



# Interfaith Towers

Community News

March 2016



## MANAGER'S CORNER

Protecting the environment begins with an appreciation for nature. As you step outside this spring to enjoy the warmer weather, pay attention to the signs of life around you—the new buds on trees and shrubs, birds singing in the sky, and the colorful wings of a butterfly in flight. Each is a sweet reminder of why Earth-friendly efforts such as recycling and water conservation are important.

Enjoy the warmer days of Spring as well as the extra hour of daylight once daylight saving time begins! Stay well!

Mary & your Staff  
of Interfaith Towers



Daylight Saving Time begins on Sunday, March 13th. Remember to set your clocks ahead one hour before going to bed on Saturday.



## Shake the Salt Habit

March is National Kidney Month, and one way to keep these vital organs healthy is to limit sodium intake. When possible, opt for salt-free seasonings and reduced-sodium varieties of snacks.

## Staff

**Mary Scilleppi**

Property Manager

**Linda Van Vlack**

Administrative Assistant

**Jessica DeGarmo**

Resident Advisor

**Rita Barber**

Bookkeeper

**Roy Charter**

Superintendent

**Greg Davis**

Maintenance/Custodial

## 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

## Pathstone Senior Employment Program Staff



## Choose Chia Seeds

Enhance the health benefits of a serving of yogurt by adding in some chia seeds, which contain heart-healthy omega-3 fatty acids, fiber and antioxidants. They can be eaten whole and, because of their neutral taste, won't change the yogurt's flavor.



**HAPPY ST. PATRICK'S  
DAY!**

## March Madness

Along with spring fever, March Madness grips much of the country this time of year as teams begin play in the annual NCAA men's basketball tournament. A total of 68 Division I teams are shooting for the championship title. The Final Four will tip off April 2–4 in Houston.

**HAPPY EASTER!**



## Trivia Whiz

### The Amazing Brain

With its billions of cells and trillions of connections, the brain is the most complex organ in the human body. Here are some mind-blowing facts about how it works.

The brain weighs about 3 pounds, and 73 percent of it is water.

Although it represents just 2 percent of total body weight, the brain uses 20 percent of the body's oxygen to complete tasks.

The average brain has 100 billion neurons that communicate messages to each other throughout the nervous system.

It processes information at a speed of 260 mph.

Even during sleep, the brain continues to work, processing information, creating memories, and clearing out toxins.

# Happy Birthday



March 2	Paul Jenkins
March 3	Shirley Walden
March 5	Harry Moore
March 11	Val DuBois
March 13	Marion Reed
March 14	Rosetta Roberts
March 15	Norma Cox
March 18	Dana Cramer
March 18	Kay Reilly
March 28	Egerton McLean
March 30	Stuart Ballinger

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

## RESIDENT ADVISOR CORNER

Every time you see a rainbow, do you look to see where it begins and where it ends? We've all heard the "pot of gold" story since we were young, but where does that legend come from? It dates back to Old Europe, when the Irish would tell you "fairies put a pot of gold at the end of each rainbow with leprechauns guarding it." It's folklore that has become part of the symbolism of St. Patrick's Day, March 17th, when many celebrate Irish culture and count themselves as "Irish" just for wearing a little of "the Green."

Happy St. Patrick's Day.  
Jessie

## Motivational Tip: Take a Break

Sometimes we push ourselves too hard and become impatient and frustrated if we don't meet all our own expectations. When this happens, consider making whatever you are doing right now the priority, instead of focusing on the end result. Find fulfillment in your present state, and soon you will feel re-energized and ready to tackle what comes next.



## Spring Is Here

Equinox is when day and night are the same length. This happens twice a year, in September and in March. The vernal equinox is considered the first day of spring.

## 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 NOON on the previous day** to enjoy a great meal at a great price!



## The Real Windy City

Chicago may be nicknamed the Windy City, but a city in the Southern Hemisphere holds the true title. Wellington, New Zealand, is considered the windiest city on Earth, with constant breezes averaging a speed of about 16 mph.





### St. Patrick's Day Dinner

Please join us on  
**Wednesday, March 16th**  
**at 3 p.m.**

for our annual  
**ST. PATRICK'S DAY DINNER**  
**Our menu will include:**  
**Corned Beef & Cabbage**  
**Carrots, Potatoes & Onions**  
**Irish Soda Bread &**  
**Carrot Cake**

Tickets are available in the office,  
\$3/residents and \$6/guests. We hope  
to see you all there! Remember to  
purchase your ticket early, the price  
doubles the date of the event.



### Beyond the Rainbow

Despite what leprechauns might  
have you believe, there is no pot of  
gold waiting for you at the end of the  
rainbow. Since it's an image and not  
a physical object, the rainbow  
doesn't have a beginning or end. As  
you move, your perception of the  
rainbow changes, and it will soon  
disappear.



### MANAGER'S COFFEE

Our monthly  
***Manager's Coffee***  
is scheduled for

**Friday, March 4th, at 2 p.m.**

The informational meeting is followed by  
refreshments. All residents are invited  
and encouraged to attend.



### Monthly Breakfast

**THURSDAY, March 31, 8-9:15 a.m.**

**Pancakes, French Toast, Scrambled  
Eggs, Bacon, Sausage, Fresh Fruit,  
Pastries, Coffee, Tea and Orange Juice.**

*Purchase your ticket in the office—\$2 for  
residents and guests. Join us for  
breakfast and invite a friend!*



### MONTHLY BINGO!

**Monday, March 14th, and  
Wednesday, March 30th**  
**at 2:30 p.m.**

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



### Wit & Wisdom

"Fortune favors  
the bold."  
—Virgil

"Luck is not chance,  
it's toil; fortune's  
expensive smile  
is earned."  
—Emily Dickinson




"No man ever wetted  
clay and then left it,  
as if there would be  
bricks by chance  
and fortune."  
—Plutarch

"Live as brave men;  
and if fortune is  
adverse, front its  
blows with  
brave hearts."  
—Marcus Tullius  
Cicero

"If we should be  
blessed by some  
great reward, such as  
fame or fortune,  
it's the fruit of a seed  
planted by us  
in the past."  
—Bodhidharma

"An aim in life is the  
only fortune  
worth finding."  
—Robert Louis  
Stevenson

# March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				11th Floor Recon 7 a.m.	SEP 9 a.m.  MANAGER'S COFFEE 2 PM	
6	7	8	9	10	11	12
Eucharistic Service 11:30 a.m.	SEP 9 a.m.	EVERCARE B/P CLINIC 9:00 AM COMMUNITY ROOM	10th Floor Inspections 1:30 - 3 P.M.	11th Floor Vents 1 p.m.	SEP 9 a.m.	
13	14	15	16	17	18	19
DAYLIGHT SAVING TIME BEGINS  Eucharistic Service 11:30 a.m.	SEP 9 a.m.  BINGO 2:30 p.m.		ST. PATRICK'S DAY DINNER 3PM	St Patrick's Day  10th Floor Recon 7 a.m.	Exterminator 8AM  SEP 9 a.m.	
20	21	22	23	24	25	26
PALM SUNDAY  FIRST DAY OF SPRING  Eucharistic Service 11:30 a.m.	SEP 9 a.m.	EVERCARE B/P CLINIC 9:00 AM COMMUNITY ROOM		10th Floor Vents 1 p.m.	GOOD FRIDAY  OFFICE CLOSED	
27	28	29	30	31		
EASTER  Eucharistic Service 11:30 a.m.	SEP 9 a.m.		BINGO 2:30 p.m.	BREAKFAST 8-9:15  9th Floor Recon 7 a.m.	