



Interfaith Towers

Community News

January 2024



Manager's Corner

Happy New Year!

Like the patches of a quilt, each and every resident here at Interfaith Towers makes their own unique contribution to the patchwork that makes up our community. We are grateful for you as well as the opportunity to continue our mission, creating a comfortable community you can all call "home."

We wish you and yours a happy, healthy New Year filled with blessings.

~Mary & your Staff
of Interfaith Towers



Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.



Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

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



Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.



Day of Service

The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.

Happy New Year!



Trivia Whiz

A-Plus Eats

This month marks a possibility for new beginnings, not only for the year but also for your diet. Get a fresh start with these veggies and fruits found at the beginning of the alphabet.

There are over 7,000 varieties of apples. Red Kiku apples are possibly the sweetest, and green Granny Smith are among the most sour.

An artichoke is a flower bud that has been picked before it's had the chance to bloom.

Shaped like peaches but tart like plums, apricots promote hydration and provide a hefty dose of vitamins A, C and E.

Avocados, which are actually fruits (not vegetables), have more potassium than bananas—21% of the recommended daily value compared to a banana's 10%.



JANUARY BIRTHDAYS

January 2	Mary McNamara
January 3	Darrell Smith
January 6	Laura Lynk
January 8	Hermine Ingoglia
January 18	Gary Clendennen
January 21	Michael Ballou
January 25	Wayne Conway
January 27	Robert Hall
January 30	Julius Wilson

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

RESIDENT ADVISOR'S COLUMN

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest “thank you” can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others. If you need to set up an appointment with me, stop by or call the office. Jessie



11/1 ~ Charlotte McGue ~ Apt. 4J

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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.





PANCAKE BREAKFAST

A Pancake Breakfast is scheduled for *Friday, January 26th* 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 January 25th. Cost for residents is \$3, and \$5 for guests (Must be present). Cost doubles the day of the event.



Stay Healthy This Season

During cold and flu season, bolster your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest.



SOUP & SANDWICH LUNCH DELIVERY

A Soup and Sandwich Delivered lunch is planned for Wednesday, January 10th, between 1:00 and 1:30 p.m.

Lunch will include:

- Homemade Turkey & Rice Soup**
- &**
- Turkey Salad Sandwich**
- &**
- Sugar Cookies**

Sign up in the office, tickets cost \$3 Residents / \$6 Guests.



Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest “thank you” can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.



Wit & Wisdom

“And now let us believe in a long year that is given to us, new, untouched, full of things that have never been.”
—Rainer Maria Rilke

“Enter this new year with a gratitude for this new chance to create your dreams.”
—Avinia Celeste

“A new year inevitably leads to thoughts about both the future and the past.”
—Michael Dirda

“The new year begins in a snowstorm of white vows.”
—George William Curtis

“Cheers to a new year and another chance for us to get it right.”
—Oprah Winfrey

“May all your troubles last as long as your New Year’s resolutions.”
—Joey Adams

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1	2	3	4	5	6
HAPPY <i>New Year!</i>	OFFICE CLOSED	<i>"Many Years Ago I Resolved Never to Bother With New Year's Resolutions, And I've Stuck With It Ever Since." ~Dave Beard</i>		10th Floor Recon 7 a.m.		
7	8	9	10	11	12	13
	<i>"Life Is Like Riding a Bicycle. To Keep Your Balance, You Must Keep Moving." ~Albert Einstein</i>		Soup & Sandwich Delivery 1-1:30 pm	1st Floor Vents 1 p.m.		<i>"If It Doesn't Challenge You, It Doesn't Change You." ~Fred DeVito</i>
14	Martin Luther King Jr. Day 15	16	17	18	19	20
<i>I have a dream.</i> 	OFFICE CLOSED		EXTERMINATOR 9 a.m.	9th Floor Recon 7 a.m.	<i>"Continuous Improvement Is Better Than Delayed Perfection." ~Mark Twain</i>	
21	22	23	24	25	26	27
	<i>"It's Never Too Late—never Too Late to Start Over, Never Too Late to Be Happy." ~Jane Fonda</i>			12TH Floor Vents 1 p.m.	PANCAKE Breakfast 9 - 10:15 am	
28	29	30	31			
			<i>"Celebrate Endings—for They Precede New Beginnings." ~Jonathan Huie</i>	 <i>January</i>		