



Interfaith Towers

Community News

July 2020

MANAGER'S CORNER

Welcome July! Summer is officially here and we wish you all a happy, healthy summer filled with lots of sunshine!

We are continuing to monitor the recommendations of the CDC and the guidance of the Governor. This will determine how and when we can resume "new normal" activities. We have tentatively scheduled our Grill Days with the understanding that it will have to be somewhat different than in years past. All orders will be done to-go and residents may take their lunch up to their apartments or enjoy it outside while practicing social distancing. We are hopeful that by the Fall we are able to begin scheduling social events again.

Keep the faith; this too shall pass! Stay safe, stay well.

~Mary & your Staff
of Interfaith Towers



Reminders To Protect Yourself

Follow these simple steps to help protect yourself and those around you:

- Wash your hands often.
- Cough and sneeze into a tissue or your elbow.
- Don't touch your face.
- Maintain a distance of at least 6 feet from other people.

Staff

Mary Scilleppi
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



Bright yellow sunflowers are a cheerful sight in summer. While most varieties are 5 to 8 feet tall, a world-record specimen grew to a whopping 30 feet.

Happy Fourth!

Happy Independence Day to all our residents! We hope you have a fun and festive holiday.



Brighten Your Space

If you'd like to brighten up a room, take advantage of nature and try this quick fix used by interior designers: Hang a mirror near a window so that sunlight will bounce and reflect throughout the space.



Trivia Whiz

In the Swim

When the temperatures rise, one way to cool off is to put on your bathing suit and go for a swim. Soak up some facts about this wardrobe staple.

Early styles of swimwear were extremely modest. Women wore ankle-length, long-sleeved bathing gowns. Men’s suits covered their chests and legs.

The term “swimming suit” was first used in 1921 in magazine ads created by Jantzen, an Oregon swimsuit manufacturer.

In the 1930s, Olympic champion swimmer Johnny Weissmuller, who went on to acting fame as Tarzan, modeled one of the first brands of swim trunks.

On July 5, 1946, the bikini made quite a splash when it debuted in France. The two-piece design was very daring at the time.



JULY BIRTHDAYS

- July 2 Barbara Thestrup
- July 3 Suzanne Morrissey
- July 4 Marie Sitler
- July 8 Ronald Sofia
- July 11 Susan Recchia
- July 14 Joan Blom
- July 14 Mary Scileppi
- July 23 Marie Lucas
- July 23 Anna Parry
- July 26 Lucretia Lisk
- July 26 John Winkler

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

Red, White and Blueberry

July brings National Blueberry Month, the prime time for the little blue fruit. It’s one of only a few fruits native to North America, and the U.S. is the world’s largest producer of blueberries, growing about 600 million pounds of wild and cultivated varieties each year.



RESIDENT ADVISOR’S CORNER

The Farmers’ Market Coupons will be available in the office at the end of the month. Watch for signs announcing that we have them.

Wishing you all a happy, healthy summer!

Thank You,
Jessie



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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Happiness Helper: Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn’t feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.



Have a Cool Summer

As the weather warms up, find ways to cool down by reviewing these summertime tips.

What to drink. Stay hydrated by drinking liquids throughout the day, and don't wait until you feel thirsty to drink. Water, calorie-free beverages, fruit smoothies and decaffeinated tea and coffee are recommended options. Herbal peppermint and chrysanthemum teas have natural cooling properties.

What to eat. On hot days, stick to light meals with plenty of fruits and vegetables since they have high water content. Opt for salads and low-sodium soups and broths. Cut back on salty foods, which can contribute to dehydration.

What to wear. Choose loose, lightweight clothing to allow air to circulate and flow over your skin. Breathable fabrics such as cotton, linen and chambray are all warm-weather winners. Clothes in light colors will absorb less heat than dark hues.

What to do. During the warmest hours of the day, between 10 a.m. and 4 p.m., stay inside in the air conditioning. Switch to indoor activities and visit a shopping mall, movie theater, library or museum.



Welcome Home

Michael May ~ 1C ~ 7/1

Glaister Murray ~ 5C ~ 7/1

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



GRILL DAYS

Please join us on
Wednesday, July 15th & 29th,
at 1:00 p.m.

Our menu will include:

- Hamburgers - \$1.25
- Cheeseburgers - \$1.50
- Hot Dogs - \$1.00
- Chips - .50
- Brownies - .50
- Beverages - .60

Tickets are not necessary for Grill Days; purchase what you want. Just come on down and bring your appetite!



Wit & Wisdom

"This nation will remain the land of the free only so long as it is the home of the brave."

—Elmer Davis

"Be bold, be brave enough to be your true self."

—Queen Latifah

"He doesn't need to be big to be brave, because bravery is the courage found in the heart."

—Aishah Madadiy

"Be brave. Take risks. Nothing can substitute experience."

—Paulo Coelho






"Brave means listening to the still small voice inside and doing as it says. Regardless of what the rest of the world is saying."

—Glennon Doyle

"Being brave isn't the absence of fear. Being brave is having that fear but finding a way through it."

—Bear Grylls

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Office Closed	4 
5	6	7	8	9 "If You Think You Are Too Small to Make a Difference, Try Sleeping With a Mosquito." ~Dalai Lama	10	11
12 "Have No Fear of Perfection, You'll Never Reach It." ~Salvador Dali	13	14 	15 Grill Day 1 p.m.	16	17	18
19	20	21	22	23	24 	25
26 	27	28 "Just Believe in Yourself. Even if You Don't, Pretend That You Do. At Some Point, You Will." ~Venus Williams	29 Grill Day 1 p.m.	30	31	31 "You Can't Do It Unless You Can Imagine It." ~George Lucas

"This Month In History" JULY

1922: Johnny Weissmuller breaks a world record. The future Olympic champion and Hollywood actor was the first person to swim 100 meters in under one minute.

1938: On the 75th anniversary of the Battle of Gettysburg, President Franklin D. Roosevelt dedicates the Eternal Light Peace Memorial at the Civil War site in Pennsylvania. An eternal flame burns atop the monument's 47-foot-tall stone tower.

1957: Jack Paar debuts as host of TV's "Tonight" show.

1969: Apollo 11 astronaut Neil Armstrong takes "one giant leap for mankind," becoming the first man to walk on the moon.

1972: "Lean on Me" by Bill Withers is the No. 1 song on the music charts.

1985: After three months of consumer complaints about New Coke, the Coca-Cola Co. announces it is bringing back the soft drink's original formula.

1991: Major League Baseball approves adding two new teams, the Florida Marlins and the Colorado Rockies.

2003: The last classic-style Volkswagen Beetle rolls off the production line.

2012: The 30th Summer Olympics open in London.

2018: In Thailand, 12 boys and their soccer coach are rescued after being trapped in a cave flooded by monsoon rains. The 18-day mission riveted the world.