

## Greater Connection in 5780

As the New Year approaches, we have much to celebrate. We have learned, grown together and connected genuinely with one another. As we embrace living joy-filled lives, this New Year provides us the opportunity to look ahead, to reflect on how we can take our own next steps in becoming the best versions of ourselves and how we can live our best lives in 5780.

Living and aging in our community, where each person is known and valued, is what makes The Towers so life affirming. It is at the core of what we do best. In the coming year we will go from strength to strength by enhancing and improving our most fundamental attribute—community.

Always innovating, we are building a new model of support services coordination in 2019-2020. This new approach will be beneficial to all. Our model will be focused on developing proactive partnerships between our resident services team members and those we serve. Our objective is to walk alongside our residents as they set their own goals. We are developing ways to help our residents foster more meaningful connections with others and to feel an even stronger sense of community. As we embark on our entirely new menu of evidence-based programs, you will have the opportunity to reflect and consider making a new goal for yourself. You may choose to join one of our programs where you will learn how to best strengthen your body and avoid the risk of future falls. You can learn ways to express yourself through art or decide to build upon old memories while you make new ones. Through the availability of these new programs at The Towers, you have the opportunity to enhance your life and start making new plans for your future. These programs have so much to offer. I hope you will take the leap and participate.

### Our new evidence-based menu of programs for the coming year:

- **Jewish Aging Mastery Program**

Through this 12 week curriculum, students learn how to embrace their lives with a focus on healthy aging. Topics include: financial health, navigating changing relationships, realistic exercise and healthy nutrition, advanced planning and so much more.

- **Klaatch**

Techniques on how to develop deeper connections with others and find ways to turn a few neighbors into genuine friends. Helps us all learn how to feel a little less lonely as we adjust to our own aging process.

- **Matter of Balance**

Techniques on how to re-gain balance when starting to fall. Reduces the natural increase in fear of falling after a fall. Often our own fear of falling leads us to not be as active and actually increases our risk of future falls.

- **Music and Memory**

Helps people find renewed connections to long ago memories through the gift of personalized music we used to listen to as teenagers.

- **Opening Minds Through Art**

A wonderful award-winning intergenerational art expression program for those of us who struggle to find our right words.

I hope that you will join us for one or more of these programs and truly take advantage of what we think will become a new way for all of us to live our best lives. Over the next few years using this new approach of coordinated service delivery, we are likely to become known as leaders in aging services.

If you are a Greater New Haven Community member, we also encourage you to join us for these programs and/or consider joining our growing volunteer program. We count on our community members' support to make all these efforts possible. Please consider contacting Sarah Moskowitz, via email: [sarah@towerone.org](mailto:sarah@towerone.org), or by phone: 203-722-1816 ext. 410.

As we start this New Year, I encourage each of you to expand your gratitude for our community's blessings. Consider trying some new experiences with us at The Towers. Let us be open-minded and open-hearted for today and for our future.

Warmest regards,

*Gustave (Gus) Keach-Longo*  
 President/CEO

