



Interfaith Towers

Community News

August 2020

MANAGER'S CORNER

Summer is flying by! The month of August with its "dog days of summer" is here!

As you are aware, we must continue to monitor the recommendations of the CDC and the guidance of the Governor relating to the COVID-19 virus. In these uncertain times, it is always wise to err on the side of safety. Signs are still up to remind all to practice social distancing, wear a mask when leaving your apartment, and to refrain from congregating in any of our common areas. I know that as time goes by, this becomes harder for everyone, but it is so very important to observe for the continued safety of all.

Wishing you all a happy, healthy month of August! Stay safe, stay well.

~Mary & your Staff
of Interfaith Towers



Do One Thing at a Time

Multitasking is efficient, right? Not true, say scientists. You're actually making your brain work harder because it's wired to focus on one thing at a time. When you think you're doing two tasks at once, such as watching TV while working a crossword puzzle, the brain is really switching back and forth between both experiences and must use more energy. Focusing on a single task has been shown to be better for the brain and more mentally relaxing.

Staff

Mary Scileppi

Property Manager

Linda Gorzka

Administrative Assistant

Jessica DeGarmo

Resident Advisor

Rita Barber

Bookkeeper

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



Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.



Nap Know-How

According to the National Sleep Foundation, the best time to catch a few quick z's is between 2 and 3 p.m. Take a snooze any earlier, and your body may not be ready for sleep, while drifting off too late in the afternoon may make it difficult to fall asleep at bedtime.



Trivia Whiz

At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating.

Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.

Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.

You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.

Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.



AUGUST BIRTHDAYS

August 10	Vernon Campbell
August 11	Carol Carlton
August 11	John Owens
August 11	Jo Ann Pellegrino
August 12	Mary Urquhart
August 14	Margaret Anson
August 16	Brenda Trowbridge
August 19	Obie Rodgers
August 21	Willie Eady
August 22	Ruby Slater
August 23	Barbara Gernhardt
August 27	Julien Louis-Ferdinand

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



Wit & Wisdom

"He who marvels at the beauty of the world in summer will find equal cause for wonder and admiration in winter."
—John Burroughs

"Recapture the childlike feelings of wide-eyed excitement, spontaneous appreciation, cutting loose, and being full of awe and wonder at this magnificent universe."
—Wayne Dyer

"Life itself is the most wonderful fairy tale."
—Hans Christian Andersen

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



Positive Thought

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make." —Jane Goodall

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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Gratefulness Is Great

Before you go to sleep at night, write down 10 good things about your day, whether it was something that made you feel proud or grateful, an accomplishment, or just something you saw or did that made you happy. The simple act of writing these things down will give you a more positive outlook and improve your mental health.



The Power of Kindness

"Sometimes being kind allows others to see the goodness in humanity through you. Always be kinder than necessary." —Germany Kent

'How To Win Friends and Influence People'

First published in 1936, this self-help guide has sold more than 30 million copies and has been ranked among the most influential books of all time. Author Dale Carnegie's classic remains a go-to read for those in search of the keys to success in both work and personal relationships. Carnegie presents his core principles with practical advice, such as "Smile," "Be a good listener" and "If you're wrong, admit it."



Breakfast Casserole

Ingredients:

- Nonstick cooking spray
- 3 cups frozen shredded hash browns, thawed
- 3/4 cup shredded Monterey Jack cheese
- 1 cup diced cooked ham, breakfast sausage or Canadian bacon
- 2 green onions, sliced
- 4 eggs, beaten
- 1 1/2 cups milk
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 jalapenos, seeded and chopped

Directions:

Heat oven to 350° F.

Coat a 2-quart square baking dish with nonstick cooking spray. Arrange hash browns evenly in the bottom of the dish. Sprinkle cheese, meat and green onions over hash browns.

In a bowl, combine eggs, milk, salt, pepper and jalapenos. Pour egg mixture over hash brown mixture.

Bake, uncovered, 50 to 55 minutes or until a knife inserted near the center comes out clean.

Let stand 5 minutes before serving.

Find more recipes at
www.BHG.com/recipes.



Wit & Wisdom

"Now came the dog days— day after day of hot, still summer, when for hours at a time light seemed the only thing that moved."
—Richard Adams

"A dog is a window to Mother Nature."
—Cesar Millan

"You know, a dog can snap you out of any kind of bad mood that you're in faster than you can think of."
—Jill Abramson

"Dogs laugh, but they laugh with their tails."
—Max Eastman

"A dog can't think that much about what he's doing, he just does what feels right."
—Barbara Kingsolver

"If I could be half the person my dog is, I'd be twice the human I am."
—Charles Yu

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>AUGUST</h1>						1
<p>"If We All Helped 2 One Person, Wouldn't the World Be an Unbelievable Place?" —Hoda Kotb</p>	3	 ENJOY SUMMER!	5	6	<p>"Time Is Not Measured by Clocks, But by Moments." —Susan J. Decuir</p>	8
9	10	11	<p>"There Is No Such Thing as Too Late in Life." —Morrie Schwartz</p>		14	<p>"There Is Nothing More Precious Than Laughter." —Frida Kahlo</p>
16	 CHEERS!	<p>"I Don't See 18 Anything so Wrong With a Wrinkle. It's Kind of a Badge of Courage." —Iris Apfel</p>	19	20	EXTERMINATOR 8AM	22
<p>"I Love 23/30 How Summer Just Wraps Its Arms Around You Like a Warm Blanket." —Kellie Elmore</p>	24/31	25		27	28	<p>"Don't Worry About 29 a Thing, 'cause Every Little Thing Gonna Be All Right." —Bob Marley</p>

"This Month In History" AUGUST

1902: Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer's School of Cookery.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1948: As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

1962: Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.