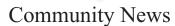


November 2023





Welcome November! There's excitement in the air as we begin preparing for the holidays. Be sure to sign up for our annual Thanksgiving Dinner Delivery on on Tuesday, November 21st.

We are also preparing for the colder weather ahead. If your Air Conditioner is not yet covered, please contact the office to have it covered.

Have a wonderful month of November! As always, we are thankful for each and every member of our community and wish you and your families a very Happy Thanksgiving.

~Mary and your Staff of Interfaith Towers



Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

An Artful Age

"Youth is the gift of nature, but age is a work of art." —Stanislaw Jerzy Lec

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



Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.



Journal Prompt: A Creative Memory

Reminisce on some of your grandest or most heartwarming adventures with this month's journal prompt: Write a poem about a childhood memory. Reflect on why the memory has stuck with you and how it has influenced your life.



Trivia Whiz

America's Trees

The United States is home to hundreds of native trees, with branches full of fun facts!

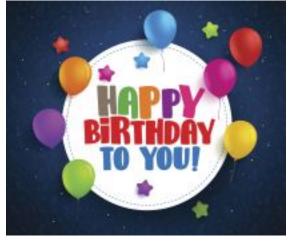
The most common tree in North America is the red maple.

After a nationwide vote in 2004, the oak tree was declared America's national tree! The oak's nuts, better known as acorns, are enjoyed by many animals.

Loblolly pines are mostly found in lowlands and swamps. They are often used to make paper, mulch and lumber.

Several states—including New York, West Virginia, Wisconsin and Vermont—claim the sugar maple as their official tree.

White, red or pink blossoms make the flowering dogwood one of the most spectacular trees of North America.



NOVEMBER BIRTHDAYS

11011	-WIDEIL DIILLIID <i>E</i>
Nov. 5	Evan Robinson
Nov. 7	Carole Barnard
Nov. 17	Norma Byrd
Nov. 19	James Bedore
Nov. 19	Janice Mahon
Nov. 22	Lois Jennings
Nov. 26	Veta Forbes
Nov. 29	Inez Fryar

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



RESIDENT ADVISOR'S COLUMN

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better. If you need to set up an appointment, please stop by or call the office. Jessie



11/1 ~ John Fallen ~ Apt. 7i

11/1 ~ Dianne Velesse ~ Apt. 12D

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

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.



THANKSGIVING LUNCHEON DELIVERY

Our Thanksgiving Dinner delivery will be held on Tuesday, November 21st Delivery between 2 ~ 2:30 pm Our menu will include:

Turkey & Gravy
Stuffing
Mashed Potatoes
Green Beans
Cranberry Sauce
Rolls
&

Pumpkin Pie

\$5 Residents / \$10 Guests (limit of one guest per resident). Sign up in the office by 11/20. Cost doubles the day of the event.





PANCAKE BREAKFAST

A Pancake Breakfast is scheduled for Thursday, November 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:

> Pancakes Scrambled Eggs Bacon & Sausage Fresh Fruit Pastry

Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than

November 29th. Cost for residents is \$3, and \$5 for guests
(Must be present). Cost doubles the day of the event.



Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.



Wit & Wisdom

"I don't spend time wondering what might be next; I just focus on trying to savor every day." —Trisha Yearwood

"Savor the moments that are warm and special and giggly." —Sammy Davis Jr.

"Sometimes we need the salt of tears to remind us how to savor the sweetness of life." —Lysa TerKeurst

"Photography is about savoring life at 1/100th of a second." —Marc Riboud

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."

—Charlotte Rae

"One can never truly savor success until first tasting adversity." —Ralph Waldo Emerson

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Voven	nber	1	5th Floor Vents 1 p.m.	3	4
Fall Back! Daylight Saving Time Ends	In a Gentle Way, You Can Shake the World. ~Mahatma Gandhi	ELECTION DAY 5AM - 10PM	3rd Floor Inspections 1:30 - 3 p.m.	1st Floor Recon 7 a.m.	Veterans Day (Observed) OFFICE CLOSED	*** Thank You VETERANS
12	13	14	EXTERMINATOR 9 a.m.	4th Floor Vents 1 p.m.	17	The Way We Communicate With Others and With Ourselves Ultimately Determines the Quality of Our Lives. ~Tony Robbins
19	20	Thanksgiving Dinner Delivery 2-2:30pm	The best preparation for tomorrow is doing your best today. ~H. Jackson Brown, Jr.	Thanksgiving 23 OFFICE CLOSED	OFFICE CLOSED	25
26	27	Whoever Is Happy Will Make Others Happy Too. ~Anne Frank	29	12th Floor Recon 7 a.m. ~*~*~ Pancake Breakfast 9 ~ 10:15 a.m.	Hank	ippy 233 esgiving

