



Interfaith Towers

Community News

August 2023

Manager's Corner

How is it that August is here already?! I hope you have all enjoyed your summer so far. It's hard to believe that it is half over already! The Grill days were heartily enjoyed by all who came down; it was great to see all your smiling faces.

We plan to get together again in August with a refreshing Ice Cream Social. I hope you can all join us for a cool treat!

Enjoy the month of August and be well!

~Mary and your Staff of Interfaith Towers



Sit Back and Relax

Recognized for their reclined back and wide armrests, Adirondack chairs invite you to lean back and lounge awhile. This popular design has been copied since it was first created in 1903 by Thomas Lee. He used wood from local evergreen trees to build a comfortable yet sturdy outdoor chair for his home in New York's Adirondack Mountains, giving the chair its name.



Positive Thought

"Some of the best memories are made in flip-flops." —Kellie Elmore

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



Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.





Trivia Whiz

Flamboyant Flamingo Facts

Although many birds boast pink plumage, you are most likely to think of a flamingo first. These long-legged birds live throughout the world. Fly through the following fun facts!

The word "flamingo" comes from the early Spanish word *flamenco*, meaning "flame-colored."

Have you ever heard "you are what you eat"? That saying holds true for flamingos; they get their pink and red color from the algae and shrimp they ingest.

A flock, called a flamboyance, can be full of thousands of social flamingos.

The "knee" that seems to be bending backwards is really their ankle! The animal's actual knee is higher up and not visible through their feathers.

Happy Birthday

AUGUST BIRTHDAYS

August 9	Tyrone Louder
August 11	John Owens
August 11	Jo Ann Pellegrino
August 11	Florence Woermer
August 12	Mary Urquhart
August 14	Margaret Anson
August 16	Brenda Trowbridge
August 17	Robert Schrum
August 21	Willie Eady
August 22	Ruby Slater
August 23	Barbara Gernhardt
August 27	Julien Louis-Ferdinand

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

RESIDENT ADVISOR'S COLUMN

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated. If you need an appointment stop by or call the office. Jessie



Welcome Home

8/1 ~ Juan Santiago ~ Apt. 11G

8/1 ~ Esmat Rajabzadeh ~ Apt. 11H
Seyedreza Seyedfaghieh

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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.





Ice Cream Social

Please join us for an Ice Cream Social on Tuesday, August 15th at 2:00 p.m.

We can all enjoy a cool treat together followed by several raffles for spectacular prizes!!! Sign up in the office, cost is \$2/Residents and \$4/Guests.



Journal Prompt: Follow Your Dream

Sometimes our desires and ambitions are sudden and fleeting. If we don't grab onto them, they can slip into the background. Write today about your biggest dream. Is there a way for you to break it down into smaller steps? Could you accomplish something within a month?



OMELET BREAKFAST!

An Omelet Breakfast is scheduled for Friday, August 25th 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

August 24th. Cost for residents is \$3 and \$5 for Guests (must be present). Cost doubles the day of the event.



Immunization Awareness

August is Immunization Awareness Month and a good time to check with your physician to make sure you are up to date on all of your vaccinations. Remember, flu season is approaching, and it's important to get your flu shot when it becomes available.



Wit & Wisdom

"My connection to the Earth is reinforced through the rhythm of the waves."
—Mike Dolan

"Life is strong and fragile. It's a paradox ... It's a particle and a wave at the same time. It all exists all together."
—Joan Jett

"If you want to enjoy good music, watch the faces of those who are listening to it, and try to compute the thousands of memories that never ride anything but sound waves."
—Henry Stanley Haskins

"Life is a series of waves to be embraced and overcome."
—Danny Meyer

"Beauty sleeps on the calm dreamy bosom of the ocean, or lives in the dance of its wild waves."
—Thomas Clark Henley

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>August</h1>		1	2	3	4	5 	
	6	7 "If We Did All the Things We Are Capable of, We Would Literally Astound Ourselves." Thomas A. Edison	8 6th Floor Inspections 1:30 - 3 p.m.	9	10 11th Floor Vents 1 p.m.	11	12
	13 	14	15 Ice Cream Social 2:00 p.m.	16 EXTERMINATOR 9 a.m.	17 7th Floor Recon 7 a.m.	18	19 "I Am Where I Am Because I Believe in All Possibilities." Whoopi Goldberg
	20	21	22 "How Old Would You Be if You Didn't Know How Old You Are?" Satchel Paige	23	24 10th Floor Vents 1 p.m.	25 Omelet Breakfast 9 - 10:15 am	26
	27 "You are never too old to set another goal or to dream a new dream." -C.S. Lewis.	28	29	30	31 6th Floor Recon 7 a.m.		