



Interfaith Towers

Community News

November 2025

Manager's Corner

Welcome November! There's excitement in the air as we begin preparing for the holidays! Someone told me a long time ago that the older you get, the faster time flies. I thought that was strange, but now that I've gotten older, I realize how true it is!

We are also preparing for the colder weather ahead. If your Air Conditioner is not yet covered, please contact the office to have it covered.

Enjoy the month of November! We are so very thankful for each and every member of our community and wish you and your families a very Happy Thanksgiving.

~Mary and your Staff
of Interfaith Towers



Thankfulness

"What if today, we were just grateful for everything?"
—Charlie Brown

An Ounce of Prevention

Cooler weather signals the start of cold and flu season. We may thoroughly wash our hands only to contaminate them again by touching a germy doorknob, light switch, keyboard, phone or remote. Taking a few minutes regularly to clean these household surfaces with disinfectant wipes could help stave off a nasty bug.

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

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Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.



HAPPY THANKSGIVING

World's Oldest Map

Imago Mundi, the oldest known map of the world, is about the size of a cell phone. Experts believe the clay artifact is more than 2,000 years old, and it currently resides in the British Museum. The center of the map features the Euphrates River and the ancient city of Babylon.



PANCAKE BREAKFAST

A Pancake Breakfast is scheduled for **Friday, November 14th**
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., Nov. 13th. Cost doubles the day of the event.

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Self-Care Corner: Pump Up Your Mood

Squash a sour attitude by snacking on some pumpkin seeds. Their high levels of iron, tryptophan and tyrosine all contribute to the production of serotonin and dopamine, the feel-good brain chemicals that help balance mood.

THANKSGIVING DINNER DELIVERY

Our Thanksgiving Dinner delivery will be held on

Thursday, November 20th
Delivery between 2 ~ 2:30 pm

Our menu will include:

- Turkey & Gravy**
- Stuffing**
- Mashed Potatoes**
- Green Beans**
- Cranberry Sauce**
- Rolls**
- &**
- Pumpkin Pie**

\$5 Residents / \$10 Guests (limit of one guest per resident). Sign up in the office by 11/19. Cost always doubles the day of the event.



Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.



Wit & Wisdom

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

—William Arthur Ward

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

—John F. Kennedy

“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”

—Eileen Caddy

“Gratitude is one of the least articulate of the emotions, especially when it is deep.”

—Felix Frankfurter

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

—Melody Beattie

November 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November

"Today's Accomplishments Were Yesterday's Impossibilities."
~ Robert H. Schuller

2	3	4	5	6	7	8
 <p>Fall Back! Daylight Saving Time Ends</p>	<p>"The Best Way to Get Started Is to Quit Talking and Begin Doing." ~ Walt Disney</p>	<p>ELECTION DAY</p>	<p>2nd Floor Inspections 1:30 - 3 p.m.</p>	<p>12th Floor Hallway Cleaning 11 a.m.</p>	<p>"To Succeed in Life, You Need Three Things: A Wishbone, A Backbone, And a Funny Bone." ~ Reba McEntire</p>	
9	10	11	12	13	14	15
 <p>Caregivers Month</p>		<p>Veterans Day</p> <p>OFFICE CLOSED</p>		<p>3rd Floor Vents 11 a.m.</p>	<p>Pancake Breakfast 9-10:15 a.m.</p>	
16	17	18	19	20	21	22
<p>"Happiness Is Not Something Readymade; It Comes From Your Own Actions." ~The Dalai Lama</p>			<p>EXTERMINATOR 9 a.m.</p> <p>ROVER THE ROAMING LIBRARY Community Room 1:30 - 3:00 PM</p>	<p>11h Floor Hallway Cleaning 11 a.m. ~*~*~*~</p> <p>Thanksgiving Dinner Delivery 2 ~ 2:30 p.m.</p>		<p>"Some People Look for a Beautiful Place. Others Make a Place Beautiful." ~Hazrat Inayat Khan</p>
23/30	24	25	26	27	28	29
		<p>"Wear Gratitude Like a Cloak and It Will Feed Every Corner of Your Life." ~Remi</p>		<p>Thanksgiving</p> <p>OFFICE CLOSED</p>	<p>OFFICE CLOSED</p>	