



# Interfaith Towers

Community News

February 2025



## Manager's Corner

Happy February! Valentine's Day is just around the corner! We're planning a get-together to celebrate! We hope you'll join us for Pizza Bingo in the Community Room on February 14th from 1:00-2:30 p.m. It's been a while since our last in-person event, so, hopefully, we're ready to resume them.

We are almost halfway through the Winter season. Let's hope that Punxsutawney Phil does not see his shadow on Groundhog Day, and that Spring is also right around the corner!

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

~Mary & your Staff  
of Interfaith Towers



### Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

### Staff

**Mary Scilleppi**  
Property Manager  
**Linda Gorzka**  
Administrative Assistant  
**Jessica DeGarmo**  
Resident Advisor  
**Roy Charter**  
Superintendent  
**Timothy Evans**  
Superintendent Assistant

### 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

### EMAIL

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### February Forecast

Feb. 2 is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner.



### Super Food: Wild Rice

Wild rice is high in protein and fiber, and low in fat. Since it is a grass, it is also gluten-free and easier to digest than most grains. Wild rice is higher in antioxidants, magnesium and B vitamins than brown rice. Its nutty, slightly sweet flavor is a great addition to soups and vegetable dishes.



## Trivia Whiz

### Logos of Love

Symbols for love and romance are everywhere we look: in fine art and magazines, on billboards and greeting cards, and even on our clothes.

The Romans believed diamonds, worn to symbolize eternal love, were splinters of fallen stars. The first diamond engagement ring can be traced to the 15th century.

The personification of love and courtship, Cupid is depicted with a bow and quiver of arrows. The notion that being hit by Cupid's arrow will make the victim fall in love comes from the myth of Cupid and Psyche.

Likely the most common symbol for love is the heart. At one time, scholars believed the heart was the seat of all human emotions. Giving a heart meant giving everything to someone you love.



### 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 15 | Pauline Hanniford   |
| February 16 | Kevin Windley       |
| February 22 | Francisca Fontanez  |
| February 23 | Carolyn Gonzalez    |
| February 24 | Shahrbano Bagherian |

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

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### RESIDENT ADVISOR'S COLUMN

Chocolate-covered strawberries are a sweet treat this time of year. It's a combination that was created in the 1960s. At a Chicago food shop, Lorraine Lorusso had the idea to dip fresh strawberries into melted chocolate and then let them harden. The pairing proved to be a hit with customers, and the confection became a craze that's now a classic Valentine's Day dessert. Call to set up an appointment with me. Jessie



### PIZZA BINGO!

Let's get together!

A Pizza Bingo is planned for Friday, February 14th from 1:00-2:30 p.m.

Our Lunch will include:

**2 slices of Pizza**  
**Caesar Salad**  
**Brownies**  
**&**  
**Soda,**

Followed by several games of Bingo for spectacular prizes! Be sure to sign up in the office by 2/13/25!

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

### 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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**A Presidential Month**

Two of America’s most famous leaders, first President George Washington and 16th President Abraham Lincoln, were born in February, contributing to the establishment of Presidents Day. The federal holiday on the third Monday of the month celebrates all U.S. presidents. Two other chief executives were also born in February: William Henry Harrison and Ronald Reagan.



**Pizza’s Special Day**

Celebrate the cheesy, saucy delight that is pizza on Feb. 9, National Pizza Day. In the U.S., 350 slices of pizza are consumed every second, and 93% of Americans order pizza at least once a month. Cheese or pepperoni are the most common pizza toppings, but some people choose to dress their pies with fruit, eggs, pickles or mac and cheese. Mix it up or stick to your usual this National Pizza Day!



**OMELET BREAKFAST!**

An Omelet Breakfast is scheduled for *Friday, February 28th*  
*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

February 27th. Cost for residents is \$3, and \$5 for Guests (Must be present.). Cost doubles the day of the event.



**Wit & Wisdom**

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

“How you love yourself is how you teach others to love you.”  
—Rupi Kaur

“If you have the ability to love, love yourself first.”  
—Charles Bukowski

“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.”  
—Lucille Ball

“It is only when you have mastered the art of loving yourself that you can truly love others.”  
—Robin Sharma

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”  
—Buddha

**Welcome Home**

2/1 ~ Kenneth Taylor ~ Apt. 8L

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

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# February 2025

Sunday

Monday

Tuesday

Wednesday





Thursday

Friday

Saturday



February

|                                                                                                                      |                                                                        |                                                                                                              |                                                                                                         |                                             |                                        |                                                                                            |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------|--------------------------------------------------------------------------------------------|
|                                                                                                                      |                                                                        |                                                                                                              |                                                                                                         |                                             |                                        | 1                                                                                          |
| 2<br>                                | 3                                                                      | 4<br>"Though February Is Short, It Is Filled With Lots of Love and Sweet Surprises."<br>— Charmaine J. Forde | 5                                                                                                       | 6<br>7th Floor Hallway Cleaning<br>11 a.m.  | 7                                      | 8                                                                                          |
| 9                                                                                                                    | 10                                                                     | 11<br>11th Floor Inspections<br>1:30 - 3 p.m.                                                                | 12<br>Lincoln's Birthday                                                                                | 13<br>10th Floor Vents<br>11 a.m.           | 14<br>Pizza Bingo<br>1:00 ~ 2:30 p.m.  | 15<br> |
| 16                                                                                                                   | 17<br>Presidents Day<br><br>OFFICE CLOSED                              | 18                                                                                                           | 19<br>EXTERMINATOR<br>9 a.m.<br><br>ROVER<br>THE ROAMING<br>LIBRARY<br>Community Room<br>1:30 - 3:00 PM | 20<br>6th Floor Hallway Cleaning<br>11 a.m. | 21                                     | 22<br>Washington's Birthday                                                                |
| 23<br>American<br>HEART<br>MONTH  | 24<br>"Don't Let Yesterday Take Up Too Much of Today."<br>—Will Rogers | 25                                                                                                           | 26                                                                                                      | 27<br>9th Floor Vents<br>11 a.m.            | 28<br>Omelet Breakfast<br>9-10:15 a.m. |       |