



# Interfaith Towers

Community News

September 2022

## Manager's Corner



Hello everyone, September is upon us! Fall will soon be here bringing cooler temperatures and rich colors of falling leaves. For many, September has become the "other January," signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy habit or hobby or to switch up an aspect of your routine.

Enjoy the month of September! Stay well & stay safe.

~Mary & your Staff of Interfaith Towers

### Happiness at Home

"The power of finding beauty in the humblest things makes home happy and life lovely."

—Louisa May Alcott

### Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.



### A Sunny Snack

A scoop of sunflower seeds is a healthy solution for hunger cravings between meals. A 1/4-cup serving contains 5 to 7 grams of protein, which helps you feel full.



### 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

### Bite Into Better Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.



### Social Strolls

Set aside specific times each week to take a walk with different friends. You'll get the benefits of a low-impact, cardiovascular workout while staying in touch with those near and dear to you.









### In Remembrance of 9/11

Described as “a tribute to the past and a place of hope for the future,” the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001.

Built on the site of the former World Trade Center complex, the memorial’s focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools’ black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

Another powerful memorial that commemorates the historic date is New York City’s annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city’s skyline.



### LASAGNA LUNCH DELIVERY

A Lasagna Lunch Delivery is planned for **Wednesday, September 14th, from 1:00-1:30 p.m.**

#### Our menu will include:

Lasagna  
Caesar Salad  
Italian Bread  
&  
Cannoli

Tickets cost \$3 for Residents & \$6 for Guests.

(Guests are limited to one per resident, and must be present.) Sign up in the office by 9/13; remember, cost doubles the day of the event.



### OMELET BREAKFAST!

An Omelet Breakfast is scheduled for **Friday, September 30th 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 September 29th. Cost for residents is \$3 and \$5 for Guests (must be present). Cost doubles the day of the event.



### Wit & Wisdom

“Hope is the only bee that makes honey without flowers.”  
—Robert Green Ingersoll

“A day without a friend is like a pot without a single drop of honey left inside.”  
—A.A. Milne

“To be forgiven is such sweetness that honey is tasteless in comparison with it. But yet there is one thing sweeter still, and that is to forgive.”  
—Charles Spurgeon

“The words of kindness are more healing to a drooping heart than balm or honey.”  
—Sarah Fielding

“The sweetness of life lies in usefulness, like honey deep in the heart of a clover bloom.”  
—Laura Ingalls Wilder

“If life is a cup of tea, gratitude is the honey that makes it sweet.”  
—Natasha Potter

# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>				1 10th Floor Vents 1 p.m.	2	3 <i>"In a Gentle Way, You Can Shake the World." ~ Mahatma Gandhi</i>
4 	5 <b>Labor Day</b>  OFFICE CLOSED	6	7 <i>"You Define Your Own Life. Don't Let Other People Write Your Script." ~ Oprah Winfrey</i>	8 7th Floor Recon 7 a.m.	9	10 
11 <i>Happy Grandparents Day!</i>	12 SEP 9 a.m.	13 <i>"You Are Never Too Old to Set Another Goal or to Dream A New Dream." ~ Malala Yousafzai</i>	14 Farmers' Market 9:30 - 10:30 Am  LASAGNA LUNCHEON DELIVERY 1-1:30PM	15 9th Floor Vents 1 p.m.	16 <i>"Success Is Not Final, Failure Is Not Fatal: It Is the Courage to Continue That Counts." ~ Winston Churchill</i>	17
18 <i>"You Don't Always Need a Plan. Sometimes You Just Need to Breathe, Trust, Let Go and See What Happens." ~ Mandy Hale</i>	19 SEP 9 a.m.	20 4th Floor Inspections 1:30 - 3 p.m.	21 	22 FIRST DAY OF AUTUMN  8th Floor Recon 7 a.m.	23	24
25 ROSH HASHANAH BEGINS	26 SEP 9 a.m.	27 <i>"Do Not Allow People to Dim Your Shine Because They Are Blinded. Tell Them to Put Some Sunglasses On." ~ Lady Gaga</i>	28 Farmers' Market 9:30 - 10:30 am	29 8th Floor Vents 1 p.m.	30 Breakfast 9 - 10:15 am	<i>"Spread Love Everywhere You Go." ~ Mother Teresa</i>