



Interfaith Towers

Community News

January 2026



Manager's Corner

Father Time has once again passed his sash to a brand new year, filled with hopes of great things to come. Our resolution is to make this the best year ever in our community as we enter our 51st year!

We are so grateful for each and every one of our residents and appreciate the opportunity to continue our mission: creating a comfortable, affordable community you can all call "home."

We wish you and yours a happy, healthy New Year overflowing with blessings.

~Mary & your Staff
of Interfaith Towers

Bring on the New Year

"What the new year brings to you will depend a great deal on what you bring to the new year."

—Vern McLellan



New Year's Resolutions

The top focuses for New Year's resolutions are health, finances and relationships, according to the Pew Research Center. Nearly half of adults under 30 make resolutions, while a third of adults aged 30 to 49 do so. Only 21% of adults over 50 make a resolution.

Frosty and Festive

"Winter is not a season, it's a celebration." —Anamika Mishra

Staff

Mary Scileppi

Property Manager

Linda Gorzka

Administrative Assistant

Jessica DeGarmo

Resident Advisor

Dylan Storms

Superintendent

Roy Charter

Superintendent Assistant

Timothy Evans

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

Freedom and Service

Monday, Jan. 19, is Martin Luther King Jr. Day, also known as MLK Day, remembering the legacy and work of American civil rights activist and minister Dr. Martin Luther King Jr. This federal holiday is also a designated National Day of Service.



EMERGENCY CONTACTS FORM

IN ORDER TO KEEP OUR RECORDS CURRENT WE HAVE ENCLOSED AN EMERGENCY CONTACT FORM. PLEASE COMPLETE IT AND RETURN IT TO THE OFFICE.

THANK YOU.

~ MANAGEMENT OFFICE STAFF



Wit & Wisdom

Remember and reflect on the life, legacy and wisdom of civil rights activist Martin Luther King Jr. with some of his most treasured words:

“Life’s most persistent and urgent question is: ‘What are you doing for others?’”

“I have decided to stick with love. Hate is too great a burden to bear.”

“Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.”

“All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.”

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”



Happy Birthday

JANUARY BIRTHDAYS

January 3	Darrell Smith
January 6	Laura Lynk
January 8	Hermine Ingoglia
January 18	Gary Clendennen
January 21	Michael Ballou
January 27	Robert Hall

Happy Birthday with wishes for countless blessings throughout the coming year!

RESIDENT ADVISOR’S COLUMN

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest “thank you” can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

If you need an appointment, call or stop by the office.

~Jessie



Welcome Home



John Affigne ~ Apt. 2i

Allen Fox & Eman Moussa ~ Apt. 9D

Wishing you many years of good health & happiness in your new home!

Daily Lunch Program

D.C. Office for the Aging offers home-delivered meals at noon, Monday through Friday. Residents must register with the Office for the Aging.

Congregate meals are available Monday-Friday at noon in the Community Room. Suggested donation is \$3.00. Congregate meal sign-up sheets are on the left side bulletin board as you enter the Community Room. Please be sure to sign up before noon the day before the meal you select.





PANCAKE BREAKFAST

A Pancake Breakfast is scheduled for **Friday, January 30th** 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., Jan. 29th: \$3 residents; \$5 guests. Cost doubles the day of the event.

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Winter Hydration

Staying hydrated is important year-round. If drinking ice water doesn't sound appealing in the winter months, replenish your body with herbal teas, decaffeinated beverages, soups, fruits and vegetables.



SOUP & SANDWICH LUNCH

A Soup and Sandwich lunch is planned for Friday, January 16th, between 1:00 and 2:00 p.m. Stay to eat or take it to go!

Lunch will include:

- Homemade**
- Turkey & Wild Rice Soup**
- Crackers**
- Grilled Cheese Sandwich**
- &**
- Spice Cake**

Sign up in the office by January 9th.

Tickets cost

\$3 Residents / \$6 Guests. Cost doubles the day of the event.



Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.



Talk About It

Join an audience of your friends and share some entertaining milestones from your past.

- What was the first movie you saw in a theater? How old were you? Who went with you? What was the price of the ticket?
- Talk about other memories of going to the movies as a youngster. What feature films, shorts or newsreels do you remember seeing? Did you ever go to a drive-in theater?
- Do you enjoy stage musicals or plays? What is your favorite show? Have you attended a Broadway production?
- What's your favorite type of entertainment? Why?

January 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January

New Year's Day 1

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OFFICE CLOSED

*"Cheers to a New Year and Another Chance for Us to Get It Right."
~Oprah Winfrey*

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*"Learn From Yesterday, Live for Today, Hope for Tomorrow."
~Albert Einstein*



9th Floor Hallway Cleaning
11 a.m.

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*"You Are Never Too Old to Set Another Goal or to Dream A New Dream."
~C.S. Lewis*

12th Floor Inspections
1:30 - 3 p.m.

*"Celebrate Endings — For They Precede New Beginnings."
~Jonathan Huie*

12th Floor Vents
11 a.m.

Soup & Sandwich
1:00 - 2:00 pm



18

Martin Luther King Jr. Day

19

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21

EXTERMINATOR
9 a.m.

ROVER THE ROAMING LIBRARY
Community Room
1:30 - 3:00 PM

22

8th Floor Hallway Cleaning
11 a.m.

23

*"Year's End Is Neither an End nor a Beginning but a Going on, With All the Wisdom That Experience Can Instill in Us."
~Hal Borland*

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*"No Matter How Hard the Past, You Can Always Begin Again."
~Buddha*

11th Floor Vents
11 a.m.

Pancake Breakfast
9-10:15 a.m.