



Interfaith Towers

Community News

March 2022

MANAGER'S CORNER

Spring is in the air, hooray! Warmer days and hopefully pandemic free days are coming!

Again this year, we will be delivering the St. Patrick's Day dinner to all residents who sign up. We are excited to announce that we are planning to resume the monthly Breakfasts in April. As the date approaches we will evaluate the risks and make the final determination to begin these events. We look forward to a time when we can all get together again with no worries.

The last two years have been very trying, but we have weathered through this time, working together to ensure the best outcome. Your cooperation throughout this time was key to our success. We thank you all!

We wish you a happy, healthy month of March!

~Mary & your staff of Interfaith Towers

A Bunch of Blarney

One of Ireland's best-known legends, the Blarney Stone is said to give the "gift of gab"—the ability to charm others with witty words—to all who kiss it. Visitors of Blarney Castle, located in County Cork, must climb 127 steps up a steep spiral staircase, lie down on the floor, and lean backward to land a smooch on the stone, which is embedded in an outer wall 100 feet above the ground.

Rest To Feel Your Best

A fussy child is often a sign they're ready for a nap—and the same is true for adults. Not only do short naps help improve memory and creativity, but they can also lift your mood when you're feeling sad or stressed. Health experts say even if you don't fall asleep, simply resting for a while in a quiet spot with no distractions can calm you down and lower blood pressure.

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



Grant Each Other's Wishes

"Imagine if we were all magical leprechauns, and every wish ever made on a four-leaf clover obliged us to help others obtain their wishes. Now imagine if people simply lived like this were true." —Richelle E. Goodrich



Cheers to Being Cheerful

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.



Trivia Whiz

Spring's Favorite Bird

The red-breasted robin is a familiar sign that spring is coming. Welcome the new season with these rockin' robin facts:

American robins are the largest members of the thrush family of birds, which includes bluebirds and nightingales.

The idiom "the early bird gets the worm" definitely applies to robins. They're often spotted eating earthworms out of the ground during the morning hours.

Impressive singers, robins' best-known tune is their wake-up call of "cheer up, cheer up, cheerily."

Robins build their nests on tree branches and on the ground. Their pale blue eggs are so recognizable that there is a trademarked color called "robin's egg blue."



Happy Birthday

MARCH BIRTHDAYS

March 7	Laura Forman
March 8	Gwendolyn Spencer Taylor
March 9	William Bacon
March 14	Rosetta Roberts
March 18	Dana Cramer
March 30	Stuart Ballinger
March 31	Roger Bronson

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



Memorable Melody: 'When Irish Eyes Are Smiling'

This beloved musical tribute to the Emerald Isle was written by three Americans in 1912, at a time when Irish ballads were enormously popular in the U.S. Chauncey Olcott, George Graff Jr. and Ernest Ball wrote the song for the Broadway play "The Isle O' Dreams," and its lighthearted lyrics and catchy melody appealed to audiences. Along with becoming a St. Patrick's Day standard, the tune has been featured in dozens of Irish-themed films and TV shows.

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.*





Time Change

Daylight saving time begins at 2 a.m. on the second Sunday in March. Be sure to “spring forward” the night before by setting your clocks an hour ahead, and consider going to bed early to help you rise and shine on Sunday morning instead of sleeping in.



Spring Is in the Air

Celebrate the first day of spring on March 20 by spending some time outdoors. Count how many birds you see, look for emerging green grass or flowers, or simply inhale deeply and enjoy the fresh air.

Positive Thought

“An optimist is the human personification of spring.”
~Susan J. Bissonette



St. Patrick’s Day Dinner Delivery

Happy St. Patrick’s Day!

A Corned Beef & Cabbage dinner delivery is planned for Wednesday, March 16th.

The meal will include:

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

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

Cost is \$3/residents and \$10/Guests.

(Limit of one guest per resident)

Sign up in the office by 3/15, the price doubles the day of the event.



Wearing of the Green

It’s hard to imagine a color other than green dominating St. Patrick’s Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad “The Wearing of the Green,” people began displaying the color as an expression of national pride.

Wit & Wisdom

“There is no personal charm so great as the charm of a cheerful temperament.”
—Henry Van Dyke




“Just as the petals of a flower unfold and open to the warmth and light of the sun, so do we unfold and open to the enchantment of charm.”
—Thokoza

“Charm is the ability to make someone else think that both of you are pretty wonderful.”
—Kathleen Winsor

“Without painting, sculpture, music, poetry, and the emotions produced by natural beauty of every kind, life would lose half its charm.”
—Herbert Spencer

“You know what charm is: a way of getting the answer ‘yes’ without having asked any clear question.”
—Albert Camus

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><i>Spring is in the air</i></p>	<p>2</p>	<p>3</p>	<p>4</p> <p>ASH WEDNESDAY</p> <p>LENT BEGINS</p>	<p>5</p> <p>7th Floor Recon 7 a.m.</p>	<p>6</p> <p><i>"If People Did Not Love One Another, I Really Don't See What Use There Would Be in Having Any Spring." ~Victor Hugo</i></p>	<p>7</p>
<p>8</p>	<p>9</p> <p><i>"You Can Cut All the Flowers but You Cannot Keep Spring From Coming." ~Pablo Neruda</i></p>	<p>10</p> <p>12th Floor Inspections 1:30 - 3 P.M.</p>	<p>11</p>	<p>12</p> <p>9th Floor Vents 1 p.m.</p>	<p>13</p> <p><i>Happy Spring!</i></p>	<p>14</p>
<p>15</p> <p> SPRING FORWARD</p>	<p>16</p>	<p>17</p>	<p>18</p> <p>EXTERMINATOR 9AM</p> <p>St. Patrick's Day Dinner Delivery 3 ~ 3:30 p.m.</p>	<p>19</p> <p> HAPPY ST. PATRICK'S DAY</p>	<p>20</p> <p><i>"Spring Shows What God Can Do With a Drab and Dirty World." ~Virgil A. Kraft</i></p>	<p>21</p>
<p>22</p> <p> 1ST DAY OF SPRING</p>	<p>23</p>	<p>24</p> <p>10th Floor Inspections 1:30 - 3 P.M.</p>	<p>25</p> <p><i>"The Deep Roots Never Doubt Spring Will Come." ~Marty Rubin</i></p>	<p>26</p> <p>8th Floor Recon 7 a.m.</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p> <p><i>"Always It's Spring and Everyone's in Love and Flowers Pick Themselves." ~E.E. Cummings</i></p>	<p>31</p>	<p>1</p> <p>7th Floor Vents 1 p.m.</p>	<p><i>March</i></p>		