



Interfaith Towers

Community News

October 2015

Hand-Washing Tip

With cold and flu season underway, it's more important than ever to wash your hands to fight germs. While many of us were taught to always use soap and warm water, the Centers for Disease Control and Prevention reports that when it comes to killing bacteria, the temperature of the water doesn't matter—the amount of time spent scrubbing does. Using cold water will save energy as well as prevent the skin on your hands from becoming cracked and dry.

Mayberry Milestone

With a cast of beloved characters and one of the most recognized theme songs in TV history, "The Andy Griffith Show" premiered Oct. 3, 1960. Viewers whistled along and met Andy, Barney, Aunt Bee, Opie and the folks of the fictional North Carolina town of Mayberry.

A Healing Purr-pose

A purring kitty on your lap is therapeutic in more ways than one. Cats' purrs measure between 25 and 150 hertz, a frequency that some researchers say promotes healing and may even improve bone density.

October by the Numbers

500. Average number of seeds in a medium-sized pumpkin. A low-calorie snack, pumpkin seeds are high in fiber, zinc, iron, protein and antioxidants.

17,897. Number of published comic strips of "Peanuts" produced by Charles Schulz. The beloved strip debuted Oct. 2, 1950.

Five. Number of fingers (including the thumb) in the wings of a bat, the only flying mammal in the world.

Say 'Yes' to Sweet Potatoes

Take advantage of seasonally fresh sweet potatoes when you see them on menus this fall. A better choice than regular potatoes if you're watching your blood sugar, they're also an excellent source of vitamin A, which can reduce inflammation in your joints.

Staff

Mary Scilleppi
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



Sky Watch: Full Hunter's Moon

October's full Hunter's Moon is named for the seasonal task of preparing for the winter ahead. Many Native American tribes would spend this month hunting and storing food for the cold months to come.



Trivia Whiz

Fun Felines

Cats have been living alongside humans for at least 4,000 years. However, there are a few things you might not know about cats, such as:

- Domestic cats, no matter their breed, are all members of the species *Felis catus*.
- In Japan and Great Britain, black cats are considered symbols of good luck.
- A female cat is called a queen or a molly.
- A cat can travel for a short distance at a top speed of about 30 mph.
- About 200 feral cats live at Disneyland, helping control the rodent population.
- A cat's nose is ridged with a unique pattern, just like a human fingerprint.

Happy Birthday



HAPPY BIRTHDAY

Oct. 1 Ann Craig
 Oct. 7 Martha McClinton
 Oct. 9 Virginia Hill
 Oct. 14 Fred Thompson

Happy Birthday with many blessings throughout the coming year!

Positive Thought

"No act of kindness, no matter how small, is ever wasted." —Aesop

RESIDENT ADVISOR'S CORNER

We hope you are enjoying the cooler days of autumn after the hazy, hot and humid days of summer.

Many of you will be receiving Section 8 recertification packets in the mail within the upcoming weeks. Please do not hesitate to contact Linda or Jessie in the office to schedule an appointment to assist you with the paperwork. We will be glad to help you. Since there will be so many recertifications to process, we ask you call as soon as you gather your information to set up the appointment with us.

We hope to see you all at our Oktoberfest on the 9th!

Regards, Jessie

Welcome Home



10/1~William & Brenda Trowbridge~3F

We wish you years of 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 NOON on the previous day** to enjoy a great meal at a great price!



MANAGER'S COFFEE

Our monthly Manager's Coffee

is scheduled for

Friday, Oct. 2, at 2 p.m.

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



Wit & Wisdom

"I often think that the night is more alive and more richly colored than the day."
—Vincent Van Gogh

"A man is a very small thing, and the night is very large and full of wonders."
—Edward Plunkett

"The night walked down the sky with the moon in her hand."
—Frederic L. Knowles

"The cloud shadows of midnight possess their own repose."
—Percy Bysshe Shelley

"The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night."
—Henry Wadsworth Longfellow

"So the darkness shall be the light, and the stillness the dancing."
—T.S. Eliot



OKTOBERFEST

Please join us on **Friday, Oct. 9, at 3 p.m.** for

Oktoberfest

Our menu will include:

Sauerbraten

Boiled Potatoes, Carrots and Onions

Red Cabbage

Cottage Cheese

Dark Breads & Butter

&

Spice Cake

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!



Monthly Breakfast

Friday, Oct. 30, 8-9:15 a.m.

Omelets, Hash Browns, English Muffins, Fresh Fruit, Pastries, Coffee, Tea and Orange Juice

Purchase your ticket in the office - \$3 for residents and guests. Join us for breakfast and invite a friend!



MONTHLY BINGO!

Tuesday, Oct. 13, and Wednesday, Oct. 28, at 2:30 p.m.

Come enjoy an afternoon of **Bingo!**

Cards cost \$1 each.

A Seasonal Smile

"Autumn—the year's last, loveliest smile." —William Cullen Bryant



Seasonal Selections

Autumn may be here, but that doesn't mean the growing season is over. October is prime time for many tasty and nutritious fruits and vegetables, including apples, potatoes, pumpkins, winter squash, cabbage, kale, turnips, peppers and sweet potatoes.

October 2015

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p style="font-size: 2em; margin: 0;">1</p>	<p style="font-size: 2em; margin: 0;">2</p>	<p style="font-size: 2em; margin: 0;">3</p>	<h1 style="font-size: 4em; margin: 0;">OCTOBER</h1>				<p style="font-size: 2em; margin: 0;">4</p>	<p style="font-size: 2em; margin: 0;">5</p>	<p style="font-size: 2em; margin: 0;">6</p>	<p style="font-size: 2em; margin: 0;">7</p>	<p style="font-size: 2em; margin: 0;">8</p>	<p style="font-size: 2em; margin: 0;">9</p>	<p style="font-size: 2em; margin: 0;">10</p>
	<p>10th Floor Vents 1 p.m.</p>	<p>SEP 9 a.m. MANAGER'S COFFEE 2 p.m.</p>	 <p>BREAST CANCER AWARENESS</p>				<p>Eucharistic Service 11:30 a.m.</p>	<p>SEP 9 a.m.</p>			<p>9th Floor Recon 7 a.m.</p>	<p>OKTOBERFEST 3 p.m. Community Room</p>	<p>Wranglers 1-4 p.m.</p>
<p>11</p>	<p>Columbus Day</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>						
<p>Eucharistic Service 11:30 a.m.</p>	<p>Office Closed</p>	<p>BINGO 2:30 p.m.</p>	<p>3rd Floor Inspections 1:30 - 3 p.m.</p>	<p>9th Floor Vents 1 p.m.</p>	<p>EXTERMINATOR 9 A.M. SEP 9 a.m.</p>								
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>							
<p>Eucharistic Service 11:30 a.m.</p>	<p>SEP 9 a.m. PODIATRIST 4 p.m.</p>			<p>8th Floor Recon 7 a.m.</p>	<p>SEP 9 a.m.</p>	<p>BINGO by the Ladies' Auxiliary of Exempt Fireman's Assoc. Bingo 12- 2</p>							
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>							
<p>Eucharistic Service 11:30 a.m.</p>	<p>SEP 9 a.m.</p>		<p>BINGO 2:30 p.m.</p>	<p>8th Floor Vents 1 p.m.</p>	<p>Breakfast 8-9:15 a.m.</p>								