



Interfaith Towers

Community News

October 2025

Manager's Corner

Cooler temperatures have us saying goodbye to the colorful blossoms of summer. But fall has plenty of spectacular beauty to admire. Be sure to enjoy a walk outside and take in the splendor mother nature brings with the fall season!

During the month of October, our maintenance staff will be working hard to get all of your air conditioners covered. If yours is not covered by the end of the month, please contact the office. Winter will be upon us before you know it!

Wishing you a wonderful month filled with blessings!

~Mary and your Staff of Interfaith Towers



October Pleasures

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."
—Nathaniel Hawthorne

Mayberry Milestone

With a cast of beloved characters and one of the most recognized theme songs in TV history, "The Andy Griffith Show" premiered Oct. 3, 1960. Viewers whistled along and met Andy, Barney, Aunt Bee, Opie and the folks of the fictional North Carolina town of Mayberry.

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

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Excellent Eats

Certain foods can reduce inflammation and improve your health. Add some of these to your diet: avocados; legumes such as beans; herbs and spices including garlic, ginger and rosemary; broccoli and other cruciferous and root vegetables; and whole grains such as quinoa.



Monthly Celebrations

During October:

- Read up on Health Literacy Month.
- Take a stand during National Bullying Prevention Awareness Month.
- Make a special journey for National Field Trip Month.



OMELET BREAKFAST!

An Omelet Breakfast is scheduled for
Friday, October 31st
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

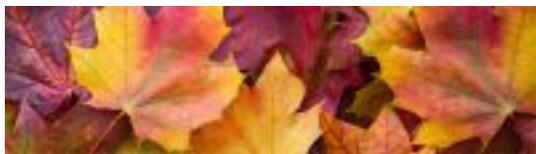
Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than

October 30th. Cost for residents is \$3 and

\$5 for Guests (must be present).

Cost doubles the day of the event.



Cold and Flu Truth

“Feed a cold, starve a fever.” This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don’t force yourself to eat if you aren’t hungry. However, staying hydrated is important, so drink plenty of fluids.



Pot Roast Dinner Delivery

A Pot Roast Dinner Delivery is planned for Friday, October 17th; delivery between 2 ~ 2:30 p.m.

The menu will include:

Pot Roast

Potatoes, Carrots,

Onions

Cottage Cheese

Dinner Roll

&

Spice Cake

Sign up in the office no later than Thursday, October 16th. Cost is \$5 / Residents and \$10 / Guests.

Remember, **the cost doubles the day of the event.** Guests are limited to one per resident and resident must be present.



Virtual Visits: Woodstock Museum

Whether it’s a long, strange trip or simply a day trip, a visit to the Bethel Woods Center for the Arts will take travelers back to the summer of ‘69, when the quiet Bethel farm in upstate New York transformed into Woodstock, a three-day art and music festival boasting a historic lineup: Jimi Hendrix, Janis Joplin, The Who, Santana and more. Museum visitors can watch films, listen to the music, see the iconic fashion of the era and even climb aboard a brightly painted hippie bus.



Wit & Wisdom

“I often think that the night is more alive and more richly colored than the day.”

—Vincent Van Gogh

“A man is a very small thing, and the night is very large and full of wonders.”

—Lord Dunsany

“The night walked down the sky with the moon in her hand.”

—Frederic L. Knowles

“The cloud shadows of midnight possess their own repose.”

—Percy Bysshe Shelley

“The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night.”

—Henry Wadsworth Longfellow

“So the darkness shall be the light, and the stillness the dancing.”

—T.S. Eliot

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October</h1>			1 Yom Kippur Begins at Sundown	2 6th Floor Vents 11 a.m.	3 "If You Don't Like the Road You're Walking, Start Paving Another One." ~Dolly Parton	4
			5 "You Can't Help What You Feel, But You Can Help How You Behave." ~Margaret Atwood	6	7 3RD Floor Inspections 1:30 - 3 p.m.	8
12	13 Columbus Day OFFICE CLOSED	14 "Keep Smiling, Because Life Is a Beautiful Thing and There's so Much to Smile About." ~Marilyn Monroe	15 EXTERMINATOR 9 a.m. ROVER THE ROAMING LIBRARY Community Room 1:30 - 3:00 PM	16 5th Floor Vents 11 a.m.	17 Pot Roast Delivery 2 - 2:30 pm	18
19 	20 "There Are so Many Great Things in Life; Why Dwell on Negativity?" ~Zendaya	21	22 OCTOBER IS NATIONAL BULLYING PREVENTION MONTH	23 1st Floor Hallway Cleaning 11 a.m.	24	25 "Always Remember That You Are Absolutely Unique. Just Like Everyone Else." ~Margaret Mead
26	27	28 "It Is During Our Darkest Moments That We Must Focus to See the Light." ~Aristotle	29	30 4th Floor Vents 11 a.m.	31 HALLOWEEN Omelet Breakfast 9-10:15 a.m.	