



# Interfaith Towers

Community News

December 2024

## Manager's Corner

### Happy Holidays!

The final month of 2024 is here! It has been a whirlwind of a year filled with much joy!

Interfaith Towers began the mission of providing a pleasant, affordable community for Seniors to enjoy and make their homes in 1974. Over the years, over 800 folks have done just that! November 22, 2024, marked the beginning of our 50th year! We celebrated this milestone with our Open House on the anniversary and will celebrate with you all year through!

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

~Mary and your Staff of Interfaith Towers

## Celebrating 50 Years Interfaith Towers Apartments



### Happy Anniversary Interfaith Towers Community!

Over the past 50 years, over 800 wonderful folks have made Interfaith Towers their home. It is our firm commitment to continue to provide the quality of life so richly deserved by our residents.

### Staff

- Mary Scilleppi**  
Property Manager
- Linda Gorzka**  
Administrative Assistant
- Jessica DeGarmo**  
Resident Advisor
- Roy Charter**  
Superintendent
- Timothy Evans**  
Superintendent Assistant

### 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

### EMAIL

- [interfaithtowers@aol.com](mailto:interfaithtowers@aol.com)
- [interfaithtowers@gmail.com](mailto:interfaithtowers@gmail.com)



### 'Oh, What Fun'

The familiar strains of "Jingle Bells" sounded out from space on Dec. 16, 1965. Orbiting the Earth in the Gemini 6 spacecraft, astronauts Wally Schirra and Tom Stafford played the tune using a harmonica and bells they had smuggled aboard. It was the first song broadcast from space.



### Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.



## Trivia Whiz

### Cosmic Odds and Ends

Besides planets, moons and stars, what else is floating out there in space? Asteroids, comets and meteors, to name a few billion. Learn more about these celestial wonders:

Made of rock, metal and other minerals, asteroids are sometimes called "minor planets."

Comets are known as "dirty snowballs" because they're formed of frozen gases, rock and dust. As they approach the sun, the heat causes them to glow, and solar winds blow the gas and dust into long tails.

Meteoroids are crumbs that break off from a comet or asteroid. Once they enter the Earth's atmosphere, they're called meteors.

Meteors that survive the heat of the atmosphere and land on Earth are called meteorites.



### DECEMBER BIRTHDAYS

December 2	Suekay 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!*

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### RESIDENT ADVISOR'S COLUMN

A mug of hot cocoa is a cold-weather favorite. While marshmallows and whipped cream are go-to additions, tickle your taste buds with other flavorful add-ins. Stir in some maple syrup, a sprinkle of cinnamon, a spoonful of peanut butter or caramel sauce, a crushed peppermint stick, or a scoop of ice cream. Enjoy a warm cup on a cold day. If you need to set up an appointment with me, call or stop by the office. Jessie



### Dazzling Ball Drop

More than 1 million spectators crowd New York City's Times Square every Dec. 31 to watch the famed New Year's Eve ball drop at midnight. Over the years, the materials used to make the ball have included wood, wrought iron, aluminum and crystal, and the number of lights adorning it has increased from 100 in the early days to more than 30,000 today.

### 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.

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### **OMELET BREAKFAST!**

An Omelet Breakfast is scheduled for *Friday, December 27th*  
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 26th. Cost for residents is \$3, and \$5 for Guests (must be present).

Cost doubles the day of the event.



### **A Fruitful New Year**

To fill up on good luck, some revelers welcome the New Year by gobbling up grapes. The Spanish tradition of eating 12 grapes, one for each month of the year ahead, dates to around the 1900s and increasingly has become part of holiday celebrations around the world.



### **HOLIDAY DINNER DELIVERY**

Our Holiday Dinner delivery will be held on

Friday, December 13th

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 12/12. Cost doubles the day of the event.



### **Sparkly Snow Globes**

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 and are popular gift shop souvenirs as well as holiday décor. To prevent the water from clouding or leaking over time, store snow globes out of direct sunlight.



### **Wit & Wisdom**

"The more positivity, love and light you reflect, the more light is mirrored your way."

—Suzy Kassem

"The moon is the reflection of your heart and moonlight is the twinkle of your love."

—Debasish Mridha

"Self-reflection is an important stage to diagnose, develop and strengthen your creativity."

—Pearl Zhu

"Art is not a reflection of reality, it is the reality of a reflection."

—Jean-Luc Godard






"Reflection is the lamp of the heart. If it departs, the heart will have no light."

—Abdallah ibn Alawi al-Haddad

"Let go of rejections and focus on self-reflection. For it is within that you will find the light you seek."

—Amy Leigh Mercree

# December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>"Blessed Is the Season Which Engages the Whole World in a Conspiracy of Love." ~Hamilton Wright Mabie</i>	3	4 	5 <b>3RD Floor Vents</b> 11 a.m.	6	7 Pearl Harbor Day
8 <i>"Kindness Is Like Snow. It Beautifies Everything It Covers." ~Kahlil Gibran</i>	9	10 <b>1st Floor Inspections</b> 1:30 - 2:30 p.m.	11	12 <b>11th Floor Hallway Cleaning</b> 11 a.m.	13 <b>Holiday Meal Delivery</b> 2-2:30	14 <i>"It's Not How Much We Give but How Much Love We Put Into Giving." ~Mother Theresa</i>
15	16 	17 <i>"May Your Walls Know Joy, May Every Room Hold Laughter, And Every Window Open to Great Possibility." ~Mary Anne Radmacher</i>	18 <b>EXTERMINATOR</b> 9 a.m.  <b>ROVER THE ROAMING LIBRARY</b> Community Room 1:30 - 3:00 p.m.	19 <b>2ND Floor Vents</b> 11 a.m.	20 <b>Office Closed</b> 12 Noon	21  <b>Winter Arrives</b> 
22 <i>"Winter, A Lingering Season, Is a Time to Gather Golden Moments, Embark Upon a Sentimental Journey, And Enjoy Every Idle Hour." ~John Boswell</i>	23	24 	25 <b>CHRISTMAS</b>  <b>OFFICE CLOSED</b>  Hanukkah Begins at Sundown	26 <b>KWANZAA</b>  <b>10th Floor Hallway Cleaning</b> 11 a.m.	27 <b>Omelet Breakfast</b> 9 - 10:15 a.m.	28
29	30 <i>"The Holiday Season Is a Perfect Time to Reflect on Our Blessings and Seek Out Ways to Make Life Better for Those Around Us." ~Anonymous</i>	31 New Year's Eve	<h1 style="font-size: 4em;">December</h1>			