



Interfaith Towers

Community News

September 2026

Manager's Corner

There is a quiet magic to these final weeks of late summer—the honeyed afternoon glow, gentle morning breezes, and peaceful evenings. Before the busy rush of autumn arrives, let us slow down and savor these simple, lingering pleasures. Take time to pause, enjoy the warmth, and share a quiet moment with good neighbors and friends. Crisp days are ahead, but for now, let us hold onto the sunshine and make the most of every lingering warm moment. Jessie and the Staff at Interfaith Towers!



Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.

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

Office (845) 452-1172
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Screen Cleaning

For safe phone cleaning, experts recommend spraying a microfiber cloth with a solution of 70% isopropyl alcohol and then carefully wiping the phone. Hand sanitizer, household cleaners, paper towels, compressed air and soaps can damage your device.

Positive Thought

“Aging is not lost youth, but a new stage of opportunity and strength.” —Betty Friedan



Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.

Fall Begins

Fall’s first day is Sept. 22.



Brainteaser



Brain Games

Brain Bender: Labor Day Mystery

It won't be hard work to solve this Labor Day puzzle! Unscramble the words related to the holiday below. Then rearrange the letters in bold to fill in the blanks of the secret phrase.

DKEWNEE
UOKOCOT
LEARX
YDONMA
RPAEAD
WSRROEK
LESSA

G _ _ _ B _ _ _ _ _
M _ _ !

(Answers:
weekend, cookout,
relax, Monday,
parade, workers,
sales. The phrase is
"Goodbye, summer!")



Happy Birthday

SEPTEMBER BIRTHDAYS

Sept. 2	Thomas Sherow
Sept. 4	Frances Febres
Sept. 11	Arlean Facey
Sept. 11	Esmat Rajabzadeh
Sept. 13	Marie Brown
Sept. 16	Debra Haynes
Sept. 18	Leatha Smith-Easley
Sept. 25	Debra Webb

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



Self-Care Corner: A Better Brew

Chock-full of antioxidants, coffee can be a healthy beverage, but "too much of a good thing" is a saying for a reason! National Coffee Day arrives on Sept. 29, so use this month to make your regular brew healthier in some way. Crave a sweet beverage? You can use less sugar by adding ground cinnamon, vanilla extract or unsweetened cocoa for a flavor boost. If coffee upsets your stomach—but you love it anyway!—check out a low-acid blend. Struggling with sleep? Avoid drinking coffee after 2 p.m.

No Ifs, Ands, Or Buts

We strive to provide the best in senior living. We want to meet every need of every resident. A gentle hand is available when you need a little assistance, but we try not to push, and we certainly don't want to be busybodies. There is one area, however, where there is no wiggle room. We do not allow smoking anywhere in our community. Smoking is permitted outside 25 feet from any opening to the building (doors and windows). Please pass this message along to your family, friends, and guests. We thank you for your cooperation.



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

Pancake Breakfast

Friday, September 25th

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

Pastries

Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than Thurs., Sept. 24th. Cost for residents is \$3 and \$5 for guests (must be present). Cost doubles the day of the event.



Sporty September

September marks the beginning of the NFL season, and the MLB season is nearing an exciting end. Two of the most popular sports in America, football and baseball share just one person in their halls of fame: Cal Hubbard, who was a linebacker for three NFL teams and spent 16 seasons as an MLB umpire.



BAKED ZITI LUNCHEON

Please join us on

Friday, September 18th,

at 1:00 p.m.

for a Baked Ziti Luncheon

Our menu will include:

Baked Ziti with Crumbled Sausage

Caesar Salad

Italian Bread

and

Tiramisu

Tickets cost \$5.00 for Residents and

\$10.00 for Guests.

Plan to join us for a cool treat!



Humming on By

A favorite of backyard bird-watchers, hummingbirds begin migrating south as the sun sets on summer and crisp fall temperatures begin. Most of these itty-bitty beauties spend the winter in Mexico and Central America, with some flying thousands of miles to their vacation destination. That's a long trip for such little birds, which can flap their wings up to 80 times a second to complete the journey, but they fuel up at flowers and feeders along the way.



Laugh Lines

Classroom Crack-Ups

Kids say the darnedest things, especially on tests and homework. Celebrate the start of the school year with these real-life clever cop-outs from kids these days.

Q. Why do we pay taxes?

A. So we don't get arrested.

Q. Provide an example of a risk.

A. No.

Q. Explain how you figured how much milk they drank.

A. Thinking.

Q. Describe what is meant by "forgetting."

A. I can't remember.

Q. Washington's army didn't receive any support from ____?

A. Godzilla.

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>"September Tries Its Best to Have Us Forget Summer." ~ Bernard Williams</i>	2	3 8th Floor Vents 11 a.m.	4	5 HEALTHY AGING MONTH
6 	7 Labor Day Office Closed	8	9 4th Floor Inspections 1:30 - 3 p.m.	10 3rd Floor Hallway Cleaning 11 a.m.	11 <i>"And Then the Sun Took a Step Back, the Leaves Lulled Themselves to Sleep, and Autumn Was Awakened." ~ Raquel Franco</i>	12
13 <i>"By All These Lovely Tokens, September Days Are Here. With Summer's Best of Weather and Autumn's Best of Cheer." ~ Helen Hunt Jackson</i>	14	15	16 EXTERMINATOR 9 a.m. ROVER THE ROAMING LIBRARY Community Room 1:30 - 3:00 PM	17 7th Floor Vents 11 a.m.	18 Baked Ziti Luncheon 1:00 p.m.	19 
20	21	22  happy fall!	23 <i>"Another Fall, Another Turned Page: There Was Something of Jubilee in That Annual Autumnal Beginning, As if Last Year's Mistakes Had Been Wiped Clean by Summer." ~ Wallace Stegner</i>	24 2nd Floor Hallway Cleaning 11 a.m.	25 Pancake Breakfast 9 - 10:15 a.m.	26
27 <i>"Autumn Seemed to Arrive Suddenly That Year. The Morning of the First September Was Crisp and Golden as an Apple." ~ J.K. Rowling</i>	28	29	30	<i>September</i>		