

August 2022

Community News



And just like that ... August has arrived! I hope you have all enjoyed your summer so far. It's hard to believe that it is half over already! The Grill days were heartily enjoyed by all who came down; it was great to see all your smiling faces.

Moving forward, we plan to have the monthly Breakfasts in the community room and will continue to have the events delivery-style. With the rising costs, it really makes sense.

Enjoy the month of August and be well!

~Mary and your Staff of Interfaith Towers

Playing With Sand

Just like building a sandcastle on a beach can evoke happiness, so can playing with sand as a form of sensory therapy. Sand has a long history of use in counseling sessions, and therapists say working with both wet and dry sand can ease feelings of anxiety and help a busy mind focus.

A Wonderful Wildflower

The native North American wildflower known as coneflower brightens prairies, roadsides, parks and gardens with cheerful blooms that attract butterflies, bees and birds. The flowers, which belong to the daisy family, get their name from their spiny seed heads that resemble a cone. The classic purple coneflower is the most popular, but you'll also see white, red, orange, yellow and pink varieties.

Staff

Mary Scileppi
Property Manager
Linda Gorzka
Administrative Assistant
Jessica DeGarmo
Resident Advisor
Roy Charter
Superintendent
Timothy Evans
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



Write It Down

Need help remembering something? Write it down. Handwriting engages more parts of the brain than typing, and it is easier to recall something once you've written it on paper.



Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. The Romans called it "the evening emerald," as the gem appeared dark green in lamplight.



Trivia Whiz

Cool Stuff at the Smithsonian

The museums that make up the Smithsonian Institution are home to over 150 million objects. In addition to American artifacts like the Declaration of Independence, viewers can see a wide range of meaningful pieces:

The institution's most popular attraction is the Hope Diamond, the walnut-sized blue gem that weighs 45.52 carats.

Henry the elephant is a can't-miss exhibit at the National Museum of Natural History: The 11-ton, 13-foot-tall piece of taxidermy has been on display since 1959.

Presidential relics include the stovepipe hat Abraham Lincoln was wearing the night he was assassinated and the microphone used by Franklin D. Roosevelt during his fireside chats.



AUGUST BIRTHDAYS

August 9 August 10 August 11 August 11 August 11 August 11 August 12 August 14 August 16 August 17 August 21 August 22 August 23 August 27	Tyrone Louder Vernon Campbell Carol Carlton John Owens Jo Ann Pellegrino Florence Woermer Mary Urquhart Margaret Anson Brenda Trowbridge Robert Schrum Willie Eady Ruby Slater Barbara Gernhardt
August 27	Julien Louis-Ferdinand

Happy Birthday with wishes for countless blessings throughout the coming year!

RESIDENT ADVISOR'S CORNER

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

If you need an appointment with me, please stop by or call the office.

~ Jessie



Carry a Summer Scarf

A large, lightweight scarf can come in handy in the summer. Use it to drape over your neck and shoulders in chilly restaurants and theaters, and to protect your head from the sun when you're outdoors.

Make Time To Do Nothing

The longer, warmer days of summer are the perfect time to practice *niksen*, the Dutch concept of doing nothing. Daydreaming while looking out a window, sitting on a porch, and listening to music are some examples of *niksen*. Mindless relaxation has been shown to foster both emotional and physical benefits, such as improving the ability to work through a problem and helping the body fight off colds.

Daily Lunch Program

D.C. Office for the Aging offers home-delivered meals at noon, Monday through Friday. *Please note that The Office for the Aging has suspended all congregate meals until further notice. Home-delivered meals will continue to be provided to all residents registered with the Office for the Aging.



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