



Interfaith Towers

Community News

August 2025

Manager's Corner

Welcome, August! It's been a beautiful Summer so far and it's hard to believe it is already half over! Our Grill days in July were enjoyed by all who came down. As always, it was great to see everyone!

Every Friday afternoon, the Poughkeepsie Farm Project delivers fresh produce for our sharing fridge, located in the Community Room. Residents (only) are welcome to help themselves. Please take only what you will use. This is a great benefit for our community, our many thanks to the Poughkeepsie Farm project!

Enjoy the month of August!
~Mary and your Staff
of Interfaith Towers



Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

Staff

- Mary Scileppi**
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
interfaithtowers@gmail.com



A Summer Light Show

Look out your windows in the early morning hours of Aug. 12-13, when the Perseid meteor shower reaches its peak. Viewers can potentially see more than 50 shooting stars each hour. Finding a dark place to watch increases your chances of catching a glimpse of a falling star.



History of the Purple Heart

On Aug. 7, 1782, Gen. George Washington created the heart-shaped Badge of Military Merit as a meritorious service award. The Purple Heart was revived in 1932. In 1942, the award became limited to combat-wounded soldiers.



OMELET BREAKFAST!

An Omelet Breakfast is scheduled for *Friday, August 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:

Omelets

Potato Casserole

Muffins

Fresh Fruit

Orange Juice, Coffee & Tea

Purchase your ticket by 8/28. Cost for Residents is \$3 and \$5 for Guests (must be present).

Cost doubles the day of the event.



Word for August: August

As a noun, the word "August" indicates the eighth month of the year. As an adjective, "august" means "inspiring reverence or admiration," according to *Dictionary.com*. With the sun beginning to set on the summer season, it's the perfect time to reflect on people in your life whom you admire and revere. Better yet, tell them—either by email or in person. You'll make their day, their week and maybe even their summer.



FRIED CHICKEN LUNCH DELIVERY

A Fried Chicken Lunch Delivery will be held on *Wednesday, August 13th*
1:00 ~ 1:30 p.m.

Our menu will include:

Fried Chicken

Macaroni & Cheese

Cole Saw

Biscuits

&

Jello Cake

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



A Skyline Spectacle

The Empire State Building's tower lights dazzle with over 16 million colors, celebrating holidays, events and special causes. This iconic display transforms the New York City skyline into a vibrant canvas. From patriotic hues on Independence Day to festive colors during December's holiday season, the lights captivate millions. The building's LED system allows for dynamic displays, making it a beacon of joy and celebration in the heart of Manhattan.



Wit & Wisdom

"Let us dare to dream and shoot for the moon. Even if we don't fetch the moon, a million stars may fill us with wonder."
—Erik Pevernagie

"Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy."
—Albert Einstein

"I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet."
—Jack London

"Let the waters settle and you will see the moon and stars mirrored in your own being."
—Rumi

"Dwell on the beauty of life. Watch the stars, and see yourself running with them."
—Marcus Aurelius

August 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August

					1	2
						<p><i>"Never Bend Your Head. Always Hold It High. Look the World Straight in the Eye."</i> ~Helen Keller</p>
3	4	5	6	7	8	9
	<p><i>"Don't Sit Down and Wait for the Opportunities to Come. Get Up and Make Them."</i> ~Madam C.J. Walker</p>	<p>5th Floor Inspections 1:30 - 3 p.m.</p>		<p>10th Floor Vents 11 a.m.</p>		
10	11	12	13	14	15	16
<p><i>"The Most Important Thing Is to Enjoy Your Life—to Be Happy—it's All That Matters."</i> ~Steve Jobs</p>			<p>Fried Chicken Lunch Delivery 1 - 1:30 p.m.</p>	<p>6th Floor Hallway Cleaning 11 a.m.</p>	<p><i>"All Our Dreams Can Come True — If We Have the Courage to Pursue Them."</i> ~Walt Disney</p>	
17	18	19	20	21	22	23
			<p>EXTERMINATOR 9 a.m.</p> <p>ROVER THE ROAMING LIBRARY Community Room 1:30 - 3:00 PM</p>	<p>9th Floor Vents 11 a.m.</p>		<p><i>"Success Is Not Final, Failure Is Not Fatal: It Is the Courage to Continue That Counts."</i> ~Winston Churchill</p>
24/31	25	26	27	28	29	30
		<p><i>"Once You Replace Negative Thoughts With Positive Ones, You'll Start Having Positive Results."</i> ~Willie Nelson</p>		<p>5th Floor Hallway Cleaning 11 a.m.</p>	<p>Omelet Breakfast 9-10:15 a.m.</p>	