



Interfaith Towers

Community News

October 2020

MANAGER'S CORNER

Fall is here. The beautiful Hudson Valley we live in will be bursting with spectacular color in the next few weeks! Enjoy the beauty fall brings!

As we move forward following successful guidelines, please continue to practice social distancing, wash hands regularly, wear a mask when leaving your apt. and refrain from congregating in any common areas. Your efforts to comply with these measures are appreciated, and we believe it has made a difference. I'm pleased to report we've still had no positive cases of COVID-19 in the building.

May October bring you and yours continued good health and happiness. Stay safe; stay well. our next chapter is coming. Together we will get through this uncertain time.

~Mary & your Staff
of Interfaith Towers

Delightful Days

"In the entire circle of the year there are no days so delightful as those of a fine October." —Alexander Smith



Plentiful Pumpkins

Carved, painted or simply sitting in decorative displays, pumpkins symbolize the fall season. From coast to coast, they're found in many sizes and colors, but the classic round, orange squash you'll find ripe for the picking at pumpkin patches and markets is the Connecticut field pumpkin. Of the 2 billion pounds of pumpkins grown in the U.S., most are processed into food products.

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



Prevent Falls With the Right Fit

Shoes that are too loose or too tight can cause you to stumble. Even if you're stepping out for a few minutes, take the time to put on shoes that fit securely, preferably a pair with laces or straps, and fasten them properly.

Follow a Routine

Sticking to a routine is one way to create calm in uncertain times. A daily schedule that includes taking part in some form of exercise, connecting with positive people, and spending time in purposeful activities can help you feel grounded.

Comfort for Critters

After completing a sewing or knitting project, use leftover fabric or yarn to make blankets for animal shelters. These organizations are always in need of bedding for their rescued pets, and the critters won't care about mismatched colors or uneven rows of stitches.

Movies by the Master of Suspense

Settle in for some thrills and chills with a flick from director Alfred Hitchcock.

"Rebecca" (1940). This was Hitchcock's first Hollywood film and his only one to win a best picture Oscar. Joan Fontaine plays a new bride taunted by the memories of her husband's (Laurence Olivier) late wife.

"Notorious" (1946). Cary Grant and Ingrid Bergman star in this romantic spy drama, famous for the couple's on-screen chemistry.

"Rear Window" (1954). Confined to his apartment due to an injury, a photographer (James Stewart) is convinced he witnessed a neighbor's murder and plots to solve it.

"Vertigo" (1958). This thriller is now revered as one of film history's best for its dizzyingly dark plot and performances by Stewart and Kim Novak.

"North by Northwest" (1959). Mistaken for a spy, Grant is a man on the run, and in two iconic scenes, finds himself chased through a corn field and across Mount Rushmore.

"Psycho" (1960). This film's screeching score and shocking plot twists redefined the horror genre, as leading lady Janet Leigh is showered with danger at the Bates Motel.

"The Birds" (1963). Tippi Hedren plays a socialite whose visit to a small town turns deadly as birds go on the attack.

The Tradition of Corn Husk Dolls

In America's early days, children played with corn husk dolls, toys that were lovingly crafted and cherished for their simplicity and resourcefulness.

Making corn husk dolls originated with Native American tribes in the Northeast, where corn was a vital crop used for food, clothing and tools. The vegetable's dried husks were weaved into baskets, moccasins and other items, including dolls.

After soaking the papery husks in water to soften them, they could be folded into body shapes, which were stuffed with leaves, then tied with husks that were cut or braided into strips.

Creating the dolls helped children learn needed hand skills such as tying and wrapping. Playing with the figures prepared them for adulthood, since they could mimic everyday activities with accessories for the dolls, such as baby cradleboards and canoes.

Native Americans passed on this craft to the children of European settlers, who took the dolls with them as their families pioneered the West, introducing the dolls to more people throughout the country.

A corn husk doll usually has no face, a feature that comes from a legend passed down by many Northeastern tribes. In the story, the original corn husk doll saw her reflection in a stream, admired her beauty and became vain, so her face was taken away to teach her the value of humility.



Wit & Wisdom

"Fall has always been my favorite season.

The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."

—Lauren DeStefano

"Life starts all over again when it gets crisp in the fall."

—F. Scott Fitzgerald

"Two sounds of autumn are unmistakable ... the hurrying rustle of crisp leaves blown along the street ... and the gabble of a flock of migrating geese."

—Hal Borland




"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."

—Ann Drake

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves."

—Joe L. Wheeler

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>OCTOBER</h1>				1 <i>"Life Starts All Over Again When It Gets Crisp in the Fall." ~F. Scott Fitzgerald</i>	2	3 
4	5	6 <i>"Winter Is an Etching, Spring a Watercolor, Summer an Oil Painting and Autumn a Mosaic of Them All." ~Stanley Horowitz</i>	7	8	9	10
11 <i>"Anyone Who Thinks Fallen Leaves Are Dead Has Never Watched Them Dancing on a Windy Day." ~ Shira Tamir</i>	12 Columbus Day OFFICE CLOSED	13	14	15 	16	17 <i>"Autumn Shows Us How Beautiful It Is to Let Things Go." ~ Unknown</i>
18	19	20 	21 EXTERMINATOR 9:30 am	22 <i>"October's Poplars Are Flaming Torches Lighting the Way to Winter." ~Nova S. Blair</i>	23	24
25	26 <i>"Always Do Your Best, What You Plant Now, You Will Harvest Later." ~ Og Mandino</i>	27	28	29	30	31 HAPPY HALLOWEEN

"This Month In History" OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1949: American novelist William Faulkner wins the Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery. At age 77, he was the oldest person to travel into space.

2006: The U.S. population reaches 300 million.

2015: "Spectre," the 24th film in the James Bond series, premieres in London.