON 1 P.M.	18 	19 12th Floor Recon 7 a.m. Walkers' Club 9 a.m.	20 EXTERMINATOR 9 A.M. SEP 9 a.m. Zumba 10 a.m.	21
22 First Day of Autumn!!! Eucharistic Service 11:30 a.m.	23 SEP 9 a.m. PODIATRIST 4 p.m.	24 Walkers' Club 9 a.m.	25 BINGO 2:30 p.m.	26 Walkers' Club 9 a.m. 12th 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.					

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