



# Interfaith Towers

Community News

January 2025



## Manager's Corner

Father Time has once again passed his sash to a brand new year, filled with hopes of great things to come. Our resolution is to make this the best year ever in our community as we celebrate our 50th Anniversary year each and every month!

We are so grateful for each and every one of our residents and appreciate 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 overflowing with blessings.

~Mary & your Staff  
of Interfaith Towers

### Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.



### Cook Up Some Comfort

Spending a chilly day indoors? Make your home feel warm and cozy by preparing a meal in the slow cooker or baking some bread.

### Staff

**Mary Scileppi**

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)



### Letter Writing Revival

Despite this digital age of texts, social media posts and emails, writing letters and cards has made a comeback. Brighten someone's mailbox with a handwritten note during Letter Writing Week, the second week of January. With just a few words, you can deliver some delight.



### 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

### Fun Facts About Elvis

For fans of Elvis Presley, Jan. 8 is a special day—the entertainer’s birthday. To mark the occasion, here’s some trivia about the King of Rock ‘n’ Roll.

*He was a twin.* Presley’s twin brother, Jesse Garon Presley, died at birth. His mother, Gladys, claimed that because of this, Elvis had the energy of two people.

*He pitched one product.* Though his likeness has been used in countless ads and promotions, Presley himself made just one product commercial during his entire career. In 1954, he recorded a radio jingle for Southern Maid Donuts, a favorite of the King.

*He had presidential genes.* Various genealogy studies show that Presley was distantly related to two U.S. presidents, Abraham Lincoln and Jimmy Carter.

# Happy Birthday

## 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!*

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## RESIDENT ADVISOR’S COLUMN

Wreaths made of greenery have been used since ancient Greece, symbolizing victory, strength and honor. Later, as people decorated their homes in winter with evergreen trees, they used the trimmed branches to weave a wreath, in an effort to reduce waste. Wreaths became a symbol of welcoming, as well as a sign of new life to come in the spring. If you need an appointment with me, please call or stop by the office. ~Jessie



### Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It’s the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.



### 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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### **SOUP & SANDWICH LUNCH DELIVERY**

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

Lunch will include:

**Homemade**

**Turkey & Pastina Soup  
Chicken Salad Sandwich  
&**

**Chocolate Pudding Pie**

Sign up in the office by January 9th.

Tickets cost

\$3 Residents / \$6 Guests. Cost doubles the day of the event.



### **Newcomers' Gathering**

*Please join us on*

*Wednesday, January 29th,  
at 2:00 p.m.*

*as we officially welcome all  
residents who moved into  
our community in 2024.*

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***Cake and coffee will be served!***



### **PANCAKE BREAKFAST**

A Pancake Breakfast is scheduled for  
*Friday, January 31st*  
*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 30th. Cost for residents is \$3, and \$5 for guests

(Must be present). Cost doubles the day of the event.



### **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**

“To bring anything into your life, imagine that it’s already there.”  
—Richard Bach




“The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams.”  
—Robert Brault

“Perhaps imagination is only intelligence having fun.”  
—George Scialabba

“Memory has thousands of eyes staring into the experiences of the past, while imagination peers into every corner of the universe.”  
—James Lendall Basford

“Imagination does not become great until human beings, given the courage and the strength, use it to create.”  
—Maria Montessori

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1  OFFICE CLOSED	2  1st Floor Vents 11 a.m.	3	4  
			5	6  <i>Be at War With Your Vices, At Peace With Your Neighbors, And Let Every New Year Find You a Better Man.</i> ~Benjamin Franklin	7	8  <b>ROVER THE ROAMING LIBRARY</b> Community Room 1:30-3:00 PM
12	13  	14  <i>Every Time You Tear a Leaf Off a Calendar, You Present a New Place for New Ideas and Progress.</i> ~Charles Kettering	15  <b>EXTERMINATOR</b> 9 a.m.	16  12th Floor Vents 11 a.m.	17	18  <i>It Does Not Matter How Slowly You Go as Long as You Do Not Stop.</i> ~Confucius
19  <b>★★★★★ I HAVE A DREAM ■■■■■■■</b>	<b>Martin Luther King Jr. Day</b>  OFFICE CLOSED	20  21	22  <i>If There Is No Struggle, There Is No Progress.</i> ~Frederick Douglass	23  8th Floor Hallway Cleaning 11 a.m.	24  <i>Life Is 10% What Happens to You and 90% How You React to It.</i> ~Charles R. Swindoll	25
26	27  <i>If You Change the Way You Look at Things, The Things You Look at Change.</i> ~Wayne Dyer	28	29  Newcomers' Gathering 2:00 p.m.	30  11th Floor Vents 11 a.m.	31  Breakfast 9-10:15 a.m.	