

Interfaith Towers

Community News

February 2024

Manager's Corner

Valentine's Day is just around the corner! 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 also right around the corner!

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

~Mary & your Staff
of Interfaith Towers

Rental Payments

Gentle Reminder to our Residents:
Please make all Rental Payments payable to:

Sixty-Six Washington St., Inc.

or

66 Washington St., Inc.

If payments are not properly made out for any reason they will be returned to you for correction.

Thank you.



Awaiting the Season's Change

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." —Patience Strong



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



Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.



Kick Out Your Feet for Better Sleep

Your feet may be the key to a better night's sleep. The National Sleep Foundation says keeping one foot outside the covers can help your body maintain a lower temperature, which allows you to fall asleep faster and enjoy a deeper doze.

HAPPY VALENTINE'S DAY!



Trivia Whiz

Learn About Leap Year

The 29th day of February is known as Leap Day. A year with this extra day is called a leap year—and 2024 is one of them! Learn more about this timely phenomenon.

Though a calendar year is 365 days, the Earth actually takes 365 days, 5 hours, 48 minutes and 45 seconds to completely orbit the sun. Without Leap Day, every year would be missing six hours.

Leap years help the seasons stay consistent. Without them, eventually August would be a spring month!

Roman leader Julius Caesar created the first Leap Day around 45 B.C.

There is a one in 1,461 chance of being born on Leap Day; these babies are known as “leapers” or “leaplings.”



FEBRUARY BIRTHDAYS

February 1	David Owens
February 1	Helen Reed
February 2	Barbara De Seta
February 10	Bruno Sambolin
February 12	Bertha McDonald
February 15	Nancy Greene
February 21	Brigitte Wilson
February 23	Carolyn Gonzalez
February 24	Shahrbanoo Bagherian

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

RESIDENT ADVISOR'S COLUMN

Before he emerges from his burrow to predict the arrival of spring, America's most famous groundhog, Punxsutawney Phil, spends the winter in a deep snooze. During the mammal's annual hibernation, its body temperature drops from 99 to 37 degrees, and its heart rate slows from 80 to about five beats per minute. If you need to set up an appointment call or stop by the office. ~Jessie



Welcome Home

2/1 ~ Francisca Fontanez~ Apt. 10I

2/1 ~ Anthony Fitzgerald ~ Apt. 3C

Wishing you many years of good health & happiness in your new home!

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



A Little Self-Love

“To fall in love with yourself is the first secret to happiness.” —Robert Morley

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.





OMELET BREAKFAST!

An Omelet Breakfast is scheduled for
Friday, February 23rd
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

Thursday, Feb. 22nd. Cost for residents is \$3, and \$5 for Guests (Must be present.).

Cost doubles the day of the event.



Black History Month

Each February, Americans celebrate Black History Month. This tribute dates back to 1926 and is credited to Harvard scholar Dr. Carter G. Woodson. The observance originally ran one week and included the birthdays of Frederick Douglass and Abraham Lincoln. Since 1976, the contributions of African-Americans have been celebrated for the entire month of February.



SOUP & SANDWICH LUNCH DELIVERY

A Soup and Sandwich Delivered lunch is planned for Thursday, February 15th, between 1:00 and 1:30 p.m.

Lunch will include:

Homemade

Split Pea Soup,

Croutons,

Ham Salad Sandwich

&

Brownies

Be sure to sign up in the office by 2/14/24!

Tickets cost \$3 Residents / \$6 Guests.
Cost double the day of the event.

The Only One

With only 28 days in common years, February is the only month that can pass without a single full moon.



Wit & Wisdom

“How sweet the words of truth, breathed from the lips of love.”
—James Beattie

“Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold.”
—Judith Olney






“What’s in a name? That which we call a rose by any other name would smell as sweet.”
—William Shakespeare

“The road to greatness is often sought, but if journeyed with kindness, it is sweetly paved.”
—Tom Althouse

“Connecting our hearts through love yields a nectar so sweet we are forever full.”
—Amy Leigh Mercree

“Be sweet, be good, and honest always.”
—Emma Bunton

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8th Floor Recon 7 a.m.	2 	3
4 	5	6 "Love Is Like the Wind, You Can't See It but You Can Feel It." ~Nicholas Sparks	7	8 11th Floor Vents 1 p.m.	9	10 "Being Deeply Loved by Someone Gives You Strength, While Loving Someone Deeply Gives You Courage." ~Lao Tzu
11	12 LINCOLN'S BIRTHDAY	13 	14 Ash Wednesday Happy Valentine's Day!	15 7th Floor Recon 7 a.m. Soup & Sandwich Lunch Delivery 1:00 - 1:30 pm	16 "We Accept the Love We Think We Deserve." ~Stephen Chbosky	17 
18 "A Friend Is Someone Who Knows All About You and Still Loves You." ~Elbert Hubbard	19 PRESIDENTS DAY OFFICE CLOSED	20	21 EXTERMINATOR 9 a.m.	22 WASHINGTON'S BIRTHDAY 10th Floor Vents 1 p.m.	23 Omelet Breakfast 9 - 10:15 am	24
25	26	27 "You Know You're in Love When You Can't Fall Asleep Because Reality Is Finally Better Than Your Dreams." ~Dr. Seuss	28	29 6th Floor Recon 7 a.m.	