

September 2022

Manager's



"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 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



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

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.





Trivia Whiz

Stay Sharp With These Pencil Facts

From doodling and drawing, to writing a story or list, to filling in test answers—the humble pencil has been a part of all of our lives.

The part of the pencil that leaves a mark on paper is commonly called lead, but it's actually graphite, a form of carbon.

The modern wooden pencil was invented in 1565.

Students are usually encouraged to bring a No. 2 pencil to class. This refers to the HB Graphite Scale, which measures how hard and black the pencil's marks are.

In theory, one pencil can write 45,000 words or draw a line that's 35 miles long.

Even in today's digital age, over 14 billion pencils are made annually.



SEPTEMBER BIRTHDAYS

Sept. 3	Jerome Leake
Sept. 4	Frances Febres
Sept. 5	Jennifer Gyles
Sept. 11	Arlean Facey
Sept. 11	Charlie Merritt
Sept. 12	Richard Diaz
Sept. 13	Marie Brown
Sept. 16	Agnes Asaram
Sept. 18	Leatha Smith Easley
Sept. 26	Roy Charter
Sept. 28	Patricia Schmidt

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



RESIDENT ADVISOR'S COLUMN

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others' needs before our own, and it is crucial to remember that we cannot fill another's cup from our own empty vessel.

Please call or stop by the office if you need to set up an appointment with me.

~Jessie



9/1 ~ Roger Tompkins ~ Apt. 7A ~*~*~*~*~*~*

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.



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 around 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.



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

