



Interfaith Towers

Community News

June 2012

Manager's Corner

During lazy, sultry days, many of us don't mind what Merriam-Webster's dictionary describes as "becoming saturated by" our favorite things. Whether you spend your summer days "soaking" up the sun or "soaking" in the cooling waters of a pool or other body of water, one thing is certain: summer's balmy weather and carefree days allow our thoughts to drift away and truly "soak" in some much-needed relaxation.

Enjoy the month of June and be sure to take some "me" time and relax!

—Mary & your staff here at Interfaith Towers



Super Food: Watermelon

Crisp, cool watermelon is a tasty and nutritious ending to a summer meal. This sweet relative of the cantaloupe, squash and cucumber is high in vitamins A and C and lycopene. These antioxidants help prevent heart attack, stroke and cancer. Choose watermelons that are heavy for their size and have a yellowish area on one side, where the fruit rested on the ground. This indicates that the watermelon was vine-ripened and is more likely to be flavorful and juicy.

Staff

- Mary Scileppi**
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
- Helen Douglas - Computer Lab

Office Hours

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

Seniors and Summer Heat

While many of us love summer weather, extreme heat is particularly dangerous for those 65 and older. Beat the heat this month by drinking plenty of fluids, eating fruits with high water content and avoiding the outdoors during the high temperatures.



Honoring Survivors

National Cancer Survivors Day is the first Sunday in June. Everyone knows someone whose life has been touched and altered by cancer. Take a little time to appreciate the lives that have been saved and the ongoing battle against cancer.

HAPPY FATHER'S DAY!



Remember Me?

Cute as a button and well-spoken from a young age, Margaret O'Brien charmed the hearts of many in such films as "Little Women" and "Journey for Margaret." Although she hasn't acted much as an adult, Margaret will be remembered as one of the finest young actresses of Hollywood.

A juvenile Oscar that O'Brien received for her performance in "Meet Me in St. Louis" was stolen in 1954. Decades later, it was found at a flea market and returned to her during a special ceremony.

The Turner Classic Movies website says O'Brien was "best known for her natural, emotional style and her startling facility for tears."

Despite appearing in 19 films before age 18, many of which are very well-known, O'Brien has acted little as an adult.

Resident Advisor's Column

Long summer days with not much on a to-do list can make many seniors stir crazy. If this is the case for you, seize the day and create your own schedule, then stick to it. Think of the things you enjoy doing, then pen your wish list of activities in a daily planner. An example day might be waking up and planning to read the newspaper for an hour after breakfast. Then spend an hour socializing, bird watching or people watching! Slate the next hour as a time for writing—whether poetry, letters to loved ones or personal journaling. Get a friend to craft a similar schedule so your days intersect ... and don't forget about exercise and community activities. Regular schedules keep our minds focused and give us something to look forward to. So, what are you doing today?

Take Care,
Anita



Happy Birthday to ...

June 1	Linda Gorzka
June 9	Sammie Lee Grissett
June 12	Leroy Bowen
June 14	Gloria Wager
June 14	Albert Baldwin
June 15	Howard Oakley
June 17	Louise Micker
June 21	Virginia Wade
June 24	Beatrice Eginger
June 28	James McField
June 30	Johnny Johnson
June 30	Joseph LeClair
June 30	John Sexton

Happy birthday with many blessings throughout the coming year!

Summer Slumber

Many people stay active late into the evening during summer months, when days are long. If you find that extra activity during the evening makes it hard to fall asleep at night, try nibbling an ounce of almonds or sipping a cup of chamomile tea before bedtime. Both are safe, natural sleep aids.



Amorous Attitude

"If a June night could talk, it would probably boast it invented romance."
—Bern Williams

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!



Outdoor Therapy

Take a book or deck of cards outside and enjoy the summer breezes while you relax.



Annual Flag Day BBQ

Please join us on Friday, June 15, at 1 p.m. for our annual **Flag Day BBQ**

Our menu will include:

BBQ Chicken & Ribs

Potato Salad

Baked Beans

Cornbread

Watermelon

Iced Tea & Lemonade

&

Cake

Tickets cost \$3 Residents / \$6 Guests. Sign up by Thursday, June 14. After deadline, price doubles ... so get your tickets early!



Monthly Bingo

Monday, June 11, at 2:30 p.m.

Wednesday, June 27, at 2:30 p.m.

Come enjoy an afternoon of BINGO!

Cards cost \$1 each.

Welcome Home

6/1 ~ Charles Gibson ~ 7I

6/1 ~ Harold Gildersleeve ~ 8G

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



Community News

MANAGER'S COFFEE

Our monthly

Manager's Coffee

is scheduled on

Friday, June 8, at 2 p.m.

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



Monthly Breakfast

Friday, June 29, 8-9:15 a.m.

Omelets, Hash Browns, English Muffins, 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!



Laugh Lines

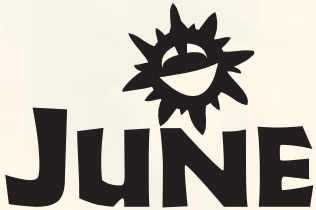



'I Can't Make It in Today'

June 21 is Recess at Work Day, a day for laughs at the office.

Snicker at this *CareerBuilder.com* list of unusual excuses people have used to take a day off work. They may or may not have actually happened, but they sure are silly.

- "I ate too much at a party."
- "I hurt my back chasing a beaver."
- "Bats got in my hair."
- "I was at a bowling alley, and a bucket filled with water, due to a leak, crashed through the ceiling and hit me on the head."
- "I have a headache after going to too many garage sales."

June 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
Eucharistic Service 11:30 a.m.	SEP 9 a.m. TransCare Bingo 1:30-3 p.m. Community Room Bible Study 6:30 p.m. Apt. 8L		7th Floor Inspections 1:30-3 p.m.	9th Floor Recon 7 a.m. Schwan's 12:30 p.m. GOLDEN AGE SINGERS 2 p.m. Community Room	SEP 9 a.m. Zumba 10 a.m.	Wranglers 1-4 p.m.
10	11	12	13	14	15	16
Eucharistic Service 11:30 a.m.	SEP 9 a.m. BINGO 2:30 p.m. Bible Study 6:30 p.m. Apt. 8L	TransCare Blood Pressure Clinic 10AM Community Room		1st Floor Vents 1 p.m. AARP 1 p.m.	EXTERMINATOR 9 a.m. SEP 9 a.m. ZUMBA 10 a.m. FLAG DAY BBQ 1 p.m.	
17	18	19	20	21	22	23
FATHER'S DAY Eucharistic Service 11:30 a.m.	SEP 9 a.m. Bible Study 6:30 p.m. Apt. 8L		FIRST DAY OF SUMMER	8th Floor Recon 7 a.m. Schwan's 12:30 p.m.	SEP 9 a.m. Zumba 10 a.m.	Private Party Community Room 1 p.m.
24	25	26	27	28	29	30
Eucharistic Service 11:30 a.m.	SEP 9 a.m. Bible Study 6:30 p.m. Apt. 8L		BINGO 2:30 p.m.	12th Floor Vents 1 p.m.	Breakfast 8-9:15 a.m. ZUMBA 10 a.m.	

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