

Interfaith Towers

Community News

September 2023

Manager's Corner

Hello, everyone! September is here! Fall will soon bring the cooler temperatures and beautiful, rich colors of falling leaves. For many, September has become the "other January," signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy habit or hobby or to switch up an aspect of your routine.

Enjoy the month of September! Stay well & stay safe.

~Mary & your Staff of Interfaith Towers



Sporty September

September marks the beginning of the NFL season, and the MLB season is nearing an exciting end. Two of the most popular sports in America, football and baseball share just one person in their halls of fame: Cal Hubbard, who was a linebacker for three NFL teams and spent 16 seasons as an MLB umpire.

Take a Breath

"Nature does not hurry, yet everything is accomplished."

—Lao Tzu



Staff

Mary Scilleppi

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

A Honeybee's Journey

Traveling as far as 55,000 miles from their hives, honeybees can visit more than 2 million flowers to gather enough nectar to make just one pound of honey. Celebrate these tiny but mighty creatures this September for National Honey Month.



Nibble and Sip

Cheese with sliced apples, or even a slice of apple pie, is a classic pairing. Apply this same logic when sipping on apple cider. Foodies suggest brie, cheddar, gouda and blue cheese to bring out the bold flavors of the crisp fall beverage.



Trivia Whiz

Ooey-Goey and Delicious

S'mores are a beloved autumn tradition. Get a taste of the season with these fun facts:

The residents of Grand Rapids, Mich., eat the most s'mores.

The world's largest s'more, made in Vermont in 2019, was 342 pounds!

The marsh mallow plant was used in early marshmallow recipes. The sap of the plant soothes sore throats, so the confection was used as medicine.

Nowadays, gelatin is used to give marshmallows their squishy texture.

87% of Americans have eaten a s'more.

The s'more's flavor is so adored that you can find it in many other products.

S'mores are a great indoor treat! Toast your marshmallow in an oven, microwave or air fryer. Make sure to keep an eye on it to prevent scorching.



SEPTEMBER BIRTHDAYS

Sept. 2	Juan Santiago
Sept. 2	Thomas Sherow
Sept. 3	Jerome Leake
Sept. 4	Frances Febres
Sept. 11	Arlean Facey
Sept. 11	Esmat Rajabzadeh
Sept. 12	Richard Diaz
Sept. 13	Marie Brown
Sept. 16	Agnes Asaram
Sept. 18	Leatha Smith Easley
Sept. 26	Roy Charter
Sept. 28	Patricia Schmidt

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

RESIDENT ADVISOR'S COLUMN

Summer comes to a close when fall arrives in September. As the days gradually get shorter and cooler, a variety of trees will begin to prepare for winter, indicated by their leaves changing to brilliant colors of red, orange and yellow before dropping to the ground. If you need an appointment call or stop by the office.
~Jessie



Welcome Home

9/1 ~ Shahrbanu Bagherian ~ Apt. 12K

9/1 ~ Darrell Smith ~ Apt. 8I

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

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.





PANCAKE BREAKFAST

A Pancake Breakfast is scheduled for *Friday, September 29th* 9:00-10:15 a.m.

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 September 28th. Cost for residents is \$3, and \$5 for guests. (Must be present.). Cost doubles the day of the event.



Patriot Day

The nation's annual remembrance of 9/11, Patriot Day is also a National Day of Service. Since 2002, people across America pay tribute to the victims, survivors and heroes of Sept. 11 by volunteering in community service projects.



FAREWELL TO SUMMER LUNCH

A Farewell to Summer Lunch is planned for **Wednesday, September 6th, from 1:00-2:30 p.m.**

Our menu will include:

- Sausage & Peppers Hoagie**
- Pasta Salad**
- Fruit Salad**
- Punch**
- &**
- Italian Ice**

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Tickets cost \$5 for Residents & \$10 for Guests.

(Guests are limited to one per resident, and must be present.) Sign up in the office by 9/5; remember cost doubles the day of the event.

Sunset on Summer

The Labor Day holiday signals the unofficial end of summer. Play, picnic, splash and celebrate the last days of the season! Fall arrives Sept. 23.



Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day, September 10th!



Wit & Wisdom

"The larger the island of knowledge, the longer the shoreline of wonder."
—Ralph W. Sockman

"Without knowledge action is useless, and knowledge without action is futile."
—Abu Bakr

"What is research but a blind date with knowledge?"
—Will Harvey

"Some people drink from the fountain of knowledge, others just gargle."
—Robert Anthony

"Be curious always! For knowledge will not acquire you; you must acquire it."
—Sudie Back

"They say a little knowledge is a dangerous thing, but it's not one half so bad as a lot of ignorance."
—Terry Pratchett

September 2023

Sunday

Monday

Tuesday

Wednesday




Thursday

Friday

Saturday

september

*"How Beautifully
Leaves Grow Old.
How Full of Light
and Color Are Their
Last Days."
~ George Burns*

						1	2
3 <i>"And All the Lives We Ever Lived and All the Lives to Be Are Full of Trees and Changing Leaves..." ~ Virginia Woolf</i>	Labor Day OFFICE CLOSED	4	5	6 Farewell to Summer Lunch 1:00 p.m.	7 9th Floor Vents 1 p.m.	8 	9
10 Happy Grandparents Day!	11	12 <i>"Life Starts All Over Again When It Gets Crisp in the Fall." ~ F. Scott Fitzgerald</i>	13	14 5th Floor Recon 7 a.m.	15 Rosh Hashanah begins at Sundown	16	
17 Yom Kippur Begins at Sundown	18	19 5th Floor Inspections 1:30 - 3 p.m.	20 EXTERMINATOR 9 a.m.	21 8th Floor Vents 1 p.m.	22 <i>"As Long as Autumn Lasts, I Shall Not Have Hands, Canvas and Colors Enough to Paint the Beautiful Things I See." ~ Vincent Van Gogh</i>	23 	
24 	25	26 <i>"Anyone Who Thinks Fallen Leaves Are Dead Has Never Watched Them Dancing on a Windy Day." ~ Shira Tamir</i>	27	28 4th Floor Recon 7 a.m.	29 Pancake Breakfast 9 - 10:15 am	30	