

# Interfaith Towers

Community News

March 2014

## Manager's Corner

Don't let the bare trees and brown lawns get you down—spring is on its way! Our groundskeepers are hard at work, and in just a few weeks you'll be surrounded by green grass, budding leaves and blooming flowers. If there's anything we can do to make your home more beautiful, please let us know.

Be sure to sign up for our annual St. Patrick's Day Dinner this month. It is an event not to miss! Come enjoy the company of your neighbors and feast on Corned Beef and Cabbage!

Wishing you and yours a wonderful month of March!

~ Mary & your staff of Interfaith Towers

### Feline Flex

Copy cats and do stretching exercises when you wake up. The practice will boost circulation and digestion, and can ease back pain.

### Protect Yourself

When you visit a doctor's office, there are usually sick people around. To limit your exposure to germs, take your own books or magazines (and toys, if you have children with you) and pack tissues and hand sanitizers. In the waiting room, keep as much space as possible between you and other patients.

### Peel and Eat

Studies have found that people with plenty of potassium in their diet may be less prone to high blood pressure. Potassium-rich foods include bananas, oranges and cantaloupe.

### Staff

**Mary Scilleppi**  
Property Manager  
**Linda Van Vlack**  
Administrative Assistant  
**Alicia Phillips**  
Resident Advisor  
**Penny Napolitano**  
Bookkeeper  
**Roy Charter**  
Superintendent

### 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  
Helen Johnson - Café/Store

### Office Hours

Monday–Friday ..... 8 a.m.–4 p.m.



### Wit & Wisdom

"An optimist is the human personification of spring."

—Susan J. Bissonette

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"Spring is when you feel like whistling even with a shoe full of slush."

—Doug Larson



### Holiday ABCs for March

G is for spring's Growth of grass, leaves and flowers

R is for nature's Renewal

E is for the End of winter

E is also for Evenings getting longer

N is for the gift of a New season