



Interfaith Towers

Community News

October 2014



MANAGER'S CORNER

Fall is here in all its glory! Enjoy this most beautiful season of the year.

Along with the changing weather, our community, as we approach our fortieth anniversary, has been going through several changes, too. Some of the upcoming changes have created concern and anxiety among many of our residents. I hope that my recent memo helped to alleviate that and also correct some of the misinformation that had been circulating. As always, never hesitate to confirm something you have heard with us in the office. We are here for you.

Stay well, and, as always, keep in touch.

—Mary and your staff of
Interfaith Towers

An Important To-Do: Protect Against the Flu

According to WebMD, flu season can start as early as mid-October and run through the end of May. That makes this month prime time for a flu shot.

Juice Boost

Add a squeeze of lemon, lime or even an orange to a cup of green or black tea. Citrus juices have been found to boost the tea's natural antioxidants by making them last longer, so your body can take full advantage of their health benefits.

Teatime Tames Tension

When temperatures drop, folks find themselves drinking more hot beverages throughout the day. Instead of coffee, drink black tea to reduce stress. Research shows that tea has tension-taming properties, so warm up and unwind with a steaming cup of tea today.

Prepare for Colder Nights

Keep an extra blanket near your bed to prevent shivering in your sheets, as autumn night temperatures can drop drastically.

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

Kathleen Wilkinson ~ Café/Store

Allen Gaffney ~ Café/Store



A Figure of Speech

Phrase: Keep it under your hat

Meaning: Keep something secret

Origin: One thing often found under a hat is a head. Initially, "under your hat" simply meant "in your head." The phrase "keep it under your hat," therefore, means "keep it in your head."



Laugh Lines

October marks the anniversary of the iconic "Peanuts" comic strip, created by Charles M. Schulz. Since 1950, Snoopy, Charlie Brown and the gang have provided comic wisdom for both young and old.

"In the book of life, the answers aren't in the back."

—Charlie Brown

"Dear IRS, Please remove me from your mailing list."

—Snoopy
"All you really need is love, but a little chocolate now and then doesn't hurt."

—Lucy

"I dread getting old ... I don't want to have to wear bifocal teeth!"

—Linus
"I think I've discovered the secret of life—you just hang around until you get used to it."

—Sally
"That was a hard test, Marcie. I didn't know if it was an essay test, true or false, or multiple choice. I just put down 'Not Guilty.'"
—Peppermint Patty

Happy Birthday

Oct. 1 Ann Craig
Oct. 7 Martha McClinton
Oct. 9 Virginia Hill
Oct. 12 Kevin John
Oct. 14 Fred Thompson

Happy Birthday with many blessings throughout the coming year!



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.

An Ounce of Prevention

Cooler weather signals the start of cold and flu season. We may thoroughly wash our hands only to contaminate them again by touching a germy doorknob, light switch, keyboard, phone or remote. Taking a few minutes regularly to clean these household surfaces with disinfectant wipes could help stave off a nasty bug.



OKTOBERFEST

Please join us for our annual Oktoberfest on Friday, Oct. 10 at 3 p.m.

Our menu will include:
Sauerbraten

Boiled Potatoes, Carrots & Onions
Red Cabbage
Cottage Cheese
Dark Breads & Butter
&

Spice Cake

Purchase your ticket in the office, \$3/Residents and \$6/Guests. We hope to see you all there!



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!



Welcome Home



Talk About It

Go, Fight, Win!

The cool, crisp autumn air brings back memories of high school football games, and for many, those events were a big part of their teenage years. Use the questions below to reflect on your own memories of high school football.

Did you attend football games when you were in high school? Were you a member of the team, the cheerleading squad or the marching band, or simply a fan in the stands? What cheers or chants do you remember?

Many schools hold an annual homecoming game and encourage alumni to attend. Was homecoming a tradition in your school? Did you participate in pep rallies and spirit days?

Was there a homecoming parade in your hometown? What was it like?



RESIDENT ADVISOR'S CORNER

Behold the changing leaves and enjoy the crisp breeze, Fall has arrived!

Break out your dancing shoes, and get ready to go to the Senior Prom. I hope everyone gets a chance to dress up and have some fun dancing and mingling with friends at the Senior Prom on Monday, Oct. 20 from 12 to 4 p.m. at the Villa Borghese. We will be setting up roundtrip transportation with Empire Transportation for \$6 per person.

If you haven't purchased your ticket yet, or you need to set up for transportation, please see Helen Douglas.

Jennifer from Elant will be coming twice a month on Tuesdays at 9:30 a.m. for a free Blood Pressure Clinic in the Community Room.

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

—Jessie

- 5/16 - Kay Reilly - 4C
- 6/16 - Vernon & Diane Campbell - 3I
- 9/1 - Rupert Dyer - 3A
- 10/1 - Barbara Barley - 9L
- 10/16 - Sonia Lopez - 7G

Our sincere apologies to our lateness in welcoming our May and June move-ins (an unintentional oversight).

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



Monthly Breakfast

Friday, Oct. 31 ~ 8-9:15 a.m.

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

Since it is also Halloween, come in costume and receive a special "treat"!! *Purchase your ticket in the office—\$3 for residents and guests. Join us for breakfast, and invite a friend!*



MANAGER'S COFFEE

Our monthly Manager's Coffee

is scheduled on

Friday, Oct. 3, at 2 p.m.

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







MONTHLY BINGO!

Tuesday, Oct. 14, and Wednesday, Oct. 29, at 2:30 p.m.

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

October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="font-size: 4em; font-weight: bold; letter-spacing: 0.5em;">October</div> 			1	2	3	4
				10th Floor Vents 1 p.m.	SEP 9 a.m. ZUMBA 10 a.m. MANAGER'S COFFEE 2:00PM	
5	6	7	8	9	10	11
Eucharistic Service 11:30 a.m.	SEP 9 a.m. PODIATRIST 4 p.m.	ELANT B/P CLINIC 9:30 a.m. COMMUNITY ROOM	SCHWANS 12:30 p.m.	9th Floor Recon 7 a.m.	SEP 9 a.m. ZUMBA 10 a.m. OKTOBERFEST 3 p.m.	Wranglers 1-4 p.m.
12	Columbus Day 13	14	15	16	17	18
Eucharistic Service 11:30 a.m.	OFFICE CLOSED	BINGO 2:30 p.m.	3rd Floor Inspections 1:30-3 P.M.	9th Floor Vents 1 p.m.	EXTERMINATOR 9 a.m. SEP 9 a.m. Zumba 10 a.m.	
19	20	21	22	23	24	25
Eucharistic Service 11:30 a.m.	SEP 9 a.m. SENIOR PROM 12-4 p.m. VILLA BORGHESE	ELANT B/P CLINIC 9:30 a.m. COMMUNITY ROOM	SCHWANS 12:30 p.m.	8th Floor Recon 7 a.m.	SEP 9 a.m. ZUMBA 10 a.m.	
26	27	28	29	30	31	
Eucharistic Service 11:30 a.m.	SEP 9 a.m.		BINGO 2:30 p.m.	8th Floor Vents 1 p.m.	HAPPY HALLOWEEN Breakfast 8-9:15 a.m. ZUMBA 10 a.m.	