

Interfaith Towers

Community News

December 2020

Manager's Corner

The final month of the year 2020 is finally here! It has certainly been a challenging year for all. Efforts to keep our community safe during the pandemic have proved to be successful. Our sincere thanks to all for these fruitful efforts. We must ask that everyone continue to wash hands thoroughly and often, wear a mask when leaving your apartment and practice social distancing. We are hopeful that 2021 brings a shining chapter of wellness and new beginnings.

Wishing you and yours a happy, healthy and joyous holiday season!

~Mary and your Staff
of Interfaith Towers

Pass On Precious Memories

Frame vintage photos of family members or sentimental letters you've saved and give them as gifts. Younger generations will appreciate having a cherished piece of family history.



The Glee of Giving

"The happiest people are those who do the most for others," said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it's proof of why doing good can make you feel good.

Staff

Mary Scilleppi
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



Cold and Flu Truth

"Feed a cold, starve a fever."
This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.

Positive Thought

"Laughter is the sun that drives winter from the human face." — Victor Hugo

Warm With a Word

"One kind word can warm three winter months." —Japanese Proverb





Trivia Whiz

Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

Ringling out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.

The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.

New York City's Times Square ball drop is a celebration that began in 1907.

Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."

Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.



DECEMBER BIRTHDAYS

December 2	Sue Kay Case
December 9	Catherine Lyons
December 9	George Relyea
December 10	Mae Sutton
December 11	Gloria Cornick
December 11	Alden Willis
December 13	Margaret Ferrara
December 16	Louis Ritacco
December 18	Constance Allen
December 18	Andrea Sheldon
December 20	Lucy Imperati
December 21	Patrice Walker
December 22	Helen Caine
December 23	Helen Douglas
December 25	Marie Bennett
December 27	James Owens
December 30	John Pelligatto

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

RESIDENT ADVISOR'S CORNER

Wishing you peace, health, happiness, and prosperity in the coming new year.

If you need an appointment, please contact me in the office.

~Jessie



Welcome Home

12/1 ~ Tyrone Louder ~ Apt. 8E

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**We wish you many years of good health and happiness in your new home!**



### 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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### Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.



## Healthy Ways To Cope With Stress

No doubt the uncertainty surrounding the pandemic has created stress and feelings of worry and anxiety. But there are steps you can take to manage those emotions.

The Centers for Disease Control and Prevention recommends several ways to take care of your emotional and physical health that will help you cope.

- Take breaks from watching, reading or listening to news stories and scrolling through social media posts.
- Eat healthy, well-balanced meals.
- Exercise regularly.
- Practice deep breathing, stretching or meditating.
- Get plenty of sleep.
- Make time to unwind with activities you enjoy.
- Connect with others and talk with people you trust or community- and faith-based organizations. While social distancing measures are in place, consider connecting online or through phone calls and video chats.

For more information and resources, go to the CDC's website at [CDC.gov](https://www.cdc.gov).



## Words of Inspiration

"How far that little candle throws his beams. So shines a good deed in a weary world."

—William Shakespeare



## HOLIDAY DINNER

Our annual Holiday Dinner is scheduled on Friday, December 11th. Due to the pandemic, it will be somewhat different this year. Since large gatherings are discouraged, we will be delivering the meal to each apartment for every resident. The menu includes:

- Baked Ham**
- Au Gratin Potatoes**
- Green Beans**
- Applesauce**
- Dinner Rolls**
- &**
- Spice Cake**

No need to sign up, but please do contact the office if you prefer NOT to receive the meal. Delivery will be made between 2:30 ~ 3:30 p.m. Wishing you all a healthy, happy, blessed & joyful holiday!



## Wit & Wisdom

"Time together as a family is a gift."  
—Joanna Gaines

"Nothing purchased can come close to the renewed sense of gratitude for having family and friends."  
—Courtland Milloy





"The memories we make with our family is everything."  
—Candace Cameron Bure

"I believe the world is one big family, and we need to help each other."  
—Jet Li

"Cherish your human connections—your relationships with friends and family."  
—Barbara Bush

"The more we can be in a relationship with those who might seem strange to us, the more we can feel like we're neighbors and all members of the human family."  
—Fred Rogers

## December 2020

| Sunday                                                                            | Monday                            | Tuesday                                                                                                                   | Wednesday                                                                         | Thursday                                                                            | Friday                                                                                                           | Saturday                                                                                 |
|-----------------------------------------------------------------------------------|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|   |                                   | 1<br>"We Are Like a Snowflake, All Different in Our Own Beautiful Way."<br>~Unknown                                       | 2                                                                                 | 3<br>"Today Is Your Opportunity to Build the Tomorrow You Want."<br>~Ken Poirot     | 4                                                                                                                | 5<br> |
| 6                                                                                 | 7<br>PEARL HARBOR REMEMBRANCE DAY | 8                                                                                                                         |  | 10<br>HANUKKAH BEGINS                                                               | 11<br>Holiday Dinner Delivery Between 2:30 ~ 3:30 p.m.                                                           | 12                                                                                       |
| 13                                                                                | 14                                | 15<br>"If We Have the Attitude That It Is Going to Be a Great Day It Usually Is."<br>~Catherine Pulsifer                  | 16                                                                                | 17<br>"Even the Strongest Blizzard Starts With a Single Snowflake."<br>~Sara Raasch | 18                                                                                                               | 19                                                                                       |
|  | 21<br>FIRST DAY OF WINTER         | 22                                                                                                                        | 23                                                                                | 24<br>Office Closed 2 p.m.                                                          | 25<br>Christmas<br>OFFICE CLOSED                                                                                 | 26<br>KWANZAA BEGINS                                                                     |
| 27                                                                                | 28                                | 29<br>"May Your Heart Be Warm, Your Holidays Grand, And Your Heart Held Gently in the Good Lord's Hand."<br>~Irish Saying | 30                                                                                | 31<br>NEW YEAR'S EVE!                                                               | "For Last Year's Words Belong to Last Year's Language and Next Year's Words Await Another Voice."<br>~T.S. Eliot |                                                                                          |

# "This Month In History"

## DECEMBER

**1913:** Fill 'er up! The nation's first drive-in gas and service station opens in Pittsburgh.

**1924:** The puck drops in the first NHL game played in the U.S. The Boston Bruins hosted and defeated the Montreal Maroons.

**1947:** America's wetland wilderness, Florida Everglades National Park is formally dedicated.

**1954:** Doctors at a Boston hospital perform the first successful human kidney transplant.

**1964:** Civil rights leader Martin Luther King Jr. accepts the Nobel Peace Prize at ceremonies in Oslo, Norway.

**1979:** Two friends in Canada invent Trivial Pursuit. The board game became a worldwide sensation.

**1991:** In Nashville, Naomi and Wynonna Judd perform their final concert as the Judds. The mother-daughter duo was one of country music's top acts.

**2002:** The professional networking site LinkedIn is founded in California.

**2010:** SpaceX becomes the first private company to successfully launch a spacecraft into orbit and recover it.

**2018:** American Colin O'Brady is celebrated as the first person to complete a solo, unaided trek across Antarctica. He traveled 930 miles in 54 days.