



Interfaith Towers

Community News

February 2023

Manager's Corner

Valentine's Day is coming! It reminds us of all the people we love, especially our residents! We are committed to making your home here as comfortable as it can be! Please don't hesitate to let us know if there's anything we can do to make it even better!

We are almost halfway through the Winter season, let's hope that Punxsutawney Phil does not see his shadow on February 2nd, Groundhog Day, and an early Spring is right around the corner!

Wishing you and yours a happy, healthy month of February!

~Mary & your Staff
of Interfaith Towers



Valentine's Day Treat

Conversation hearts, also known as candy hearts or Sweethearts, date back to the late 1800s when Oliver Chase and his brother Daniel created the sugary treats. They used vegetable dye to print words on what were originally scallop-shaped confections. Phrases were much longer then, with sayings such as "Married in white, you have chosen right" and "How long shall I have to wait? Please be considerate." In 1902, the famous heart shape appeared and simpler prints came out, like the familiar "Be Mine" or "Kiss Me."

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



Super Bowl LVII

Scheduled for Feb. 12 in Glendale, Ariz., Super Bowl Sunday is sure to be loads of fun this year! Prepare your favorite snacks, clear your schedule and safely enjoy the big game.



Journal Prompt: Gratitude

Being thankful can improve your mood and allow you to think more positively in your day-to-day life. Use this journal prompt to reflect on the good stuff: Make a list of seven things you are thankful for, then expand on a different one every day for a week.



Trivia Whiz

Pump Up Your Heart IQ

Hearts, the universal symbol for love, are all around this month. Get pumped up for Valentine's Day with these fun facts!

Romans, Egyptians and Greeks are among the ancient cultures who valued the human heart as a source of emotion.

The familiar heart symbol is believed to have been inspired by plants, including the leaves of water lilies and ivy.

Until the 1400s, the heart symbol was usually portrayed upside-down.

Early in the 16th century, Leonardo da Vinci drew the first known accurate sketch of the human heart.

Most animals only have one heart, but octopuses, squids and cuttlefish have three.

In a deck of cards, the king of hearts is the only king without a mustache.

Happy Birthday

FEBRUARY BIRTHDAYS

| | |
|-------------|-------------------|
| February 1 | David Owens |
| February 1 | Helen Reed |
| February 2 | Barbara De Seta |
| February 10 | Bruno Sambolin |
| February 12 | Bertha McDonald |
| February 14 | Carmen Figueras |
| February 15 | Nancy Greene |
| February 21 | Brigitte Wilson |
| February 23 | Carolyn Gonzalez |
| February 27 | Ernesto Melgarejo |

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

Presidents Day Reminder

We want to remind everyone that our office will be closed on Presidents Day.



RESIDENT ADVISOR'S COLUMN

I'd like to take a moment to wish all of our residents Happy Valentine's Day. I hope your holiday is filled with love and sweet treats. Stop by or call the office if you need to set up an appointment with me. ~Jessie



Welcome Home

2/1 ~ Norma Byrd ~ Apt. 101

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

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

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



Love Is All Around

"When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected." —Laverne Cox



Daily Lunch Program

D.C. Office for the Aging offers home-delivered meals at noon, Monday through Friday. Residents must register with the Office for the Aging.

Congregate meals are available Monday-Friday at noon in the Community Room. Suggested donation is \$3.00. Congregate meal sign-up sheets are on the left side bulletin board as you enter the Community Room. Please be sure to sign up before noon the day before the meal you select.



PANCAKE BREAKFAST

A Pancake Breakfast is scheduled for *Friday, February 24th, 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:

- Pancakes**
- Scrambled Eggs**
- Bacon & Sausage**
- Fresh Fruit**
- Pastry**
- Orange Juice, Coffee & Tea**

Purchase your ticket in the office no later than February 23rd. Cost for residents is \$3, and \$5 for guests (Must be present). Cost doubles the day of the event.



Sealed With a Kiss

Introduced in 1907, Hershey's Kisses are now one of the most popular candies purchased for Valentine's Day. To meet Cupid's demands, it's estimated that more than 750 million of the little chocolate drops are produced for the holiday.



Pizza & Salad Lunch Delivery

A Pizza & Salad Lunch delivery is planned for Thursday, February 16th, between 1:00 and 1:30 p.m.

Lunch will include:

- 2 Slices of Cheese Pizza**
- Caesar Salad**
- &**

Homemade Cheesecake

Sign up in the office, tickets cost \$3 Residents / \$6 Guests.



Laugh Lines: Erma's Observations

Erma Bombeck saw the humor in everyday life and wrote about it as a newspaper columnist and bestselling author. Celebrate her birthday, Feb. 21, with a look back at some of her witty writing.

On marriage. "One never realizes how different a husband and wife can be until they begin to pack for a trip."

"A friend never defends a husband who gets his wife an electric skillet for her birthday."

On motherhood. "I take a very practical view of raising children. I put a sign in each of their rooms: 'Checkout time is 18 years.'"

"When a child is locked in the bathroom with water running and he says he's doing nothing but the dog is barking, call 911."

"Grandparenthood is one of life's rewards for surviving your own children."



Wit & Wisdom

"Diamonds are nothing more than chunks of coal that stuck to their jobs."
—Malcolm Forbes

"True friends are like diamonds—bright, beautiful, valuable and always in style."
—Nicole Richie



"The hues of the opal, the light of the diamond, are not to be seen, if the eye is too near."
—Ralph Waldo Emerson

"Better a diamond with a flaw than a pebble without."
—Confucius

"I never worry about diets. The only carrots that interest me are the number you get in a diamond."
—Mae West

"The hardness of a diamond is part of its usefulness, but its true value is in the light that shines through it."
—B.K.S. Iyengar

February 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---------------|--|---|--|-----------------------------------|---|---|
| <p><i>American</i> HEART MONTH♥</p> | | | 1 | GROUNDHOG DAY | 2 | 3 | 4 |
| | | | 5 | 6 | 7 | 8 | 9 |
| 5 | SEP 9 a.m. | | 11th Floor Inspections 1:30 - 3 p.m. | 11th Floor Vents 1 p.m. | SEP 9 a.m. |  | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
| LINCOLN'S BIRTHDAY | SEP 9 a.m. |  | EXTERMINATOR 9 a.m. | 8th Floor Recon 7 a.m. ~~~~~ Pizza & Salad Lunch Delivery 1 ~ 1:30 p.m. | SEP 9 a.m. | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| Presidents Day | OFFICE CLOSED | | WASHINGTON'S BIRTHDAY ASH WEDNESDAY | 10th Floor Vents 1 p.m. | Pancake Breakfast 9 - 10:15 am | | |
| 26 | 27 | 28 | <p>♥♥♥ FEBRUARY ♥♥♥</p> | | | | |
| | SEP 9 a.m. | | | | | | |