



# Interfaith Towers

Community News

September 2021

## MANAGER'S CORNER



Thank you all for following our community's infection control measures to help keep everyone safe during this pandemic.

We are not entirely through this yet, with the Delta variant of Covid-19 currently running rampant in our communities. We are on alert for any CDC Guidelines and updates that are available and will post them as appropriate.

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

## Uplift and Inspire

Whether it's a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.

## Memorable Melody: 'The September of My Years'

"One day you turn around and it's summer; next day you turn around and it's fall." For many folks, that's a relatable sentiment. The words are the opening lyrics of the title track on one of Frank Sinatra's most famous albums, which won the Grammy Award for best album of 1965. An example of life imitating art, the popular crooner was turning 50 that year, and music critics say the ballad's wistful tone echoed Sinatra's outlook as he entered the "golden, warm September" season of his life.

## 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



## Change Is in the Air

For many, September has become the "other January," signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy hobby or to switch up an aspect of your routine.

## Boost Your Mood With Good Posture

Sit up for a lift. Studies show that good posture may put you in a good mood. Scientists say there's a brain-body link called embodied cognition, and the way you carry yourself connects to your mindset.

## Miss America Turns 100

On Sept. 8, 1921, teen Margaret Gorman was crowned at an Atlantic City, N.J., beauty contest, launching the Miss America pageant. A century later, the nonprofit organization is one of the world's largest scholarship providers to young women.



## Trivia Whiz

### Time for Lunch

A quick break, usually around noon, lunch is a time to feed your body, rest your brain and recharge for the next part of your day.

Why do we call it lunch? It's a short form of the word luncheon, which was used as far back as the 1500s to describe a light meal in between two bigger meals.

The midday bite to eat became an essential and portable meal away from home during the Industrial Revolution of the 1800s. Workers needed the break to keep up with their long hours at factory jobs.

Sandwiches are standard lunch fare in America, France and the Netherlands.

In some countries, such as Brazil, Spain, Russia and Saudi Arabia, lunch is often the main meal of the day and may take place later in the afternoon.



### SEPTEMBER BIRTHDAYS

Sept. 3	Jerome Leake
Sept. 4	Frances Febres
Sept. 11	Arlean Facey
Sept. 11	Charlie Merritt
Sept. 12	Richard Diaz
Sept. 13	Marie Brown
Sept. 16	Agnes Asaram
Sept. 18	Leatha Smith Easley
Sept. 23	Kathalene Petrick
Sept. 26	Roy Charter
Sept. 28	Patricia Schmidt

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

### RESIDENT ADVISOR'S COLUMN

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others' needs before our own, and it is crucial to remember that we cannot fill another's cup from our own empty vessel.

Please call or stop by the office if you need to set up an appointment with me.

~Jessie



## Welcome Home

**Gwendoline Pelage Lewis ~ 7B ~ 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.*





### **Lasagna Luncheon**

Please join us for a  
Lasagna Luncheon  
on  
Friday, September 17th  
1:00 p.m.

Our menu will include:

- Homemade Lasagna***
- Caesar Salad***
- Garlic Bread***
- &**
- Cannoli***

Cost is \$3 per Resident / \$6 per Guest.

Limit of one guest per resident. Sign up in the office early and remember, the cost doubles if you sign up on the day of the event.



### **Pass It On**

“Imagine what a harmonious world it could be if every single person, both young and old, shared a little of what he is good at doing.” —Quincy Jones



### **Wit & Wisdom**

“It’s only through listening that you learn.”  
—Drew Barrymore

“Learning is a treasure that will follow its owner everywhere.”  
—Chinese proverb

“When you make mistakes and you recover from them and you treat them as valuable learning experiences, then you’ve got something to share.”  
—Steve Harvey

“I’m a very strong believer in listening and learning from others.”  
—Ruth Bader Ginsburg

“I never learn anything talking. I only learn things when I ask questions.”  
—Lou Holtz

“The beautiful thing about learning is that nobody can take it away from you.”  
—B.B. King

# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>September</b>			1	2	3	4 
			5	6 Labor Day  OFFICE CLOSED	7	8
12	13	14	15	16	17	18
Happy Grandparents Day!		8th Floor Inspections 1:30 - 3 P.M.	EXTERMINATOR 9AM	7th Floor Recon 7 a.m.	Lasagna Luncheon 1PM	
19	20	21	22	23	24	25
				5th Floor Vents 1 p.m.		
26	27	28	29	30		
		7th Floor Inspections 1:30 - 3 P.M.		8th Floor Recon 7 a.m.		