



# Interfaith Towers

Community News

May 2023

## Manager's Corner

From blooming flowers to fresh-cut grass, the scents of spring are in the air! 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

### Pay It Forward

Random acts of kindness can make someone's day. Say a simple hello to a stranger, leave a handful of quarters at the laundromat, or deliver treats to a hospital, the fire station or your favorite library.

## Thank You!

### SPONSOR OF THE MONTH

*Our sincere thanks to the  
Sponsor of the Month*

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### COMMUNITY HOME HEALTH CARE

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Community Home Health Care is a licensed home care agency that offers quality healthcare at home to both patients and seniors in need of personal assistance.

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A representative will be present during the month of May, dates to be posted in the elevator.



### 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



### Run for the Roses

Among the many traditions of the annual Kentucky Derby is the blanket of red roses that's draped over the winning horse. The flower garland, which gives the race its nickname of "Run for the Roses," is made with over 400 blooms that are hand sewn together.





## Trivia Whiz

### A Dash of Derby Details

The first Saturday in May hosts the longest-running sporting event in the country, the Kentucky Derby. Since 1875, jockeys and their horses have been gathering at the Churchill Downs racecourse in Louisville for a 1 1/4-mile dash to the finish line. Saddle up for these fun facts:

Thoroughbreds that enter the race must be 3 years old.

A blanket of roses is draped over the winner; made of more than 400 roses, the blanket weighs about 40 pounds.

Secretariat, who won the race in 1973, still holds the record for the fastest Derby finish at 1:59.4.

The current purse for the Derby is \$3 million, with \$1.86 million going to the first-place winner.

Starting lanes No. 5 and No. 10 are the luckiest.



### MAY BIRTHDAYS

May 1	David Baldrich
May 1	Phyllis Tyme
May 10	John Wassmer
May 11	Deborah DiDomenico
May 13	Francisco Flores
May 16	Larry Johnson
May 19	Randolph Green
May 23	Sheila Drew
May 23	Lorraine Mondo
May 29	Zhhamenique Rosé
May 29	William Trowbridge
May 31	Talbot Johnson

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

### RESIDENT ADVISOR'S COLUMN

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated. If you need to make an appointment please call or stop by the office.

Jessie



### It's Strawberry Season

The first fruit to ripen in spring, fresh strawberries are a sweet favorite. The average person in America eats more than 3 pounds of them each year. But it only takes a few to get a taste of their benefits. One serving, about eight strawberries, packs more vitamin C than an orange.

### Keep a Quote Jar

Record memorable moments in your life with a quote jar. Whenever you or someone you know offers words of wisdom or tells a funny story, write the comments on a slip of paper and place it in a pretty jar. Be sure to note where each quote came from. Every once in a while, empty your jar and read the quotes aloud. You'll be inspired all over again!

### 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.

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### **PANCAKE BREAKFAST**

A Pancake Breakfast is scheduled for *Friday, May 26th, 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 May 25th. Cost for residents is \$3, and \$5 for guests (Must be present). Cost doubles the day of the event.



### **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.



### **May Brunch Delivery**

A Brunch delivery is planned for *Friday, May 12, 2023* between 10:30 ~ 11:00 a.m.

The menu will include:

- Quiche Lorraine**
- Potato Casserole**
- Breakfast Sausages**
- Fruit Salad**
- &**
- Blueberry Muffins**

Purchase your ticket in the office, cost is \$3/Residents and \$6/Guests. Sign up by Thursday, May 11th; cost doubles the day of the event.



### **Hugs and Quiches**

Endlessly customizable, a quiche is the perfect dish for breakfast, brunch, lunch or dinner. Don't let the fancy French name fool you—this savory tart is quick to put together and calls for basic ingredients like eggs, milk and cheese, plus the proteins or vegetables of your choosing. For convenience, you can use a frozen pie crust and prepare the quiche the day before you plan to serve it. A quiche is a great method of sneaking in veggies, and mini versions, made in a muffin tin, are fun for all ages to eat!



### **Wit & Wisdom**

"Green is the prime color of the world, and that from which its loveliness arises."  
—Pedro Calderon de la Barca

"Nature's first green is gold."  
—Robert Frost






"Green is the fresh emblem of well-founded hopes. In blue the spirit can wander, but in green it can rest."  
—Mary Webb

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon."  
—Doug Larson

"I just need green. I need to wake up and see grass and squirrels."  
—Andre Leon Talley

"For still there are so many things that I have never seen: In every wood in every spring there is a different green."  
—J.R.R. Tolkien

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2</p> <p>"Blossom by Blossom the Spring Begins." ~Algernon Charles Swinburne</p>	<p>3</p>	<p>4</p> <p>9th Floor Vents 1 p.m.</p>	<p>5</p> 	<p>6</p>	
<p>7</p> <p>"In the Spring, At the End of the Day, You Should Smell Like Dirt." ~Margaret Atwood</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p> <p>2nd Floor Recon 7 a.m.</p>	<p>12</p> <p><b>BRUNCH DELIVERY</b></p> <p>Brunch Delivery 10:30 - 11:00</p>	<p>13</p> <p>"It Is Spring Again. The Earth Is Like a Child That Knows Poems by Heart." ~Rainer Maria Rilke</p>
<p>14</p>  <p>Mother's Day</p>	<p>15</p> <p>"Nature Gives to Every Time and Season Some Beauties of Its Own." ~Charles Dickens</p>	<p>16</p> <p>8th Floor Inspections 1:30 - 3 p.m.</p>	<p>17</p> <p><b>EXTERMINATOR</b> 9 a.m.</p>	<p>18</p> <p>5th Floor Vents 1 p.m.</p>	<p>19</p>	<p>20</p>  <p>ARMED FORCES DAY</p>
<p>21</p>	<p>22</p>	<p>23</p> <p>"Spring Is When You Feel Like Whistling, Even With a Shoe Full of Slush." ~Doug Larson</p>	<p>24</p>	<p>25</p> <p>1st Floor Recon 7 a.m.</p>	<p>26</p> <p>Pancake Breakfast 9 - 10:15 am</p>	<p>27</p>
<p>28</p>  <p>MEMORIAL DAY REMEMBER AND HONOR</p>	<p>29</p> <p><b>OFFICE CLOSED</b></p>	<p>30</p>	<p>31</p> <p>"Spring Unlocks the Flowers to Paint the Laughing Soil." ~Bishop Reginald Heber</p>	