



Interfaith Towers

Community News

July 2023

Manager's Corner

The dog days of summer have officially arrived! Especially during this time of year, it is very important to keep yourself hydrated. Be sure to drink plenty of fluids and avoid getting overheated. Remember: the Community Room is always an option when looking for a spot to cool off and relax.

We look forward to hosting our annual Grill Days once again this year! Plan to come down and enjoy a delicious lunch with some of your friends and neighbors.

Keep cool and enjoy the month of July!

~Mary and your staff of Interfaith Towers



SPONSOR OF THE MONTH

Our sincere thanks to the Sponsor of the Month

COMMUNITY HOME HEALTH CARE

Community Home Health Care is a licensed home care agency that offers quality healthcare at home to both patients and seniors in need of personal assistance.

A representative will be present during the month of July, dates to be posted in the elevator.

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



America's Flowers

Beautiful and beloved, the rose is the national flower of the United States. Through the years, other contenders for the country's floral crown included the columbine, dogwood and marigold.



A Little Self-Reflection

July 3 is Compliment Your Mirror Day—but why not start every day with a self-esteem boost? Therapeutic research has shown that looking in a mirror while giving yourself an encouraging pep talk has stronger soothing effects than just saying the words alone.



Trivia Whiz

Berry Bliss

Colorful and nutritious, berries are bursting with fun facts to share with friends:

The hazy white coating you often see on blueberries is called "bloom," and it actually protects the fruits from the sun!

Blueberries are one of the only commercially available fruits that are native to North America.

Strawberries contain natural chemicals called salicylates, which are also found in aspirin. The next time you have aches and pains, try snacking on this red fruit.

If red raspberries are a little too tart for your tastes, then try gold raspberries for a sweeter flavor. The fruits also come in purple and black varieties!

An accidental creation, the loganberry is a hybrid between a raspberry and a blackberry.



JULY BIRTHDAYS

July 2	Barbara Thestrup
July 4	Marie Sittler
July 6	Alicia Rivera
July 8	Ronald Sofia
July 11	Susan Recchia
July 13	Joanne Jones
July 14	Mitchell Schweickert
July 14	Mary Scilleppi
July 23	Anna Parry
July 26	Lucretia Lisk
July 26	John Winkler
July 28	Tim Evans
July 30	Jon Tupper

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

RESIDENT ADVISOR'S COLUMN

Summertime brings the fresh taste of ripe raspberries. If you look closely, a single berry is actually made up of about 100 tiny beadlike fruits, called drupelets, and each of those contains a seed. Red is the most common variety, but there are also golden, purple and black raspberries. Call or stop by the office if you need to set up an appointment.

Jessie



Welcome Home

7/1 ~ Steven Green ~ Apt. 6J

6/1 ~ Thomas Sherow ~ Apt. 5A

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

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.



July 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JULY

"Everything Good,
Everything Magical
Happens Between
the Months of June
and August."
~ Jenny Han

						1
2	3	Independence Day	4	5	6	7
		CLOSED			10th Floor Recon 7 a.m. GRILL DAY 1 pm COMMUNITY ROOM	NATIONAL Hot Dog MONTH 
9	10	11	12	13	14	15
	celebrate SUMMER! 	7th Floor Inspections 1:30 - 3 p.m.	"Some of the Best Memories Are Made in Flip-flops." ~ Kellie Elmore	1st Floor Vents 1 p.m.		
16	17	18	19	20	21	22
	"One must maintain a little bit of summer, even in the middle of winter." ~Henry David Thoreau.		EXTERMINATOR 9 a.m.	8th Floor Recon 7 a.m. GRILL DAY 1 PM COMMUNITY ROOM		
23/30	24/31	25	26	27	28	29
"My Favorite Weather Is Bird-chirping Weather." ~Terri Guillemets				12TH Floor Vents 1 p.m.	Breakfast 9 - 10:15 am	