



Interfaith Towers

Community News

September 2020

MANAGER'S CORNER

As Fall begins, the CDC and our Governor have held firm on their recommendations to slow the infection rate of the COVID-19 virus. I know we are all hopeful that the unprecedented times this virus brought with it begin to fade into memory. Moving forward, please continue to practice social distancing, wash hands regularly, wear a mask when leaving your apt. and refrain from congregating in any common areas. We are so appreciative of your efforts to comply with these measures and believe it has made a difference. We've had no positive cases of COVID-19 in the building.

Wishing you all a happy, healthy month of September! Stay safe, stay well. We will get through this together!

~Mary & your Staff
of Interfaith Towers

Aging in Your Autumn Years

This month, summer turns to fall, and many people view the change in seasons as a good time to make personal changes. Healthy Aging Month in September encourages older adults to adopt and maintain habits that will help them stay fit, stay connected and stay adventurous in their golden years.



Life Lessons

"Every person you meet knows something you don't; learn from them." —H. Jackson Brown Jr.

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



The Gift of 'Grands'

Recognizing the importance of the bonds between generations, Grandparents Day honors the gifts that grandparents and grandfriends bring to families and communities. Celebrate the first Sunday after Labor Day and throughout September, which is Intergeneration Month.



Patriot Day

The nation's annual remembrance of 9/11, Patriot Day is also a National Day of Service. Since 2002, people across America pay tribute to the victims, survivors and heroes of Sept. 11 by volunteering in community service projects.



Trivia Whiz

Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.

First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which grows on small trees.

Brazil is the biggest producer of the globe's coffee supply.

You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.

There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.



SEPTEMBER BIRTHDAYS

Sept. 3	Jerome Leake
Sept. 4	Frances Febres
Sept. 7	Margaret Mizell
Sept. 11	Arlean Facey
Sept. 11	Charlie Merritt
Sept. 12	Richard Diaz
Sept. 16	Agnes Asaram
Sept. 16	Jean Imundo
Sept. 23	Kathalene Petrick
Sept. 24	Edith Doyle
Sept. 26	Roy Charter
Sept. 26	Gail Dorney
Sept. 28	Patricia Schmidt
Sept. 30	Hazel Touhey

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

RESIDENT ADVISOR'S COLUMN

Fall is here! With the coming winter months and flu season, many of you will be getting your flu shots. Before you get a flu shot this season, you may want to watch a comedy or listen to your favorite music. In a study of older adults, researchers found that being in a good mood when getting the vaccine boosted its protection against the illness months later.

Enjoy the fall weather and foliage it is sure to bring!

~Jessie



Welcome Home

Susan Brown ~ 7G ~ 9/1

Gloria Cornick ~ 8A ~ 9/1

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.*

~**~**~**~**~**~**~**~**~**~**~**~**~





Commemorating the End of World War II

This month marks a historic milestone, the 75th anniversary of the end of World War II.

In May 1945, fighting in Europe ended with Germany's surrender. Three months later, the battle in the Pacific ceased after Japan surrendered. People across the globe celebrated with joy and relief.

Then on Sept. 2 in Tokyo Bay, the deck of the battleship USS Missouri served as the site of a momentous but solemn moment. In a ceremony broadcast throughout the world, Japanese delegates boarded the ship and signed formal surrender documents. Gen. Douglas MacArthur, commander of the Allied forces in the South Pacific, accepted and signed the agreement. Witnessing the event were representatives of nine Allied nations.

The six-year war was finally over, but many would not be returning home. More than 400,000 Americans and an estimated 65 million people worldwide gave their lives in the conflict.

Efforts quickly turned to rebuilding battle-torn countries. The following years ushered in a baby boom and an era of post-war prosperity in the U.S.

The USS Missouri is now a museum and memorial ship that rests next to the USS Arizona Memorial at Pearl Harbor, Hawaii.

This year marks the 75th anniversary of the end of World War II

The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

Since sunflowers mirror features of the sun, they are thought to symbolize adoration, loyalty and longevity. Their sunny charm is often seen adorning home décor items and fashion designs, and they have long been a celebrated subject in art. Vincent Van Gogh and Diego Rivera are just a few of the artists who famously depicted sunflowers in their works.



Wit & Wisdom

"Every generation is going to keep changing, and you just have to embrace the change."
—Wyclef Jean

"We need to remember across generations that there is as much to learn as there is to teach."
—Gloria Steinem

"I always think about the next generation and creating a different blueprint for them. ... We don't all have to take the same coordinates to get to the same destination."
—Janelle Monáe

"You can take as much as you can from the generation that has preceded you, but then it's up to you to make something new."
—Jackson Browne

"This wired generation is kind of cool."
—LeVar Burton

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
6	Labor Day OFFICE CLOSED	7	8	9	10 	11	12
13	14	15	16	17	18	19	
20		21	22	23	24	25	26
27	28	29	30	<h1>September</h1>			

"This Month In History" SEPTEMBER

1920: The American Professional Football Association is formally organized at a meeting in Canton, Ohio. The league was later renamed the NFL.

1935: After five years of construction on the border of Nevada and Arizona, Hoover Dam is dedicated.

1945: On the deck of the battleship USS Missouri, anchored in Tokyo Bay, Japan formally surrenders to the Allies, ending World War II.

1952: The first Kentucky Fried Chicken franchise begins business in Salt Lake City. KFC has since grown into one of the world's largest fast-food chains.

1968: With her debut hit song "Harper Valley PTA," Jeannie C. Riley becomes the first woman to top both the country and pop music charts.

1976: "The Muppet Show" premieres, bringing a cast of puppets to prime-time TV.

1988: Stacy Allison of Oregon is the first American woman to reach the summit of Mount Everest, the Earth's tallest mountain.

1996: Daytime talk show host Oprah Winfrey launches her influential book club. Her first selection was the novel "The Deep End of the Ocean."

2009: NBA legend Michael Jordan is inducted into the Basketball Hall of Fame.

2019: With winds peaking at 185 mph, Hurricane Dorian goes into the record books as the most powerful hurricane to form in the Atlantic region.