



# Interfaith Towers

Community News

June 2022

## Manager's Corner

Summer is almost here! We are looking forward to the warmer weather ahead.

As variants of the COVID-19 virus have been emerging in Dutchess and surrounding counties, the CDC is strongly recommending the wearing of masks indoors. While this is not a state mandate, we strongly agree that it is advisable to follow this advice. If you do not have a mask, we have them available in the office. Please ask for one. Thank you for your continued efforts to keep yourselves, your neighbors and our staff safe during this extended time.

Enjoy the month of June!  
~Mary and your Staff  
of Interfaith Towers

### Happy Juneteenth

Commemorating the end of slavery in the U.S., Juneteenth takes place on June 19 every year. On that date in 1865, U.S. troops arrived in Galveston, Texas, the western-most state at the time, to announce the end of the Civil War. The following year, freed slaves celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday.

### Rest and Relax

"A vacation is having nothing to do and all day to do it in."  
—Robert Orben

### A Sunny Outlook

"Compliment people wherever you go. Praise every single thing you see. Be a ray of sunshine to everyone you meet." —Rhonda Byrne

### Staff

**Mary Scilleppi**  
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



### Sow Good Thoughts

"Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance." —Steve Maraboli

### Feel Like a Kid Again

"Every summer, like the roses, childhood returns." —Marty Rubin



### Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.



## Trivia Whiz

### Appalachian Adventure

In the wilderness of the Appalachian Mountains, a path winds for 2,190 miles through 14 states from Georgia to Maine. The Appalachian National Scenic Trail is one of the world's longest and most famous hiking trails.

In 1925, a group of outdoor enthusiasts gathered to discuss their dream of building an extensive footpath that would allow hikers to experience the beauty and splendor of the Appalachian Mountains. The Appalachian Trail was completed in 1937 thanks to volunteers, who formed the Appalachian Trail Conservancy.

The Appalachian Trail is part of the Triple Crown of long-distance hiking in the U.S., along with the Continental Divide Trail and the Pacific Crest Trail.

# Happy Birthday

## JUNE BIRTHDAYS

June 1	Linda Gorzka
June 4	Sonja Griggs
June 5	Levi Anglin
June 6	Giosue Conte
June 9	Galia Ossipo
June 14	Jose Rave
June 14	Gloria Wager
June 15	Carol Bilyou
June 15	Ronald Palumbo
June 16	Kenneth Reed
June 17	Louise Micker
June 19	Kim Daniels
June 24	Hazel Roberts
June 30	Johnny Johnson

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

## RESIDENT ADVISOR'S CORNER

Hot Weather and Hydration:

One of the best ways to stay healthy is to stay hydrated.

\* Drink six to eight 8-ounce glasses of water each day.

\* Carry a reusable water bottle with you and drink from it throughout the day, refilling as needed.

\* Not a fan of plain water? Consider flavoring it with veggies, citrus fruit or a splash of real fruit juice.

\* Drink water before, during and after exercise or any physical activity.

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

~Jessie

# Welcome Home

**6/1 ~ Viola Daniels / Kim Daniels ~ Apt. 9F**

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**6/1 ~ Katherine Heady ~ Apt. 3C**

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

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### Take the First Step

"You can never leave footprints that last if you are always walking on tiptoe." —Leymah Gbowee

## 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.*





### **PANCAKE BREAKFAST**

A Pancake Breakfast is scheduled for *Friday, June 30th, 9:00 ~ 10:15 a.m.* Masks are still strongly encouraged, but can be removed while eating. Breakfast will be available to-go for those not comfortable staying in a congregate setting to eat.

The menu will include:

- Pancakes**
- Scrambled Eggs**
- Bacon & Sausage**
- Fresh Fruit**
- Pastry**

### **Orange Juice, Coffee & Tea**

Purchase your ticket in the office no later than June 29th. Cost for residents is \$3 and \$5 for guests (must be present). Cost doubles the day of the event.

### **Hello, Yellow!**

Cheerful and bright, yellow is the color of sunshine, sunflowers and smiley faces. It's a hue that is often associated with happiness and optimism. Even the brain agrees: It releases serotonin, the feel-good hormone, at the sight of yellow. The color's light waves are believed to stimulate the brain, increasing alertness and boosting mood.



### **FLAG DAY BBQ DELIVERY**

Our Flag Day BBQ Delivery will be held on **Thursday, June 16th** 1:00 ~ 1:30 p.m.

Our menu will include:

- BBQ Ribs*
  - Potato Salad*
  - Baked Beans*
  - Corn Bread*
  - Watermelon Salad*
  - &**
  - Raspberry Jello Cake*
- \*\*\*\*\*

Cost is \$3 per Resident / \$10 Guests  
Be sure to sign up early, cost doubles the day of the event.



### **Star-Spangled**

The U.S. flag is unique in that it has more stars than the flag of any other nation. Celebrate the Stars and Stripes on Flag Day, June 14.

### **Timely Advice**

It's never too late to tell someone you're sorry, to reconnect with a friend or family member, or to say thank you.



## **Wit & Wisdom**

"As long as you are being true to yourself, you will always find happiness."  
—Amber Riley





"Happiness isn't always the big things. Happiness is actually the little things, the little moments that make up our day."  
—Sheryl Sandberg

"It is not how much we have, but how much we enjoy, that makes happiness."  
—Charles Spurgeon

"Happiness is within. It has nothing to do with how much applause you get or how many people praise you. Happiness comes when you believe that you have done something truly meaningful."  
—Martin Yan

"Do not set aside your happiness. Do not wait to be happy in the future. The best time to be happy is always now."  
—Roy T. Bennett

# June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>June</h1>			1	2 5TH Floor Vents 1 p.m.	3	4
5	6 	7	8	9 1ST Floor Recon 7 a.m.	10	11  PEACE
12	13	14 FLAG DAY	15 EXTERMINATOR 9AM  World Elder Abuse Awareness Day	16 Flag Day BBQ Delivery 1 ~ 1:30 p.m.	17 4TH Floor Vents 1 p.m.	18
JUNETEENTH 19  HAPPY FATHER'S DAY	20 Juneteenth (Observed)	21  FIRST DAY OF SUMMER	22	23  2ND Floor Recon 7 a.m.	24  BREAKFAST 9 ~ 10:15 a.m.	25
26  	27	28  Primary Election 5am - 10pm	29	30  3RD Floor Vents 1 p.m.	