



# Interfaith Towers

Community News

March 2020



## Manager's Corner

Spring is right around the corner at last! Daylight saving time begins on March 8th, so in preparation, remember to set your clocks forward one hour the night before. We can now look forward to longer days with warm sunlight to brighten our days!

Our annual St. Patrick's Day Dinner is scheduled for Wednesday, March 11th at 3:00 p.m. Be sure not to miss this very enjoyable event! Purchase your ticket in the office today!

Enjoy the month of March and as always, let us know if there is anything we can do to make your home here more comfortable.

~Mary and your staff of Interfaith Towers

### Welllderly Week

Celebrating seniors who are young at heart, Welllderly Week begins March 16.



### Make Up Your Mind in the Morning

When you're faced with an important decision, try tackling it before noon. Science says the morning hours are the best time of day to make a choice. Researchers came to this conclusion after analyzing the moves chess players made in a series of matches. The players made slower, more accurate moves in the morning, and as the day wore on, their decisions were faster, but those moves were more prone to errors.

### Staff

**Mary Scilleppi**

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



### Be Neighborly

Make it a beautiful day in your neighborhood by celebrating Won't You Be My Neighbor Day on March 20, the birthday of Fred Rogers. The day honors the legacy of the beloved host of the children's TV series "Mister Rogers' Neighborhood."



### An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying





## Trivia Whiz

### Bowled Over by Cereal

Invented as a health food in the 1800s, cereal is now so popular, National Cereal Day is celebrated each year on March 7.

About 2.7 billion boxes of cereal are sold in the U.S. every year.

Cheerios were called Cheerioats when they debuted in 1941. The name changed four years later.

Kellogg's Corn Flakes was the first cereal to offer a prize, a picture book, in the early 1900s.

The first athlete to appear on a Wheaties box was baseball great Lou Gehrig in 1934.

Grape-Nuts were included in some U.S. military rations during World War II.

The marshmallows in Lucky Charms have a name; they're called marbits.



### MARCH BIRTHDAYS

March 5	Helen Clawson
March 5	Amos Moore, Jr.
March 7	Laura Forman
March 9	William Bacon
March 14	Rosetta Roberts
March 15	Norma Cox
March 18	Dana Cramer
March 18	Kay Reilly
March 21	Robert Vitrit
March 28	Elaine Mizell
March 30	Stuart Ballinger

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

### Resident Advisor's Corner

March is upon us and with it comes the welcome arrival of spring. I think we are all looking forward to warmer weather and more outings.

I hope to see you at our events and encourage everyone to join us!

Please call me if you need help with something and want an appointment with me.

~ Jessie



## Welcome Home

111 ~ John Yovella ~ 3/1/2020  
We wish you many years of good health and happiness in your new home!

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

### Optimism Month

March is Optimism Month, and studies show that looking on the bright side is good for your health. Optimists are better at problem-solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

### 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!





### St. Patrick's Day Dinner

Please join us on

**Wednesday, March 11th,  
at 3 p.m.**

#### ST. PATRICK'S DAY DINNER

*Our menu will include:*

**Corned Beef & Cabbage  
Carrots, Potatoes & Onions**

**Irish Soda Bread & Carrot Cake**

Tickets are available in the office, \$3/residents and \$6/guests. Guests are limited to one per tenant due to space restrictions and must be present. We hope to see you all there! Remember to purchase your ticket early: the price doubles on the date of the event.



### MANAGER'S COFFEE

Our monthly

#### Manager's Coffee

is scheduled for

**Friday, March 6th, at 2 p.m.**

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

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### Monthly Breakfast

**Friday, March 27th, 8-9:15 a.m.**

**Pancakes, French Toast, Scrambled Eggs, Bacon, Sausage, Fresh Fruit, Pastries, Coffee, Tea and Orange Juice.**

*Purchase your ticket in the office—\$2 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., March 10th & Wed., March 25th,  
at 2:30 p.m.**

Come enjoy an afternoon of bingo in the Community Room.

\$1.00 per card.



### Wit & Wisdom

“Great art picks up where nature ends.”  
—Marc Chagall

“In the mind of every artist there is a masterpiece.”  
—Kai Greene

“Art evokes the mystery without which the world would not exist.”  
—René Magritte





“Sometimes with art, it is important just to look.”  
—Marina Abramovic

“When I think of art I think of beauty. Beauty is the mystery of life.”  
—Agnes Martin

“If art doesn't make us better, then what on earth is it for?”  
—Alice Walker

“The artist is not a different kind of person, but every person is a different kind of artist.”  
—Eric Gill

# March 2020

| Sunday                                                                                                               | Monday                                                               | Tuesday                                                                                                                    | Wednesday                                                             | Thursday                        | Friday                                     | Saturday                                                                                 |
|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------|--------------------------------------------|------------------------------------------------------------------------------------------|
| 1                                                                                                                    | 2<br>SEP 9 a.m.<br>Spiritual Study<br>2 - 3:30 p.m.<br>Meeting Room  | 3<br>EVERCARE B/P<br>CLINIC<br>9:00 AM<br>COMMUNITY<br>ROOM                                                                | 4<br>10th Floor<br>Inspections<br>1:30 - 3 P.M.                       | 5<br>5th Floor Recon<br>7 a.m.  | 6<br>SEP 9 a.m.<br>MANAGERS<br>COFFEE 2 PM | 7<br> |
| 8<br>                                | 9<br>SEP 9 a.m.<br>Spiritual Study<br>2 - 3:30 p.m.<br>Meeting Room  | 10<br>Bingo<br>2:30pm                                                                                                      | 11<br>St Patrick's Day<br>Dinner - 3pm                                | 12<br>5th Floor Vents<br>1 p.m. | 13<br>SEP 9 a.m.                           | 14                                                                                       |
| 15                                                                                                                   | 16<br>SEP 9 a.m.<br>Spiritual Study<br>2 - 3:30 p.m.<br>Meeting Room | 17<br>Happy<br>St. Patrick's<br>Day<br> | 18<br>BRD Rent Increase<br>Conference<br>11:30 a.m.<br>Community Room | 19<br>4th Floor Recon<br>7 a.m. | 20<br>Exterminator 8AM<br><br>SEP 9 a.m.   | 21                                                                                       |
| 22<br><i>Happy<br/>Spring!</i><br> | 23<br>SEP 9 a.m.<br>Spiritual Study<br>2 - 3:30 p.m.<br>Meeting Room | 24                                                                                                                         | 25<br>Bingo<br>2:30pm                                                 | 26<br>4th Floor Vents<br>1 p.m. | 27<br>BREAKFAST<br>8-9:15 am               | 28                                                                                       |
| 29                                                                                                                   | 30<br>SEP 9 a.m.<br>Spiritual Study<br>2 - 3:30 p.m.<br>Meeting Room | 31                                                                                                                         | <h1>March</h1>                                                        |                                 |                                            |                                                                                          |