

Interfaith Towers

Community News

June 2023

Manager's Corner

Summer is almost here! We are looking forward to the warmer weather ahead. It's a great time to get outside and enjoy the beauty of Summer!

We are planning our annual Flag Day BBQ once again! This is an event that you don't want to miss! It's always fun to kick off summer with a tasty BBQ! While this event will be delivery, we are hopeful to have our July event gathering in the community room for our Grill Days.

Enjoy the month of June!
~Mary and your Staff
of Interfaith Towers



Signs of Summer

We've enjoyed sunny days and warm weather for weeks, but summer officially starts this month on June 21. It's the longest day of the year, when most of North America will see between 14 and 18 hours of sunlight, and nature shows many signs of the changing seasons. At noon, the sun will appear very high in the sky, and your shadow will be shorter than on any other day. The summer air is filled with sweet fragrance as apricots, cherries and strawberries ripen, and coneflowers, daylilies and rosebushes open their blooms. When night begins to fall, you may notice the sun setting more slowly than usual, promising a season of long, late sunsets.

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



Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family or friends, and celebrate National Making Life Beautiful Day on June 11.



Summer's Bounty

June has arrived, which means summer gardens are beginning to produce their bounty! This month is an ideal time to visit farmers' markets and check out seasonal displays at grocery stores for fresh selections of fruits and veggies.



Trivia Whiz

Flying Flag Facts

National flags are numerous and loved. We celebrate the American flag on June 14, but Old Glory is in good company when it comes to interesting flag facts:

The current U.S. flag was designed by 17-year-old Robert G. Heft for a school project. He originally got a B- on the assignment, but it was raised to an A when President Eisenhower chose his design.

Only one nation's flag isn't rectangular or square: Nepal. Representing the Himalayas, the country's flag is shaped like two stacked triangles.

The color purple is found on the flags of only three nations: Dominica, El Salvador and Nicaragua.

The oldest flag still in use belongs to Denmark! The simple red flag with a white Nordic cross was adopted as the national flag in 1625.

Happy Birthday

JUNE BIRTHDAYS

- June 1 Linda Gorzka
- June 5 Levi Anglin
- June 6 Giosue Conte
- June 9 Galia Ossipo
- June 14 Jose Rave
- June 15 Carol Bilyou
- June 15 Ronald Palumbo
- June 16 Kenneth Reed
- June 17 Louise Micker
- June 19 Kim Daniels
- June 24 Hazel Roberts
- June 30 Johnny Johnson

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



RESIDENT ADVISOR'S COLUMN

Peppermint and spearmint are easy herbs to grow indoors in pots. Use the fresh sprigs to garnish iced tea and lemonade, ice cream and sorbet, and other summery treats.

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

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.

Welcome Home

6/1 ~ Denise Lynn ~ Apt. 11B

6/1 ~ Evan Robinson ~ Apt. 9B

~*~*~*~*~*~*~*~*~*

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

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FLAG DAY BBQ DELIVERY

Our Flag Day BBQ Delivery will be held on Friday, June 16th 1:00 ~ 1:30 p.m.

Our menu will include:

- BBQ Ribs
- Potato Salad
- Baked Beans
- Mexican Street Corn Salad
- Cornbread
- &
- Lemon Jello Cake

Cost is \$5 per Resident / \$10 Guests
Be sure to sign up early, cost doubles the day of the event.



Drink More Water

Staying hydrated in hot weather is a must, and doctors warn not to wait until you're thirsty to grab a glass of water. Even mild dehydration can affect your alertness, memory and mood.



OMELET BREAKFAST!

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



Happy Juneteenth

Commemorating the end of slavery in the U.S., Juneteenth takes place on June 19 every year. On that date in 1865, U.S. troops arrived in Galveston, Texas, the western-most state at the time, to announce the end of the Civil War. The following year, freed slaves celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday.



Wit & Wisdom

"I wanted a summer filled with porch swings, lemonade and fireflies."
—Tiffany King

"It's not what happens to you, but how you handle it. If life gives you lemons, make lemonade. If the lemons are rotten, take out the seeds and plant them in order to grow new lemons."
—Louise Hay

"In all my work, I try to say 'You may be given a load of sour lemons; why not try to make a dozen lemon meringue pies?'"
—Maya Angelou

"If I were really smart, I'd probably spend more time just sitting in the shade drinking lemonade."
—Brian Andreas

"Fifty lemons are a load for one person, but for fifty persons they are perfume."
—Ethiopian proverb

June 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2	3
 <h1>June</h1>					4TH Floor Vents 1 p.m.		<i>"The Bad News Is Time Flies. The Good News Is You're the Pilot."</i> ~Michael Altshuler
4	5	6	7	8	9	10	
	<i>"You Are Never Too Old to Set Another Goal or to Dream A New Dream."</i> ~Malala Yousafzai	7th Floor Inspections 1:30 - 3 p.m.		12th Floor Recon 7 a.m.			
11	12	13	14	15	16	17	
<i>"At the End of the Day, Whether or Not Those People Are Comfortable With How You're Living Your Life Doesn't Matter. What Matters Is Whether You're Comfortable With It."</i> ~Dr. Phil			 Flag Day	3RD Floor Vents 1 p.m.	Flag Day BBQ 1 ~ 1:30 Delivery	<i>"Spread Love Everywhere You Go."</i> ~Mother Teresa	
18	Juneteenth 19	20	21	22	23	24	
HAPPY FATHER'S DAY	OFFICE CLOSED	<i>"You Can Be Everything. You Can Be the Infinite Amount Of Things That People Are."</i> ~Kesha	FIRST DAY OF SUMMER EXTERMINATOR 9 a.m.	11th Floor Recon 7 a.m.			
25	26	27	28	29	30		
	<i>"You Don't Always Need a Plan. Sometimes You Just Need to Breathe, Trust, Let Go and See What Happens."</i> ~Mandy Hale			2nd Floor Vents 1 p.m.	Omelet Breakfast 9 - 10:15 am	 SUMMER	