



# Interfaith Towers

Community News

June 2020

## MANAGER'S CORNER

As you know, we are continuing to monitor the evolving situation caused by the COVID-19 virus. Our top priority remains the safety and well-being of our residents and staff. To help protect the health and safety of yourselves and others, wear a face mask when leaving your apartment and practice social distancing of 6 feet or more from others when you do go out. Following the recommendations of the Centers for Disease Control and Prevention, we have suspended all community gatherings and our Cafe' and Store remain closed for the time being. We all look forward to the day that our daily activities can return to what will be the "new normal." Keep the faith, we will get through this together.

~Mary & your Staff  
of Interfaith Towers

## Remember the Three L's

The sunshine will soon be at its full force. To avoid overheating, health experts say to remember the three L's when it comes to clothing: Keep it lightweight, loose-fitting and light-colored.



## Take a Meditation Break

You can't take years off your age, but you may be able to take years off your brain age. What's the secret? Some say it's practicing meditation. One research study showed that the physical appearance of meditators' brains appeared to be about seven years younger than those who didn't meditate. Scientists have observed that small bouts of consistent meditation, two to 10 minutes a day, can improve cognitive abilities.

## 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



## Take a Breath

Simple breathing exercises can be relaxing and help lower heart rate and blood pressure. Try this one: Breathe in through your nose for four counts, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.



## Healthy Stone Fruits

It's the season for stone fruits, those fresh, juicy treats with a pit inside. Peaches, nectarines, apricots, mangoes, plums and cherries are all stone fruits. Bite into these, and you'll get a healthy dose of vitamin C, important for boosting your immune system.

**HAPPY FATHER'S DAY!**



## Trivia Whiz

### 'Jaws' Turns 45

Considered to be the first summer blockbuster, the thriller "Jaws" opened in theaters on June 20, 1975.

"Jaws" was based on the novel of the same name by Peter Benchley. He originally titled the book "Silence in the Deep."

Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town.

To add suspense, the shark isn't seen until nearly an hour and a half into the film.

The memorable line "You're going to need a bigger boat" was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.

The first movie to make over \$100 million at the box office, "Jaws" was the highest-grossing film of all time until 1977's "Star Wars."



### JUNE BIRTHDAYS

June 1	Linda Gorzka
June 4	Sonja Griggs
June 5	Levi Anglin
June 6	Giosue Conte
June 9	Galia Ossipo
June 14	Jose Rave
June 14	Gloria Wager
June 15	Carol Bilyou
June 15	Ronald Palumbo
June 16	Kenneth Reed
June 17	Louise Micker
June 21	John Cummings
June 24	Hazel Roberts
June 25	Rupert Dyer
June 30	Johnny Johnson

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



### RESIDENT ADVISOR'S CORNER

If you have any questions or paperwork you need help with, please call the office or stop by to set up an appointment. Wishing you all a happy, healthy summer!

Thank You,  
Jessie



## Welcome Home

Margaret Ferrara ~ 10E ~ 6/1  
Carmen Figueras ~ 5J ~ 6/1  
Judith Veach & Obie Rodgers ~ 6D ~ 6/1

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



### Popular Dad-isms

"I'm not made of money." "Go ask your mother." "When I was your age ..." According to a survey, these are some of the top sayings frequently heard from fathers.

### 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.**





## Laugh Lines: Summertime Fun Time

Q: What holds the sun up in the sky?

A: Sunbeams.

Q: When do you go at red and stop at green?

A: When you're eating a slice of watermelon.

Q: What do you call a French man who's wearing sandals?

A: Philippe Phloppe.

Q: Why did the man love his barbecue?

A: Because it was the grill of his dreams.

Q: Why should bananas use sunscreen?

A: Because they peel.

### Serious Sunblock

"We use a really strong sunblock when we go to the beach with the kids. It's SPF 80: You squeeze the tube, and a sweater comes out." — Lew Schneider

### Let's Get Grandma

A 6-year-old was asked where his grandma lived. "Oh, she lives at the airport," he replied. "When we want her, we just go get her. Then when we're done having her visit, we take her back to the airport."



## Honoring Old Glory

In 1916, President Woodrow Wilson officially established June 14 as Flag Day. It honors the day in 1777 when the first version of the flag, featuring 13 stars and 13 stripes, was adopted as the nation's official flag.



## Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

*Stay inside.* During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

*Hydrate.* Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

*Dress appropriately.* Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

*Take a break.* On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

*Check your meds.* Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

*Watch for symptoms.* If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.



## Wit & Wisdom

"There shall be eternal summer in the grateful heart."  
—Celia Thaxter

"And so with the sunshine and the great bursts of leaves growing on the trees ... I had that familiar conviction that life was beginning over again with the summer."  
—F. Scott Fitzgerald

"If summer had one defining scent, it'd definitely be the smell of barbecue."  
—Katie Lee

"Summer is singing with joy, and the beaches are inviting you with dancing waves."  
—Debasish Mridha

"Oh sun! Fervid sun! You welcome me with summer. Drench me in your rays."  
—Richelle E. Goodrich

"Summer's lease hath all too short a date."  
—William Shakespeare

## June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>"The Happiness of Your Life Depends Upon the Quality of Your Thoughts." ~Marcus Aurelius</i>	3	4	5	
7	8	9	10	11 <i>"The Way I See It, If You Want the Rainbow, You Gotta Put Up With the Rain." ~Dolly Parton</i>	12	13
 Flag Day	14	15 <i>"Difficult Roads Often Lead to Beautiful Destinations." ~Anonymous</i>	16	17	18	19
<b>HAPPY FATHER'S DAY</b>	21	22	23	24 <i>"This Too Shall Pass." ~Mary's Mom</i>	25	26 <i>"The Art of Being Happy Lies in the Power of Extracting Happiness From Common Things." ~Henry Ward Beecher</i>
28	29		30	June		

# "This Month In History"

## JUNE

**1910:** The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

**1928:** Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

**1939:** The first Little League Baseball game is played in Williamsport, Pa.

**1944:** Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

**1956:** The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

**1978:** Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

**1993:** Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

**2007:** After recovering from near extinction, the American bald eagle is removed from the endangered species list.

**2012:** Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

**2019:** "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.