



# Interfaith Towers

Community News

December 2022

## Manager's Corner

### Happy Holidays!

Here we are in the final month of 2022, another challenging year that we managed to navigate through successfully! It appears that COVID-19, and now all its variants, will continue to be with us well into the future. Please continue to practice social distancing and regular hand washing. Stay well and be safe!

We are hopeful that 2023 brings a shining new chapter of wellness and new beginnings.

Wishing you and yours a happy, healthy and joyous holiday season!

~Mary and your Staff of Interfaith Towers

### It's the Thought That Counts

Gift-giving should be done graciously, say etiquette experts. That means it's OK if gifts exchanged between two people don't match in value, or if somebody unexpectedly hands you a present and you have nothing in return. Trying to "price match" a gift can easily blow your budget, so a sincere thank-you is all that's needed.



### Happiness Is Key

"Keep smiling, because life is a beautiful thing and there's so much to smile about." —Marilyn Monroe

### 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



HAPPY  
Holidays!

### Winter Is Coming

The coldest season will begin Dec. 21st. Bundle up and keep warm!



### All the Love for Olives

High in antioxidants and healthy fats, olives are a popular addition to salads, sandwiches and snack boards. Because of their rich taste, just a handful of olives is enough to satisfy while still providing health benefits and limiting salt intake.



## Trivia Whiz

### Preserving the Everglades

At the southern tip of Florida sits a complex system of wetlands, teeming with subtropical wildlife. Everglades National Park was established on Dec. 6, 1947, to protect this marshy wilderness.

At 1.5 million acres, it is one of the largest national parks in the U.S.

It was the first park founded to preserve plants and animals rather than geological features.

The American crocodile, Florida panther and West Indian manatee are among the park's 20-plus threatened or endangered animal species.

The park is the only place in the world where alligators and crocodiles coexist in the wild.

From December to April, the dry season, birds from all over the world migrate to nest in the Everglades.



### DECEMBER BIRTHDAYS

- December 2 Sue Kay Case
- December 6 Edna Rivera
- December 9 Catherine Lyons
- December 9 George Relyea
- December 11 Gloria Cornick
- December 11 Alden Willis
- December 14 Maria G de Pepen
- December 16 Louis Ritacco
- December 18 Constance Allen
- December 18 Andrea Sheldon
- December 20 Lucy Imperati
- December 21 Patrice Walker
- December 23 Helen Douglas
- December 25 Marie Bennett
- December 27 James Owens
- December 30 John Pelligatto

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



### RESIDENT ADVISOR'S COLUMN

Hello, and welcome to the busiest month of the year! I would like to wish our residents and their families a joyous season full of peace and love. Happy holidays!

Jessie



### Daily Lunch Program

D.C. Office for the Aging offers home-delivered meals at noon, Monday through Friday. Residents must register with the Office for the Aging.

Congregate meals are available Monday-Friday at noon in the Community Room. Suggested donation is \$3.00. Congregate meal sign-up sheets are on the left side bulletin board as you enter the Community Room. Please be sure to sign up before noon the day before the meal you select.

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## Welcome Home

- 12/1 ~ Hector De Jesus ~ Apt. 2A
- 12/1 ~ Maria Gonzalez de Pepen ~ Apt. 10E
- 12/1 ~ Randolph Green ~ Apt. 2E

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

~\*~\*~\*~\*~\*~\*~\*~\*~\*







### Hot Cocoa Pancakes

Enjoy a warm and cozy breakfast with these festive flapjacks.

#### Ingredients:

- 2 tablespoons unsweetened cocoa powder
- 1 1/2 tablespoons sugar
- 1 cup 2% or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups ready-made pancake mix
- 1/4 cup water
- chocolate syrup
- marshmallow spread
- pancake syrup

#### Directions:

Heat a skillet over medium-low heat or an electric griddle to 375° F. In a microwave-safe bowl, mix cocoa powder, sugar, milk and vanilla until well combined. Heat in the microwave for 30 seconds.

Next, combine the cocoa mixture, pancake mix and water. Stir until large lumps disappear, but do not beat or overmix the batter.

Pour slightly less than 1/4 cup batter onto the lightly greased skillet or griddle. Cook for 90 seconds, or until bubbles appear on the surface. Flip the pancake and cook it for 30 seconds more. Repeat with the remaining batter.

Top pancakes with chocolate syrup, marshmallow spread or pancake syrup.

*Find more recipes at Culinary.net.*

### HOLIDAY DINNER DELIVERY

Our Holiday Dinner delivery will be held on Friday, December 16th  
Delivery between 2 ~ 2:30 pm  
Our menu will include:

- Baked Ham**
- Au Gratin Potatoes**
- Green Beans**
- Applesauce**
- Dinner Roll**
- &**
- Pineapple Upside-Down Cake**

\$3 Residents / \$6 Guests (limit of one guest per resident). Sign up in the office by 12/15. Cost doubles the day of the event.



### PANCAKE BREAKFAST

A Pancake Breakfast is scheduled for *Friday, December 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:

- Pancakes**
- Scrambled Eggs**
- Bacon & Sausage**
- Fresh Fruit**
- Pastry**
- Orange Juice, Coffee & Tea**

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



### Wit & Wisdom

“In the right light, at the right time, everything is extraordinary.”  
—Aaron Rose

“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.”  
—Elisabeth Kübler-Ross





“How beautiful the leaves grow old. How full of light and color are their last days.”  
—John Burroughs

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”  
—Martin Luther King Jr.

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”  
—Edith Wharton



# December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				4th Floor Vents 1 p.m.	SEP 9 a.m.	<i>"The Two Most Important Days in Your Life Are the Day You're Born and the Day You Find Out Why." ~ Mark Twain</i>
4	5	6	7	8	9	10
	SEP 9 a.m.	1st Floor Inspections 1:30 - 3 p.m.	<i>"Learn as if You Will Live Forever, Live Like You Will Die Tomorrow." ~ Mahatma Gandhi</i>	1st Floor Recon 7 a.m.	SEP 9 a.m.	
11	12	13	14	15	16	17
	SEP 9 a.m.	<i>"Just One Small Positive Thought in the Morning Can Change Your Whole Day." ~ Dalai Lama</i>		3rd Floor Vents 1 p.m.	SEP 9 a.m.  HOLIDAY DINNER DELIVERY 2 ~ 2:30 P.M.	
18	19	20	21	22	23	24
	SEP 9 a.m.		FIRST DAY OF WINTER  EXTERMINATOR 9 a.m.	12th Floor Recon 7 a.m.	SEP 9 a.m.	<i>"Life Is Like Riding a Bicycle. To Keep Your Balance You Must Keep Moving." ~ Albert Einstein</i>
25	26	27	28	29	30	31
	Christmas (Observed)  OFFICE CLOSED  HAPPY KWANZAA		<i>"True Humility Is Not Thinking Less of Yourself; It Is Thinking of Yourself Less." ~ C.S. Lewis</i>	2nd Floor Vents 1 p.m.	Breakfast 9 - 10:15 am	