



Interfaith Towers

Community News

September 2025

Manager's Corner

Fall is coming fast! Halloween decorations are filling the store shelves and the kids are heading off to school once again! Time is flying by!

September promises to be another great month in our community. The cooler temperatures bring out the rich colors of the falling leaves. Be sure to get outside and enjoy the crisp fall weather!

As always, please keep in touch and have a great month of September!

~Mary & Your Staff of Interfaith Towers



Dancing Leaves

"Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day."

—Shira Tamir



Patriot Day

The nation's annual remembrance of 9/11, Patriot Day is also a National Day of Service. Since 2002, people across America have paid tribute to the victims, survivors and heroes of Sept. 11 by volunteering in community service projects.

TV's Golden Girls

Television viewers first met Blanche, Rose, Dorothy and Sophia, collectively known as "The Golden Girls," on Sept. 14, 1985.

Did You Know?

No other month ends on the same day of the week as September.

The Gift of 'Grands'

Recognizing the importance of the bonds between generations, Grandparents Day honors the gifts that grandparents and grandfriends bring to families and communities. Celebrate the first Sunday after Labor Day.



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

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Labor Day

Labor Day, observed on the first Monday in September, became a federal holiday in 1894. The day recognizes the contributions and achievements of American workers. Labor Day also symbolizes the end of summer for many Americans.



PANCAKE BREAKFAST

A Pancake Breakfast is scheduled for **Friday, Sept. 26th**
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., Sept. 25th. Cost for residents is \$3, and \$5 for guests (must be present). Cost doubles the day of the event.

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Shoo the Flu

For the maximum protection, it's important to get a flu shot early in the season. The Centers for Disease Control and Prevention advises that the flu vaccine is especially critical for people 65 years and older since they are at high risk of developing serious complications from the flu.



FAREWELL TO SUMMER LUNCH

A Farewell to Summer Lunch delivery is planned for

Friday, September 12th,
delivery between 1:00-1:30 p.m.

Lunch will include:

- Sausage & Peppers**
- Hoagie Roll**
- Pasta Salad**
- Fruit Salad**
- &**
- Italian Ice**

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Tickets cost \$5 for Residents
& \$10 for Guests.

Guests are limited to one per resident, and must be present. Sign up in the office by 9/11. Remember, cost doubles the day of the event. Purchase your ticket early!



Posed for Yoga Month

Get a leg up on a healthy lifestyle by trying out some yoga movements during National Yoga Month in September. Experts say you don't have to be a flexible yogi to see both physical and mental benefits from this type of exercise. Modified styles, such as chair yoga, have been shown to improve strength, balance and mobility, and even the deep breathing of yoga can positively impact fitness and mood.



Wit & Wisdom

"Encouragement goes straight to the heart and is always available. Be an encourager. Always."
—Roy T. Bennett

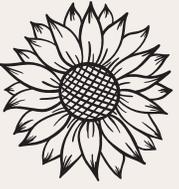
"Who do you spend time with? Criticizers or encouragers? Surround yourself with those who believe in you. Your life is too important for anything less."
—Steve Goodier

"Nine tenths of education is encouragement."
—Anatole France

"Encourage yourself, believe in yourself and love yourself. Never doubt who you are."
—Stephanie Lahart

"Taking an interest in what others are thinking and doing is often a much more powerful form of encouragement than praise."
—Robert Martin

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1 OFFICE CLOSED	2 <i>"When I Hear Somebody Sigh, 'Life Is Hard,' I Am Always Tempted to Ask, 'Compared to What?'"</i> ~Sydney J. Harris	3	4 8th Floor Vents 11 a.m.	5 	6
7 National Grandparents Day 	8	9 4th Floor Inspections 1:30 - 3:00 p.m.	10 <i>"The Art of Life Is to Know How to Enjoy a Little and to Endure Very Much."</i> ~William Hazlitt	11 Patriot Day 4th Floor Hallway Cleaning 11 a.m.	12 Farewell to Summer Sausage & Peppers Lunch Delivery 1:00 - 1:30 p.m.	13
14 <i>"All Animals, Except Man, Know That the Principal Business of Life Is to Enjoy It."</i> ~Samuel Butler	15	16 	17 EXTERMINATOR 9 a.m. ROVER THE ROAMING LIBRARY Community Room 1:30 - 3:00 p.m.	18 7th Floor Vents 11 a.m.	19	20 <i>"If You Change the Way You Look at Things, The Things You Look at Change."</i> ~Wayne Dyer
21 	22 FIRST DAY OF AUTUMN	23	24 <i>"Live Out of Your Imagination, Not Your History."</i> ~Stephen Covey	25 3rd Floor Hallway Cleaning 11 a.m.	26 Pancake Breakfast 9:00 - 10:15 a.m.	27
28	29 <i>"We Are Here to Add What We Can to Life, Not to Get What We Can From Life."</i> ~William Osler	30	<h1>September</h1>			