



# Interfaith Towers

Community News

May 2026

## Manager's Corner

Spring has been here for a while now, and it is wonderful to see the flowers finally blooming! As we all know, this season can be very unpredictable, so it's important to arrive prepared when you're heading out and about. To stay comfortable during those sudden changes in the weather, we recommend dressing in layers and always bringing along an umbrella. Being ready for the elements means you can truly enjoy your time outdoors without a worry.

Wishing you and yours a happy and healthy month of May. Let's make the most of this beautiful, surprising Spring!

—Jessie

### A Splendid Gift

"Live life when you have it. Life is a splendid gift—there is nothing small about it."

—Florence Nightingale



### Moment of Remembrance

Established by Congress in 2000, the National Moment of Remembrance on Memorial Day encourages us to honor those who have died in service to the country. People throughout the nation are asked to pause wherever they are at 3 p.m. local time for one minute of silence.

### 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

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### Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.



### Walk It Off

May is Osteoporosis Awareness and Prevention Month, American Stroke Month and Better Hearing Month. Research links regular walking to reduced risk for all three of these conditions. Talk to your health care provider about what works best for you.



## Wit & Wisdom

“Being a mother is learning about strengths you didn’t know you had.”  
—Linda Wooten

“It may be possible to gild pure gold, but who can make his mother more beautiful?”  
—Mahatma Gandhi

“There’s no way to be a perfect mother and a million ways to be a good one.”  
—Jill Churchill

“When you look at your mother, you are looking at the purest love you will ever know.”  
—Mitch Albom

“When your mother asks, ‘Do you want a piece of advice?’ it is a mere formality. It doesn’t matter if you answer yes or no. You’re going to get it anyway.”  
—Erma Bombeck

# Happy Birthday

## MAY BIRTHDAYS

May 1	Phyllis Tyme
May 13	Francisco Flores
May 15	Denise Lynn
May 16	Larry Johnson
May 20	Deanna Mandigo
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!*



## Ready for Summer Fun

Prepare for summer fun before the season begins. Check that you have a supply of sunscreen and insect repellent as well as a good pair of sunglasses and a comfortable hat. To avoid a last-minute scramble, stock up or replace items now and put them in a bag that’s ready to go on an adventure when you are.

# Welcome Home

4/1/26 ~ Naffie Parson ~ Apt. 4E

***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.

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### **PANCAKE BREAKFAST**

A Pancake Breakfast  
**Friday, May 29th**  
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 Thurs., May 28th. Cost for residents is \$3 and \$5 for guests (must be present). Cost doubles the day of the event.



### **Add a Little Green to Your Home**

As retailers start gearing up for warmer weather, take advantage of gardening sales and pick up a houseplant or new container to repot one you already have. A splash of greenery or a pot in a different color or pattern will help your space feel fresh for spring.



### **FRIED FISH LUNCH**

A Fried Fish Lunch will be held on Thursday, May 14th 1:00 p.m.

Our menu will include:

- Fried Fish*
- Macaroni & Cheese*
- Coleslaw*
- Biscuits*
- &*
- Jello Cake*

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Cost is \$5 per Resident / \$10 Guests. Be sure to sign up early: cost doubles the day of the event: One guest per resident.



### **In Season**

Incorporating fruits and vegetables into your diet is important, and in-season produce is your best bet for fresh and delicious picks. Now that the weather is warming, it's time to enjoy asparagus, peas, radishes, artichokes, mushrooms and more! Springtime fruits include mangos, pineapples, strawberries, apricots, kiwis and cherries.



### **Laugh Lines**

These celebrity speakers delivered laughs as well as advice in their commencement addresses to college graduates.

"I didn't go to college at all ... And I'm not saying you wasted your time or money, but look at me; I'm a huge celebrity." —Ellen DeGeneres, Tulane University, 2009

"Take your risks now. As you grow older, you become ... less flexible—and I mean that literally. I hurt my knee on the treadmill this week, and it wasn't even on." —Amy Poehler, Harvard University, 2011

"You're never not afraid. I'm still afraid. I was afraid to write this speech. And now, I'm just realizing how many people are watching me right now, and it's scary." —Will Ferrell, University of Southern California, 2017

# May 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# MAY



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*"May Is the Month of Expectation, The Month of Wishes, The Month of Hope."*  
~Emily Brontë



**12th Floor Hallway Cleaning**  
11 a.m.

*"As Full of Spirit as the Month of May, And as Gorgeous as the Sun in Midsummer."*  
~William Shakespeare

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*"Your Mental Health Is Everything ~ Prioritize It. Make the Time Like Your Life Depends on It, Because It Does."*  
~Mel Robbins



**4th Floor Vents**  
11 a.m.  
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~  
~  
**Fried Fish Lunch**  
1:00 p.m.

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**8th Floor Inspections**  
1:30 - 3 p.m.

**EXTERMINATOR**  
9 a.m.

**ROVER THE ROAMING LIBRARY**  
Community Room  
1:30 - 3:00 PM

**11th Floor Hallway Cleaning**  
11 a.m.

*"If Love Is as Sweet as a Flower, Then My Mother Is That Sweet Flower of Love."*  
~Stevie Wonder

24/31

**Memorial Day** 25

26

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Office Closed

*"Real Strength Has to Do With Helping Others."*  
~Fred Rogers

**3rd Floor Vents**  
11 a.m.

**Pancake Breakfast**  
9 - 10:15am