



Interfaith Towers

Community News

March 2013

Manager's Corner

We need your help! We're putting together a list of the "Top 10 Things to Love About Our Community." What's on your list? The amenities, the floor plan, the location, or—OK! We'll just say it—the staff? Whatever it is, let us know! We'll put a list together and post it in the office for our residents and future residents to see. We're looking forward to hearing from you!

Don't miss our annual St. Patrick's Day Dinner! It's a great meal and the best of company, your friends and neighbors! Enjoy the month of March and as always, keep in touch.

Mary and your staff of Interfaith Towers

Word for March: Growth

March brings the beginning of spring, a season of growth and renewal. Green blades of grass push through the ground, and green buds of leaves sprout on the trees. Regular growth is part of nature's cycle and ours, too. No matter how old we may get, we never stop growing! This March, consider ways you can grow your mind, heart, health and happiness.



Holiday ABCs for March

S is for Soaking up the Sun
P is for Plenty of Plants in bloom
R is for Robins singing their tunes
I is for Impressive colors everywhere
N is for all of Nature's beauty
G is for Green grass growing

Staff

Mary Scileppi
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

Kathleen Wilkinson - Café/Store
Kathy Rogers - Café/Store

Office Hours

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

Seasonal Selections

Celebrate the arrival of spring by loading your plate with fresh produce. Here's what's in season for March:

Veggies: Asparagus, broccoli, green onions, leeks, lettuce, parsnips and peas.

Fruit: Grapefruit, mangoes and oranges.

Wit & Wisdom

"For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver."

—Martin Luther





Remember Me?

One of the most recognizable faces of the Hollywood musical era, Gene Kelly was a master dancer, director, actor and choreographer.

Kelly was a perfectionist. While playing the lead in the Broadway production of "Pal Joey," he would sometimes work past midnight perfecting every move.

Kelly was known for his athletic style of dancing. Cyd Charisse, a frequent dance partner of Gene's, stated that her husband could always tell who she'd been dancing with that day. "If I was black and blue, it was Gene. And if it was Fred (Astaire), I didn't have a scratch."

Kelly's 1952 movie "Singin' in the Rain" is one of the most popular film musicals of all time.

Happy Birthday

HAPPY BIRTHDAY!

March 2	Paul Jenkins
March 3	Shirley Walden
March 6	Dorothy Cole
March 8	Fatima Ramusevic
March 11	Valdemar DuBois
March 13	Marion Reed
March 15	Norma Cox
March 18	Dana Cramer
March 18	Earl Woods
March 28	Egerton McLean

Happy birthday with many blessings throughout the coming year!



RESIDENT ADVISOR'S CORNER

Hi everyone,

There are two programs on nutrition available to you during the month of March. Pat Brown from the DC Office for the Aging will hold a session here in the Community Room on March 8 at 11 a.m. on Nutrition and Your Vision.

In addition, Sue Poff from Cornell Cooperative Extension will host a six week program in the Meeting Room on Tuesdays beginning on March 12 from 1:30 to 3 p.m. Please let me know if you are interested in attending.

Sincerely,
Anita



Bumper Sticker Snicker

Indecisiveness may or may not be my problem.



March Into Spring

Enjoy a new season of nature's renewal.

Motivational Tip

"When you reach the end of your rope, tie a knot in it and hang on." — Thomas Jefferson

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

WELCOME HOME

3/1 ~ Margaret Mizell ~ 5I

3/16 ~ Gary Clendennen ~ 12E

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



MANAGER'S COFFEE

Our monthly

Manager's Coffee

is scheduled on

Friday, March 1, at 2 p.m.

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



Monthly Breakfast

Friday, March 22, 8-9:15 a.m.

Pancakes, French Toast, Scrambled Eggs, Bacon, Sausage, Pastries, Fresh Fruit, Coffee, Tea and Orange Juice
Purchase your ticket in the office—\$2 for residents and guests alike. Join us for breakfast and invite a friend!

Words of Wisdom

"Believe you can and you're halfway there." —Theodore Roosevelt

Talk About It

Make It Up

March 26 is Make Up Your Own Holiday Day. With March also containing National Pig Day, National Grammar Day and National Open an Umbrella Indoors Day, it's clear that just about anything can be celebrated as a holiday.

Have you ever thought about starting a new holiday? What happened to make you consider the idea?

What do you think would make a good holiday? Would it relate to a person, place or thing? How would it be celebrated? What traditions could be started?

What is the craziest name you can think of for a new holiday?

Are there any existing holidays you feel should be celebrated differently? What new traditions could be added to existing holiday celebrations?



ST. PATRICK'S DAY DINNER

Please join us on Thursday, March 14, at 3 p.m. for our annual

St. Patrick's Day Dinner

featuring

Corned Beef & Cabbage
Boiled Potatoes, Carrots & Onions
Irish Soda Bread
and
Carrot Cake

Purchase your tickets in advance at the office for only \$3/Residents and \$6/Guests. (Due to space restrictions, we must limit the number of guests to one per resident.)

Hope to see you all there.



MONTHLY BINGO!

Monday, March 11, at 2:30 p.m.

Wednesday, March 27, at 2:30 p.m.

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

March 2013

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2
3	4	5	6	7	8	9
<p>Eucharistic Service 11:30 a.m.</p>	<p>SEP 9 a.m. TransCare Bingo 1:30-3 p.m. Community Room</p> <p>Bible Study 6:30 p.m. Apt. 8L</p>		<p>10 Floor Inspections 1:30 - 3 p.m.</p>	<p>2ND Floor Recon 7 a.m.</p>	<p>SEP 9 a.m. Zumba 10 a.m.</p> <p>Pat Brown of DC OFA Nutrition & Your Vision - 11 a.m. Community Room</p>	<p>Wranglers 1-4 p.m.</p>
10	11	12	13	14	15	16
<p>Daylight Saving Time Begins</p> <p>Eucharistic Service 11:30 a.m.</p>	<p>SEP 9 a.m. BINGO 2:30 p.m.</p> <p>BIBLE STUDY 6:30 p.m. Apt 8L</p>	<p>TransCare Blood Pressure Clinic 10 a.m. Community Room</p> <p>Nutrition Program begins for six weeks Sue Poff of Cornell Cooperative 1:30-3 p.m. Meeting Rm.</p>		<p>1st Floor Vents 1 p.m.</p> <p>ST. PATRICK'S DAY DINNER 3 P.M.</p> <p>Schwan's 12:30 p.m.</p>	<p>EXTERMINATOR 9 A.M.</p> <p>SEP 9 a.m.</p> <p>Zumba 10 a.m.</p>	
17	18	19	20	21	22	23
<p>St. Patrick's Day</p> <p>Eucharistic Service 11:30 a.m.</p>	<p>SEP 9 a.m.</p> <p>PODIATRIST 4 p.m.</p> <p>BIBLE STUDY 6:30 p.m. Apt. 8L</p>	<p>Nutrition Program Sue Poff of Cornell Cooperative 1:30-3 p.m. Meeting Rm.</p>	<p>Spring Begins</p>	<p>1ST Floor Recon 7 a.m.</p>	<p>Breakfast 8-9:15 a.m.</p> <p>Zumba 10 a.m.</p>	
24/31	25	26	27	28	29	30
<p>PALM SUNDAY (24th)</p> <p>Eucharistic Service 11:30 a.m.</p> <p>EASTER (31st)</p>	<p>BIBLE STUDY 6:30 p.m. Apt. 8L</p> <p>SEP 9 a.m.</p> <p>Passover Begins at Sundown</p>	<p>Nutrition Program Sue Poff of Cornell Cooperative 1:30-3 p.m. Meeting Rm.</p>	<p>BINGO 2:30 p.m.</p>	<p>12TH Floor Vents 1 p.m.</p> <p>Schwan's 12:30 p.m.</p>	<p>Good Friday CLOSED</p>	