



Interfaith Towers

Community News

May 2021

Manager's Corner

As you know, we are continuing to closely monitor the evolving situation caused by COVID-19. Our top priority is the safety and well-being of our residents and staff. To help protect their health and safety, and following the recommendations of the Centers for Disease Control and Prevention, limit nonessential visits, wash your hands regularly with soap & water, maintain social distancing and wear a face mask when in any common areas of the building. If you have any questions, we will be happy to speak with you.

Stay well, stay safe.
~Mary & your Staff
of Interfaith Towers

Picture It

Would you like to surround yourself with more of your favorite photos? Many drugstores and online retailers that process photos can put your images on just about anything—a mug, T-shirt, pillow or puzzle.

Positive Thought

“One of the most important things you can accomplish is just being yourself.” —Dwayne Johnson

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.

Staff

- Mary Scilleppi**
Property Manager
- Linda Gorzka**
Administrative Assistant
- Jessica DeGarmo**
Resident Advisor
- 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.



Run for the Roses

Among the many traditions of the annual Kentucky Derby is the blanket of red roses that’s draped over the winning horse. The flower garland, which gives the race its nickname of “Run for the Roses,” is made with over 400 blooms that are hand sewn together.



Trivia Whiz

Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.

The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.

Celebrated May 6-12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.

On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.

For the past two decades, nursing has been voted the most-trusted profession.



MAY BIRTHDAYS

- May 1 David Baldrich
- May 1 Phyllis Tyme
- May 7 Alice Smith
- May 10 John Wassmer
- May 11 Deborah DiDomenico
- May 13 Francisco Flores
- 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!

RESIDENT ADVISOR'S CORNER

WALK WITH A SPRING IN YOUR STEP!

Can the way you walk make a difference in your happiness? You bet! If you walk with or have a spring in your step, you walk energetically in a way that shows you are feeling happy and confident. That spring in your step, especially among older people, has proven to be much more important than previously believed. So, walk happy!

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

~Jessie



Welcome Home

Helen Pardini ~ 11J ~ 5/1

Annette Perkins & Ceyanne Perkins ~ 11F ~ 5/1

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

~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*

Older Americans Month

Since its creation in 1963, Older Americans Month each May pays tribute to the nation's older adults, who through a lifetime of contributions enrich our lives and communities.

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.*

~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*





Thank a Nurse

Take the time to give a heartfelt thank-you to our nurses for their hard work and care during National Nurses Week—and every week!

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.



Doctor Appointment Tip

Before a doctor visit, write down any questions you have and put them in order of importance, so you remember to ask them. If you're seeing a doctor for a specific ailment, bring a list of your symptoms rather than trying to recall them on the spot.



May Lunch in A Bag

Celebrating the month of May, we are planning a Lunch in a Bag delivery on Friday, May 14th between 1:30~2 p.m.

The menu will include:

Garlic Parmesan Encrusted Chicken
Buttered Noodles
Green Beans
&
Jello Cake

Cost is \$3 Residents / \$6 Guests.

Purchase your ticket(s) by placing your money in an envelope with your name on it, and dropping it in the Rent Box for the office. Limit of one guest per resident.

Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." — Laura Ingalls Wilder



Remember and Honor

This Memorial Day, we remember all the brave men and women who gave their lives for our country. Our heartfelt thanks goes out to them and to all of our community's veterans for their service.



Wit & Wisdom

"We're all different. That's what makes us special."
—Carrie Underwood

"In life, there is always that special person who shapes who you are, who helps to determine the person you become."
—Molly Ringwald

"Take that one thing you don't like about yourself and more often than not that's the one thing that makes you more special."
—Shay Mitchell

"I believe in individuality, that everybody is special, and it's up to them to find that quality and let it live."
—Grace Jones

"You take away all the other luxuries in life, and if you can make someone smile and laugh, you have given the most special gift: happiness."
—Brad Garrett

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 4em; margin: 0;">MAY</h1> 						1 Air Conditioning Contracts Due
2	3 <i>Spring is in the air</i>	4	5 <i>"As Age Comes on One Source of Enjoyment After Another Is Closed, But Nature's Sources Never Fail."~John Muir</i>	6	7	8
9  Mother's Day	10 <i>"I Sit Before Flowers Hoping They Will Train Me in the Art of Opening Up." ~Shane Koyczan</i>	11	12	13 <i>"It's Hard Not to Stand in Awe and Enchantment With the Beauty in Which Nature Expresses Herself." ~Steve Maraboli</i>	14 Lunch in a Bag Delivery 1:30 ~ 2:00 p.m.	15
16	17	18 <i>"An Optimist Is the Human Personification of Spring." ~Susan J. Bissonette</i>	19 EXTERMINATOR 9AM	20	21	22
23/30 ★ ★ ★ ★ ★ MEMORIAL DAY REMEMBER AND HONOR ★ ★ ★ ★ ★	24/31 Memorial Day OFFICE CLOSED	25	26	27 <i>"To Plant a Garden Is to Believe in Tomorrow." ~Audrey Hepburn</i>	28	29 

"This Month In History"

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America's passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa's first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.