

# Interfaith Towers

Community News

April 2012

## Manager's Corner

With warmer weather on the way and spring in the air, it's a great time to get outside and rid yourself of that cabin fever feeling. Take advantage of our many amenities and local parks. The Walkway over the Hudson provides a spectacular view of the area and is a great place to take a walk.

Your suggestions are always welcome, so don't be shy. If you have an idea that would make your home more enjoyable, be sure to share it with us! Thanks again for continuing to call our community your home. Have a great spring!

~Mary and your staff  
of Interfaith Towers



### 3 Things You Need to Know

April is Stress Awareness Month, here are three ways to unwind.

- 1) Meditate: It can reduce blood pressure and decrease muscle tension.
- 2) Take a walk: It will improve circulation and force you to breathe deeply.
- 3) Listen to your favorite music: Studies show music can slow the heart rate and increase endorphins, which are hormones that make us feel good.

### Staff

**Mary Scilleppi**  
Property Manager  
**Linda Gorzka**  
Administrative Assistant  
**Anita Tomaszewski**  
Resident Advisor  
**Penny Napolitano**  
Bookkeeper  
**Terry VanVlack**  
Superintendent  
**Roy Charter**  
Custodian

### Important Numbers

Office ..... (845) 452-1172  
Office FAX ..... (845) 452-0106  
Emergency Pager . (845) 431-6636

### Pathstone Senior Employment Program Staff

Anna Smith - Café/Store  
Joyce Williams - Café/Store  
Helen Douglas - Computer Lab

### Office Hours

Monday-Friday ..... 8 a.m.-4 p.m.

### Rainy Day Reminder

The rhyme "April showers bring May flowers" can be seen as a lesson in patience and optimism. It may be gloomy and wet today, but remember what we have to look forward to—the beauty and fragrance of spring blossoms.



### Positive Thought

"You're braver than you believe, and stronger than you seem, and smarter than you think." —A. A. Milne

**"The best ideas come as jokes. Make your thinking as funny as possible." —  
David Ogilvy**

Happy Spring!



## Remember Me?

Born Joseph Frank Keaton, Buster Keaton was a famous face during the silent movie era and continued to work through the dawn of talkies. Like many silent film stars, Keaton began his career in vaudeville.

His family's vaudeville act was notable as one routine involved Buster being thrown into the audience. Buster was never hurt. In fact, he was often laughing as he was tossed around. After realizing this weakened the joke, he adopted his deadpan expression.

Keaton broke his neck during filming for "Sherlock Jr." but did not realize it until years later. At the time, he continued with the scene.

His most famous film, "The General," was a flop when released in 1927. Over time, it has become revered as one of the greatest films ever made.



## Happy Birthday to ...

- |          |                   |
|----------|-------------------|
| April 3  | Beverly Cypher    |
| April 4  | Mary Johnson      |
| April 5  | Tonie Graham      |
| April 9  | Elaine Fink       |
| April 10 | Lorraine Wood     |
| April 12 | Lloyd Simpson     |
| April 14 | Wanda Traver      |
| April 16 | Leila Moody       |
| April 18 | Doris Reap        |
| April 20 | Mary Souser       |
| April 24 | Carol Pitcher     |
| April 24 | Eileen Shaw       |
| April 26 | Cristina Colaizzi |
| April 28 | Verne Boddy       |

*Happy birthday with many blessings throughout the coming year!*

## Resident Advisor's Column

Thank you to all who donated to the Sunshine Fund! We had a very enthusiastic response to the article in the March Newsletter. Thank you to all who donated to the Sunshine Fund! The name card decorations around the office window create a nice reminder and add to the already festive decor! Three cheers to Mary Souser for this great idea! Do you have an idea to enhance your community? Your input is always welcome, so let us know if you have something to suggest.

Enjoy the warmer days of spring ahead!

Anita



## Air Conditioner Contracts

Can you believe it's almost time to turn on the air conditioners?! New contracts for the 2012 air-conditioning season are being distributed with this newsletter. Each year it is necessary to sign a new contract and indicate how you wish to pay the surcharge for the coming season. If you need help filling out your contract or have any questions, please contact the office for assistance. Contracts are due by May 1 and first payments are due with your May rent.

## Daily Lunch Program

D.C. Office for the Aging offers home-delivered meals at noon, Monday through Thursday, in the community room for a suggested donation of \$3. Sign-up sheets are posted on our main lobby bulletin boards. Sign up by 10 a.m. on the previous day to enjoy a great meal at a great price!



# Welcome Home

4/16 ~ Hazel Touhey ~ 61

We wish you years of happiness and many blessings in your new home!



## Wit & Wisdom

"Arbor Day is not like other holidays. Each of those repose on the past, while Arbor Day proposes for the future."  
—Julius Sterling Morton

"I like trees because they seem more resigned to the way they have to live than other things do."  
—Willa Cather

"In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful."  
—Alice Walker

"The best time to plant a tree was 20 years ago. The next best time is now."  
—Chinese proverb

"Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence."  
—Hal Borland



### Lasagna Luncheon

Please join us on Thursday, April 12, at 1 p.m. for

#### Lasagna Luncheon

Our menu will include:  
Homemade Lasagna  
Tossed Salad  
Italian Bread  
and  
Italian Ice

Tickets cost: \$3 Residents / \$6 Guests. Purchase your tickets in the office. Remember, the cost doubles the date of the event, so get your tickets early!



### MANAGER'S COFFEE

Our monthly *Manager's Coffee* is scheduled on

Thursday, April 5, at 2 p.m.

Informational meeting followed by refreshments. All residents are invited and encouraged to attend.



### Monthly Breakfast

Friday, April 27, 8-9:15 a.m.

*Omelets, Hash Browns, English Muffins, Pastries, Fresh Fruit, Coffee, Tea and Orange Juice*

Purchase your ticket in the office—\$3 for residents and guests alike. Join us for breakfast and invite a friend!



### Monthly Bingo






Monday, April 9, at 2:30 p.m.

Wednesday, April 25, at 2:30 p.m.

Come enjoy an afternoon of BINGO! Cards cost \$1 each.



# April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  <b>PALM SUNDAY</b>  Eucharistic Service 11:30 a.m.	2  SEP 9 a.m.  TransCare Bingo 1:30-3PM Community Room	3	4  9th Floor Inspections 1:30 - 3:00 pm	5  6TH Floor Vents 1 p.m.  Manager's Coffee 2pm	6  GOOD FRIDAY  SEP 9 a.m.  Zumba 10 a.m.  OFFICE CLOSED  PASSOVER Begins at Sundown	7   <i>Passover</i>
8   <i>Happy Easter</i>	9  SEP 9 a.m.  BINGO 2:30 p.m.	10  TransCare Blood Pressure Clinic 10AM Community Room	11	12  1ST Floor Recon 7am  Schwan's 12:30 pm  AARP 1 p.m.  LASAGNA LUNCHEON 1 PM	13  SEP 9 a.m.	14  Wranglers 1-4 p.m.
15  Eucharistic Service 11:30 a.m.	16  SEP 9 a.m.	17  	18	19  5th Floor Vents 1 p.m.	20  POUGHKEEPSIE PLENTY COMMUNITY FOOD FORUM - NOON - 2:30	21
22  Eucharistic Service 11:30 a.m.  EARTH DAY	23  SEP 9 a.m.	24	25  BINGO 2:30 p.m.	26  12th Floor Recon 7am  Schwan's 12:30 pm	27  Breakfast 8-9:15 a.m.  ZUMBA 10 AM	28  
29  Eucharistic Service 11:30 a.m.	30  SEP 9 a.m.  PODIATRIST 4 p.m.					

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