



Interfaith Towers

Community News

October 2021



Manager's Corner

Fall is here!

We are continuing to follow our community's infection control measures to help keep everyone safe during this pandemic. Masks are again encouraged in the common areas; please stop by the office if you do not have one.

We are not entirely through this yet. With the new variants of Covid-19 emerging, positive cases are on the rise. We will continue to follow any CDC Guidelines and updates that are available and will post them as appropriate.

Wishing you all a happy, healthy month of October!

Stay well, stay safe.

~Mary & your Staff
of Interfaith Towers

Make a Difference Day

Even the smallest act of kindness can change someone's day. Do what you can on Make a Difference Day, the fourth Saturday in October.



To Your Health: Sip Some Soup

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.

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



Be Scam Savvy

If you receive an email or text saying you've won a contest that you didn't enter, or offering an incredible discount on a product, it's likely an internet scam. Fraud investigators warn that older adults should also be cautious of deals for low-cost medications or medical coverage.



The Fall Classic

It was 100 years ago this month that baseball fans first heard the World Series broadcast on the radio. Technology now lets us watch and stream the action and post and tweet about it. The 2021 World Series is scheduled to begin Oct. 26.



Trivia Whiz

Reese's Cup Roundup

It's been advertised as "Two great tastes that taste great together." The combination of chocolate and peanut butter in Reese's Peanut Butter Cups is a candy favorite.

Harry B. Reese created his version of the treat in his home in Hershey, Pa.

First sold in 1928, they were called penny cups in their early days, since they cost 1 cent each.

Reese's recipe now makes about \$2 billion in sales each year.

There are over 60 different Reese's products, such as mini and king-sized cups, cups with dark chocolate or white crème, and cups that are stuffed with a mix of peanut butter and pretzels or cookie bits.

Peanut butter pumpkins, trees and eggs are among the brand's annual holiday shapes.



OCTOBER BIRTHDAYS

- Oct. 3 Elmer Klein
- Oct. 7 Leonard Bishop
- Oct. 9 Henrietta Bell
- Oct. 9 Virginia Hill
- Oct. 11 James Brilmayer
- Oct. 18 Gwendoline Pelage Lewis
- Oct. 30 Pamela Douglas
- Oct. 30 Juan Oramas
- Oct. 31 Susan Brown

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

RESIDENT ADVISOR'S COLUMN

*Fall has arrived!
Behold the changing leaves,
enjoy the crisp breeze.
Let your eyes take in the burst of color.
Transformation is afoot and hope
is in the air.*

~ Unknown

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

I hope you are all enjoying the cooler weather. If you need any assistance, please feel free to call or stop by the office to set up an appointment with me.

~Jessie



Welcome Home

David Owens ~ 3A ~ 10/1

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.*



Avoid Energy Vampires

Beware of energy vampires. These are people who zap your energy and leave you emotionally drained after talking to or hanging out with them. If you're getting caught up in their negative vibes, take action. As much as possible, limit interactions with them, and connect with pals who generate positive feelings.



Watch Out for Wet Leaves

Autumn's colorful leaves sure look pretty, but wet leaves on the ground can be slippery. Be sure to watch your step when you're outdoors, and wipe your feet well when you come back inside.



Vaccination Reminder

We love our residents, and we want everyone to stay as healthy as possible. Please make sure to get your flu and pneumonia vaccinations if you haven't done so already.



OKTOBERFEST

It's time to celebrate OKTOBERFEST!
We plan to deliver the Oktoberfest meal on

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**Wednesday, October 20th  
from 3 ~ 3:30 p.m.**

The menu will include:

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**Sauerbraten
Potatoes, Carrots & Onions
Red Cabbage
Cottage Cheese
Dark Breads
&
Spice Cake**

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Tickets cost \$3 Residents, \$6 Guests  
Remember to sign up early, the cost doubles the day of delivery.



### **Celebrating Seniors**

Worldwide, there are about 700 million people over the age of 60, and that age group is growing faster than any other, according to the United Nations. The annual celebration of International Day of Older Persons, Oct. 1, honors their contributions to the world.



### **Wit & Wisdom**

"A smile is like an instant face-lift and an instant mood lift."  
—Christie Brinkley

"Use your smile to change the world; don't let the world change your smile."  
—Chinese proverb

"Just smiling at someone walking down the street can make the person's day. It's all about paying it forward."  
—Mariska Hargitay

"Let us always meet each other with a smile, for the smile is the beginning of love."  
—Mother Teresa

"As long as you live, keep smiling because it brightens everybody's day."  
—Vin Scully

"Nothing is more beautiful than a smile that has struggled through tears."  
—Demi Lovato

# October 2021

Sunday

Monday

Tuesday

Wednesday





Thursday

Friday

Saturday

# October

"No Act of Kindness, No Matter How Small, Is Ever Wasted."  
~Aesop

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|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <p>3</p> <p>"It Is During Our Darkest Moments That We Must Focus to See the Light."<br/>~Aristotle Onassis</p>                         | <p>4</p>                                    | <p>5</p> <p>6th Floor Inspections<br/>1:30 - 3 P.M.</p>                                      | <p>6</p>                                                                                                  | <p>7</p> <p>4th Floor Vents<br/>1 p.m.</p>   | <p>8</p>                                   | <p>9</p>                                                                                        |
| <p>10</p>                                                                                                                              | <p>Columbus Day 11</p> <p>OFFICE CLOSED</p> | <p>12</p>  | <p>13</p>                                                                                                 | <p>14</p> <p>9th Floor Recon<br/>7 a.m.</p>  | <p>15</p> <p>"There Are Two Ways of Spreading Light: To Be the Candle or the Mirror That Reflects It."<br/>~Edith Wharton</p> | <p>16</p>                                                                                       |
| <p>17</p> <p>"I Can't Change the Direction of the Wind, But I Can Adjust My Sails to Always Reach My Destination."<br/>~Jimmy Dean</p> | <p>18</p>                                   | <p>19</p> <p>5th Floor Inspections<br/>1:30 - 3 P.M.</p>                                     | <p>20</p> <p>EXTERMINATOR<br/>9AM</p> <p>-----</p> <p>OKTOBERFEST<br/>Delivery From<br/>3 ~ 3:30 p.m.</p> | <p>21</p> <p>3rd Floor Vents<br/>1 p.m.</p>  | <p>22</p>                                                                                                                     | <p>23</p>  |
| <p>24/31</p>                                         | <p>25</p>                                   | <p>26</p> <p>"If Opportunity Doesn't Knock, Build a Door."<br/>~Milton Berle</p>             | <p>27</p>                                                                                                 | <p>28</p> <p>10th Floor Recon<br/>7 a.m.</p> | <p>29</p>                                                                                                                     | <p>30</p>                                                                                       |