



Interfaith Towers

Community News

February 2014



Manager's Corner

Each Feb. 2, famous groundhog Punxsutawney Phil emerges from his hole and the nation waits to learn whether he saw his shadow. February is also a good time for us to examine our own shadows. One definition of shadow, from Merriam-Webster, is "partial darkness or obscurity." What talents or skills do you humbly hide from others? This February, as winter begins to wane, polish up some dazzling facets of your personality and pull them out of the shadows. Let the whole world see you shine!

Enjoy the month of February and as always ... keep in touch.
Mary & your staff of
Interfaith Towers

The Big Game

Some ignore the commercials. Some watch nothing but. No matter your reason, tune in to the Super Bowl this year.



Super Food: Cherish Chocolate

Sure, there are more nutritious foods than chocolate. But this month of love is a perfect time to savor moderate amounts of the sweet stuff. Chocolate contains flavonoids, a type of antioxidant. Studies indicate that a small daily serving of dark chocolate, which is richer in flavonoids than milk chocolate, can help reduce blood pressure and cholesterol levels. So on Valentine's Day, be good to your taste buds and your heart.



The Best Medicine

Find little things that make you laugh every day. Laughter lowers blood pressure, reduces stress hormones and can relieve pain.



Will Punxsutawney Phil see his shadow on Feb. 2?!

Staff

Mary Scileppi
Property Manager
Linda Van Vlack
Administrative Assistant
Alicia Phillips
Resident Advisor
Penny Napolitano
Bookkeeper
Roy Charter
Superintendent

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.

Website

www.interfaithtowers.com

Positive Thought

"An attitude of positive expectation is the mark of the superior personality."
—Brian Tracy





Funny Folks

Laugh Lines

In honor of Valentine's Day, here is what comedians have to say about love and marriage.

"Marry a man your own age; as your beauty fades, so will his eyesight."
—Phyllis Diller

"Marriage has no guarantees. If that's what you're looking for, go live with a car battery."
—Erma Bombeck

"My friends tell me I have an intimacy problem. But they don't really know me."
—Garry Shandling

"Love is a lot like a backache. It doesn't show up on X-rays, but you know it's there."
—George Burns

"I was married by a judge. I should have asked for a jury."
—Groucho Marx

"My wife gets all the money I make. I just get an apple and clean clothes every morning."
—Ray Romano

Happy Birthday

Feb. 1	Helen Reed
Feb. 1	Father Susaimarian
Feb. 5	Jorge Baco
Feb. 12	Marvin Lyons
Feb. 13	Yvonne Morrow
Feb. 15	Clarence Mallory
Feb. 16	Edward Brown
Feb. 21	Brigitte Wilson
Feb. 27	Ernesto Melgarejo
Feb. 27	Rose Marie Rocco

Happy Birthday with many blessings throughout the coming year!

Positive Thought

"Laughter is the sun that drives winter from the human face." — Victor Hugo

RESIDENT ADVISOR'S CORNER

Hi, Everyone,

Did you know that February is National Heart Month? Eating a healthy diet, maintaining a healthy weight and exercising regularly are all good ways to help prevent heart disease.

With that in mind, I want to remind everyone that we do have two exercise classes that take place in the community room. SEP (Senior Exercise Program) on Mondays and Fridays at 9 a.m. and Zumba on Fridays at 10 a.m.

A healthy heart is a happy heart.
Enjoy the month of February!
Alicia

Monthly Celebrations

There is much more to celebrate in February than Valentine's Day and Presidents' Day.

- Enjoy a sweet and nutritious treat in honor of National Cherry Month.
- Check out your local library during Library Lovers' Month.
- Make positive changes in your life as part of Plant the Seeds of Greatness Month.



Keep the Heat

Conserve energy by closing your blinds or curtains at night. Warm air can escape through windows, causing your heater to work harder than it needs to.

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!



Clear the Clutter

The word "February" comes from the Latin word *februa*, meaning "to cleanse." Start spring cleaning early and use this short month to clean out any clutter in your home or office.



CHINESE FOOD BINGO!

Please join us on

Friday, Feb. 7, at 1 p.m.

We'll all enjoy some Chinese food, followed by several games of Bingo for spectacular prizes!!

Purchase your tickets at the office today. Cost is \$3/Residents and \$6/Guests.

We hope to see you all there!



MONTHLY BINGO!

MONTHLY BINGO!

Monday, Feb. 10, at 2:30 p.m.

Wednesday, Feb. 26, at 2:30 p.m.

Come enjoy an afternoon of BINGO!

Cards cost \$1 each.

Motivational Tip

Things might not always go right in life, but you don't have to go wrong with them. Never give up on your goals and dreams. Learn from the words of former NFL running back Emmitt Smith: "I may win and I may lose, but I will never be defeated."



MANAGER'S COFFEE

Our monthly Manager's Coffee is scheduled on

Friday, Feb. 14, at 2 p.m.

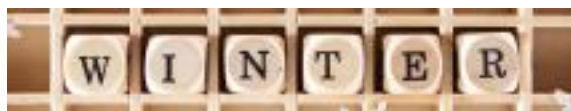
Informational meeting followed by refreshments. All residents are invited and encouraged to attend.



Monthly Breakfast

Friday, Feb. 28, 8-9:15 a.m.

Omelets, Hash Browns, 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!



Deal of the Month

Even if you don't like football, get in the spirit of Super Bowl Sunday. Many grocery stores, restaurants and retailers offer great deals and discounts on all kinds of goodies. Take advantage of the bargains.



Talk About It

First Dates

It's February, a popular month for sweethearts. Do you remember the first time you were struck by Cupid's arrow? Use the questions below to start a discussion about your own dating experiences, as well as those of your friends and neighbors.

- Who was your first date with? Did you ask them out, or did they ask you?
- How old were you then? Did you have to get your parents' permission to go?
- Where did you go on that first date? Maybe a dance, pizza parlor or movie? Did it lead to other dates?
- Did you ever double date?
- What was, or would be, a "dream date" with your special someone?

February 2014

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FEBRUARY

							1
Groundhog Day 2 Eucharistic Service 11:30 a.m.	3 SEP 9 a.m.	4	5 11th Floor Inspections 1:30 - 3 P.M.	6 3RD Floor Vents 1 p.m.	7 SEP 9 a.m. ZUMBA 10 a.m. CHINES FOOD BINGO 1PM	8 Wranglers 1-4 p.m.	
9 Eucharistic Service 11:30 a.m.	10 SEP 9 a.m. BINGO 2:30 PM	11 	12 SCHWAN'S 12:30 PM	13 2ND Floor Recon 7 a.m.	Valentine's Day 14 SEP 9 a.m. ZUMBA 10 a.m. MANAGER'S COFFEE 2:00PM	15	
16 Eucharistic Service 11:30 a.m.	Presidents' Day 17 CLOSED	18	19	20 2ND Floor Vents 1 p.m.	21 EXTERMINATOR 9 A.M. SEP 9 a.m. Zumba 10 a.m.	22 	
23 Eucharistic Service 11:30 a.m.	24 SEP 9 a.m.	25 	26 SCHWAN'S 12:30 PM BINGO 2:30 p.m.	27 1ST Floor Recon 7 a.m.	28 Breakfast 8-9:15 a.m. ZUMBA 10 a.m.		