



Interfaith Towers

Community News

April 2026

Manager's Corner

After writing this column for the last 380+ months, it is with a tinge of sadness that I pen my last one. Since we write the newsletter the month prior, Jessie will begin her chapter writing the opening column of your monthly newsletter in May. As I pass her the torch, I am confident that she will have a long, successful chapter in this new position. Her kindness, compassion and vast expertise and experience will serve her well as she begins her new position as the Manager of Interfaith Towers Apartments. It has truly been an honor to serve this unique community as Manager for the last 31 years. As Director of Fundraising, I will continue my mission to make Interfaith Towers a community for all residents to proudly call "home".

With Love and Appreciation,
Mary

Stop the Sneezes

Those who suffer from seasonal allergies should keep windows closed, avoid being outdoors between 5 and 10 a.m. when pollen counts are at their highest and stay away from freshly cut grass.



A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

The Power of Pecans

Celebrate National Pecan Month in April with a handful of these nutritious nuts. Rich in antioxidants and more than 19 vitamins and minerals, pecans are an excellent heart-healthy snack. Studies show that pecans may also help lower the risk for age-related diseases such as Alzheimer's, Parkinson's and Lou Gehrig's disease.

Staff

Jessica DeGarmo

Manager

Mary Scileppi

Director of Fundraising

Dylan Storms

Superintendent

Timothy Evans

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

interfaithtowers@gmail.com



Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to reduce pain and boost immunity.

Cracking a Joke

Q. What do you call a mischievous egg?

A. A practical yolker.





Wit & Wisdom

“The Earth does not belong to us. We belong to the Earth.”
—Chief Seattle

“Whether it’s saving the Amazon or just being kind to those around you, we need to take care of each other and Mother Earth.”
—Olivia Newton-John

“This Earth is our only home. Together, we must protect and cherish it.”
—Ban Ki-moon

“I consider the world, this Earth, to be like a school, and our life the classrooms.”
—Oprah Winfrey

“Once you’ve been in space, you appreciate how small and fragile the Earth is.”
—Valentina Tereshkova

“The Earth is a very small stage in a vast cosmic arena.”
—Carl Sagan

APRIL BIRTHDAYS

- April 5 Rose Hart
- April 6 Steven Green
- April 6 Barbara Williams Brown
- April 12 Lewis Hendrix
- April 12 Michael May
- April 15 Jessica DeGarmo
- April 16 Leila Moody
- April 16 Glaister Murray
- April 17 Patricia Morzan
- April 19 Stanley Washington
- April 20 Mary Souser
- April 24 Carol Pitcher
- April 26 Cristina Colaizzi
- April 27 Christiana Carvajal
- April 29 Maria Sambolin

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

RESIDENT ADVISOR’S COLUMN

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools’ Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!



Welcome Home

Patricia Healy ~ Apt. 6B

Jacqueline Horace ~ Apt. 3i

David Jenkins ~ Apt. 3K

Debra Webb ~ Apt. 4H

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

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.





OMELETTE BREAKFAST

An Omelette Breakfast is scheduled for

Friday, April 24th

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:

Omelettes

Hash Browns

Fresh Fruit

Mini Bagels & Cream Cheese

Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than Thurs., Apr. 23rd. Cost is \$3/Resident & \$6 /Guests.

Sign up early, the cost doubles the day of the breakfast!

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Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.



Spring Brunch

A Spring Brunch is planned for Thursday, April 9th, at 1:00 p.m.

Brunch will include:

Quiche Lorraine

Baked Ham & Sausage

Potato Casserole

Fruit Salad

Blueberry Bread

&

Orange Juice, Coffee & Tea

Sign up in the office by 4/8. Tickets cost \$3 Residents / \$6 Guests (must be present). Cost doubles the day of the event.



AIR CONDITIONER CONTRACTS

It is once again time to submit your air-conditioner contracts for the coming season. The contract season begins May 1st and runs through the end of October. Contracts are due in the office by the end of April and the surcharges begin May 1st. If you have any questions, stop by or call the office and we will be happy to assist you.



Laugh Lines

Here are some corny bird puns that are so funny, you won't be able to stop raven about them! Don't egret missing these!

Someone has been robin banks lately. The police need help to quack the case.

Did you hear about the woodpecker who found some really firm bark? It was im-peck-able.

A restaurant tried adding pelican burgers to its menu, but the meal's big bill ruffled some feathers.

My friend was keeping a sick bird in his house, but then he was told that it was ill eagle.

The neighbors asked me to watch their pet parrot while they were on vacation, but it was too much of a bird-en.

Watching chicks hatch is so egg-sighting!

Toucan play at this game! Can you think of any bird puns?

