



Interfaith Towers

Community News

July 2026

Manager's Corner

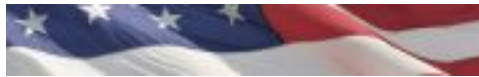
Summer is officially here! As the heat settles in, please remember to drink plenty of water throughout the day to stay cool and hydrated. We have some exciting community events to look forward to this month. We are hosting two Grill Days in our Community Room. Just come on down, select exactly what you want, and pay for your meal right there. It is a wonderful opportunity to gather and catch up with your neighbors. We will also be serving pancakes on the last Friday of the month. I look forward to seeing everyone down in the Community Room for our events.

Warmly, Jessie & the
Interfaith Towers Staff!



Service and Sacrifice

"To ease another's heartache
is to forget one's own."
—Abraham Lincoln



Independence Day by the Numbers

150 million. Hot dogs eaten on
the Fourth of July.

56. Signers of the Declaration
of Independence.

2.5 million. Approximate
population of the U.S. in July 1776.

342 million. Approximate
population of the U.S. today.

Staff

Jessica DeGarmo
Manager

Mary Scileppi
Director of Fundraising

Dylan Storms
Superintendent

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

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Self-Care Starters

International Self-Care Day is
observed July 24 to represent the
24/7 need to commit to our own
needs. These daily practices can
improve well-being: meditation,
journaling, exercise and
hydration.

Celebrating Our Semiquincentennial

This 18-letter mouthful is the
name for the 250th anniversary of
the signing of the Declaration of
Independence on Saturday,
July 4. Many buildings will be
closed on Friday, July 3, in
observance of the country's
birthday.





Wit & Wisdom

"Liberty, when it begins to take root, is a plant of rapid growth."
—George Washington

"I would like to be remembered as a person who wanted to be free ... so other people would also be free."
—Rosa Parks

"None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free."
—Pearl S. Buck

"There is a certain enthusiasm in liberty that makes human nature rise above itself in acts of bravery and heroism."
—Alexander Hamilton

"It is no dishonor to be in a minority in the cause of liberty and virtue."
—Samuel Adams



JULY BIRTHDAYS

July 2	Barbara Thestrup
July 4	Marie Sittler
July 6	Ray Thomison
July 6	Alicia Rivera
July 9	David Jenkins
July 11	Susan Recchia
July 13	Joanne Jones
July 14	Mitchell Schweickert
July 14	Mary Scileppi
July 19	Geraldine Conn
July 23	Anna Parry
July 25	Eman Moussa
July 26	Lucretia Lisk
July 28	Timothy Evans
July 30	Jon Tupper

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



Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.



Independence Day

On July 4, 1776, the Continental Congress approved the Declaration of Independence. A few days later, on July 8, the first public reading of the document occurred when Col. John Nixon read it to an assembled crowd in Philadelphia.



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

Friday, July 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:

Pancakes

Scrambled Eggs

Bacon & Sausage

Fresh Fruit

Pastry

Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than Thurs., July 30th. Cost for residents is \$3 and \$5 for guests (must be present). Cost doubles the day of the event.



Music Strikes a Chord

Music provides a way to connect with others, and patriotic songs can be even more powerful. Whether it's the simple tune "Yankee Doodle" or a stirring performance of "America the Beautiful," hearing and singing these classic songs express a shared tradition and bond.



GRILL DAYS

Please join us on
Wednesdays, July 8th & 22nd,
from 1:00-2:00 p.m.

Our menu will include:

Hamburgers - \$1.50

Cheeseburgers - \$1.75

Hot Dogs - \$1.25

Baked Beans - \$0.75

Chips - \$0.75

Brownies - \$0.75

Beverages - \$0.75

Tickets are not necessary for Grill Days; purchase what you want when you arrive!

Just come on down and bring your appetite!

~*~*~*~*~*~*~*~*~*



Sit Back and Relax

Recognized for their reclined back and wide armrests, Adirondack chairs invite you to lean back and lounge awhile. This popular design has been copied since it was first created in 1903 by Thomas Lee. He used wood from local evergreen trees to build a comfortable yet sturdy outdoor chair for his home in New York's Adirondack Mountains, giving the chair its name.



Brain Bender

The following list contains two-word phrases that are related to summertime fun and activities. But the letters of the words in each phrase have been mixed up and smashed together. Can you finish each phrase with the letters provided?

Example: trrdp:

r o a d t r i p

1. stslaned: _ _ _ _

c a _ _ _ _

2. buaititng:

_ _ h _ _ _ s _ _ _

3. JFuyrth:

_ u l _ _ o _ _ _ _

4. crceem:

i _ _ _ _ a _

5. ocanfgisre:

_ _ m p _ _ _ _ s _ _ _ _

6. lgamsn:

_ _ w _ _ a _ e _

7. awtlre:

n _ u _ _ a _ k

8. bikd: _ i _ e r _

_ e

(Answers: 1. sand castle; 2. bathing suit; 3. July Fourth; 4. ice cream; 5. campfire songs; 6. lawn games; 7. nature walk; 8. bike ride)

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2 8th Floor Hallway Cleaning 11 a.m.	3 Independence Day (Observed)	4 Independence Day
	5	6 "Two Roads Diverged in a Wood, And I—I Took the One Less Traveled by, And That Has Made All the Difference." ~Robert Frost	7	8 Grill Day 1:00 ~ 2:00 p.m.	9	10
	12	13 6th Floor Inspections 1:30 - 3 p.m.	14	15 EXTERMINATOR 9 a.m. ROVER THE ROAMING LIBRARY Community Room 1:30 - 3:00 p.m.	16 7th Floor Hallway Cleaning 11 a.m.	11 
	19	20	21 	22 Grill Day 1:00 ~ 2:00 p.m.	23 11th Floor Vents 11 a.m.	18 "I Attribute My Success to This: I Never Gave or Took Any Excuse." ~Florence Nightingale
	26	27 "Go Confidently in the Direction of Your Dreams. Live the Life You Have Imagined." ~Henry David Thoreau	28	29	30 6th Floor Hallway Cleaning 11 a.m.	25 "You Can Never Cross the Ocean Until You Have the Courage to Lose Sight of the Shore." ~Christopher Columbus
					31 Pancake Breakfast 9-10:15 a.m.	