

Interfaith Towers

Community News

April 2014

Manager's Corner

Spring is finally here! The leaves on the trees are starting to pop and the crocuses are poking their little heads up toward the warm sunshine. It's hard to believe that it is already time to talk about removing the air conditioner covers and signing new A/C contracts for the coming season. Contracts are being circulated with this newsletter. Please fill yours out and return it to the office with your first payment by May 1. If you have any questions, please contact us in the office for assistance.

Enjoy the warmer days of Spring!

~Mary & your staff
of Interfaith Towers

Give Your Brain a Workout

Think of your memory as a muscle. The more you exercise your brain, the better you'll be able to process and remember information. Activities that require using your hands, such as playing solitaire with a deck of cards, knitting, crocheting and painting help to exercise the brain by challenging hand-eye coordination and creativity.

Outings Are Good for Your Brain

Trips to museums, zoos and other places of interest are not just fun ways to spend a day—they can also boost your cognitive abilities! To make the most of each visit, read the signs next to each exhibit and repeat the key information to yourself. After you've returned home, tell a friend or write about the experience to help retain what you've learned.

Staff

Mary Scileppi

Property Manager

Linda Van Vlack

Administrative Assistant

Alicia Phillips

Resident Advisor

Penny Napolitano

Bookkeeper

Roy Charter

Superintendent

Jim Scism

Custodian/Maintenance Asst.

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.

For a Little Laugh

"It's so simple to be wise. Just think of something stupid to say and then don't say it."

—Sam Levenson

'Fill' Is One

How many words can you come up with using the letters in "yellow daffodil"?



Energize With Exercise

It may be the last thing on your mind when you're tired, but exercise can often fight fatigue better than a nap or cup of coffee. The next time you feel drowsy in the middle of the day, take a brisk walk to perk you up.



Remember Me?

Stan "The Man" Musial was a beloved member of the St. Louis Cardinals baseball team for 22 years.

The left-handed outfielder and first baseman played for the Cardinals from 1941 to 1963, taking a year off to serve in the Navy during World War II.

The winner of seven National League batting titles, Musial hit the .300 mark 17 times and posted a career .331 batting average.

A three-time National League Most Valuable Player, he played in 24 All-Star games.

Upon Musial's retirement from the sport, Baseball Commissioner Ford Frick said, "Here stands baseball's perfect warrior. Here stands baseball's perfect knight."

A 10-foot bronze statue of Stan "The Man" has stood outside Busch Stadium in St. Louis since 1968.

Happy Birthday

April 3	Beverly Cypher
April 4	Mary Johnson
April 5	Tonie Graham
April 6	Barbara Williams Brown
April 9	Elaine Fink
April 12	Lloyd Simpson
April 14	Wanda Traver
April 16	Leila Moody
April 17	Ida Coleman
April 20	Mary Souser
April 22	Frank Lapo
April 24	Carol Pitcher
April 26	Cristina Colaizzi
April 28	Verne Boddy

Happy Birthday with many blessings throughout the coming year!

RESIDENT ADVISOR'S CORNER

Let me start by saying Thank You for making my first year here so great! I feel very blessed to be a part of the Interfaith Towers Family. This year has flown by and I am looking forward to many more years to come as your Resident Advisor.

Dana Pavelock from Elant will be here on Tuesday, April 8, at 1 p.m. to talk about Long Term Care Plans. Please try to attend this very informative session.

I wish you all a wonderful month of April!
Alicia



Welcome Home

4/1 ~ Michael Britt ~ 3E
Wishing you many years of health and happiness in your new home!

Celebrate the Season

The first day of spring may be in March, but April is when it really starts to feel like winter is over. Enjoy the warmer weather and the longer days by taking a walk, going for a ride, or just sitting near a window in a ray of sunshine.



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!



MANAGER'S COFFEE

Our monthly Manager's Coffee is scheduled on

Friday, April 4, at 2 p.m.

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



Talk About It

Laugh Lines: Rainy Days

Q. April showers bring May flowers. What do May flowers bring?

A. Pilgrims.

Q. What's worse than raining buckets?

A. Hailing taxis.

• Frustrated with his lackluster work, Billy's teacher tells him he hardly ever gets anything right. She asks him, "What do you hope to be when you grow up?" Billy thinks about it for a minute, then replies, "I'd kind of like to be one of those TV weathermen."

• The forecast calls for stray showers. Does this mean it will be raining cats and dogs?



Covered Dish Luncheon

Make a dish to share and join us for a Covered Dish Luncheon in the Community Room on

Thursday, April 10, at 1 p.m.

We all have old family recipes that are great to share at a special occasion. Sign up in the office and let us know what you would like to bring.

We hope to see you all there and look forward to tasting some of your culinary delights!



Monthly Breakfast

Friday, April 25, 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!



Seasonal Selections

Spring into healthier eating habits by loading up on these delicious, in-season fruits and veggies.

Vegetables: Artichokes, asparagus, lettuce, spinach, peas, broccoli, green beans, rhubarb, collard greens and mustard greens.

Fruits: Strawberries, mangoes, limes and oranges.





MONTHLY BINGO!

Monday, April 7, at 2:30 p.m.

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

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

April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p style="text-align: center;">1</p> <p style="text-align: center;">APRIL FOOLS' DAY</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">9th Floor Inspections 1:30 - 3 P.M.</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">11TH Floor Vents 1p.m.</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">SEP 9 a.m. ZUMBA 10 a.m. MANAGER'S COFFEE 2 p.m.</p>	<p style="text-align: center;">5</p>
<p style="text-align: center;">6</p> <p style="text-align: center;">Eucharistic Service 11:30 a.m.</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">SEP 9 a.m. BINGO 2:30 p.m.</p>	<p style="text-align: center;">8</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">SCHWAN'S 12:30 p.m.</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">10TH Floor Recon- 7 a.m. COVERED DISH LUNCHEON - 1 p.m.</p>	<p style="text-align: center;">11</p> <p style="text-align: center;"><u>NOTE DATE CHANGE:</u> EXTERMINATOR 9 A.M. SEP 9 a.m. Zumba 10 a.m.</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Wranglers 1-4 p.m.</p>
<p style="text-align: center;">13</p> <p style="text-align: center;">PALM SUNDAY Eucharistic Service 11:30 a.m.</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">PASSOVER BEGINS AT SUNDOWN SEP 9 a.m.</p>	<p style="text-align: center;">15</p>	<p style="text-align: center;">16</p> 	<p style="text-align: center;">17</p> <p style="text-align: center;">10th Floor Vents 1 p.m.</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">GOOD FRIDAY OFFICE CLOSED</p>	<p style="text-align: center;">19</p>
<p style="text-align: center;">20</p> <p style="text-align: center;">EASTER Eucharistic Service 11:30 a.m.</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">SEP 9 a.m.</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">EARTH DAY</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">SCHWANS 12:30 p.m.</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">9th Floor Recon 7 a.m.</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Breakfast 8-9:15 a.m. ZUMBA 10 a.m.</p>	<p style="text-align: center;">26</p>
<p style="text-align: center;">27</p> <p style="text-align: center;">Eucharistic Service 11:30 a.m.</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">SEP 9 a.m.</p>	<p style="text-align: center;">29</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">BINGO 2:30 p.m.</p>	