



Interfaith Towers

Community News

July 2022

Manager's Corner

We're officially in the dog days of summer, the hottest part of the year. Don't sweat it, though—we have some cool activities to help you beat the heat! Be sure to join us for Grill Days and enjoy a delicious lunch with some of your friends and neighbors.

We are continuing to encourage the wearing of masks in the common areas. While this is not mandated, it is recommended for the safety of all. Stay well, stay safe!

Keep cool and enjoy the month of July!

~Mary and your staff of Interfaith Towers



Fun Facts About Hot Dogs

Americans love hot dogs, eating about 20 billion of them a year. Back in the 1890s, college students began using "Hot dog!" as an exclamation of surprise, which evolved into "Hot diggity dog!" in the Roaring '20s. The sausages are also linked to Disney history: The first words spoken on screen by Mickey Mouse, playing a concession cart owner in the 1929 short "The Karnival Kid," were "Hot dogs! Hot dogs!"

Pucker Up and Protect

When applying sunscreen, don't forget lip balm with a sun protection factor of 15 or higher. Reapply often, since the thin skin on lips can burn easily.

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



A Little Self-Reflection

July 3 is Compliment Your Mirror Day—but why not start every day with a self-esteem boost? Therapeutic research has shown that looking in a mirror while giving yourself an encouraging pep talk has stronger soothing effects than just saying the words alone.



Bedtime Puzzles

Many people read in bed as a way to wind down and avoid screen time, either from a phone, tablet or TV, before going to sleep. If you're not into reading, try working on a crossword, word search or other puzzle. It will have a similar effect as reading a book.



Trivia Whiz

Yankee Doodle Dandies

This Independence Day, tip your top hat to these shining stars who share a birthday with America.

Calvin Coolidge. To date, he's the only U.S. president with a July 4 birthday. Born in 1872, he served as the country's 30th president from 1923 to 1929.

Gloria Stuart. Born in 1910, she began her acting career in the 1930s and is best known for her role in 1997's "Titanic."

Ann Landers and Abigail Van Buren. Did you know these competing advice columnists were twin sisters? They were born Esther and Pauline Friedman in 1918 in Iowa.

Bill Withers. The smooth-voiced singer who gave us hits like "Lean on Me," "Ain't No Sunshine" and "Lovely Day" was born in 1938.



JULY BIRTHDAYS

July 2	Barbara Thestrup
July 3	Suzanne Morrissey
July 3	Helen Pardini
July 4	Marie Sittler
July 6	Alicia Rivera
July 8	Ronald Sofia
July 11	Susan Recchia
July 14	Mitchell Schweickert
July 14	Mary Scileppi
July 17	William Brinsky
July 23	Anna Parry
July 26	Lucretia Lisk
July 26	John Winkler
July 30	Jon Tupper

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

RESIDENT ADVISOR'S CORNER

Happy Summer!

Farmers Market Coupons should be available in the office the second week in July. I will post signs in the elevators once we receive them.

We have not heard from the Mobile Market whether they will be coming to interfaith. I will let you know if this happens.

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

Jessie



SEP - Senior Exercise Program

The Senior Exercise Program is under way again! This program is monitored by the Dutchess County Office for the Aging and meets weekly on Mondays and Fridays at 9 a.m. in the Community Room. This program focuses on balance and strength and can be done either sitting or standing. All levels of participation are accommodated. Prior to participation, you must provide a note from your Doctor and register with Sheila Drew, Apt. 8B. If you are interested, please call her at (845)452-2986 and leave a message.

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.*



Easy Strawberry Shortcake

Make the most of strawberry season with this quick version of a dessert favorite.

Ingredients:

- 1 tube refrigerated flaky buttermilk biscuits (5 to 8 biscuits)
- 2 tablespoons butter, melted
- 1/2 cup sugar, divided
- 3 cups fresh strawberries, sliced
- Whipped cream

Directions:

Heat oven to 375° F.

Dip top and sides of each biscuit in melted butter. Then dip in 1/4 cup sugar, covering the top and sides. Place biscuits sugar-side up on an ungreased baking sheet. Bake 13 to 17 minutes, or until golden brown.

While biscuits bake, make the strawberry mixture. In a medium bowl, stir together strawberries and remaining 1/4 cup sugar. Let sit until berries release their juices, about 30 minutes.

When ready to serve, split biscuit and put a dollop of whipped cream on the bottom half. Add a spoonful or two of the strawberry mixture. Cover with top half of biscuit. Add more whipped cream and a few berry slices.

Find more recipes at Culinary.net.



GRILL DAYS

Please join us on
Friday, July 8th & 22nd,
from at 1:00 ~ 2:00 p.m.

Our menu will include:

- Hamburgers - \$1.25
- Cheeseburgers - \$1.50
- Hot Dogs - \$1.00
- Baked Beans - .50
- Chips - .50
- Brownies - .50
- Beverages - .60

Tickets are not necessary for Grill Days;
purchase what you want.
Just come on down and bring
your appetite!

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OMELET BREAKFAST!

An Omelet Breakfast is scheduled for
Friday, July 29th, 9:00 ~ 10:15 a.m.

Breakfast will be available to go for
those not comfortable staying in a
congregate setting to eat.

The menu will include:

Omelets

Hash Browns

Mini Bagels w/Cream Cheese

Fresh Fruit

Orange Juice, Coffee & Tea

Purchase your ticket in the office no
later than May 26th. Cost for residents is
\$3 and \$5 for Guests
(must be present). Cost doubles the day
of the event.



Wit & Wisdom

"When the weather
is hot, keep a
cool mind."
—Ajahn Brahm

"I find peace where
the sun-kissed leaves
dance in the melody
of the cool breeze
that floats through
the air."
—Saim Cheeda

"If you tiptoe into cold
water, you're missing
out on the rush of
plunging in headfirst."
—Simone Elkeles

"Iced tea is too
pure and natural a
creation not to have
been invented as
soon as tea, ice
and hot weather
crossed paths."
—John Egerton

"Like a welcome
summer rain, humor
may suddenly cleanse
and cool the earth,
the air, and you."
—Langston Hughes

"Keep cool,
my babies."
—Conan O'Brien

July 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JULY

						1 "Do What You Can, With What You Have, Where You Are." ~ Theodore Roosevelt SEP 9 a.m.	2
3  Happy 4th of July	4 Independence Day OFFICE CLOSED	5	6 7th Floor Inspections 1:30 - 3 p.m.	7 3rd Floor Recon 7 a.m.	8 Grill Day 1 ~ 2 p.m. SEP 9 a.m.	9 	
10	11 SEP 9 a.m.	12 "Be the Change That You Wish to See in the World." ~ Mahatma Gandhi	13 	14 2nd Floor Vents 1 p.m.	15 SEP 9 a.m.	16 "It Is Never Too Late to Be What You Might Have Been." ~ George Eliot	
17 	18 SEP 9 a.m.	19 6th Floor Inspections 1:30 - 3 p.m.	20 EXTERMINATOR 9 a.m.	21 4th Floor Recon 7 a.m.	22 Grill Day 1 ~ 2 p.m. SEP 9 a.m.	23	
24/31 "There Is No Greater Agony Than Bearing an Untold Story Inside You." ~ Maya Angelou	25 SEP 9 a.m.	26	27 "Success Is Not Final, Failure Is Not Fatal: It Is the Courage to Continue That Counts." ~ Winston S. Churchill	28 1st Floor Vents 1 p.m.	29 BREAKFAST 9 - 10:15 a.m.	30	