



Interfaith Towers

Community News

April 2015

Manager's Corner

Spring is in the air! We have all endured a very long, hard winter, and I know you join us in looking forward to the warmer, longer days of spring.

Air conditioner contracts for the 2015 cooling season are being distributed with this newsletter. Please complete and return your contract to the office by May 1 with your first payment for the upcoming season. If you have any questions about completing the contract, please contact the office for assistance.

Wishing you and yours a happy, healthy spring!

Mary & your staff of Interfaith Towers.

Asleep Yet Active

While you're asleep, your brain is busy. Medical experts say even at rest, crucial cognitive functions are taking place, and neurons in the brain stay active. Amazingly, as you slumber, the brain performs several vital functions: it processes information, forms new memories, makes creative connections, cleans out toxins, and stores information about physical tasks.

Spring Calls for Layers

Early spring weather can be fickle. Be prepared by dressing in layers. Start with a long, thin tank top; add a long-sleeved cotton top, such as a cropped sweatshirt; and finish with a chunky-knit cardigan sweater that hits past the hips. Grab a colorful scarf and a trench coat, and you are ready for anything spring throws at you.

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 ~ Store/Cafe

Rainy Day Reminder

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 we have to look forward to—the beauty and fragrance of spring blossoms.



Brainteaser

Question: If you were running a race and passed the person in second place, what place would you be in?

Answer: Second place. You passed the person in second place, not first place.

Happy Easter! Happy Passover!



Trivia Whiz

Major League Milestones

As spring gets into full swing, so does Major League Baseball. Hit a trivia home run by learning these fun facts:

Cincinnati Reds catcher Johnny Bench could hold seven baseballs in one hand.

Baltimore Orioles shortstop Cal Ripken Jr. didn't miss a game in 16 years. From 1982 to 1998, he played in 2,632 consecutive games.

Deion Sanders is the only man to play in both a World Series and a Super Bowl.

The longest professional baseball game lasted 8 hours and 6 minutes. After 25 innings, the Chicago White Sox beat the Milwaukee Brewers 7 to 6.



Happy Birthday

April 3	Beverly Cypher
April 4	Mary Johnson
April 5	Tonie Graham
April 6	Barbara Williams Brown
April 9	Elaine Fink
April 10	Barbara Barley
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

Spring is here! Take advantage of milder weather and go for a walk in the fresh air. A recent study by the University of Michigan reported reduced stress levels in people who walked outside.

Enjoy the milder weather of spring and, as always, let me know if I can be of assistance to you.

~Jessie

Protecting the Environment

The overwhelming public support for the first Earth Day in 1970 led to the creation of the Environmental Protection Agency. Earth Day is celebrated on April 22.



Twisted Treat

Whether you like them salty or sweet, hard or soft, pretzels are a twisted treat for millions of Americans, who buy more than half a billion dollars' worth each year. Most of the snacks come from Pennsylvania, where 80 percent of pretzels are made.

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!





FRIED FISH LUNCHEON

Please join us on
Tuesday, April 7,
at 1 p.m.

We'll enjoy fried fish & chips, coleslaw and punch, followed by a spectacular Jell-O 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, April 13, and
Wednesday, April 29, at 2:30 p.m.

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

Positive Thought

"Keep the enthusiasm of your youth and treasure the wisdom of old age." —Lailah Gifty Akita



MANAGER'S COFFEE

Our monthly
Manager's Coffee
is scheduled for

Friday, April 10, at 2 p.m.

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



Monthly Breakfast

Friday, April 24, 8-9:15 a.m.

**Omelets, hash browns, English muffins,
fresh fruit, pastries, coffee, tea and
orange juice**

*Purchase your ticket in the office—\$3 for
residents and guests. Join us for
breakfast and invite a friend!*



When It Rains

People have been using umbrellas for thousands of years to provide shade from the sun, but umbrellas have been used for rain protection for only a few hundred years.



Wit & Wisdom

"In this world, a good time to laugh is any time you can."
—Linda Ellerbee

"All you need in the world is love and laughter. That's all anybody needs. To have love in one hand and laughter in the other."
—August Wilson

"Nothing shows a man's character more than what he laughs at."
—Johann Wolfgang von Goethe

"There is little success where there is little laughter."
—Andrew Carnegie

"You can't deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants."
—Stephen King

"Against the assault of laughter nothing can stand."
—Mark Twain

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			APRIL FOOLS' DAY 1	2 10th Floor Recon 7 a.m.	GOOD FRIDAY 3 OFFICE CLOSED PASSOVER BEGINS AT SUNDOWN	
EASTER 5 Eucharistic Service 11:30 a.m.	6 SEP 9 a.m.	7 ELANT B/P CLINIC 9:00 am Community Room FRIED FISH LUNCHEON 1 PM	8 SCHWAN'S 12:30 p.m.	9 10th Floor Vents 1 p.m.	10 SEP 9 a.m. ZUMBA 10 a.m. MANAGER'S COFFEE 2:00PM	11 Wranglers 1-4 p.m.
12 Eucharistic Service 11:30 a.m.	13 SEP 9 a.m. BINGO 2:30 p.m. PODIATRIST 4 p.m.	14	15 9th Floor Inspections 1:30 - 3 P.M.	16 9th Floor Recon 7 a.m.	17 EXTERMINATOR 9 A.M. SEP 9 a.m. Zumba 10 a.m.	18
19 Eucharistic Service 11:30 a.m.	20 SEP 9 a.m.	21 ELANT B/P CLINIC 9:00 AM Community Room	EARTH DAY 22 SCHWAN'S 12:30 p.m.	23 9th Floor Vents 1 p.m.	24 Breakfast 8-9:15 a.m. ZUMBA 10 a.m.	25
26 Eucharistic Service 11:30 a.m.	27 SEP 9 a.m.		29 BINGO 2:30 p.m.	30 8th Floor Recon 7 a.m.		