



Interfaith Towers

Community News

May 2015

Manager's Corner

I hope this newsletter finds you all well and enjoying the warmer weather! With summer right around the corner, much warmer days are coming. If you have not completed and returned your A/C contract, which is due May 1, please do so as soon as possible.

We have many major projects that will begin over the next several months. We will do our very best to ensure that you are aware and prepared as these projects are completed. Your cooperation and understanding is very much appreciated as we undergo these projects.

Enjoy the month of May!
Mary and your staff
of Interfaith Towers

A Whiff of Nostalgia

Ever wonder why a scent can instantly transport you to a distant time and place? Experts say that of all the senses, smell is the most powerful for inducing a nostalgic moment. The body systems that regulate smell and taste directly access the hippocampus, a part of the brain that forms and retrieves memories. Studies show reliving those cherished times is good for your mental health, lifts your mood and relieves stress.



Seasonal ABCs

T is for Thoughts of sun and warm weather

U is for flowers popping Up from the soil

L is for green Leaves cradling the bloom

I is for Inviting butterflies to visit
P is for Petals of red and yellow

Staff

- Mary Scileppi**
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

Jes Reyes ~ Café / Store

Celebrate Mothers

In 1905, Anna Jarvis began a campaign to make Mother's Day a recognized holiday in the United States. Jarvis' own mother had been a peace activist who cared for wounded soldiers on both sides during the Civil War. Celebrate the mothers in your life on the second Sunday in May.



Seniors 'Like' Social Networking

More and more seniors are logging on to Facebook to stay connected. Research shows that people over age 65 are the social networking site's biggest growth segment, with users signing on to follow relatives and friends.



Month of May

Appreciating America's Military

May is a month to appreciate warmer days, sunshine and all that comes with spring. And since 1999, it's also designated as Military Appreciation Month, a time to formally and publicly thank and support the men and women who have served or currently serve to protect our freedom and liberty.

Created from the simple idea of gathering America around its armed forces to show gratitude and solidarity, the month of May was chosen because it already includes the most military-related commemoration days: Loyalty Day, Victory in Europe (VE) Day, Armed Forces Day, Military Spouse Appreciation Day and, most well-known, Memorial Day.



HAPPY BIRTHDAY

- May 1 Phyllis Tyme
- May 7 Alice Smith
- May 15 Joseph Anson
- May 16 Madeleine Anderson
- May 21 Hazel Mullen
- May 23 Sheila Drew
- May 25 Michael Britt
- May 28 Bessie Riley
- May 29 Maggie John
- May 29 Zhhamenique Rose
- May 30 Jeanie Barnard

Happy Birthday with many blessings throughout the coming year!



We Remember

Memorial Day is observed on the last Monday of May. It is a day to honor men and women who have died in military service.

Stop the Sneezes

Those who suffer from seasonal allergies should keep car windows closed while traveling, avoid being outdoors between 5 and 10 a.m. when pollen counts are at their highest, and stay away from freshly cut grass.



RESIDENT ADVISOR'S CORNER

Hello Everyone.

May is National Physical Fitness and Sports Month: a great time to renew your commitment to a healthy, active lifestyle. Check out the Senior Exercise Program and Zumba in the Community Room. Dates and times are listed in the newsletter calendar. You will need medical clearance from your doctor to join. You can pick up the forms in the office.

Have a great month!

Jessie



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!

Celebrate Your Health

Be sure to eat all your fruits and veggies on the last Wednesday in May for National Senior Health and Fitness Day.



VOLUNTEER RECOGNITION LUNCHEON

Please join us on
Friday, May 15
at 1 p.m.

as we celebrate and recognize
the many
volunteers within our community.

Our menu will include:
Ranch Baked Chicken

Wild Rice
Green Beans
Rolls & Butter
&

Strawberry Cake

Purchase your tickets at the office
today.

Cost is \$3 (residents) or \$6 (guests).
We hope to see you all there!



MONTHLY BINGO!

Monday, May 11, and

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

Come enjoy an afternoon of **bingo!**

Cards cost \$1 each.



MANAGER'S COFFEE

Our monthly

Manager's Coffee

is scheduled for

Friday, May 8, at 2 p.m.

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



Monthly Breakfast

Friday, May 29, 8-9:15 a.m.

Pancakes, French Toast, Scrambled Eggs, Sausage, Bacon, 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!

Seasonal Selections

May is when gardens really get growing. Enjoy the spring flavors of asparagus, radishes, rhubarb, spinach and strawberries. Bitter greens such as collard, kale and turnip, plus leafy greens and lettuce, are also abundant now.

Never Too Late

It's never too late to start making healthier choices. Although genetics does play a role, more than 50 percent of our mental and physical health is linked to lifestyle. So whether it's eating better, kicking a bad habit or adding exercise to your routine, do something good for your body and mind.



Wit & Wisdom

"This very moment is a seed from which the flowers of tomorrow's happiness grow."

—Margaret Lindsey

"If we're going to bring out the best in people, we, too, need to sow seeds of encouragement."

—Joel Osteen

"To see things in the seed, that is genius."

—Lao Tzu

"If you can look into the seeds of time, and say which grain will grow and which will not, speak then to me."

—William

Shakespeare

"With every deed you are sowing a seed, though the harvest you may not see."

—Ella Wheeler Wilcox

"Don't judge each day by the harvest you reap but by the seeds that you plant."

—Robert Louis Stevenson

May 2015

Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

						1	2
						SEP 9 a.m. ZUMBA 10 a.m.	
3	4	5	6	7	8	9	
Eucharistic Service 11:30 a.m.		ELANT B/P CLINIC 9 A.M. COMMUNITY ROOM	SCHWAN'S 12:30 p.m.	8TH Floor Vents 1 p.m.	SEP 9 a.m. ZUMBA 10 a.m. MANAGER'S COFFEE 2 P.M.	Wranglers 1-4 p.m.	
10	11	12	13	14	15	16	
MOTHER'S DAY Eucharistic Service 11:30 a.m.	SEP 9 a.m. BINGO 2:30 p.m.		8th Floor Inspections 1:30 - 3 P.M.	7th Floor Recon 7 a.m.	EXTERMINATOR 9 A.M. SEP 9 a.m. Zumba 10 a.m. VOLUNTEER RECOGNITION LUNCHEON 1 P.M.		
17	18	19	20	21	22	23	
Eucharistic Service 11:30 a.m.			SCHWAN'S 12:30 p.m.	7TH Floor Vents 1 p.m.	SEP 9 a.m. ZUMBA 10 a.m.		
24/31	25	26	27	28	29	30	
Eucharistic Service 11:30 a.m.	Memorial Day OFFICE CLOSED		BINGO 2:30 p.m.	6th Floor Recon 7 a.m.	Breakfast 8-9:15 a.m. ZUMBA 10 a.m.	