



# Interfaith Towers

Community News

June 2025



## Manager's Corner

Summer is upon us! It's been a very wet spring so I'm sure you look forward to welcoming the first day of summer which arrives on June 20th! We are looking forward to the warmer weather ahead. Be sure to get outside and enjoy the beauty of summer!

We are planning our annual Flag Day BBQ once again! This is an event you don't want to miss! It's always fun to kick off summer with a tasty BBQ! While this event will be delivery, we plan to have our July event gathering in the community room for our Grill Days.

Be well and enjoy the month of June!

~ Mary and your staff of Interfaith Towers



### A Boost for Your Brain

Nearly a century ago, philosopher Bertrand Russell wrote that a certain amount of boredom is "essential to a happy life." Researchers are now echoing his advice. They say moments of idle time allow the brain to rest, leaving you refreshed and rejuvenated. When the mind is able to wander and daydream, it can spark creativity and help you to identify new interests and plan future goals.

### Sunny Days

The summer solstice, the longest day of the year and beginning of summer in the Northern Hemisphere, is June 20.

### 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)



### It's Strawberry Season

The first fruit to ripen in spring, fresh strawberries are a sweet favorite. The average person in America eats more than 3 pounds of them each year. But it only takes a few to get a taste of their benefits. One serving, about eight strawberries, packs more vitamin C than an orange.



### Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.





### OMELET BREAKFAST!

An Omelet Breakfast is scheduled for  
*Friday, June 27th*  
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**

**Potato Casserole**

**Muffins**

**Fresh Fruit**

**Orange Juice, Coffee & Tea**

Purchase your ticket by 6/26. Cost for Residents is \$3 and \$5 for Guests (must be present).

Cost doubles the day of the event.



### A Day for Dads

On the third Sunday in June, we celebrate the fathers in our lives. Happy Father's Day to all the dads out there!



### FLAG DAY BBQ DELIVERY

Our Flag Day BBQ DELIVERY will be held on  
Friday, June 13th  
1:00 ~ 1:30 p.m.

Our menu will include:

*BBQ Ribs*

*Potato Salad*

*Baked Beans*

*Cole Slaw*

*Cornbread*

*&*

*Brownies*

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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.



### Happy Juneteenth

Commemorating the end of slavery in the U.S., Juneteenth takes place on June 19 every year. On that date in 1865, U.S. troops arrived in Galveston, Texas, the western-most state at the time, to announce the end of the Civil War. The following year, formerly enslaved people celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday.



### Wit & Wisdom

"The mountains are calling, and I must go."  
—John Muir

"It is good to realize that if love and peace can prevail on earth, and if we can teach our children to honor nature's gifts, the joys and beauties of the outdoors will be here forever."  
—Jimmy Carter

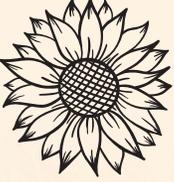
"And I firmly believe that nature brings solace in all troubles."  
—Anne Frank

"Look deep into nature, and then you will understand everything better."  
—Albert Einstein

"It never hurts to keep looking for sunshine."  
—A.A. Milne

"Today is your day. Your mountain is waiting. So get on your way."  
—Dr. Seuss

# June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 <i>"I Wonder What It Would Be Like to Live in a World Where It Was Always June." ~L. M. Montgomery</i>	4 <b>8th Floor Inspections</b> 1:30 - 3 p.m.	5 <b>2nd Floor Vents</b> 11 a.m.	6 <i>Celebrate Summer, Sun Drenched Days and Starlit Nights. ~Gooseberry Patch</i>	7
8	9 <i>"If a June Night Could Talk, It Would Probably Boast It Invented Romance." ~ Bern Williams</i>	10	11	12 <b>10th Floor Hallway Cleaning</b> 11 a.m.	13 <b>FLAG DAY BBQ DELIVERY</b> 1 - 1:30 pm	14 
15 <b>HAPPY FATHER'S DAY</b>	16	17 <b>7th Floor Inspections</b> 1:30 - 3 p.m.	18 <b>EXTERMINATOR</b> 9 a.m.  <b>ROVER THE ROAMING LIBRARY</b> Community Room 1:30 - 3:00 PM	19 <b>Juneteenth</b>  <b>OFFICE CLOSED</b>	20 <b>1ST DAY OF SUMMER</b>	21 <i>A Single Sunbeam Is Enough to Drive Away Many Shadows. ~St. Francis of Assisi</i>
22 <i>"Sun Is Shining. Weather Is Sweet. Make You Wanna Move Your Dancing Feet." ~ Bob Marley</i>	23	24	25 <i>"The Summer Night Is Like a Perfection of Thought." ~Wallace Stevens</i>	26 <b>1st Floor Vents</b> 11 a.m.	27 <b>Omelet Breakfast</b> 9-10:15 a.m.	28
29	30 	 <b>June</b>				