

Interfaith Towers

Community News

October 2026

Manager's Corner

The seasons are changing, and autumn has officially arrived! There is a special kind of magic in the air right now. We are being treated to beautifully bright, sunlit afternoons followed by that wonderful, brisk chill once the sun goes down. It is the perfect time of year to slow down, breathe deeply, and enjoy the simple comforts around us. As we transition into these cooler months, remember to savor the sunshine. A short, gentle walk is a wonderful way to stretch your legs and admire the very beginning of the changing leaves. We look forward to sharing this beautiful season with you all. —Jessie and the staff of Interfaith Towers

Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.



A Fall Favorite

The holiday classic "It's the Great Pumpkin, Charlie Brown" premiered Oct. 27, 1966. The animated prime-time TV special with the gang from Charles Schulz's "Peanuts" comic strip is based on a storyline Schulz first ran in 1962. An animation achievement at the time, the hit is famous for its colorful fall pumpkin patch scenes and for giving audiences their first glimpse of Snoopy "flying" his doghouse as the World War I Flying Ace. It's estimated that about half the homes in America with TVs watched the special, and fans continue to make it a yearly tradition.



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
Office FAX (845) 452-0106
Emergency Pager . (845) 431-6636

EMAIL

interfaithtowers@aol.com
interfaithtowers@gmail.com



Celebrating Seniors

Worldwide, there are more than a billion people over the age of 60, and that age group is growing faster than any other, according to the United Nations. The annual celebration of International Day of Older Persons, Oct. 1, honors their contributions to the world.



Fall Focus

Free Five-Minute Costumes

Need a last-minute costume? Try one of these simple ideas using materials from your home:

- Mummy. Wear white if you have it, and — you guessed it — wrap up in a roll of toilet paper.
- Formal apology. Don your fanciest attire and tape a paper that says "Sorry," to your front.
- Chip on your shoulder. Tape a grab bag of chips to your sleeve.

Creature Care

Join eco-minded folks around the globe to raise awareness for animal welfare on World Animal Day, Oct. 4: volunteer at an animal shelter, buy ethically sourced products or eat vegetarian for the day.



OCTOBER BIRTHDAYS

Oct. 3	Elmer Klein
Oct. 11	James Brilmayer
Oct. 12	Karen Thomas
Oct. 14	Nurit Stabinsky
Oct. 18	Gwendoline Pelage Lewis
Oct. 22	Hector De Jesus
Oct. 24	Faith Juckett
Oct. 30	Juan Oramas
Oct. 30	Pamela Douglas

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

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RESIDENT ADVISOR'S COLUMN

Tip your cap to acorns, the famous fall nuts that are the fruit of oak trees. The little hat worn by each acorn is called a cupule, and it helps protect the seed as it grows. Depending on the type of oak, an acorn's cap may be smooth, scaly or hairy. When separated from the nut, the caps can still find a purpose as décor, a spinning top for a child and even a whistle!



Mary Woods ~ Apt. 11A

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.





OMELET BREAKFAST

An Omelet Breakfast

Friday, October 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:

Omelets

Hash Browns

Fresh Fruit

Bagels & Cream Cheese

Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than Thurs., Oct. 29th. Cost for residents is \$3 and \$5 for guests (must be present). Cost doubles the day of the event.



Preparing for Winter!

During the month of October, our maintenance staff will be working hard to get all of your air conditioners covered. If yours is not covered by the end of the month, please contact the office. Winter will be upon us before you know it!



Pot Roast Dinner

A Pot Roast Dinner is planned for Friday, October 16th at 2:00 p.m.

The menu will include:

Pot Roast

Potatoes, Carrots,

Onions

Cottage Cheese

Dinner Roll

&

Spice Cake

Sign up in the office no later than

Thursday, October 15th. Cost is

\$5 / Residents and \$10 / Guests.

Remember, the cost doubles the day of the event. Guests are limited to one per resident and must be present.



Remembering Dolly Parton (1946-2026)

We honor the life and legacy of the legendary Dolly Parton, who passed away on Tuesday, Aug. 25, in Nashville, Tenn., at the age of 80. She wore a coat of many colors: Billboard's Greatest Country Artist of All Time; Grammy and Emmy winner; philanthropist; Imagination Library creator and inspiration.

Farewell, Dolly. We will always love you.



Seasonal Flicks

Popcorn Picks: 13 Classic Fearsome Films

Even scaredy-cats can enjoy these spooky season classics, which are rated G or PG. Most of these movies are available on popular streaming platforms, either as included films or to rent or buy.

1. "The Adventures of Ichabod and Mr. Toad" (1949)
2. "Beetlejuice" (1988)
3. "Casper" (1995)
4. "Clue" (1985)
5. "E.T. the Extra-Terrestrial" (1982)
6. "Ghostbusters" (1984)
7. "It's the Great Pumpkin, Charlie Brown" (1966)
8. "Gremlins" (1984)
9. "The Goonies" (1985)
10. "Hocus Pocus" (1993)
11. "Hotel Transylvania" (2012)
12. "Jaws" (1975)
13. "The Nightmare Before Christmas" (1993)

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October				1 <i>"Life Isn't About Finding Yourself. Life Is About Creating Yourself."</i> ~ George Bernard Shaw	2	3
4 	5 	6 3rd Floor Inspections 1:30 - 3 p.m.	7 <i>"The Happiness of Your Life Depends on the Quality of Your Thoughts."</i> ~ Marcus Aurelius	8 6th Floor Vents 11 a.m.	9 	10
11	Columbus Day 12 Office Closed	13 <i>"It's No Use Going Back to Yesterday Because I Was a Different Person Then."</i> ~ Alice in Wonderland	14	15 1st Floor Hallway Cleaning 11 a.m.	16 Pot Roast Dinner 2 p.m.	17
18	19 	20	21 EXTERMINATOR 9 a.m. ROVER THE ROAMING LIBRARY Community Room 1:30 - 3 p.m.	22 5th Floor Vents 11 a.m.	23	24 <i>"Learn as if You Will Live Forever, Live Like You Will Die Tomorrow."</i> ~ Mahatma Gandhi
25 <i>"Never Bend Your Head. Always Hold It High. Look the World Straight in the Eye."</i> ~ Helen Keller	26	27	28	29 12th Floor Hallway Cleaning 11 a.m.	30 Omelet Breakfast 9:00 - 10:15 a.m.	31 