



# Interfaith Towers

Community News

May 2025

## Manager's Corner

It's that time of year when we're getting out and about! Be sure to arrive prepared. Some outings require walking and time spent outdoors. Wear proper footwear so that your feet are protected and supported. Be ready for the elements or a change in the weather by wearing layers or bringing along a jacket as well as an umbrella. Like many other in our lives today, this Spring has also been very unpredictable!

Wishing you and yours a happy healthy month of May!

~Mary & your Staff  
Of Interfaith Towers



### A Good Night's Sleep

For many, the challenge of getting a good night's sleep doesn't lie in falling asleep; it's staying asleep that's the problem. If you find yourself waking up alert far too early, consider the 4-7-8 deep breathing technique to relax back into the zzzs you need. Inhale through the nose for four seconds; hold that inhale for seven seconds; and then exhale through the mouth for eight seconds.



### A Hero

"I think of a hero as someone who understands the degree of responsibility that comes with his freedom." —Bob Dylan

### Staff

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

- [interfaithtowers@aol.com](mailto:interfaithtowers@aol.com)
- [interfaithtowers@gmail.com](mailto:interfaithtowers@gmail.com)



### Honoring Nurses

The important role of nurses in health care is recognized during National Nurses Week, beginning May 6. The annual celebration ends May 12, the birthday of Florence Nightingale, founder of the modern nursing profession.



### Salute America's Military

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day. Take the time this month to honor the men and women in uniform, past and present, and their families.





### **PANCAKE BREAKFAST**

A Pancake Breakfast is scheduled for **Friday, May 30th**  
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 Thursday, May 29th. Cost for residents is \$3, and \$5 for guests (Must be present). Cost doubles the day of the event.



### **Donate Your Old Glasses**

During Healthy Vision Month in May, help those around the world living with impaired sight. You can donate eyeglasses, readers and sunglasses that you no longer use to nonprofit groups that distribute them to those in need. The Lions Club service organization provides drop boxes at locations in their communities, and many retail store optical centers will take your donations.



### **A Flower for Moms**

Because of its beauty, hardiness and prevalence, the carnation is regarded as the official flower of Mother's Day. The holiday's founder, Anna Jarvis, chose the frilly, fragrant bloom because it was her mother's favorite flower, and 500 white carnations were handed out at the first Mother's Day observance in 1908.

### **Spring Scents**

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.



### **Wit & Wisdom**

"The butterfly counts not months but moments, and has time enough."  
—Rabindranath Tagore

"Just as the bird sings or the butterfly soars, because it is his natural characteristic, so the artist works."  
—Alma Gluck

"Literature and butterflies are the two sweetest passions known to man."  
—Vladimir Nabokov

"Love is like a butterfly, a rare and gentle thing."  
—Dolly Parton

"I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man?"  
—Zhuang Zhou

# May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
 <h1>MAY</h1> 				1st Floor Hallway Cleaning 11 a.m.		<i>"As Full of Spirit as the Month of May, And as Gorgeous as the Sun in Midsummer."</i> ~William Shakespeare
4	5	6	7	8	9	10
	<i>"May Is a Month of Rebirth, of Renewed Vitality and Energy."</i> ~Lailah Gifty Akita	8th Floor Inspections 1:30 - 3 p.m.		4th Floor Vents 11 a.m.	<i>"May the Month of May Be a Month of Sunshine, Happiness, And Endless Blessings."</i> ~Unknown	
11	12	13	14	15	16	17
		<i>"May Is the Month of Expectation, The Month of Wishes, The Month of Hope."</i> ~Emily Brontë		12th Floor Hallway Cleaning 11 a.m.		
18	19	20	21	22	23	24
			<b>EXTERMINATOR</b> 9 a.m.  <b>ROVER THE ROAMING LIBRARY</b> Community Room 1:30-3:00 PM	3rd Floor Vents 11 a.m.	<i>"The Month of May Is the Gateway to Summer."</i> ~Jean Hersey	
25	Memorial Day 26	27	28	29	30	31
	OFFICE CLOSED		<i>"The World's Favorite Season Is the Spring. All Things Seem Possible in May."</i> ~Edwin Way Teale	11th Floor Hallway Cleaning 11 a.m.	Pancake Breakfast 9-10:15 a.m.	