



Interfaith Towers

Community News

February 2020



Manager's Corner

Of all the observances that fill the calendar this month, one of the most meaningful takes place the second full week of February—Random Acts of Kindness Week. This week is a time to promote the warmth and kindness people can bring to one another through small and simple gestures. Even small gestures such as making a point to smile and offer a sincere greeting to everyone you meet can be very beneficial to you and those around you. No matter how you choose to grace the lives of those around you, the impact may be greater than you realize.

Enjoy the month of February!
~Mary & your Staff
of Interfaith Towers

Budget-Friendly Blooms

Because of high demand during the holiday, prices for roses tend to rise around Valentine's Day. If you're wanting to gift a bouquet without breaking your budget, bypass roses for other pretty blooms, such as tulips, daisies, carnations and violets.

Take a Leap

2020 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to "take a leap" and try something new in your life, such as joining a club or taking a class.

Figure of Speech

Phrase: Learn by heart

Meaning: To memorize

Origin: Many of us know things by heart—from the multiplication tables we practiced as a child to the words of our favorite song. But why do we say "heart" instead of "head" when talking about memorization, which involves the brain? Historians say it's because the ancient Greeks believed the heart was the center of intelligence and memory as well as emotion. This led to the idea of learning something by heart, and the phrase has been in use since the 1300s.

Go Green for Your Heart

Red may be the color of the month, but experts say you can show your heart some love by going green. Eating a daily serving of leafy greens, such as spinach, romaine lettuce, kale and collard greens, is linked to a lower risk of heart disease.

Staff

Mary Scileppi

Property Manager

Linda Gorzka

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



Wishful Thinking

Participants in an experimental study were given a simple task: Take a walk and wish happiness for every person they saw. After 12 minutes of walking and thinking thoughts of loving-kindness, the wishers themselves reported feeling happier than before the exercise.



Trivia Whiz

The Presidential Penny

Presidents Day on the third Monday of February celebrates all U.S. presidents, including one of the most admired, Abraham Lincoln. For over a century, Lincoln has been in pockets and purses throughout the country in the form of the 1-cent coin.

The Lincoln penny was first minted in 1909 and celebrates the 100th anniversary of the 16th president's birth. It was the first U.S. coin to feature a historical figure.

Sculptor and engraver Victor David Brenner designed the coin with Lincoln's portrait on the "heads" side and two wheat stalks on the "tails" side.

Pennies are 97.5% zinc and 2.5% copper.

The U.S. Mint produces more than 13 billion pennies a year.

On average, a penny lasts 25 years.



Happy Birthday

FEBRUARY BIRTHDAYS

February 1	Helen Reed
February 1	Anthony Susaimarian
February 2	Barbara De Seta
February 5	Greg Davis
February 12	Marvin Lyons
February 12	Bertha McDonald
February 21	Brigitte Wilson
February 27	Ernesto Melgarejo

Happy Birthday with wishes for countless blessings throughout the coming year!

RESIDENT ADVISOR'S CORNER

May your February be filled with love, happiness and beautiful blessings.

Don't forget to spread love onto your family, friends, neighbors and to yourself.

If you need to set up an appointment with me, please call or stop by the office.

~ Jessie



Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives versus an ordinary memory, they were better able to tolerate the cold and perceived a room's temperature to be higher than it was.



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!





MANAGER'S COFFEE

Our monthly Manager's Coffee

is scheduled for

Friday, February 7th, at 2 p.m.

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

~~~~~



### Wit & Wisdom

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."  
—Joseph Addison

"Be healthy and take care of yourself, but be happy with the beautiful things that make you, you."  
—Beyoncé

"The root of all health is in the brain. The trunk of it is in emotion. The branches and leaves are the body. The flower of health blooms when all parts work together."  
—Kurdish proverb

"I do try to eat lots of salads and healthy foods. But cakes are healthy, too; you just eat a thin slice."  
—Mary Berry

"Good health is a duty to yourself, to your contemporaries, to your inheritors, to the progress of the world."  
—Gwendolyn Brooks



### VALENTINE'S DAY PIZZA BINGO

Please join us on **Friday, Feb. 14th, at 1:00 p.m.**

**for Valentine's Day Pizza Bingo!**

Our menu will include:  
Delicious Pizza  
Tossed Salad  
Dessert

followed by several games of Bingo for spectacular prizes!

Purchase your tickets in the office:  
\$2 residents/\$4 guests.

*Remember to purchase tickets early; price doubles the day of the event.*

We hope to see you all there!



### Monthly Breakfast

**Friday, February 28th, 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.*

*Remember to purchase tickets early; price doubles the day of the event.*

*Join us for breakfast and invite a friend!*



### MONTHLY BINGO!

**Tues., Feb. 11h & Wed., Feb 26th, at 2:30 p.m.**

Come enjoy an afternoon of Bingo in the Community Room.

\$1.00 per card.



# February 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February



|                                                      |                                       |                                                             |                                                  |                                 |                                             |                                |   |
|------------------------------------------------------|---------------------------------------|-------------------------------------------------------------|--------------------------------------------------|---------------------------------|---------------------------------------------|--------------------------------|---|
|                                                      |                                       |                                                             |                                                  |                                 |                                             |                                | 1 |
| Groundhog Day 2<br>Eucharistic Service<br>11:30 a.m. | 3<br>SEP 9 a.m.                       | 4<br>EVERCARE B/P<br>CLINIC<br>9:00 AM<br>COMMUNITY<br>ROOM | 5                                                | 6<br>7th Floor Recon<br>7 a.m.  | 7<br>SEP 9 a.m.<br>MANAGERS<br>COFFEE 2 PM  | 8                              |   |
| 9<br>Eucharistic Service<br>11:30 a.m.               | 10<br>SEP 9 a.m.<br>PODIATRIST 4 p.m. | 11<br>Bingo<br>2:30pm                                       | 12<br>LINCOLN'S<br>BIRTHDAY                      | 13<br>7TH Floor Vents<br>1 p.m. | 14<br>VALENTINE'S DAY<br>PIZZA BINGO<br>1PM | 15                             |   |
| 16<br>Eucharistic Service<br>11:30 a.m.              | Presidents Day 17<br>OFFICE CLOSED    | 18<br>                                                      | 19<br>11th Floor<br>Inspections<br>1:30 - 3 P.M. | 20<br>6th Floor Recon<br>7 a.m. | 21<br>Exterminator 8AM<br>SEP 9 a.m.        | 22<br>WASHINGTON'S<br>BIRTHDAY |   |
| 23<br>Eucharistic Service<br>11:30 a.m.              | 24<br>SEP 9 a.m.                      | 25                                                          | ASH<br>WEDNESDAY 26<br>Bingo<br>2:30pm           | 27<br>6th Floor Vents<br>1 p.m. | 28<br>BREAKFAST<br>8-9:15 am                | 29                             |   |