



Interfaith Towers

Community News

December 2021

Manager's Corner

Happy Holidays!

Here we are in the final month of 2021, another challenging year that we managed to navigate through very successfully! With the rising cases of COVID-19, we are still encouraging social distancing and regular hand washing. I know this is getting very repetitious, but it is so important to keep all of us safe.

We are hopeful that 2022 brings a shining new chapter of wellness and new beginnings.

Wishing you and yours a happy, healthy and joyous holiday season!

~Mary and your Staff of Interfaith Towers

Welcoming Wreaths

Wreaths made of greenery have been used since ancient Greece, symbolizing victory, strength and honor. Later, as people decorated their homes in winter with evergreen trees, they used the trimmed branches to weave a wreath, in an effort to reduce waste. Wreaths became a symbol of welcoming, as well as a sign of new life to come in the spring.



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.

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



Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.



Winter Hydration

Staying hydrated is important year-round. If drinking ice water doesn't sound appealing in the winter months, replenish your body with herbal teas, decaffeinated beverages, soups, and fruits and vegetables.





Trivia Whiz

A Handful of Facts About Gloves

As temperatures dip with the changing seasons, you may pull on a pair of gloves to keep your fingers warm. This wardrobe staple has had dozens of handy purposes throughout history.

The earliest known gloves were found in King Tut's tomb.

Medieval blacksmiths, woodcutters and masons wore gloves made of leather, metal or wool to protect their hands from injury.

The phrase "throw down the gauntlet" refers to the heavy metal gloves worn by knights, which could be tossed at the feet of an opponent to begin a duel.

Long gloves became fashionable for ladies in the 1500s. Queen Elizabeth I of England loved gloves so much that she owned 2,000 pairs!



DECEMBER BIRTHDAYS

December 2	Sue Kay Case
December 6	Edna Rivera
December 9	Catherine Lyons
December 9	George Relyea
December 10	Mae Sutton
December 11	Gloria Cornick
December 11	Alden Willis
December 13	Margaret Ferrara
December 16	Louis Ritacco
December 18	Constance Allen
December 18	Andrea Sheldon
December 20	Lucy Imperati
December 21	Patrice Walker
December 22	Helen Caine
December 23	Helen Douglas
December 25	Marie Bennett
December 27	James Owens
December 30	John Pelligatto

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

RESIDENT ADVISOR'S COLUMN

The winter solstice happens on December 21st

The winter solstice is the day with the fewest hours of sunlight in the whole year, making it the "shortest day" of the year. Thankfully, after we reach the winter solstice, the days begin to once again grow longer and longer until we reach the summer solstice—the first day of summer and the longest day of the year. Think of it this way: Although the winter solstice means the start of winter, it also means the return of more sunlight. It only gets brighter from here!

If you need to set up an appointment, please call or stop by the office.

Jessie

Welcome Home

12/1 ~ Robert Hall ~ Apt. 6H

12/1 ~ Patricia Morzan ~ Apt. 9E

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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.*





HOLIDAY DINNER

Our annual Holiday Dinner is scheduled for Friday, December 17th, delivery beginning at 2:30 p.m. The menu will include:

- Baked Ham**
- Au Gratin Potatoes**
- Green Beans**
- Applesauce**
- Dinner Rolls**
- &**

Pineapple Upside Down Cake

Tickets cost \$3 / Residents. We are unable to accommodate Guests for this event. Purchase your ticket at the office no later than 12/16, cost doubles the day of the event!



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.



Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.



Wit & Wisdom

"It is only when the cold season comes that we know the pine and cypress to be evergreens."
—Chinese proverb

"A good way to remedy a cold morning is to have a warm heart."
—Keith Wynn

"Silence can always be broken by the sound of footsteps walking over frozen ground."
—Merrill Moore

"Shut the door. Not that it lets in the cold, but that it lets out the coziness."
—Mark Twain

"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together."
—Vesta M. Kelly

"If flowers can teach themselves how to bloom after winter passes, so can you."
—Noor Shirazie

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				12th Floor Recon 7 a.m.		<p><i>"Aging Is an Extraordinary Process Where You Become the Person You Always Should Have Been."</i> ~David Bowie</p>
5	6	7	8	9	10	11
<p><i>"Kindness Is the Language Which the Deaf Can Hear and the Blind Can See."</i> ~Mark Twain</p>		2ND Floor Inspections 1:30 - 3 P.M.		1st Floor Vents 1 p.m.		
12	13	14	15	16	17	18
		<p><i>"Perhaps One Has to Be Very Old Before One Learns to Be Amused Rather Than Shocked."</i> ~Robert Browning</p>	EXTERMINATOR 9AM	1ST Floor Recon 7 a.m.	HOLIDAY DINNER DELIVERY 2:30PM	<p><i>"Don't Be Afraid to Go Out on a Limb. It's Where All the Fruit Is."</i> ~Shirley MacLaine</p>
19	20	21	22	23	Christmas Eve 24	25
		FIRST DAY OF WINTER 1ST Floor Inspections 1:30 - 3 P.M.		12TH Floor Vents 1 p.m.	Office Closed	
26	27	28	29	30	NEW YEAR'S EVE 31	31
KWANZAA BEGINS	<p><i>"With Realization of One's Own Potential and Self-confidence in One's Ability, One Can Build a Better World."</i> ~Dalai Lama</p>		<p><i>"You Can't Help Getting Older, But You Don't Have to Get Old."</i> ~George Burns</p>	2ND Floor Recon 7 a.m.	Office Closed	