



Interfaith Towers

Community News

November 2015



Manager's Corner

Nov. 11 is Veterans Day, defined by the Department of Veterans Affairs as: "A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good." In addition to local and regional events, a Veterans Day National Ceremony is held each year at Arlington National Cemetery. We express our deepest gratitude to all of our Veterans.

We wish you and yours a Happy Thanksgiving and joyous month of November!

~Mary & Your
Staff of Interfaith Towers



Put on a Happy Face

Simply putting on a happy face could enhance your view of those around you. Researchers at City University London in England say there's evidence smiling can cue the brain to put a positive spin on other people's emotions. When researchers recorded the brain waves of study participants, data showed that the act of smiling changed their brain activity, making them perceive people with neutral expressions as smiling, too. As in the words of a classic tune, "When you're smiling, the whole world smiles with you."

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



Fall's Flavors

Immerse yourself in the scents of the season, whether you are picking a hand soap or room spray, or enjoying a tasty treat. Choose pumpkin or apple, or spice things up with clove, cinnamon, nutmeg, ginger or peppermint.



Daylight Saving Time ends
November 1st.



Trivia Whiz

A Favorite Fall Fruit

One of the oldest known fruits, the pomegranate has been cultivated for more than 8,000 years.

The name of the fruit derives from the Middle French *pome garnete*, which means "seeded apple."

Pomegranate trees can live more than 100 years.

Late autumn is harvest time for pomegranates, which have a tough outer layer but are filled with crunchy, juicy seeds. The juice and the seeds, called arils, are the only edible parts.

Pomegranate seeds are high in vitamin C, vitamin K, folate, fiber and several minerals. They also contain beneficial antioxidants and are believed to reduce joint inflammation, lower blood pressure and improve blood flow.

Happy Birthday

- Nov. 1 Albert Barnard
- Nov. 3 Edward DeNitto
- Nov. 5 Mary Reynolds
- Nov. 7 Carole Barnard
- Nov. 8 Mildred Treanor
- Nov. 9 Bernice Clark
- Nov. 10 Athanasius Roberts
- Nov. 11 Lubin Anderson
- Nov. 12 Brenden Murtha
- Nov. 15 Pat Vandemark
- Nov. 21 Marion Osterhoudt
- Nov. 23 Gwendolyn Dickens
- Nov. 26 Veta Forbes
- Nov. 29 Lue Inez Fryar
- Nov. 30 Anna Mae Johnson

Happy Birthday with many blessings throughout the coming year!

RESIDENT ADVISOR'S CORNER

Thanksgiving is not all about the turkey, stuffing and cranberry sauce. The name of the holiday conveys the true meaning of the day. Our busy hectic lives often make it difficult to spend time reflecting on the simple pleasures. Take a moment to remember what you are truly thankful for. Have a happy and safe Thanksgiving.

Fondly, Jessie



Welcome Home

- Nov 1 ~ Catherine McCoy ~ Apt. 9L
 - Nov. 1 ~ James Owens ~ Apt. 4J
- *****

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



Holiday Humor

- Q. Which side of the turkey has the most feathers?
- A. The outside.

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!



Turkey Time

Dark turkey meat has more fat and calories than white meat, but dark meat is rich in iron, zinc, and vitamins B6 and B12.



Wit & Wisdom

MANAGER'S COFFEE

Our monthly Manager's Coffee

is scheduled for **Friday, Nov. 6 at 2 p.m.**

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

"Food is our common ground, a universal experience."
—James Beard

"One cannot think well, love well, sleep well, if one has not dined well."
—Virginia Woolf

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."
—J.R.R. Tolkien



Monthly Breakfast

Friday, Nov. 20, 8-9:15 a.m.

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

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

"Cooking is like love. It should be entered into with abandon or not at all."
—Harriet van Horne

"You don't need a silver fork to eat good food."
—Paul Prudhomme



MONTHLY BINGO!

Tuesday, Nov. 9, and Wednesday, Nov. 18 at 2:30 p.m.

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

"Sometimes we should express our gratitude for the small and simple things like the scent of the rain, the taste of your favorite food, or the sound of a loved one's voice."
—Joseph B. Wirthlin

THANKSGIVING LUNCHEON

Please join us on **Tuesday, Nov. 24 at 1 p.m.** for

Thanksgiving Luncheon

Our menu will include:

- Turkey
- Mashed Potatoes and Gravy
- Stuffing
- Baby Carrots
- Cranberry Sauce
- Dinner Rolls & Butter
- &
- Pumpkin Pie



Purchase your tickets in the office, **\$3 residents and \$6 guests.**

Remember, the cost of tickets **doubles** if bought on the day of the event, so please plan accordingly. Guests are limited to one per tenant.

We hope to see you all there!



November 2015

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|--|---|---|--|---|
| 1  Fall Back! Daylight Saving Time Ends | 2 SEP 9 a.m. | 3 Election Day | 4 | 5 7th Floor Recon 7 a.m. | 6 SEP 9 a.m. MANAGER'S COFFEE 2:00 p.m. | 7  |
| 8 Eucharistic Service 11:30 a.m. | 9 SEP 9 a.m. BINGO 2:30 p.m. | 10 ELANT B/P CLINIC 900 AM COMMUNITY ROOM 2ND Floor Inspections 1:30 - 3 P.M. | 11 Veterans Day OFFICE CLOSED | 12 7th Floor Vents 1 p.m. | 13 SEP 9 a.m. | 14 Wranglers 1-4 p.m. |
| 15 Eucharistic Service 11:30 a.m. | 16 SEP 9 a.m. | 17 | 18 BINGO 2:30 p.m. | 19 6th Floor Recon 7 a.m. | 20 Exterminator 8AM SEP 9 a.m. | 21 |
| 22 Eucharistic Service 11:30 a.m. | 23 SEP 9 a.m. | 24 Thanksgiving Luncheon 1PM | 25 | 26 Thanksgiving OFFICE CLOSED | 27 OFFICE CLOSED | 28  |
| 29 Eucharistic Service 11:30 a.m. | 30 SEP 9 a.m. | <h1>November</h1> | | | | |