



Interfaith Towers

Community News

August 2026

Manager's Corner

I hope everyone is having a fantastic summer! It is hard to believe we are already halfway through the season, and I hope you are finding time to enjoy the warm weather. We are thrilled to officially welcome the newest member of our office staff, Layla Calderón, who joined us as our new Administrative Assistant on July 6th. Layla has already proven to be a delightful addition to the team, bringing great energy to the office. If you haven't had the pleasure of crossing paths with her yet, please make sure to stop by, say hello, and give her a warm welcome! Enjoy the month of August! Jessie and the Staff of Interfaith Towers

Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie



Playing With Sand

Just like building a sandcastle on a beach can evoke happiness, so can playing with sand as a form of sensory therapy. Sand has a long history of use in counseling sessions, and therapists say working with both wet and dry sand can ease feelings of anxiety and help a busy mind focus.

Staff

Jessica DeGarmo

Manager

Layla Calderón

Administrative Assistant

Mary Scileppi

Director of Fundraising

Dylan Storms

Superintendent

Timothy Evans

Maintenance Assistant

Office Hours

Monday-Friday 8 a.m.~ 4 p.m.

Important Numbers

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Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.



Summer in a Cup

There's nothing better than a cold smoothie on a hot day. Simply blend your favorite base—milk, juice, yogurt or ice cream—with your chosen fruits and veggies for a delicious treat. Add ice for texture or nutritional supplements for an immunity boost.



Wit & Wisdom

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."
—Samuel Smiles

"How glorious a greeting the sun gives the mountains!"
—John Muir

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."
—Galileo Galilei

"The sun lay like a friendly arm across her shoulder."
—Marjorie Kinnan Rawlings

"We sleep, but the loom of life never stops, and the pattern which was weaving when the sun went down is weaving when it comes up in the morning."
—Henry Ward Beecher



AUGUST BIRTHDAYS

August 7	Shari Sherow
August 9	Tyrone Louder
August 10	Carl Hyde
August 11	Florence Woermer
August 11	John Owens
August 12	Mary Urquhart
August 13	Lorraine Genrich
August 14	Margaret Anson
August 16	Brenda Trowbridge
August 17	Robert Schrum
August 17	Charlotte McGue
August 18	Mari Lowry
August 23	Barbara Gernhardt
August 27	Ethel Tillery
August 27	Julien Louis-Ferdinand

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



A Summer Light Show

Looking for a summer showstopper? Step outside in the early morning hours of Aug. 12-13, when the Perseid meteor shower reaches its peak. Viewers can potentially see more than 50 shooting stars each hour. Finding a dark place to watch increases your chances of getting to wish on a falling star.

Self-Care Corner: Cool Down

We often hear of the winter blues, but hot weather is also linked to mood. High temperatures can cause adrenaline and cortisol to rise, making you feel stressed and short-tempered. If your temper starts to flare, pause for a self-check. Are you really angry, or do you just need to cool down—literally? Find a cool, quiet spot; take some deep breaths; and drink some water. Once your body feels more comfortable, you may find your emotional state is better, too.



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.





OMELET BREAKFAST

An Omelet Breakfast

Friday, August 28th

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

Hash Browns

Fresh Fruit

Bagels & Cream Cheese

Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than Thurs., August 27th. Cost for residents is \$3 and \$5 for guests (must be present). Cost doubles the day of the event.



When the Beatles Played Shea

Music history was made on a warm summer night in August 1965, when more than 55,000 fans crowded into New York City's newly built Shea Stadium to see the Beatles perform. Breaking records for attendance and ticket revenue, the Fab Four's milestone show is considered the first major stadium concert.



Ice Cream Sundae Day!

Please join us on

Friday, August 14th

at 1:30 p.m.

for Ice Cream Sundae Day!

Our menu will include:

Ice Cream
and

choice of your favorite toppings

Tickets cost \$2.00 for Residents and

\$4.00 for Guests.

Plan to join us for a cool treat!



Did You Know?

On May 8, 2010, actress Betty White, 88 at the time, became the oldest person to host "Saturday Night Live." Hundreds of thousands of people had joined a Facebook campaign rallying for White to host the comedy sketch show. She won the seventh Emmy Award of her career for her "SNL" appearance. Born in Oak Park, Ill., in 1922, Betty Marion White attended high school in Beverly Hills, Calif., before launching her career as an actress, host and producer in radio and television. White played "happy homemaker" Sue Ann Nivens on "The Mary Tyler Moore Show," and later co-starred on "The Golden Girls" as the sweet and naïve Rose Nylund from St. Olaf, Minn. After the series ended, White continued to display her comedic talent in a long list of films and TV shows before her death in December 2021 at the age of 99.



Laugh Lines

Laughs From Lucy

Aug. 6 is the birth anniversary of beloved comedian Lucille Ball. In honor of the day, enjoy these memorable lines from her legendary TV sitcom, "I Love Lucy."

Lucy: I didn't tell a soul, and they all promised to keep it a secret.

Ricky: There you go again, wanting something that you haven't got.

Lucy: I do not. I just want to see what it is that I haven't got that I don't want.

Lucy: He's baba'd his last lu!

Boy: Is that red stuff (pointing to Lucy's hair) for real?

Lucy: It should be. I paid enough for it.

Lucy: Ever since we said "I do" there are so many things we don't.

August 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

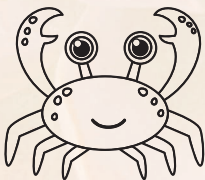
Friday

Saturday

August

celebrate
SUMMER!



2	3	4	5	6	7	8
<i>"There Shall Be Eternal Summer in the Grateful Heart." ~Celia Thaxter</i>			Taconic Resources for Independence Veteran Luncheon 2:00 p.m.	10th Floor Vents 11 a.m.		<i>"I Could Never in a Hundred Summers Get Tired of This." ~Susan Branch</i>
9	10	11	12	13	14	15
		<i>"A Life Without Love Is Like a Year Without Summer." ~Swedish Proverb</i>		5th Floor Hallway Cleaning 11 a.m.	Ice Cream Sundae Day 1:30 p.m.	
16	17	18	19	20	21	22
	<i>"One Benefit of Summer Was That Each Day We Had More Light to Read By." ~Jeannette Walls</i>		EXTERMINATOR 9 a.m. ROVER THE ROAMING LIBRARY Community Room 1:30 - 3:00 PM	9th Floor Vents 11 a.m.		<i>"What Good Is the Warmth of Summer, Without the Cold of Winter to Give It Sweetness." ~John Steinbeck</i>
23/30	24/31	25	26	27	28	29
		<i>"Live in the Sunshine. Swim in the Sea. Drink in the Wild Air." ~Ralph Waldo Emerson</i>		4th Floor Hallway Cleaning 11 a.m.	Omelet Breakfast 9-10:15 a.m.	