



# Interfaith Towers

Community News

November 2021

## Manager's Corner

Hello everyone, and happy November!

We wish to express our appreciation! The collective efforts of our Staff and Residents have proven successful thus far as the pandemic continues. With grace and only 5 positive cases in the building since the start of the pandemic, we have together done a truly remarkable job! We are hopeful that this time is in our rearview mirror very soon!

As the holidays approach, may peace and joy replace the uncertainty the pandemic brought. With thanks, we wish you and yours a happy, healthy Thanksgiving filled with love!

~Mary and your Staff  
of Interfaith Towers

### Codes To Make Calls

Do you remember when phone numbers didn't have area codes? The first 86 area codes in North America were rolled out in 1947, and only used by switchboard operators to connect callers between cities. The first time a customer could directly dial a full phone number that included the area code took place Nov. 10, 1951. Now, 70 years later, there are nearly 400 area codes in use.

**As of October 24, 2021, you must dial the area code + telephone number for local calls and if you are making a call outside of your own area code, you must dial 1+area code and phone number.**

### Wit & Wisdom

"Thanksgiving is a joyous invitation to shower the world with love and gratitude."

—Amy Leigh Mercree

### 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



### An Ounce of Prevention

These simple, healthy habits can help prevent illness: Wash your hands often, get enough sleep, eat well and exercise regularly.



### Self-Care Corner: A Cup of Calm

Sipping on a steaming beverage can help you relax and unwind. If you need a stronger dose of Zen, try an herbal tea known for reducing stress and anxiety, such as chamomile, peppermint or lemon balm.



## Trivia Whiz

### Talking Turkey

This time of year, the turkey takes center stage as both a seasonal symbol and the main course of holiday dinners.

Male turkeys are called "toms" or "gobblers," females "hens" and their chicks "poults."

Females make small clucking and chirping sounds; only males gobble.

The weight of a domestic turkey is about twice that of its wild cousin. Most domestic turkeys are so heavy they can't fly, but wild turkeys can soar up to 55 mph.

An adult turkey has between 5,000 and 6,000 feathers.

While domestic turkeys are typically white, the brown and tan colors of wild turkeys help them blend into the surroundings of their woodland homes, where they sleep atop tree branches.



### NOVEMBER BIRTHDAYS

Nov. 7	Carole Barnard
Nov. 10	Generosa Rodriguez
Nov. 15	Pat Vandemark
Nov. 19	James Bedore
Nov. 19	Janice Mahon
Nov. 22	Lois Jennings
Nov. 26	Veta Forbes
Nov. 26	Patricia Maiure
Nov. 29	Inez Fryar

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

### RESIDENT ADVISOR'S CORNER

Most of the United States begins Daylight Saving Time at 2:00am on the second Sunday in March and reverts to standard time on the first Sunday in November. In the U.S. each time zone switches at a different time. Don't forget to turn your clocks back one hour on November 7th.

If you have any questions or need to set up an appointment, please feel free to stop by or call the office.

~Jessie



### Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.

### Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.

### 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.*





### Simple Ways To Stay Positive

Explore these activities while social distancing.

*Connect with others.* Call friends and family members for a chat, or make virtual visits using FaceTime or Skype. Online discussion groups and book clubs can also connect you with others.

*Play games.* Crosswords, word searches and jigsaw puzzles are great ways to pass the time and give your brain a workout. If you have access to a computer, tablet or smartphone, search for some online games.

*Turn to entertainment.* Spend some time getting lost in your favorite TV shows, movies, books and music.

*Create.* Sketching, coloring and crafting are some creative outlets that will keep your hands and mind busy.

*Have a laugh.* Tune in to a comedy for some chuckles, or go online to find funny videos and jokes.

*Write.* Jot down what's on your mind, whether it's a fond memory, goal or poem.

*Stretch.* Doing gentle stretches daily can help lift your mood and boost your energy.

*Meditate.* Take a few minutes each day to close your eyes and focus on relaxed breathing.



### THANKSGIVING LUNCHEON DELIVERY

Our Thanksgiving Luncheon delivery will be held on

Wednesday, November 24th

Delivery between 1 - 1:30 pm

Our menu will include:

- Turkey & Gravy**
- Stuffing**
- Mashed Potatoes**
- Green Beans**
- Cranberry Sauce**
- Rolls**
- &**
- Pumpkin Pie**

\$3 Residents / \$6 Guests (limit of one guest per resident). Sign up in the office by 11/23. Cost doubles the day of the event.



### Thanksgiving Sandwich

You can heat up a plate of Turkey Day leftovers, or you can take your taste buds to the next level with a Thanksgiving sandwich. Slice a dinner roll, spread some cranberry sauce on the bottom half, then layer turkey, mashed potatoes, stuffing and gravy. Top it off with the remaining half of the roll and bite into bliss!



### Wit & Wisdom

"Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have."

—Catherine Pulsifer

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time."

—Douglas Wood

"When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living."

—Tecumseh




"You want to become a better person? Just give thanks. Give thanks for all of it."

—Kamand Kojouri

"Some days are better than others, but every day can be the best day of your life by giving thanks."

—Richie Norton

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>"Change Your Thoughts and You Change Your World." ~Norman Vincent Peale</i>	2 <b>Election Day</b>	3	4 11th Floor Recon 7 a.m.	5 4th Floor Inspections 1:30 - 3 P.M.	6 <i>Give Thanks</i> 
7  <b>Fall Back!</b> Daylight Saving Time Ends	8	9 <i>"Happiness Is a Virtue, Not Its Reward." ~Baruch Spinoza</i>	10	11 <b>Veterans Day</b>  Office Closed	12 3rd Floor Inspections 1:30 - 3 P.M.	13
14	15 <i>"A Hug Is Like a Boomerang ~ You Get It Back Right Away." ~Bil Keane</i>	16	17 <b>EXTERMINATOR</b> 9AM  B/RD Conference 10 a.m.	18 2nd Floor Vents 1 p.m.	19	20 <i>"Don't Judge Each Day by the Harvest You Reap but by the Seeds That You Plant." ~Robert Louis Stevenson</i>
21	22	23 <i>"Happiness Is Good Health and a Bad Memory." ~Ingrid Bergman</i>	24 THANKSGIVING LUNCHEON DELIVERY 1:00 P.M.	25 <b>HAPPY</b> <i>Thanksgiving</i>	26 Office Closed	27
28 <b>HAPPY Hanukkah</b> 	29	30	<h1>November</h1>			