

Interfaith Towers

Community News

March 2021

MANAGER'S CORNER

March has arrived and Spring is in the air! Hooray!!!

We're happy to announce a contact free St. Patrick's Day dinner! The cost of this dinner remains the same as in the past for residents; however, we have increased the cost of tickets for guests to help cover the expense of this meal.

With the COVID-19 cases continuing, we remain committed to maintaining our efforts to keep our community safe and free of this virus. Once again, thank you all for your continued efforts of washing hands, social distancing and refraining from congregating in common areas. We look forward to a time when our "new normal" arrives!

We wish you a happy, healthy month of March!

~Mary & your staff of Interfaith Towers

A Seated Stretch

Give your lower body a good stretch with a simple seated exercise. Using a sturdy chair, sit on the seat's edge with both feet flat on the floor. Hold the sides of the seat for support. Starting on your right side, lift your foot and extend your leg out in front of you at a diagonal angle. Tap your heel once on the floor, then bring your foot back to the starting position. Repeat the move with your left foot. Work up to 10 stretches on each side.



Stop and Sip

"When in doubt, stand still—
and have a nice cup of tea!"
—Julie Andrews

Staff

Mary Scileppi

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



Going Green on March 17

St. Patrick's Day has become a celebration of Irish culture and a whole lot of green. Folklore says that wearing the color makes a person invisible to leprechauns, who will only pinch those they can see.



Stone of the Sea

The light-colored blue-green gem known as aquamarine is the birthstone for March. In the same mineral family as emeralds, aquamarine stones have long been admired for their connection to the sea and the belief that they could calm waves and protect sailors.

Happy St. Patrick's Day!



Trivia Whiz

The World of Windmills

The blustery breezes of March create the perfect conditions for one of the earliest machines, the windmill. These facts about the amazing structures may blow you away!

Windmills have been around for over a thousand years, and most likely originated in Iran and China.

Their main jobs were to pump water and grind grain into flour. Most modern windmills, called turbines, convert wind energy to electricity.

The large, spinning blades on a windmill are called sails.

The iconic stone windmills in the Netherlands are celebrated as symbols of Dutch culture and are popular tourist attractions.

Because of their moving parts and charming look, windmills are often a featured obstacle on miniature golf courses.



Happy Birthday

MARCH BIRTHDAYS

- March 7 Laura Forman
- March 8 Gwendolyn Spencer Taylor
- March 9 William Bacon
- March 14 Rosetta Roberts
- March 15 Norma Cox
- March 18 Dana Cramer
- March 21 Robert Vitrit
- 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.

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

~ Jessie



Welcome Home

5H ~ Georgia Burwell ~ 3/1/2021

6I ~ Rose Hart ~ 3/1/2021

10H ~ Robert Schrum ~ 3/1/2021

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

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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.*

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St. Patrick's Day Dinner Delivery

Happy St. Patrick's Day!

A Corned Beef & Cabbage dinner delivery is planned for Thursday, March 11th.

The meal will include:

Corned Beef
Cabbage
Carrots, Potatoes & Onions
Irish Soda Bread
& Carrot Cake

Delivery of the meal will be between 2:30 ~ 3:30 p.m.

Cost is \$3/residents and \$10/Guests. (Limit of one guest per resident)

Sign up by placing your money in an envelope with your name on it, and drop it in the Rent box located to the right of the office door.



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."

Symbols of Luck

Since the beginning of civilization, people have used various symbols to bring them good luck.

Four-leaf clover. Irish legend claims this green plant will bring luck—if a person can spot the rarity. Scientists say the odds of finding a four-leaf clover in the wild are 1 in 10,000.

Ladybug. These insects, recognized by their bright red bodies with black spots, are beneficial to farmers and gardeners because they feast on plant-eating pests, which may be why many cultures admire "lucky ladybugs."

Horseshoe. Ancient folklore was full of mischievous fairies who were afraid of metal, so people hung iron horseshoes above their doors to keep them away. Some believe that hanging a horseshoe with the ends pointed up collects good fortune; others say that pointing the ends down allows luck to flow onto those below it.

Penny. You've probably heard the saying, "Find a penny, pick it up, and all day long you'll have good luck." The coin is said to be lucky only if found face side up.

Rainbow. Legend has it that a pot of gold can be found at the end of a rainbow, explaining why the colorful sight is a sign of good fortune.



Wit & Wisdom

"You've got to have fun along the way."
—Victoria Beckham

"Having fun is definitely how you're going to keep yourself loose, and be at your best."
—Mookie Betts

"We are stronger, we are smarter, we have more fun when we include each other—when we include as many perspectives as possible."
—Leslie Odom Jr.

"Billboard this: 'Life is supposed to be fun!'"
—Jenny McCarthy

"I think of life itself now as a wonderful play that I've written for myself, and so my purpose is to have the utmost fun playing my part."
—Shirley MacLaine

"At the end of the day, if I can say I had fun, it was a good day."
—Simone Biles







Positive Thought

"Be the best version of yourself in anything you do. You don't have to live anybody else's story." —Steph Curry



March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>"The best preparation for tomorrow is doing your best today." ~H. Jackson Brown, Jr.</i>	2	3 <i>"Even if I Knew That Tomorrow the World Would Go to Pieces, I Would Still Plant My Apple Tree." ~Martin Luther</i>	4	5 <i>"Keep Your Face Always Toward the Sunshine - And Shadows Will Fall Behind You." ~Walt Whitman</i>	6
7	8	9 <i>"It Is During Our Darkest Moments That We Must Focus to See the Light." ~Aristotle Onassis</i>	10	11 St. Patrick's Day Dinner ~ Delivery between 2:30 ~ 3:30 p.m.	12	13
14 	15	16	17 Happy St. Patrick's Day EXTERMINATOR 9AM	18	19	20 
21	22 <i>"If Opportunity Doesn't Knock, Build a Door." ~Milton Berle</i>	23	24	25 <i>"There Are Two Ways of Spreading Light: To Be the Candle or the Mirror That Reflects It." ~Edith Wharton</i>	26	27 
28 	29	30 <i>"Happiness Resides Not in Possessions, And Not in Gold, Happiness Dwells in the Soul." ~Democritus</i>	31			

"This Month In History"

MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter, the world's first tweet is posted. The social networking platform went live to the public later that summer.

2020: The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.