



Interfaith Towers

Community News

April 2013

MANAGER'S CORNER

The rhyme "April showers bring May flowers" can be seen as a lesson in patience and optimism. It may be gloomy and wet today, but remember what's next ... the beauty and fragrance of spring blossoms.

April is a great time for spring cleaning! I know, it's probably not our favorite springtime activity, but it sure makes us feel good once complete and we can sit back and enjoy our nice, clean surroundings.

Our fresh paint job in the common areas is almost complete and looks great! Cycle painting will be done this month. If you are having any or all of your apartment painted, I will be in touch to schedule it with you.

Enjoy the month of April and the freshness of spring!

Mary and your staff of Interfaith Towers



Laugh It Up

In April, we celebrate National Humor Month. A good laugh can help reduce stress, lower blood pressure, elevate mood, boost the immune system, and make you feel good. Studies also show that a good sense of humor may help prevent heart disease and heart attacks. Some ways to expand your sense of humor include: look for absurd or silly activities that go on around you each day, increase your exposure to comedies and sitcoms, take a few minutes each day to read joke or humor books, and remind yourself to have fun every day.

Staff

Mary Scileppi

Property Manager

Linda Gorzka

Administrative Assistant

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

Wellesley Russell ~ Custodial

Office Hours

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

Chocolate Each Day

A study published in the Journal of Psychopharmacology found that a few ounces of dark chocolate a day can result in a better mood. It also improves concentration and blood flow to the brain. Chocolate with the highest percentage of cocoa is best.



Positive Thought

"Give light and people will find the way." —Ella Baker

Motivational Tip

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



Happy Birthday

HAPPY BIRTHDAY!

- April 3 Beverly Cypher
- April 4 Mary Johnson
- April 5 Tonie Graham
- April 9 Elaine Fink
- April 12 Lloyd Simpson
- April 14 Wanda Traver
- April 16 Leila Moody
- April 17 Ida Coleman
- April 18 Doris Reap
- April 20 Mary Souser
- April 24 Carol Pitcher
- April 26 Cristina Colaizzi
- April 28 Verne Boddy

Happy birthday with many blessings throughout the coming year!



AIR CONDITIONING CONTRACTS

The 2013 air-conditioning contracts are enclosed in this issue of your newsletter for the coming season. Contracts are renewed each year and are due by May 1 along with the first installment for payment. Please complete and return your contract to the office during the month of April. Should you have any questions or need help filling out your contract, please see us in the office for assistance.

Wit & Wisdom

"No man can taste the fruits of autumn while he is delighting his scent with the flowers of spring."

—Samuel Johnson

"An optimist is the human personification of spring."

—Susan J. Bissonette

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

—Doug Larson

"The true harbinger of spring is not crocuses or swallows returning to Capistrano, but the sound of the bat on the ball."

—Bill Veeck

"Spring is nature's way of saying, 'Let's party!'"

—Robin Williams

"In the spring, at the end of the day, you should smell like dirt."

—Margaret Atwood

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. Take advantage of 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.



Reuse Times Two

Many people keep plastic grocery bags to use again as trashcan liners or for future shopping trips. Try storing the bags inside an empty facial tissue box—it keeps them all in one place and makes it easy to retrieve one at a time.



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

4/1 ~ Jerome Leake ~ 3E

4/16 ~ Leon Hart ~ 7C

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



Talk About It

A Night to Remember

In the spring, many high schools around the country host proms or similar school dances that students will remember for years to come. Gather with friends or family to discuss your experiences with dances.

Did you ever attend a school dance or a special dance somewhere else? Did you have a date or did you go with a group of friends? Do you remember if the dance had a theme?

What did you wear to the dance? Did you have any special or new accessories?

What songs did you dance to? What kind of music was popular at that time? Was there a band playing?

Did you enjoy yourself? If you've never been to a dance like this, imagine the perfect night. What does it entail?



FRIED FISH LUNCHEON

Please join us on Thursday, April 11, at 1 p.m. for **Fried Fish Luncheon** featuring Batter Fried Fish, Macaroni & Cheese, Cole Slaw & Sherbet

Purchase your tickets in advance at the office for only \$3/Residents and \$6/Guests. Hope to see you all there.



MONTHLY BINGO!

Monday, April 8, at 2:30 p.m.

Wednesday, April 24, 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 on **Friday, April 5, at 2 p.m.** Informational meeting followed by refreshments. All residents are invited and encouraged to attend.




Monthly Breakfast

Friday, April 26, 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!

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

APRIL

