



Interfaith Towers

Community News

February 2026

Manager's Corner

Happy February! Valentine's Day is just around the corner! We're planning a get-together to celebrate! We hope you'll join us for Chili Day in the Community Room on February 12th from 1:00-2:00 p.m. Details on page 3 of the Newsletter!

We are almost halfway through the Winter season. Let's hope that Punxsutawney Phil does not see his shadow on Groundhog Day, and that Spring is also right around the corner!

Wishing you and yours a happy, healthy month of February!

~Mary & your Staff
of Interfaith Towers



Do One Thing at a Time

Multitasking is efficient, right? Not true, say scientists. You're actually making your brain work harder because it's wired to focus on one thing at a time. When you think you're doing two tasks at once, such as watching TV while working a crossword puzzle, the brain is really switching back and forth between both experiences and must use more energy. Focusing on a single task has been shown to be better for the brain and more mentally relaxing.

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
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Hugs for Health

Wrap your arms around this news: Studies show that a 10-second hug can reduce the stress chemical cortisol, increase the "feel-good" hormone oxytocin and lower your blood pressure—resulting in a calmer, happier you.



Black History Month

In an effort to pass truth down through our nation's generations, late American historian Dr. Carter G. Woodson worked diligently to establish Black History Week. First celebrated on Feb. 12, 1926, Black History Week was expanded into Black History Month 50 years later.



Wit & Wisdom

"A flower cannot blossom without sunshine, and man cannot live without love."
—Max Muller

"Love is sharing your popcorn."
—Charles Schulz

"We love life, not because we are used to living but because we are used to loving."
—Friedrich Nietzsche

"If love is the answer, could you rephrase the question?"
—Lily Tomlin

"Love isn't something you find. Love is something that finds you."
—Loretta Young

"To love and be loved is to feel the sun from both sides."
—David Viscott

"People think love is an emotion. Love is good sense."
—Ken Kesey



FEBRUARY BIRTHDAYS

February 1	David Owens
February 1	Helen Reed
February 2	Barbara De Seta
February 8	Allen Fox
February 8	Angela Medina
February 10	Bruno Sambolin
February 12	Bertha McDonald
February 15	Nancy Greene
February 15	Pauline Hanniford
February 16	Kevin Windley
February 22	Francisca Fontanez
February 23	Carolyn Gonzalez
February 24	John Affigne
February 24	Shahrbano Bagherian
February 26	Ernestina Martinez

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



Little Lovebirds

A sweet nickname for a romantic couple, lovebirds also refer to several species of small parrots. These "tweetharts" are known for their strong bond, and like humans, the birds pucker up to give each other affectionate pecks. The most familiar species is the peach-faced lovebird, which is a common pet.

RESIDENT ADVISOR'S COLUMN

Etched on candy hearts and signed at the bottom of love letters, the letters "xoxo" symbolize a sweet sentiment of "hugs and kisses." Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug. Call or stop by to set up an appointment. ~Jessie



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.





OMELETTE BREAKFAST

An Omelette Breakfast is scheduled for **Friday, Feb. 27th** 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:

Omelettes

Potato Casserole

Fresh Fruit

Blueberry Muffins

Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than Thurs., Feb. 26th. Cost is \$3/Resident & \$6 /Guests.

Sign up early, the cost doubles the day of the breakfast!

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A Groundhog's Nap

Before he emerges from his burrow to predict the arrival of spring, America's most famous groundhog, Punxsutawney Phil, spends the winter in a deep snooze. During the mammal's annual hibernation, its body temperature drops from 99 to 37 degrees, and its heart rate slows from 80 to about five beats per minute.



Chili Day

Please join us on **Thursday, February 12th** from 1:00 ~ 2:00 p.m. **Our menu will include:**

- Bowl of Chili - \$2.50
- Cornbread - \$0.75
- Chips - \$0.75
- Brownies - \$0.75
- Beverages - \$0.75

Tickets are not necessary for Chili Day; purchase what you want when you arrive!

Just come on down and bring your appetite!

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Self-Care Corner: Valentine's Day Your Way

No date for Valentine's Day? Put your energy toward self-care instead. Treat yourself to the pick-me-up of your choice, whether that's fresh flowers or your favorite takeout. Spend the evening doing something you enjoy. Cheesy movie marathon? Video game session? Your date, your rules! Finally, end the holiday on a high note by writing a list of things you love about yourself.



Laugh Lines

Erma Bombeck saw the humor in everyday life and wrote about it as a newspaper columnist and bestselling author. Celebrate her birthday, Feb. 21, with a look back at some of her witty writing.

On marriage. "One never realizes how different a husband and wife can be until they begin to pack for a trip."

On motherhood. "I take a very practical view of raising children. I put a sign in each of their rooms: 'Checkout time is 18 years.'"

On food. "I come from a family where gravy is considered a beverage."

"The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are 3 billion-to-1."

On shopping. "How come anything you buy will go on sale next week?"

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 <i>"February Is the Border Between Winter and Spring." ~ Terri Guillemets</i>	4	5 7th Floor Hallway Cleaning 11 a.m.	6	7 <i>"Blessed Is He Who Has Learned to Admire but Not Envy, to Follow but Not Imitate, to Praise but Not Flatter, and to Lead but Not Manipulate." ~William Arthur Ward</i>
8 <i>"New Month, New Intentions, New Goals, New Love, New Light, And New Beginnings." ~April Mae Monterrosa</i>	9	10 11th Floor Inspections 1:30 - 3 p.m.	11	12 LINCOLN'S BIRTHDAY 10th Floor Vents 11 a.m. ~ ~*~*~ ~ Chili Day 1:00 ~ 2:00 p.m.	13	14 
15	16 Presidents Day OFFICE CLOSED	17	18 ASH WEDNESDAY EXTERMINATOR 9 a.m. ROVER THE ROAMING LIBRARY Community Room 1:30 - 3:00 p.m.	19 6th Floor Hallway Cleaning 11 a.m.	20	21 <i>"You've Gotta Dance Like There's Nobody Watching, Love Like You'll Never Be Hurt, Sing Like There's Nobody Listening, and Live Like It's Heaven on Earth." ~William W. Purkey</i>
22 WASHINGTON'S BIRTHDAY	23	24 <i>"Every Moment Is a Fresh Beginning." ~T.S. Eliot</i>	25	26 9th Floor Vents 11 a.m.	27 Omelet Breakfast 9 - 10:15am	28


FEBRUARY
