



Interfaith Towers

Community News

May 2022



Manager's Corner

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. A resounding welcome to the month of May!

The air conditioning contracts are now due. If you have not done so already, please return yours to the office indicating your payment amount for the coming season.

We wish all of our "Moms" a happy, healthy Mother's Day filled with all your favorite things! Enjoy the month of May!

~Mary & your Staff
of Interfaith Towers

Call of Remembrance

The 24 notes that sound out the bugle call known as taps will be played at numerous events this Memorial Day. The solemn melody has been around since the Civil War, when it was adapted from existing bugle calls that signaled the end of the day. Upon hearing the call, soldiers knew to extinguish their lamps and get ready for bed.



Motivation From Mom

"A mother's love is the fuel that enables a normal human being to do the impossible." —Marion C. Garretty

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



Love Your Years

Some of us wish we could avoid getting older, but studies show that with age comes more happiness. Researchers believe reasons for this satisfaction include enjoying life's simple pleasures and having time for personal interests. Happy Older Americans Month of May.



Get a Better Night's Sleep

Ensure more restful sleep by following the 6/30 rule: Avoid caffeine for six hours before bedtime, and say good night to TV, tablet or phone screens 30 minutes before hitting the hay.

Happy Memorial Day!



Trivia Whiz

Two Wheels Are Better Than One

Learning how to ride a bike is a rite of passage for many youngsters, and the skill is often brought to adulthood, with folks cycling to work, as exercise or just for fun!

The first bicycle was invented in 1817 by a German man named Karl von Drais. Called a velocipede (Latin for "swift foot"), it was propelled by the rider's feet on the ground.

Cycling kicked into gear in the late 1800s with the first safety bicycle, the template for modern bikes.

The most famous bike race in the world, the Tour de France, began in 1903.

In the Netherlands, there are more bicycles than people! About a quarter of the Dutch population rides a bike every day.

The average speed on a bike is around 15 mph.



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

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

RESIDENT ADVISOR'S CORNER

*April Showers bring May flowers.
That is what they say.
But if showers turned to flowers,
We'd have a colorful day!*

If you need any assistance, please stop by or call the office to set up an appointment.

~Jessie

Forever in Their Debt

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices." —Harry S. Truman

Welcome Home

5/1 ~ Maria & Bruno Sambolin ~ Apt. 5F

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5/1 ~ Jon Tupper ~ Apt. 8G

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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.*



OMELET BREAKFAST!

An Omelet Breakfast is scheduled for *Friday, May 27th, 9:00 ~ 10:15 a.m.* Breakfast will be available to-go for those not comfortable staying in a congregate setting to eat.

The menu will include:

Omelets

Hash Browns

Mini Bagels w/Cream Cheese

Fresh Fruit

Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than May 26th. Cost for residents is \$3 and \$5 for Guests (must be present). Cost doubles the day of the event.



Be Prepared

It's that time of year when we're getting out and about! While fun is the focus, please be sure to arrive prepared. Some outings require walking and time spent outdoors. Wear proper footwear so that your feet are protected and supported. Be ready for the elements or a change in the weather by wearing layers or bringing along a jacket as well as an umbrella.



Sandwich Luncheon

A Sandwich delivery luncheon is planned for

Friday, May 13, 2022

between 1:00 ~ 1:30 p.m.

The menu will include:

Homemade Chicken Salad Sandwich
Homemade Macaroni Salad & Coleslaw
Pickles
&
Brownies

Purchase your ticket in the office, cost is \$3/Residents and \$6/Guests. Sign up by Thursday, May 12th; cost doubles the day of the event.



It's Nice To Be Neighbors

Did you ever think about how your relationship with your neighbors can impact your quality of life? Creating a community of considerate people is key to a peaceful and enjoyable home. Begin by being the kind of neighbor you would like to have: respectful, kind and generous.

First, you can be friendly, even if you aren't really friends. You don't have to be close to your neighbors to be sociable. Simply greet your neighbors when you see them with a "hello" or a polite wave.

A 2018 survey found that six of the top 10 complaints people have about their neighbors involve noise, whether from music, voices, kids, pets or TVs. Be mindful of the noise coming from your home, especially late at night or early in the morning.

If you'd like to form a closer bond with your neighbors, introduce yourself the next time you cross paths.



Wit & Wisdom

"Happy is the person who knows what to remember of the past, what to enjoy in the present, and what to plan for in the future."
—Arnold H. Glasow





"Sometimes we have to soak ourselves in the tears and fears of the past to water our future gardens."
—Suzy Kassem

"The purpose of thinking about the future is not to predict it, but to raise people's hopes."
—Freeman Dyson

"Every day we write the future. Together we sign it, together we declare it, we share it, for this truth marches on inside each of us."
—Amanda Gorman

"It would be wonderful to think that the future is unknown and sort of surprising."
—Alan Rickman

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>"The Only Person You Are Destined to Become Is the Person You Decide to Be." ~ Ralph Waldo Emerson</i>	3	4	5 11th Floor Recon 7 a.m.	6	7 <i>"There Are Years That Ask Questions and Years That Answer." ~ Zora Neale Hurston</i>
8  Mother's Day	9	10 8th Floor Inspections 1:30 - 3 P.M.	11 <i>"All Things Seem Possible in May." ~ Edwin Way Teale</i>	12 7th Floor Vents 1 p.m.	13 Sandwich Delivery Luncheon 1 ~ 1:30 p.m.	14 
15	16 <i>"Do One Thing Every Day That Scares You." ~ Eleanor Roosevelt</i>	17	18 EXTERMINATOR 9AM	19 12th Floor Recon 7 a.m.	20	21 <i>"Whenever You Find Yourself on the Side of the Majority, It Is Time to Pause and Reflect." ~ Mark Twain</i>
22	23	24 <i>"The Last Days of May Are Among The Longest of the Year." ~ Alice Munro</i> 	25	26 6th Floor Vents 1 p.m.	27 BREAKFAST 9-10:15 am	28
29  MEMORIAL DAY REMEMBER AND HONOR	30 Memorial Day Office Closed	31	