



# Interfaith Towers

Community News

April 2020



## Manager's Corner

### Keeping You Informed

We are closely monitoring the evolving situation caused by the new Coronavirus, COVID-19. Our top priority is the safety and well-being of our residents and staff. To help protect your health and safety, and following the Centers for Disease Control's recommendations, we are now prohibiting large community gatherings in our community room as well as congregating in the main and south lobbies. Social distancing, self quarantining, regular thorough hand washing and the use of hand sanitizer are important measures you can personally take as well.

The CDC has advised that older adults and persons with severe underlying health conditions are considered to be at increased risk of more serious illness after contracting COVID-19. Priority should be given to ensuring the safety of these groups of people, particularly for any large gatherings that are expected to have a large number of older adults or persons with underlying conditions. With this in mind, we have cancelled all community activities until further notice. We will make every effort to keep you informed as we navigate through this time of uncertainty. As with any storm, we will weather through this one too. Afterwards the sun will appear to shine even brighter as a result. If you have any questions, please feel free to contact the office. Stay well.

~Mary and your Staff  
of Interfaith Towers

### Staff

**Mary Scileppi**  
Property Manager  
**Linda Gorzka**  
Administrative Assistant  
**Jessica DeGarmo**  
Resident Advisor  
**Rita Barber**  
Bookkeeper  
**Roy Charter**  
Superintendent  
**Timothy Evans**  
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



### Wipe Your Feet

April's spring showers are sure to leave behind slippery puddles. Be mindful of wet areas and be sure to wipe your feet before entering the building. Slick surfaces can create fall hazards, so help everyone stay safe this spring by taking a moment to dry your shoes.



### QUOTABLE QUOTES

"Storms make the oak grow deeper roots."

~George Herbert

"The little reed, bending to the force of the wind, soon stood upright again when the storm had passed over."

~Aesop



## Trivia Whiz

### Bunny Basics

Symbols of spring, rabbits can be found in city parks, suburban yards and country meadows. Hop on in to these fun facts about the critters.

Although baby rabbits are called bunnies, they are actually kits or kittens.

Carrot-crunching rabbits are often shown in cartoons, but the herbivores mainly eat grass, weeds and clover.

When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.

Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.

Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are relaxed.



### APRIL BIRTHDAYS

April 4	Mary Johnson
April 6	Barbara Williams Brown
April 7	Emma Brea
April 12	Lewis Hendrix
April 13	Dennis Mosley
April 14	Wanda Traver
April 15	Jessica DeGarmo
April 16	Leila Moody
April 20	Mary Souser
April 24	Carol Pitcher
April 26	Cristina Colaizzi
April 28	Terry Walker
April 30	Rita Barber

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

### APRIL SHOWERS BRING MAY FLOWERS!

Spring is in the air! As the weather gets nicer and the flowers begin to bloom, we can start to enjoy the great outdoors. Sitting in the sun is a great source of vitamin D. When the sun's UV-B rays hit the skin, a reaction takes place that enables the skin cells to manufacture vitamin D.

As always, if you need assistance with anything please call or stop by the office for an appointment.

~ Jessie



## Welcome Home

**George Relyea ~ 10B ~ 4/1**  
**John Owens ~ 7J ~ 4/1**

*We wish you many years of good health and happiness in your new home!*



### Friendship

"A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad." —Arnold H. Glasow

### Daily Lunch Program

D.C. Office for the Aging offers home-delivered meals at noon, Monday through Friday. **Please note that The Office for the Aging has suspended all congregate meals until further notice. Home-delivered meals will continue to be provided to all residents registered with the Office for the Aging.**



## AIR CONDITIONER CONTRACTS

It's time once again to submit your air conditioner contracts for the upcoming summer months. A new contract is required each year. Surcharges for the season begin in May and can be included in your monthly rent check. If you have questions or need help filling out your contract, please let us know in the office and we'll be happy to help.

## Heralds of Happiness

Songs have been sung about them, and poems written about them. Bluebirds have been longtime symbols of happiness in many cultures and are often associated with the renewal of the spring season. Eastern, mountain and western are the three species of this native North American bird, and all of them display bright blue feathers and chirp a cheerful song.

## Stress Relief

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere: Breathe in slowly through your nose until your abdomen feels fully expanded, then breathe out. Repeat several times.



**HAPPY EASTER!**  
**HAPPY PASSOVER!**  
**HAPPY SPRING!**



## Sending You a Springtime Smile!

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!



## Spring Scents

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.



## Nature's Clean Sweep

Rain can dampen plans for outdoor activities, but it's one way Mother Nature cleans the air. According to scientists studying the effect, as a raindrop falls through the atmosphere, it captures particles of dust, soot and other airborne pollutants, which can help improve air quality.



## Wit & Wisdom

"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."  
—Vivian Greene

"There are shortcuts to happiness, and dancing is one of them."  
—Vicki Baum


"The beauty of dance is being a part of something that is all you, from creation to performance."  
—Misty Copeland

"Life is short and there will always be dirty dishes, so let's dance."  
—James Howe

"To watch us dance is to hear our hearts speak."  
—Hopi proverb

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."  
—Alan Watts

# April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>April</i>				3rd Floor Recon 7 a.m.	SEP 9 a.m.	
5 <b>PALM SUNDAY</b>  Eucharistic Service 11:30 a.m.	6  SEP 9 a.m.  Spiritual Study 2 - 3:30 p.m. Meeting Room	7 <b>EVERCARE B/P CLINIC 9:00 AM COMMUNITY ROOM</b>  12th Floor Inspections 1:30 - 3 P.M.	8  <b>PASSOVER BEGINS SUNDOWN</b>	9  3rd Floor Vents 1 p.m.	10 <b>GOOD FRIDAY</b>  <b>OFFICE CLOSED</b>	11  
12  <b>EASTER</b>  Eucharistic Service 11:30 a.m.	13  SEP 9 a.m.  Spiritual Study 2-23:30 p.m. Meeting Room  PODIATRIST 4 p.m.	14	15  9th Floor Inspections 1:30 - 3 P.M.	16  2nd Floor Recon 7 a.m.	17  SEP 9 a.m.  <b>EXTERMINATOR 8AM</b>	18
19  Eucharistic Service 11:30 a.m.	20  SEP 9 a.m.  Spiritual Study 2 - 3:30 p.m. Meeting Room	21  10th Floor Inspections 1:30 - 3 P.M.	22  <i>Earth Day</i>	23  <b>RAMADAN BEGINS AT SUNDOWN</b>  2nd Floor Vents 1 p.m.	24	25
26  Eucharistic Service 11:30 a.m.	27  SEP 9 a.m.  Spiritual Study 2 - 3:30 p.m. Meeting Room	28  Presidential Primary Election 5:00 am - 10:00 pm	29	30		