



# Interfaith Towers

Community News

January 2023



## Manager's Corner

Happy New Year to all of our residents and your families! We'd like to thank you all for making last year so pleasant, and we hope you'll continue to make your home in our community for a long time to come!

As the months following the beginning of the pandemic have come and gone, one thing is for sure, COVID-19, the Flu and RSV are among other illnesses that are still posing a threat to our good health. Please continue to wear a mask in common areas or when going out.

Wishing you and yours a happy, healthy New Year!  
~Mary & your Staff  
of Interfaith Towers

### Resolutions That Stick

When it comes to making New Year's resolutions, be as specific as possible. Instead of simply saying you're going to read more, make a plan to read a certain number of pages per week. "Eat healthier" is a broad concept, but a goal of adding an extra serving of vegetables to your plate each day is attainable.



### Letter Writing Revival

Despite this digital age of texts, social media posts and emails, writing letters and cards has made a comeback. Brighten someone's mailbox with a handwritten note during Letter Writing Week, the second week of January. With just a few words, you can deliver some delight.

### 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



### Lighter and Brighter

If gray winter days have you feeling gloomy, perk up your surroundings by using light colors and simple patterns in your décor. Simply switching out pillows and blankets in dark hues or busy designs for textiles in light, solid colors can instantly help your space feel bigger and brighter.



### Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.



## Trivia Whiz

### Frosty Facts About Chilly Critters

To these animals, the coldest season is "snow" big deal!

*Snowshoe hare.*

This astonishing little hare changes color for the seasons, wearing a white coat in the winter and a brown coat in spring and summer.

*Snowy owl.* This striking bird is always on the move. As Arctic summers are full of extreme daylight, these owls have learned to hunt day and night.

*Snow monkey.*

Living on Japanese islands, the primates located in the colder areas often bathe in thermal springs heated by volcanoes.

*Snow leopard.*

At home in the Himalayas, snow leopards are solitary and elusive, earning them the nickname "ghosts of the mountains."



### JANUARY BIRTHDAYS

January 2	Mary McNamara
January 6	Laura Lynk
January 8	Hermine Ingoglia
January 12	Katherine Heady
January 16	Viola Daniels
January 18	Gary Clendennen
January 20	Louree Johnson
January 21	Michael Ballou
January 24	Barbara Stroman
January 25	Wayne Conway
January 27	Robert Hall
January 30	Julius Wilson

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

### RESIDENT ADVISOR'S COLUMN

Happy New Year!

We wish all of our residents and their families a wonderful year full of peace, joy & love.

We are delighted to have you making our community your home!

~Jessie



## Welcome Home

1/1 ~ Sheila Bush ~ Apt. 3i

1/1 ~ John Kotch ~ Apt. 11A

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

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### 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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### **OMELET BREAKFAST!**

An Omelet Breakfast is scheduled for  
*Friday, January 27th*  
*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

January 26th. Cost for residents is \$3 and \$5 for Guests (must be present). Cost doubles the day of the event.



### **Day of Service**

The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.



### **Soup & Sandwich Lunch**

A Soup and Sandwich Delivered lunch is planned for Wednesday, January 11th, between 1:00 and 1:30 p.m.

Lunch will include:

***Homemade Split Pea Soup & Croutons***

***Ham & Cheese Sandwich & Cookies***

Sign up in the office, tickets cost \$3 Residents / \$6 Guests.



### **Stay Sunny on the Inside**

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.



### **Snow Removal**

With winter here, please remember to park so that your bumper is not hanging over any sidewalk where snow removal may be required. Thank you for your cooperation.



## **Wit & Wisdom**

“I don’t need a big house ... just a cozy one.”  
—Brooke Lea Foster

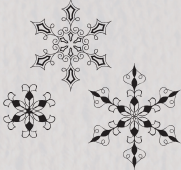



“There’s a different kind of comfort that comes from knowing that you are putting your best foot forward.”  
—Tom Ford

“Oh, the comfort—the inexpressible comfort of feeling safe with a person—having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are.”  
—Dinah Maria Mulock Craik

“All food is comfort food. Maybe I just like to chew.”  
—Lewis Black

“There is a comfort in rituals, and rituals provide a framework for stability when you are trying to find answers.”  
—Deborah Norville

# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1	New Year's Day (Observed) 2	3	4	5	6	7
	OFFICE CLOSED	<i>"Every Year You Make a Resolution to Change Yourself. This Year, Make a Resolution to Be Yourself." ~Unknown</i>	<b>12th Floor Inspections</b> 1:30 - 3 p.m.	<b>11th Floor Recon</b> 7 a.m.	<i>"Write It on Your Heart That Every Day Is the Best Day in the Year." ~Ralph Waldo Emerson</i>	
8	SEP 9 a.m.		Soup & Sandwich Lunch Delivery 1 ~ 1:30 p.m.	<b>1st Floor Vents</b> 1 p.m.		
15	Martin Luther King Jr. Day OFFICE CLOSED	17	18	19	20	21
			<i>"I Don't Know Where I'm Going From Here, But I Promise It Won't Be Boring." ~David Bowie</i>	<b>10th Floor Recon</b> 7 a.m.		<i>"The Bad News Is Time Flies. The Good News Is You're the Pilot." ~Michael Altschuler</i>
22	23	24	25	26	27	28
	SEP 9 a.m.	<i>"Your Present Circumstances Don't Determine Where You Can Go. They Merely Determine Where You Start." ~Nido Qubein</i>		<b>12th Floor Vents</b> 1 p.m.	<b>Breakfast</b> 9 - 10:15 am	<i>"Take a Leap of Faith and Begin This Wondrous New Year by Believing." ~Rebekah Lowin</i>
29	30	31				
<i>"You Can Get Excited About the Future. The Past Won't Mind." ~Hillary DePiano</i>	SEP 9 a.m.					