

Interfaith Towers

Community News

December 2023

Manager's Corner

Happy Holidays!

The final month of 2023 is here! It has been a whirlwind of a year filled with much joy!

As many of you are aware, Interfaith Towers began the mission of providing a pleasant, affordable community for Seniors to enjoy and make their homes in 1974. Over the years, countless folks have done just that! November 2024 will mark our 50th year! We plan to celebrate this milestone with you all year through!

Wishing you and yours a happy, healthy and joyous holiday season!

~Mary and your Staff
of Interfaith Towers



Memorable Melody: 'Let It Snow'

Would you believe that this classic carol about a frightful blizzard was written during a summer heat wave? Well, believe it! That's exactly how "Let It Snow" came to be in July 1945, when musicians Sammy Cahn and Jule Styne were motivated by record high temperatures to write a song that would cool them down. The original version was recorded by big band singer Vaughn Monroe, who took the tune to No. 1. It's since been covered by dozens of artists, with Dean Martin's smooth rendition among the most loved.

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



Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.



Feel-Good Foods

What's your favorite comfort food? According to recent polls, pizza is the go-to meal for Americans when they need a pick-me-up. Other comfort foods in the top 10 include ice cream, chocolate, hamburgers, and macaroni and cheese.



Trivia Whiz

Polar Opposites

Brrr! Bundle up with multiple layers of clothing, your warmest coat, a fuzzy hat and thick mittens to take an imaginary trip to the North and South Poles.

At both poles, it takes the sun three months to reach a high point in the sky and another three months to reach the horizon again—meaning there are six months of daylight and six months of night.

The North Pole is a sheet of ice floating in the middle of the Arctic Ocean, but the South Pole is located on the continent of Antarctica.

The South Pole is much colder, having never reached temperatures above zero. Mountains on the land cause higher and chillier elevations.

Monitoring wind speeds over the North Pole helps meteorologists make their weekly forecast.



DECEMBER BIRTHDAYS

December 2	Sue Kay Case
December 6	Edna Rivera
December 9	Catherine Lyons
December 9	George Relyea
December 11	Gloria Cornick
December 11	Alden Willis
December 14	Maria G de Pepen
December 16	Louis Ritacco
December 18	Constance Allen
December 18	Andrea Sheldon
December 20	Lucy Imperati
December 21	Patrice Walker
December 23	Helen Douglas
December 25	Marie Bennett
December 30	John Pelligatto

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

RESIDENT ADVISOR'S COLUMN

There's something magical about shaking a snow globe and peering at the miniature scene inside as the glittery specks—known as "flitter"—fall to the bottom. These charming collectibles have been around since the late 1800s. To prevent the water from clouding, keep out of direct sunlight. If you need an appointment, call or stop by the office. Jessie



The Glee of Giving

"The happiest people are those who do the most for others," said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it's proof of why doing good can make you feel good.

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.





HOLIDAY DINNER DELIVERY

Our Holiday Dinner delivery will be held on

Friday, December 15th

Delivery between 2 ~ 2:30 pm

Our menu will include:

Baked Ham

Au Gratin Potatoes

Green Beans

Applesauce

Dinner Roll

&

Pineapple Upside-Down Cake

\$5 Residents / \$10 Guests (limit of one guest per resident). Sign up in the office by 12/14. Cost doubles the day of the event.



Break Out Your Ugly Sweater

Show off your tacky, quirky or comical style on Ugly Sweater Day, the third Friday in December.



OMELET BREAKFAST!

An Omelet Breakfast is scheduled for *Friday, December 29*
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

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



Check the Weather

Know the forecast before leaving your house to ensure you stay warm and healthy this winter. Confirm there is no ice on the walkways; if you must get out in the snow or ice, then bundle up, wear shoes with good traction and go slow!



Positive Thought

"The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled, the more I gain." —Susan B. Anthony



Wit & Wisdom

"When you hear the bell, you feel a tug at your heart."
—Vera Nazarian

"Life's not always going to be bells and whistles ... the only thing you can control is your attitude."
—Gary Woodland

"Bells are music's laughter."
—Thomas Hood

"Those evening bells!
Those evening bells!
How many a tale their music tells ..."
—Thomas Moore

"Don't bother to ring a bell in the ear that doesn't listen."
—Michael Bassey Johnson

"Ring in the old,
ring in the new,
Ring, happy bells,
across the snow:
The year is going,
let him go;
Ring out the false,
ring in the true."
—Alfred Lord Tennyson

December 2023

Sunday

Monday





Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>1</p> <p><i>Education Is the Most Powerful Weapon Which You Can Use to Change the World.</i> ~Nelson Mandela</p>	<p>2</p>
<p>3</p>	<p>4</p> <p><i>There Is Always Light. If Only We're Brave Enough to See It. If Only We're Brave Enough to Be It.</i> ~Amanda Gorman</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>12th Floor Recon 7 a.m. ***** ~ *****</p> <p>FIRST DAY OF HANUKKAH</p>	<p>8</p>
<p>9</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p><i>It Is Often the Small Steps, Not the Giant Leaps, That Bring About the Most Lasting Change.</i> ~Queen Elizabeth II</p>	<p>13</p>
<p>14</p>	<p>3rd Floor Vents 1 p.m.</p>	<p>15</p> <p>Holiday Dinner Delivery 2-2:30pm</p> 
<p>16</p>	<p>17</p> <p><i>Attitude Is the 'little' Thing That Makes a Big Difference.</i> ~Winston Churchill</p>	<p>18</p>
<p>19</p>	<p>2nd Floor Inspections 1:30 - 3 p.m.</p>	<p>20</p>
<p>21</p>	<p>EXTERMINATOR 9 a.m.</p>	<p>22</p>
<p>23</p>	<p>11th Floor Recon 7 a.m. ***** First Day of Winter</p>	<p>24</p>
<p>24/31</p> <p>NEW YEAR'S EVE!</p>	<p>25</p> <p>MERRY  <i>Christmas</i></p>	<p>26</p>
<p>27</p>	<p> KWANZAA</p>	<p>28</p>
<p>29</p>	<p><i>If You Want to Lift Yourself Up, Lift Up Someone Else.</i> ~Booker T. Washington</p>	<p>30</p>
<p>30</p>	<p>2nd Floor Vents 1 p.m.</p>	<p>31</p> <p>Omelet Breakfast 9 - 10:15 am</p>