



Interfaith Towers

Community News

April 2021

Manager's Corner

Spring 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!

We are hopeful that the coming months will restore our community activities to our new normal, as the threat of COVID-19 continues to decrease. Our sincere gratitude that the efforts of all, residents and staff, over the last year have ensured that everyone remained healthy and free of this virus. Incredibly, after one year, we have not had one confirmed case in our community. We are grateful!

Stay well & stay safe!
~Mary and your Staff
of Interfaith Towers

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.



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



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.

Please Wipe Your Feet

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

Kick Out Your Feet for Better Sleep

Your feet may be the key to a better night's sleep. The National Sleep Foundation says keeping one foot outside the covers can help your body maintain a lower temperature, which allows you to fall asleep faster and enjoy a deeper doze.

Trivia Whiz

Carrots Are the Tops

Colorful, sweet, economical and good for you, carrots are a popular veggie.

Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.

People originally grew the vegetable as medicine.

Today, the average American eats about 10 pounds of fresh carrots in a year.

You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.

Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.

Carrot lovers, save the date! April 4 is International Carrot Day.



APRIL BIRTHDAYS

April 4	Mary Johnson
April 5	Rose Hart
April 6	Barbara Williams Brown
April 12	Lewis Hendrix
April 12	Michael May
April 13	Dennis Mosley
April 14	Wanda Traver
April 15	Jessica DeGarmo
April 16	Leila Moody
April 16	Glaister Murray
April 20	Mary Souser
April 24	Carol Pitcher
April 26	Cristina Colaizzi
April 28	Terry Walker
April 30	Georgia Burrwell

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

RESIDENT ADVISOR'S CORNER

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.

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

~ Jessie



Wit & Wisdom

"Challenge yourself, grow, blossom, and become who you were meant to be."

—Carolyn Aronson



Mitchell Schweickert ~ 8C ~ 4/1

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



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.*

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





Brunch in a Bag

A Spring Brunch in a Bag delivery is planned for
Wednesday, April 14th
between 10 ~ 10:30 a.m.

The meal will include:

Breakfast Casserole

(Sausage, Cheese, Peppers & Green Onions)

Fruit Salad

Mini Bagel w/Cream Cheese

Muffin

&

Orange Juice

Sign up by placing your \$3/Residents - \$6/Guests in an envelope and drop it in the Office Rent Box to the left of the office door. Be sure to write your name on the envelope!



Happy Easter!
Happy Passover!
Happy Spring!



Bunny Basics

Rabbits are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are called bunnies, they are actually kits or kittens. A female rabbit is a doe and a male rabbit is a buck.
- Carrot-crunching rabbits are often shown in cartoons, but the herbivores mainly eat grass, weeds, clover and other plants.
- 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 content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.
- The largest rabbit is the Flemish giant, a domesticated breed that weighs up to 20 pounds and grows 2.5 feet long.



Wit & Wisdom

"The Earth does not belong to us. We belong to the Earth."
 —Chief Seattle

"Whether it's saving the Amazon or just being kind to those around you, we need to take care of each other and Mother Earth."
 —Olivia Newton-John

"This Earth is our only home. Together, we must protect and cherish it."
 —Ban Ki-moon

"I consider the world, this Earth, to be like a school, and our life the classrooms."
 —Oprah Winfrey

"We're all co-travelers on the spaceship Earth and must respect and help each other along the way."
 —Stan Lee

"Try to leave the Earth a better place than when you arrived."
 —Sidney Sheldon

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April				1	GOOD FRIDAY 2	3
					OFFICE CLOSED	
4 	5	6 "The Dry Seasons in Life Do Not Last. The Spring Rains Will Come Again." ~Sarah Ban Breathnach	7	8	9 	10
11	12	13	14 "The Best Way to Renew Thought Is to Go Outside the Human Imagination." ~Bernard Werber	15	16	17 "Genius Is the Ability to Renew One's Emotions in Daily Experience." ~Paul Cezanne
18 "There Are Some Things One Can Only Achieve by a Deliberate Leap in the Opposite Direction." ~Franz Kafka	19	20	21 EXTERMINATOR 9AM	22 	23	24
25	26 	27 "Perhaps the Earth Can Teach Us, As When Everything Seems Dead and Later Proves to Be Alive." ~Pablo Neruda	28	29	30 "You Must Learn a New Way to Think Before You Can Master a New Way to Be." ~Marianne Williamson	

"This Month In History"

APRIL

1934: At 231 mph, the strongest wind ever recorded in the U.S. blows over Mount Washington, N.H. The record is commemorated every April 12, Big Wind Day.

1952: Mr. Potato Head becomes the first toy advertised on television. Its commercials were specifically aimed at children, rather than adults.

1968: Martin Luther King Jr. delivers his "I've Been to the Mountaintop" speech in Memphis, Tenn.

1970: Earth Day is celebrated for the first time. Today, more than 1 billion people in nearly 200 countries take part in the observance.

1991: Billed as "The Battle of the Ages," 28-year-old Evander Holyfield beats 42-year-old George Foreman in a boxing match in Atlantic City, N.J., defending his heavyweight champion title.

2001: As the first paying space tourist, American businessman Dennis Tito reportedly spends \$20 million to ride along on a Russian mission to the International Space Station.

2018: Online streaming music services overtake the sales of CDs and vinyl albums for the first time.