



# Interfaith Towers

Community News

January 2022



## Manager's Corner

Happy New Year! We wish you and yours a happy healthy New Year filled with blessings.

As the COVID-19 pandemic continues, we are following recommendations from the Centers for Disease Control and Prevention and our national, state and county leaders. Once again we must require wearing face masks in all common areas. We truly appreciate your patience and we continue to ask for your cooperation to help keep our community safe.

May 2022 hold all your dreams come true!

Mary & your Staff of Interfaith Towers

### Arriving in America

Historians estimate that over two-thirds of Americans can trace their ancestry to Ellis Island, the immigration station in New York Harbor that opened 130 years ago on Jan. 1, 1892. During the checkpoint's 62 years of operation, more than 12 million people passed through its doors on their way to a new life in the U.S.

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### Warm Up With Layers

Instead of one thick sweater, wear layers of clothing to keep away the chill of cold weather. Multiple layers act as insulation by trapping warm air, keeping you cozier.

### Social Security First

The first monthly Social Security check was issued on Jan. 31, 1940. It was paid to Ida May Fuller of Vermont, who received \$22.54.

### 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



### Letter Writing Revival

Despite this digital age of texts, social media posts and emails, writing letters and cards has made a comeback. Brighten someone's mailbox with a handwritten note during Letter Writing Week, the second week of January. With just a few words, you can deliver some delight.



### Day of Service

Martin Luther King Jr. once proposed, "Life's most persistent and urgent question is: 'What are you doing for others?'" Honor King's legacy by volunteering on the annual holiday and national day of service.





## Trivia Whiz

### A 'Cuppa' Trivia

Fill your favorite mug with your drink of choice and cozy up to these facts about hot beverages:

Scientists say hot drinks have a strong psychological effect. In one experiment, people holding hot beverages were seen as friendlier than those with iced ones.

Many people use the terms hot cocoa and hot chocolate interchangeably, but technically, cocoa is made with powder, while hot chocolate is made by melting bits of chocolate.

One of the latest coffee trends is a breve—a rich, creamy latte that uses half-and-half instead of milk.

Sipping a hot drink will warm you up, but did you also know it can help you cool off? The beverage boosts your body temperature enough to make you sweat, which cools you down.



### JANUARY BIRTHDAYS

January 2	Mary McNamara
January 6	Laura Lynk
January 8	Hermine Ingoglia
January 17	Shirley Cole
January 18	Gary Clendennen
January 20	Louree Johnson
January 20	Judith Veach
January 21	Michael Ballou
January 24	Barbara Stroman
January 25	Wayne Conway
January 27	Robert Hall
January 30	Julius Wilson

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

### RESIDENT ADVISOR'S CORNER

**Happy New Year!**

I look forward to working with you in the New Year.

May the New Year bring you peace, joy, and happiness.

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

**Jessie**



**1/1 ~ Jennifer Gyles ~ Apt. 11A**

**1/1 ~ Wayne Conway ~ Apt. 12B**

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

### A Fruitful Future

"Let us learn to appreciate there will be times when the trees will be bare, and look forward to the time when we may pick the fruit." —Anton Chekhov

### 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.*





### Soup & Sandwich Lunch

A Soup and Sandwich Delivered lunch is planned for Wednesday, January 12th, between 1:00 and 1:30 p.m.

Lunch will include:

**Homemade  
Turkey Rice Soup  
& Crackers**

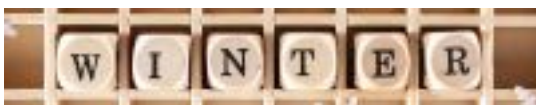
**Turkey Salad Sandwich  
& a Brownie**

Sign up in the office, tickets cost  
\$2 Residents / \$4 Guests.



### Jot It Down

Have you ever thought about using a calendar as a journal? Wall calendars sometimes arrive free in the mail or can be found at deep discounts after the first of the year. Use each day's square to jot down observations such as the price of gas, the weather, a meal you cooked and any significant things that happen. It's an easy way to record everyday life.



### Wolf Moon

The January full moon is often called the Wolf Moon, and that could be because wolves are more vocal during the first months of the year. Wolves howl to communicate over long distances, staying in touch with other members of the pack or warning intruders away. Researchers say an average howl from a single wolf lasts three to seven seconds, but a chorus by a pack can last 30 to 120 seconds and longer during their breeding season in January and February. Although there are stories of wolves howling at a full moon, scientists don't think the phase of the moon plays a part in their calls. However, the canines are more active at night, and they do howl toward the sky because projecting their calls upward carries the sound farther.



### Resolutions That Stick

When it comes to making New Year's resolutions, be as specific as possible. Instead of simply saying you're going to read more, make a plan to read a certain number of pages per week. "Eat healthier" is a broad concept, but a goal of adding an extra serving of vegetables to your plate each day is attainable.



### Wit & Wisdom

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."  
—Jesse Owens

"When you follow your dreams, you encourage other people to follow theirs."  
—Nafessa Williams

"Thankfully, dreams can change. If we'd all stuck with our first dream, the world would be overrun with cowboys and princesses."  
—Stephen Colbert

"All our dreams can come true, if we have the courage to pursue them."  
—Walt Disney

"Dreams say what they mean, but they don't say it in daytime language."  
—Gail Godwin

# January 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January



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|                                                                                                 |                                                                                      |                                               |                                                                                                                             |                                  |                                                                                                    |                                                                                                   | 1 |
| 2                                                                                               | 3<br>"Celebrate Endings—for They Precede New Beginnings."<br>~Jonathan Lockwood Huie | 4                                             | 5<br>"Cheers to a New Year and Another Chance for Us to Get It Right."<br>~Oprah Winfrey                                    | 6<br>11th Floor Vents<br>1 p.m.  | 7<br>                                                                                              | 8                                                                                                 |   |
| 9<br>National Law Enforcement Appreciation Day                                                  | 10                                                                                   | 11<br>12th Floor Inspections<br>1:30 - 3 P.M. | 12<br>Soup & Sandwich Luncheon Delivery<br>1:00 - 1:30 p.m.                                                                 | 13<br>3rd Floor Recon<br>7 a.m.  | 14<br>"Write It on Your Heart That Every Day Is the Best Day in the Year."<br>~Ralph Waldo Emerson | 15                                                                                                |   |
| 16<br>"Tomorrow Is the First Blank Page of a 365-page Book. Write a Good One."<br>~Brad Paisley | 17<br>Martin Luther King Jr. Day<br><br>OFFICE CLOSED                                | 18<br>                                        | 19<br>EXTERMINATOR<br>9AM                                                                                                   | 20<br>10th Floor Vents<br>1 p.m. | 21                                                                                                 | 22<br>"I Like the Dreams Of the Future Better Than the History of the Past."<br>~Thomas Jefferson |   |
| 23/30<br>                                                                                       | 24/31                                                                                | 25                                            | 26<br>"Your Present Circumstances Don't Determine Where You Can Go. They Merely Determine Where You Start."<br>~Nido Qubein | 27<br>4th Floor Recon<br>7 a.m.  | 28                                                                                                 | 29                                                                                                |   |