



Interfaith Towers

Community News

March 2023

Manager's Corner

Spring is almost here! The spring equinox usually falls between March 19 and 21. This year, spring starts on March 20, and with it comes new beginnings. Take this opportunity to restart forgotten resolutions, begin a new journey you've been putting off or spruce up your home for a fresh feel.

We have had a resurgence of Covid-19 among residents and staff. Please continue to wear a face mask in common areas and wash your hands with soap and water regularly to reduce the spread.

Wishing you all a happy & healthy Spring!

~Mary and your Staff of Interfaith Towers

Learn About Loved Ones

March 20 is World Storytelling Day. Gather family and friends and share a story from your life, whether small or momentous. Then, give each of them the spotlight to do the same while you listen.



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.

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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

- Staff**
- Mary Scilleppi**
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



Time for Tulips

A signal of spring's arrival is the annual appearance of tulips, one of the most popular flowers. After bulbs are planted in the fall and spend the winter being dormant, their perfectly shaped petals, atop long green stems, emerge as show-stopping blooms.



Trivia Whiz

Mad for March Madness

From bragging rights to busted brackets, college hoops will be the center of many discussions this month as the NCAA Division I basketball tournament gets underway. Here's some trivia to add to your tourney talk:

The tournament debuted in 1939. Only eight teams competed, with Oregon defeating Ohio State.

The phrase "March Madness" was first used to describe the tournament in 1982, by sportscaster Brent Musburger.

Predicting the winner of each game by filling out a bracket is popular, even for folks who don't usually watch basketball. Over 35 million people participate in the activity every March.

UCLA has won the tournament 11 times, more than any other school.



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!

Wearing of the Green

If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.



March Weather Folklore

According to an old saying, "March comes in like a lion and goes out like a lamb." Weather folklore often illustrated balance in nature, so if the month roared in with storms, then it should end on a calm, docile note. Since March marks the end of winter and the beginning of spring, this prediction can be true at times, but for parts of the country, elements of both seasons can be felt throughout the month.

RESIDENT ADVISOR'S COLUMN

A fashion fad from the past, fanny packs are back in style. The fabric pouches worn around the waist are convenient for carrying items hands-free, and now they're also being used to help others. In an effort to battle world hunger, International Fanny Pack Day, the second Saturday in March, encourages volunteers to wear fanny packs full of snacks to hand out to people in need.

~Jessie



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, March 31st, 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

March 30th. Cost for residents is \$3, and \$5 for guests (Must be present). Cost doubles the day of the event.

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Heralds of Happiness

Songs have been sung about them, and poems written about them. Bluebirds have been longtime symbols of happiness in many cultures and are often associated with the renewal of the spring season. Eastern, mountain and western are the three species of this native North American bird, and all of them display bright blue feathers and chirp a cheerful song.



St. Patrick's Day Dinner Delivery

Happy St. Patrick's Day!

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

The meal will include:

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

Delivery of the meal will be between 2:30 ~ 3:00 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.



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.



Wit & Wisdom

"Magic carpets do exist, but they are called library cards."
—Firoozeh Dumas

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."
—Colin Powell






"There are two magic words to get what you want: please and Grandma."
—Jeff Keane

"Real magic in relationships means an absence of judgment of others."
—Wayne Dyer

"So why not live with the magic? Be a kid again and believe in the fantastical. Life is more fun with a little smoke and mirrors."
—L.H. Cosway

"Magic will find those with pure hearts, even when all seems lost."
—Morgan Rhodes

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				7th Floor Recon 7 a.m.	SEP 9 a.m.	<i>"When You Have a Dream, You've Got to Grab It and Never Let Go."</i> ~Carol Burnett
5	6	7	8	9	10	11
<i>"The Bad News Is Time Flies. The Good News Is You're the Pilot."</i> ~Michael Altshuler	SEP 9 a.m.		10th Floor Inspections 1:30 - 3 p.m.	9th Floor Vents 1 p.m.	SEP 9 a.m.	<i>"It Is During Our Darkest Moments That We Must Focus to See the Light."</i> ~Aristotle
12	13	14	15	16	17	18
	SEP 9 a.m.	<i>"You Are Never Too Old to Set Another Goal or to Dream A New Dream."</i> ~Malala Yousafzai	EXTERMINATOR 9 a.m.	6th Floor Recon 7 a.m. St. Pat's Dinner Delivery 2:30 - 3:00 pm	St. Patrick's Day SEP 9 a.m.	
19	20	21	22	23	24	25
			<i>"At the End of the Day, Whether or Not Those People Are Comfortable With How You're Living Your Life Doesn't Matter. What Matters Is Whether You're Comfortable With It."</i> ~Dr. Phil	8th Floor Vents 1 p.m.	SEP 9 a.m.	
26	27	28	29	30	31	
	SEP 9 a.m.			5th Floor Recon 7 a.m.	Pancake Breakfast 9 - 10:15 am	<i>"Do Not Allow People to Dim Your Shine Because They Are Blinded. Tell Them to Put Some Sunglasses On."</i> ~Lady Gaga