

Interfaith Towers

Community News

September 2015

September by the Numbers

48. Grams of whole grains recommended daily. September is Whole Grains Month.

1.7 million. Number of new grandparents every year in the U.S. Celebrate Grandparents Day on the first Sunday after Labor Day.

39. Number of Founding Fathers who signed the U.S. Constitution on Sept. 17, 1787.

Sit Up and Get a Lift

Improve your posture and you could improve your mood. Studies show sitting up with your spine straight and shoulders back can make you feel happier and more confident.

Psychologists say this simple physical change lowers stress hormones and increases happiness hormones, which can cue the brain to switch to a more positive and poised state of mind.

A Figure of Speech

Phrase: Apple of my eye
Meaning: Cherished object of affection

Origin: Dating back to the ninth century, "apple of my eye" originally referred to the actual pupil of the human eye, as it was believed the pupil was spherical in shape, like an apple. Since the sense of sight is valued so highly, the phrase was soon used to describe other cherished things or people.



It's Your Day

The Sunday after Labor Day is National Grandparents Day. Are you a grandparent? If so, celebrate your special day today!

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

Tropical Remedy

Ease tummy trouble with a tropical treat. Pineapple and papaya are rich in enzymes that help break down proteins during digestion and reduce fullness and bloating.

A Record-Setting Show

"M.A.S.H." premiered in September 1972. The hit TV series followed the comedic exploits of a group of Army doctors during the Korean War. "M.A.S.H." ran for 11 seasons; the final episode still holds the record for the most-watched TV series finale.

Chicken Is the Choice

Whether fried or oven-roasted, in a salad or on a bun, chicken has become the most popular meat choice. On average, Americans eat more than 80 pounds of chicken each year—more than any other country in the world—according to the National Chicken Council.



Trivia Whiz

Mystery Solved

From jewel heists and bank robberies to murders and more, these super sleuths became household names for their ability to unravel mysteries in TV land:

Joe Friday,

"Dragnet." This radio show that became a TV series in 1952 was the crime drama that paved the way for all the rest and featured no-nonsense Sgt. Joe Friday (Jack Webb).

Lt. Columbo,

"Columbo." Known for his wrinkled trench coat and cigars, Columbo (Peter Falk) tricked suspects with his absent-minded behavior and chatty demeanor, constantly asking, "Just one more thing."

Jessica Fletcher,

"Murder, She Wrote." English teacher turned mystery writer Jessica Fletcher (Angela Lansbury) became a pro at solving real crimes near her hometown of Cabot Cove, Maine.



HAPPY BIRTHDAY

Sept. 3	Jerome Leake
Sept. 6	Florine Cherry
Sept. 7	Margaret Mizell
Sept. 7	Lorena Payton
Sept. 10	Alan Mathews
Sept. 11	Arlean Facey
Sept. 11	Charles Merritt
Sept. 16	Agnes Asaram
Sept. 24	Edith Doyle
Sept. 26	Gail Dorney
Sept. 28	Patricia Schmidt
Sept. 30	Hazel Touhey

Happy Birthday with many blessings throughout the coming year!



RESIDENT ADVISOR'S CORNER

Hello, Everyone.

Mark your calendars and save the date. The 20th Annual Dutchess County Senior Prom will be held on Monday, Oct. 19, from Noon to 4pm at the Villa Borghese in Wappingers. Early Bird registration is encouraged as the senior prom is a sellout every year! Tickets are \$20 per person if received before Sept. 20, and \$30 per person after Sept. 20. Empire Transportation will do a group rate transportation again this year. Sign-up sheet is on the bulletin board in the lobby.

Enjoy the Fall.

Jessie



9/1/15 ~ Anthony Marinaccio ~ 8L

Wishing you many years of good health and happiness in your new home.



Brainteaser

Question: Johnny's mother had three children. The first child was named April; the second one was named May. What was the third child's name?

Answer: Johnny.



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!

Positive Thought

"How old would you be if you didn't know how old you are?" —Satchel Paige



Lasagna Luncheon

Please join us on
Tuesday, Sept. 15
at 1 p.m.

for our

Lasagna Luncheon

Our menu will include:

- Lasagna**
- Tossed Salad**
- Italian Bread**
- Punch**
- and**
- Italian Cookies**

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.

We hope to see you all there!



Old Glory

Francis Scott Key saw Fort McHenry's garrison flag flying over Baltimore the morning of Sept. 14, 1814, signaling an American victory over British troops. Inspired by the vision, Key wrote "The Star-Spangled Banner," which later became our national anthem.



MANAGER'S COFFEE

Our monthly
Manager's Coffee
is scheduled for

Friday, Sept. 4, at 2 p.m.

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



Monthly Breakfast

Friday, Sept. 25, 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!



MONTHLY BINGO!

Monday, Sept. 14 and
Wednesday, Sept. 30 at 2:30 p.m.
Come enjoy an afternoon of **Bingo!**
Cards cost \$1 each.



Wit & Wisdom

"Change your opinions, keep to your principles; change your leaves, keep intact your roots."
—Victor Hugo

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."
—Jimmy Dean

"When we are no longer able to change a situation, we are challenged to change ourselves."
—Viktor E. Frankl

"Change, like sunshine, can be a friend or a foe, a blessing or a curse, a dawn or a dusk."
—William Arthur Ward

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."
—Margaret Mead

September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
Eucharistic Service 11:30 a.m.	OFFICE CLOSED	4h Floor Inspections 1:30 - 3 P.M. SCHWAN'S 12:30 p.m.	11th Floor Recon 7 a.m.	12th Floor Vents 1 p.m.	SEP 9 a.m. MANAGER'S COFFEE 2:00PM	Wranglers 1-4 p.m.
13	14	15	16	17	18	19
Eucharistic Service 11:30 a.m. ROSH HASHANAH BEGINS AT SUNDOWN	SEP 9 a.m. BINGO 2:30 p.m.	LASAGNA LUNCHEON 1pm	11th Floor Vents 1 p.m.	11th Floor Recon 7 a.m.	EXTERMINATOR 9 A.M. SEP 9 a.m.	
20	21	22	23	24	25	26
Eucharistic Service 11:30 a.m.	SEP 9 a.m.	ELANT B/P CLINIC 8:30 - 10:00 AM COMMUNITY ROOM YOM KIPPUR Begins at Sundown	AUTUMN BEGINS SCHWAN'S 12:30 p.m.	10th Floor Recon 7 a.m.	Breakfast 8-9:15 a.m.	
27	28	29	30			
Eucharistic Service 11:30 a.m.	SEP 9 a.m.		BINGO 2:30 p.m.			