



# Interfaith Towers

Community News

January 2015



Happy New Year!

The start of a new year is the perfect time to renew our commitment to making Interfaith Towers the very best community for you to call "home." Our goal is to make 2015 better than any year before. Remember, your input, ideas and talents are intrinsic to making our community so unique. You all are the heart of our community! Wishing you and yours a happy and healthy 2015!

~Mary and your staff of Interfaith Towers

## Mark Brainteaser Month

The new year often encourages fitness goals, but don't forget about exercising your gray matter. January is International Brainteaser Month, celebrating those mind benders that test our logic and thinking skills. Warm up with this one: A farmer has five haystacks in one field and four haystacks in another. How many haystacks would he have if he combined them all in one field? (*Answer: One. If he combines them all, he now has one big stack!*)

## Senior Savings

You probably know that your senior status can help you score discounts at businesses such as restaurants and movie theaters. But there are other products and services available to seniors at little or no cost. For details, search the Web for "discounted services for seniors."

## A Figure of Speech

*Phrase:* Living high on the hog  
*Meaning:* Living a life of luxury  
*Origin:* The best, most expensive cuts of pork are taken from the loin and upper leg, which are higher on a hog's body. Therefore, those who can afford pricey cuts of meat must be wealthy.

## 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

## Hugs Are Healthy

Stretch out your arms and give someone a squeeze on National Hug Day, Jan. 21. Hugging reduces stress hormones and releases a soothing brain chemical—and this reaction occurs whether you're giving a hug or receiving one.





## Talk About It

### Weather Wonders

January is known for walloping a blast of wintry weather into many parts of the country, but no matter where you live, there are occasional weather extremes to deal with. Use the questions below to start a discussion about your extreme weather memories.

What was the most extreme form of weather—snow, floods, hurricanes, heat—where you grew up? Do you have any memories of particularly severe occurrences? How did you survive them?

When you were younger, did the weather in your hometown ever cause school to close?

Have you personally lived through a large-scale weather catastrophe such as a tornado, flood or hurricane? What do you remember most about it?

### HAPPY BIRTHDAY!

Jan. 1	Charlotte Bressette
Jan. 2	Mary McNamara
Jan. 4	Diane Campbell
Jan. 6	Laura Lynk
Jan. 7	Kathleen Critchley
Jan. 8	Gloria Cusimano
Jan. 8	Hermine Ingoglia
Jan. 12	Janice Baker
Jan. 13	Deloris Felder
Jan. 17	Shirley Cole
Jan. 17	Beverly Johnson
Jan. 18	Gary Clendennen
Jan. 20	Louree Johnson
Jan. 20	Sadie McLean
Jan. 21	John Kosticky
Jan. 24	Barbara Stroman
Jan. 25	Arnold Matheson
Jan. 30	Joseph Licato
Jan. 30	Julius Wilson
Jan. 30	Muriel Yeaple

*Happy Birthday with many blessings throughout the coming year!*

### RESIDENT ADVISOR'S CORNER

Happy New Year!

I hope everyone enjoyed the holiday season with their friends and families and are ready for all the great things ahead in 2015.

The Exempt Fireman's Ladies Auxiliary will be hosting bingo in the Community Room on Saturday, Jan. 17, from 1 to 3 p.m. Please join them for an afternoon of fun and games.

If you need any assistance, please feel free to contact me.

—Jessie



### 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!



## MONTHLY BINGO!

*Monday, Jan. 12, and*

*Wednesday, Jan. 28, at 2:30 p.m.*

Come enjoy an afternoon of **bingo!**

Cards cost \$1 each.



## Soup & Sandwich Bingo

Please join us on

*Tuesday, Jan. 6,*

*at 1 p.m.*

We'll enjoy soup & sandwiches followed by several games of bingo for spectacular prizes!!

Purchase your tickets at the office today. Cost is \$2/resident, \$4/guest.

We hope to see you all there!



## MANAGER'S COFFEE

Our monthly

*Manager's Coffee*

is scheduled for

**Friday, Jan. 9, at 2 p.m.**

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

## Monthly Breakfast

**Friday, Jan. 30 ~ 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!*

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## NEWCOMERS' RECEPTION

Our annual newcomers' reception will be held on Thursday, Jan. 22, at 2 p.m. in the community room. Please join us as we officially welcome all your new friends and neighbors who moved here in 2014. We hope to see you all there!



## Remember Me?

Whether he was rockin' on "Bandstand" or on New Year's Eve, Dick Clark was an instrumental force in entertainment. Here's more about the man known as "America's oldest teenager."

Clark was born Nov. 30, 1929, in Mount Vernon, N.Y.

He began his career in the mail room of a New York radio station. He worked his way up to weatherman and news announcer.

From 1957 until 1989, Clark was the host of "American Bandstand."

Not just an on-air personality, Clark became a media mogul by creating his own production company.

Since 1972, Americans have been ringing in the New Year with "Dick Clark's New Year's Rockin' Eve."

He was inducted into the Rock and Roll Hall of Fame in 1993.

# January 2015

Sunday

Monday

Tuesday

Wednesday



Thursday

Friday

Saturday

# January



				New Year's Day 1  OFFICE CLOSED	2  SEP 9 a.m. ZUMBA 10 a.m.	3
4  Eucharistic Service 11:30 a.m.	5	6  SOUP & SANDWICH BINGO 1 P.M.	7  	8  4th Floor Recon 7 a.m.	9  SEP 9 a.m. ZUMBA 10 a.m.  MANAGER'S COFFEE 2 P.M.	10  Wranglers 1-4 p.m.
11  Eucharistic Service 11:30 a.m.	12  SEP 9 a.m. BINGO 2:30 p.m.	13  12th Floor Inspections	14  SCHWAN'S 12:30 P.M.	15  4TH Floor Vents 1 p.m.	16  EXTERMINATOR 9 A.M. SEP 9 a.m.  Zumba 10 a.m.	17  FIREMAN'S EXEMPT WOMEN'S AUXILIARY BINGO 1-3 P.M.
18  Eucharistic Service 11:30 a.m.	19 Martin Luther King Jr. Day  OFFICE CLOSED  ELANT B/P CLINIC 10:30 A.M. COMMUNITY ROOM	20	21	22  3rd Floor Recon 7 a.m.  Newcomers' Reception 2 p.m.	23  SEP 9 a.m. ZUMBA 10 a.m.	24
25  Eucharistic Service 11:30 a.m.	26	27  	28  SCHWAN'S 12:30 P.M.  BINGO 2:30 p.m.	29  3rd Floor Vents 1 p.m.	30  Breakfast 8-9:15 a.m.  ZUMBA 10 a.m.	31