



# Interfaith Towers

Community News

May 2020



## MANAGER'S CORNER

As you know, we are closely monitoring the evolving situation caused by the COVID-19 virus. Our top priority is the safety and well-being of our residents and staff. To help protect the health and safety of all, we continue to follow the recommendations of the Centers for Disease Control and Prevention. All community gathering and nonessential services are suspended until we receive word that it is safe to resume normal activities. Your continued efforts to stay home, wear masks and gloves if you must go out and practice social distancing are so necessary and so appreciated. We will get through this together, believe!

~ Mary and your Staff  
of Interfaith Towers



## A Flower for Moms

Because of its beauty, hardiness and prevalence, the carnation is regarded as the official flower of Mother's Day. The holiday's founder, Anna Jarvis, chose the frilly, fragrant bloom because it was her mother's favorite flower, and 500 white carnations were handed out at the first Mother's Day observance in 1908. We wish all our "Moms" a happy, healthy Mother's Day!

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## 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

## Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

## Calming Water

Sitting on a beach and gazing at gently rolling waves puts some folks in a state of bliss, but you don't have to visit an ocean to reap the calming effects of water. Studies show that being near a pool, lake or river, or simply visualizing a peaceful water scene, can help you relax.

## V-E Day Anniversary

Friday, May 8, commemorates the 75th anniversary of V-E Day, or Victory in Europe Day, which marked the end of fighting in Europe in World War II.





## Trivia Whiz

### Fizzy Favorites

Do you call your favorite soft drink “pop” or “soda”? No matter what it’s called, there are nearly 1,000 varieties to choose from in the U.S. Here are some more refreshing facts.

Coca-Cola is the world’s bestselling soda. The brand’s logo is recognized by 94% of people around the globe.

Pepsi-Cola was called Brad’s Drink when it was introduced in 1893.

A blend of 23 flavors gives Dr Pepper its unique taste.

The dimples on Sprite bottles represent the bubbles in the drink.

The Royal Crown Co. rolled out the first sugar-free soft drink, Diet Rite, in 1958.

A&W Root Beer was first sold at a roadside stand in California during a parade honoring World War I soldiers in 1919.



### MAY BIRTHDAYS

May 1	Phyllis Tyme
May 7	Alice Smith
May 10	John Wassmer
May 11	Deborah DiDomenico
May 16	Larry Johnson
May 23	Sheila Drew
May 29	Zhhamenique Rosé
May 29	William Trowbridge
May 30	Jean Barnard

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

### APRIL SHOWERS DO BRING MAY FLOWERS!

“April showers bring May flowers” is also a lesson in patience, and one that remains valid to this day.

Nicer weather and warmer days are approaching. Take a walk and soak up some sunshine!

If you need assistance, please stop by or call the office.

~ Jessie



### Reminders To Protect Yourself

Follow these simple steps to help protect yourself and those around you:

- Wash your hands often.
- Cough and sneeze into a tissue or your elbow.
- Don’t touch your face.
- Maintain a distance of at least 6 feet from other people.

### 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.**





### Simple Ways To Stay Positive

Explore these activities while social distancing.

*Connect with others.* Call friends and family members for a chat, or make virtual visits using FaceTime or Skype. Online discussion groups and book clubs can also connect you with others.

*Play games.* Crosswords, word searches and jigsaw puzzles are great ways to pass the time and give your brain a workout. If you have access to a computer, tablet or smartphone, search for some online games.

*Turn to entertainment.* Spend some time getting lost in your favorite TV shows, movies, books and music.

*Create.* Sketching, coloring and crafting are some creative outlets that will keep your hands and mind busy.

*Have a laugh.* Tune in to a comedy for some chuckles, or go online to find funny videos and jokes.

*Write.* Jot down what's on your mind, whether it's a fond memory, goal or poem.

*Stretch.* Doing gentle stretches daily can help lift your mood and boost your energy.

*Meditate.* Take a few minutes each day to close your eyes and focus on relaxed breathing.



# Welcome Home

Levi Anglin ~ 1E ~ 5/1

Eileen Gover & Scot Jeancola ~ 7F ~ 5/1

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



### AIR CONDITIONER CONTRACTS

The air conditioning season begins in May. If you have not filled out and returned your A/C contract, please bring it to the office as soon as possible.



### Honoring Nurses

We express our sincere appreciation of the Nurses working most recently on the front lines during the COVID-19 virus. The important role of nurses in health care is recognized during National Nurses Week, beginning May 6. The annual celebration ends May 12, the birthday of Florence Nightingale, founder of the modern nursing profession.



### Wit & Wisdom

"Mother's love is peace. It need not be acquired, it need not be deserved."  
—Erich Fromm

"Youth fades; love droops; the leaves of friendship fall: A mother's secret hope outlives them all."  
—Oliver Wendell Holmes Sr.

"There's no way to be a perfect mother and a million ways to be a good one."  
—Jill Churchill

"When you look at your mother, you are looking at the purest love you will ever know."  
—Mitch Albom

"When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."  
—Erma Bombeck

# May 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May

1

2

*"Life Is Not About  
Waiting for the  
Storm to Pass but  
Learning to Dance in  
the Rain."  
~Anonymous*

3

4

5

6

7

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9

*"With the New Day  
Comes New  
Strength and New  
Thoughts."  
~Eleanor Roosevelt*

**National Nurses  
Week  
May 6 ~ May 12**



10

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12

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14

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16



*"A Journey of a  
Thousand Miles  
Begins With a Single  
Step."  
~Lao Tzu*

*"HOPE Is Like the  
Bird Who Senses  
the Dawn and  
Carefully Starts to  
Sing While It's Still  
Dark."  
~Anonymous*

17

18

19

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23

*"The Best Thing  
About the Future Is  
That It Comes One  
Day at a Time."  
~Abraham Lincoln*



*"Courage Doesn't  
Always Roar.  
Sometimes Courage  
Is the Quiet Voice at  
the End of the Day  
Saying 'I Will Try  
Again Tomorrow."  
~Mary Anne  
Radmacher*

24/31

**Memorial Day** 25

26

27

28

29

30

**OFFICE CLOSED**

*"In the Long Run,  
Always Do Right.  
This Will Gratify  
Some People and  
Astonish the Rest."  
~Mark Twain*

