



# Interfaith Towers

Community News

January 2021

## Manager's Corner

Welcome to 2021! This past year has been a challenge to say the very least. We want to take this opportunity to thank each and every one of you for all your efforts to keep our community safe and free of Covid-19. We are looking forward to all this new year has in store for us. We're planning our events and activities for the coming months very differently than in years past, but hopefully they will be enjoyable for all of us.

We wish each of you and your families a New Year filled with good health, peace, joy and love.

~Mary & your staff of Interfaith Towers

### Choose a Word of the Year

Instead of making a New Year's resolution, many people pick a word of the year, which serves as motivation for daily activities as well as bigger goals. Brainstorm a list of inspirational words, such as "grow," "balance," or "reflect." After you choose a word, write it on a note and place it where you'll see it every day.

### Letter Writing Revival

Despite this digital age of texts, social media posts and emails, writing letters and cards has made a comeback. Brighten someone's mailbox with a handwritten note during Letter Writing Week, the second week of January. With just a few words, you can deliver some delight.

### Live in the Moment

"Make the best of the good moments." —Rita Moreno

### Staff

- Mary Scileppi**  
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



### Juice Boost

Add a squeeze of lemon, lime or an orange to a cup of green or black tea. Citrus juices have been found to boost the tea's natural antioxidants by making them last longer, so your body can take full advantage of their health benefits.



### Hand Sanitizer Tip

The alcohol in hand sanitizer can cause dry skin, but don't let this stop you from using these products when soap and water aren't available. Keep your hands healthy and moisturized by using hand sanitizer, letting it dry completely, then applying a lotion or balm.

Happy New Year!



## Trivia Whiz

### Winter Wonders

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of facts:

About 1,200 cubic miles of snow falls on North America every year.

The Great Lakes region is known as the snow belt of the U.S.

Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.

Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high—almost as tall as the Statue of Liberty—and was made of 13 million pounds of snow!

You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom in winter.



### JANUARY BIRTHDAYS

January 2	Mary McNamara
January 6	Laura Lynk
January 8	Gloria Cusimano
January 8	Hermine Ingoglia
January 17	Shirley Cole
January 18	Gary Clendennen
January 20	Louree Johnson
January 20	Judith Veach
January 21	Michael Ballou
January 24	Mario Morzan Sovero
January 24	Barbara Stroman
January 30	Julius Wilson

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

### RESIDENT ADVISOR'S CORNER

May you have a healthy, happy, prosperous and spectacular New Year. I look forward to another year of helping you out.

If you need any help, please stop by or contact me in the office for an appointment.

Jessie



## Welcome Home

1/1 ~ Edna Rivera ~ Apt. 4D  
& Alicia Rivera

1/1 ~ Elizabeth Stachurski ~ Apt. 6F  
& Ronald Bowman

~~~~~  
**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.*

~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~

### Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives versus an ordinary memory, they were better able to tolerate the cold and perceived a room's temperature to be higher than it was.



### Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. See if one of these styles is "write" for you.

*Daily journal.* This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

*Gratitude journal.* Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

*One-line-a-day journal.* Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

*Dream journal.* Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often. You may also gain insight by studying your dream patterns and symbols.

*Keepsake journal.* Geared toward parents and grandparents, keepsake journals contain questions and prompts that encourage you to record your memories and life experiences for loved ones.



### Soup & Sandwich Lunch

A Soup and Sandwich Delivered lunch is planned for Wednesday, January 13th, between 1:00 and 1:30 p.m.

Lunch will include:

***Homemade  
Chicken Noodle Soup  
& Crackers  
Grilled Cheese  
& a Brownie***

Sign up in the office, tickets cost \$2 Residents / \$4 Guests.



### Day of Service

The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.

~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~\*\*~

### Take Time for Thank-Yous

"We must find time to stop and thank the people who make a difference in our lives," said President John F. Kennedy. Start the new year by showing your appreciation to those who are important to you during National Thank You Month.



## Wit & Wisdom

"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you."  
—Mary Lou Retton




"Dare to be optimistic. It doesn't cost you money or time. It's free and makes you feel better."  
—Remez Sasson

"You have to look to the future with optimism instead of negative ideas. Take the good and the bad and face it head on."  
—Goldie Hawn

"Part of being optimistic is keeping one's head toward the sun, one's feet moving forward."  
—Nelson Mandela

"It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient."  
—Daniel Kahneman

# January 2021

| Sunday                                                                            | Monday                                                                                                                           | Tuesday                                                                                                         | Wednesday                                                              | Thursday | Friday                                                                              | Saturday                                                                                                |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <h1>JANUARY</h1>                                                                  |                                                                                                                                  |                                                                                                                 |                                                                        |          |  |                                                                                                         |
| 3                                                                                 | <i>"To the Old, Long<sup>4</sup><br/>Life and Treasure;<br/>To the Young, All<br/>Health and<br/>Pleasure."<br/>~Ben Johnson</i> | 5                                                                                                               | 6                                                                      | 7        | 8                                                                                   | 9                                                                                                       |
| 10                                                                                | 11                                                                                                                               | 12                                                                                                              | 13                                                                     | 14       | 15                                                                                  | 16                                                                                                      |
|   |                                                                                                                                  |                                                                                                                 | <b>Soup &amp; Sandwich<br/>Lunch<br/>1:00 ~ 1:30 p.m.<br/>Delivery</b> |          |                                                                                     | <i>"You Are Never Too<br/>Old to Set Another<br/>Goal or to Dream A<br/>New Dream."<br/>~C.S. Lewis</i> |
| 17                                                                                | 18                                                                                                                               | 19                                                                                                              | 20                                                                     | 21       | 22                                                                                  | 23                                                                                                      |
|                                                                                   | <b>Martin Luther<br/>King Jr. Day</b><br><br><b>OFFICE CLOSED</b>                                                                |                                                                                                                 | <b>EXTERMINATOR<br/>9AM</b>                                            |          |                                                                                     |                                                                                                         |
| 24/31                                                                             | 25                                                                                                                               | 26                                                                                                              | 27                                                                     | 28       | 29                                                                                  | 30                                                                                                      |
|  |                                                                                                                                  | <i>"I Like the Dreams<br/>Of the Future Better<br/>Than the History of<br/>the Past."<br/>~Thomas Jefferson</i> |                                                                        | 28       | <i>"Every Moment Is a<br/>Fresh Beginning."<br/>~T.S. Eliot</i>                     |                                                                                                         |

## "This Month In History" JANUARY

**1906:** "M'm! M'm! Good!" Campbell Soup Company registers a trademark for the red and white label design of its canned soups.

**1927:** Outside Chicago, the Harlem Globetrotters exhibition basketball team plays its first game.

**1949:** Honoring the new medium of television, the first Emmy Awards are presented at a ceremony in Hollywood.

**1959:** The jet age takes off as American Airlines begins the first cross-country jet service. Passengers could fly between Los Angeles and New York City in about five hours.

**1961:** John F. Kennedy becomes the first U.S. president to hold a live televised news conference.

**1977:** When a cold front barrels across Florida, snow falls for the first—and only—time in the city of Miami.

**1980:** American Mary Decker becomes the first woman to run a mile in under 4.5 minutes.

**1991:** The Persian Gulf War begins when the U.S. launches Operation Desert Storm.

**2002:** Twelve countries in the European Union officially change their currencies to the new euro.

**2010:** At 2,717 feet, the Burj Khalifa skyscraper in Dubai, United Arab Emirates, opens as the world's tallest building.

**2019:** Missy Elliott makes music history as the first female rapper inducted into the Songwriters Hall of Fame.