



Interfaith Towers

Community News

August 2022

Manager's Corner



And just like that ... August has arrived! I hope you have all enjoyed your summer so far. It's hard to believe that it is half over already! The Grill days were heartily enjoyed by all who came down; it was great to see all your smiling faces.

Moving forward, we plan to have the monthly Breakfasts in the community room and will continue to have the events delivery-style. With the rising costs, it really makes sense.

Enjoy the month of August and be well!

~Mary and your Staff
of Interfaith Towers

Playing With Sand

Just like building a sandcastle on a beach can evoke happiness, so can playing with sand as a form of sensory therapy. Sand has a long history of use in counseling sessions, and therapists say working with both wet and dry sand can ease feelings of anxiety and help a busy mind focus.

A Wonderful Wildflower

The native North American wildflower known as coneflower brightens prairies, roadsides, parks and gardens with cheerful blooms that attract butterflies, bees and birds. The flowers, which belong to the daisy family, get their name from their spiny seed heads that resemble a cone. The classic purple coneflower is the most popular, but you'll also see white, red, orange, yellow and pink varieties.

Staff

Mary Scilleppi

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



Write It Down

Need help remembering something? Write it down. Handwriting engages more parts of the brain than typing, and it is easier to recall something once you've written it on paper.



Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. The Romans called it "the evening emerald," as the gem appeared dark green in lamplight.

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