Our Latest and Greatest!

Cindy Block
Recipient of the 2013 LeadingAge Connecticut’s Aging Services Award of Excellence

Volunteers of the Year
Joe Mascia and Florence Radin, who represented The Towers, were awarded Volunteer of the Year by the City of New Haven Elderly Services. Pictured with Mayor John DeStefano, City of New Haven

Rising Star
Mark Garilli was named one of 15 area “Rising Stars” by Business New Haven. The award recognizes the “best and brightest” of southern Connecticut’s business environment; people who have made significant contributions to the local community

Towers Volunteer Recognition Program
At the Annual Volunteer recognition Program, all Towers residents as well as community volunteers were honored for the tireless hours they contribute to help making the Towers a fun and fulfilling community to reside at. Pictured (L-R) Leo Cristofar, volunteer licensed massage therapist offering free massages to residents, Towers resident Irene Potocki, who volunteers her time doing mailings and helps with the Residents’ Association, just to name a few, (Mark Garilli, Towers CEO) and Bernadette DiGiulian, who serves on the Towers Board of Directors and the new “Towers Family Association.” We applaud ALL of our volunteers!
The President’s Column
Here We Grow Again!

Here we grow again! Building spaces, services and smiles.

I am pleased to share that in accordance with our mission and strategic plan, construction for another renovation project is underway. Construction began last month. Through a nationally competitive HUD grant program, The Towers has successfully secured funding over the past 14 years to convert more than 120 Independent Living Apartments into more accessible Assisted Living Units, supporting the growing needs and services of our community. This new project in Tower One will create 16 more accessible one bedroom apartments and will be ready for new tenants this fall! Don’t wait to get on the waiting list! Call Rebecca Goodman-Olshansky to sign up now before they are all spoken for.

2013 has been all about wellness. Towers Senior Services (TSS), an active subsidiary of The Towers and provider of our life alert system, recently acquired the necessary equipment (in partnership with HealthPro Rehabilitation) to kick off a new therapy program here at The Towers. Services began in January of this year, and through generous donations, TSS has already begun performing the same group therapy programs our residents have become accustomed to.

This year The Towers Foundation kicked off the start of our very own comprehensive Wellness Initiative, offering enrichment programming for the mind, body and soul. This initiative is not only a great start towards wellness but a tremendous opportunity to put our local resources to work. We plan to utilize the expertise that already exists in our community including social services by Jewish Family Services, exercise programs at the Jewish Community Center and intergenerational programming with day schools, camps and synagogues, to name a few. Our goal is to open new doors for seniors in isolated neighborhoods and offer them community-based services right here at The Towers.

Now is the time to help our seniors gain physical strength and balance, better manage their activities of daily living and enable greater mobility and strength so they may remain safely in their homes.

We are grateful to all of our donors and volunteers, without whom we would be just another senior housing complex. Wellness activities cannot reverse the effects of aging, but they can help to slow them down and improve the quality of life.

Please consider joining me and so many others in making a donation to help this initiative grow and keep our seniors living healthier and more independent lives.

Thank you. I look forward to seeing you at The Towers!

—Mark Garilli

The Towers Marketplace

The Towers now offers a new and exciting program for our residents—the Towers Marketplace. No more having to get on a bus and travel out to a supermarket, nor subscribe to a local supermarket and be subject to their delivery fees and minimum order requirements. The Towers now offers a grocery shopping service on-site, utilizing our current dining services provider and their vendors.

The Towers Marketplace is an assisted grocery shopping service. Delivery service is provided directly to the resident’s door at no additional cost. There is no minimum order size. Simply call Fred, our Marketplace Manager, at 203-772-1816, ext. 131 and he will gladly make an appointment with the resident to review the catalog of items and assist in making a shopping list. All orders are placed on a Monday and will be delivered on Tuesday or Fridays. Payment is expected at the time of purchase by cash or check.

The Towers Marketplace is also currently working with a vendor to allow for both credit card and debit card use for the Marketplace, Towers Café and the Convenience Store in the near future to make transactions more convenient for our residents and their guests. We will keep you posted with our progress.
Special Thanks to Our Donors

LEADERSHIP
Anonymous

SUPPORTERS
Susannah & David Bailin

BENEFACTORS
Sam & Rose Merriam
Dorothy Giannini-Meyers & Steven Meyers
Milton & Gladys Godfried Endowment for benefit of Tower One/Tower East

PATRONS
Anonymous
Camp Laurelwood Campers
Carl Dimow
Dr. Milton & Gladys Godfried for the Benefit of Tower One/Tower East Health Center
Mark & Sheila Garilli
Heidi & Norman Hurwitz
Sidney & Donna Levine

In spite of our best efforts to be accurate in recognition of our donors, mistakes can occur. If your name was omitted, listed incorrectly, or misspelled, please accept our apology and notify us of the error. Thank you for your understanding.

Golden Door Society members have made five year pledges to assure sustainable funding for programs and services that enrich Towers residents’ lives.

Our Towers Tree of Life . . .

Special Thanks to Our New Contributors!

Bronze Leaf
In Memory of Leah Wallach from Fred & Ina Gross
In Memory of Leah Wallach from Friends at the Towers
In Memory of Anne Reger from Elaine & Jay Grossman
In Memory of Ida Weisberg from Elaine & Jay Grossman
In Memory of Irv Greenberg from Elaine & Jay Grossman
In Memory of Pat Folson from the Towers

Mini-Tree
In Memory of Harriet Sidransky from residents of the Towers and The Residents’ Association

Stone
In Memory of Joe & Lil Dimow from Carl Dimow

The Towers Tree of Life is a lasting acknowledgment that honors the people who have cared for you, taught you, and listened to you. A tribute on our Tree of Life is a lasting acknowledgment to commemorate a special occasion or to remember a loved one.

Your message is an everlasting sign of your appreciation, gratitude and love. You select the wording of your choice and that will be engraved and is displayed prominently in the lobby of the Towers.

All donations benefit the residents of Tower One and Tower East.

For information about making a contribution, contact Vivian Kantrow at 203-772-1816, ext. 290 or email vivian@towerone.org.
The Knitting Ladies of Tower One/Tower East were recently honored by Hunger Relief and Development, Inc. The Towers Knitting Ladies gather to knit and crochet blankets, hats and mittens to benefit Life Haven (an organization that is dedicated to providing temporary shelter to homeless pregnant women and women with young children and assisting in the development of skills that will enable them to live independently and achieve success).

**Towers Residents Making a Difference in the Community**

**Board of Directors**

**Officers**
- Alan Siegal
  Chair of the Board
- Bruce Spiewak
  Vice-Chair, Finance
- Jacqueline Koral
  Vice-Chair, Resident Services
- Irwin Epstein
  Vice-Chair, Facilities
- Richard Epstein
  Treasurer
- David Bender
  Secretary
- Nathan Topf
  Immediate Past Chair of the Board

**Board of Directors**

- Stacey Batat
- Bernadette DiGiulian
- John Gordon
- Barbara Green Orell
- Robert Katz
- Sidney Levine
- Esther Ozeck
- Carol Shanbrom
- David Schancupp
- James Shure
- Lori Weiss
- Steven Wendell

**Resident Directors**

- Doris Dimenstein
- Joseph Mascia
- Bettye Morrison

**Emeritus Directors**

- Diane Alderman
- Robert Bachman
- Sharon Bender
- Joseph Blumberg
- Charlotte Brenner
- Andrew Eder
- Eileen Eder
- Alan Judelson
- Linda Kantor
- Barbara Katz
- Peter Newman
- Lloyd Nurick
- Ted Schaffer
- Tracy Selmon
- Rabbi Steven Steinberg
- Jim Vlock
- Richard Weiss

**Caregiver Support Group**

This group is for individuals who are coping with the needs of elderly and frail loved ones. The group meets monthly from 7:00 – 8:30 pm in the Tower One Board Conference Room.

The group is facilitated by Rabbi Hesch Sommer, Director of the Jewish Family Service’s Wellness and Healing Center and is open to any individual in the Greater New Haven community.

For more information, contact Michelle O’Brien at the Towers (203) 772-1816, ext. 170 or Rabbi Sommer (203) 389-5599, ext. 117.

**David Schancupp Receives Chairman’s Award**

Pictured (L-R) is Towers’ Immediate Past Chair of the Board presenting David Schancupp, former Board Chair, the Chairman’s Award 2013 at this year’s Annual Meeting.

**Surprise your loved one with a little something special!**

Purchase a gift certificate for the Café or Convenience Store. This is a wonderful treat so they can pick up something that they need without leaving the building or indulge in breakfast or lunch with a friend and you have provided a surprise! Contact Diane in the business office or email diane@towerone.org.

Gift Certificates for the Vine Gift Shop are another fun gift, and all of the Spring Merchandise is arriving daily. Call the main number, 203-772-1816, and ask to be connected to the Gift Shop during 1 p.m. to 3:30 p.m. daily.

**Celebrate a special occasion: Sponsor a Shabbat Kiddush or an Oneg Shabbat**

- Birthday
- Wedding
- Anniversary
- New baby

Contact Lisa Ferguson (203) 772-1816, ext. 240 lisaf@towerone.org
The Success Behind the Vine Gift Shop at the Towers . . .

The Vine Gift Shop, located at Tower One/Tower East, has been in existence for over ten years now and continues to grow and offer a larger variety of items. Managed by Fran Walnau (who proudly states she is 90 years old) and a plethora of dedicated volunteers (who age from their 70’s to nearly 100 years old), the gift shop offers many desirable goodies at extremely attractive prices. From greeting cards to dresses, from jewelry to toys, there are so many choices you won’t know where to start.

And if there are any questions, please stop and ask Fran; she is always ready to lend a hand. Recently, she offered to this writer an update on the latest happenings. One thing she discussed right away was a raffle being offered. “All proceeds will go to the Residents’ Association,” she said, as all the profits from the gift shop go. She explained about the various prizes offered and then updated me on the gift shop itself. She is extremely proud of “the very reasonable rates” (compared to your local department stores) and told me all about “Laura Ashley clothes and tables full of items that have to be put in the hallway outside the gift shop because there is no room.” Fran has been doing this job for two years now. She felt flattered when she was originally asked to take over. She felt she had enough experience. “I worked in retail for a number of years before I was married and continued after the kids grew older. I also volunteered at The Jewish Home for almost 30 years.” She was generous in her acknowledgement of her approximately 30 volunteers and noted all of the assistance from non-Towers residents over the years. She also filled me in on a bit of history of the gift shop—“There used to be a coffee shop in Tower East years ago (up until the early 2000’s), and when it closed down, with Barry Vine, the gift shop took over the area.” She feels grateful to those retail pioneers back then. I’m sure they would be amazed at its growth.

All of us connected with the Towers are excited about the gift shop and all of the help it has provided to residents. They are doing better than they ever have, and with her remodeling over the last two years it now “feels like home.” So, come on and see for yourself. The gift shop is open Monday-Saturday from 1 p.m.-3:30 p.m. And if you want to volunteer or have any great ideas, please let Fran know.

Pictured (L-R) are some of the many Towers’ residents who volunteer their time to work in the Gift Shop: Charlotte Teitelman, Fran Walnau and Doris Dimenstein

Opportunities to support the quality of life that we want to continue to offer our seniors who call Tower One/Tower East home

Sometimes, people touch your lives so dearly that you wish you could honor them…

Please remember when there is an occasion for a special remembrance—making a donation to the Towers is a perfect way to express your message and also contribute to the extraordinary programs and activities we offer to our residents. We send a personal acknowledgement letter for each donation to both the recipient and the donor. Your support is greatly appreciated. A special donation envelope has been included in this issue for your convenience. For additional information about giving opportunities, please contact:

Vivian Kantrow
(203)772-1816, ext. 290
or vivian@towerone.org

Wish List

We greatly appreciate your generous donations; they make a difference!

Items still needed:
- Gift cards for crafts stores, supermarkets and health and beauty supplies
- Sponsor for refreshments for Saturday night Bingo
- Laundry detergent and cleaning supplies for residents’ use
- Mops, buckets, brooms and sponges
- Sponsors for Onegs and Kiddush
- HD digital camcorder
- Vouchers for My-Ride, available for purchase at Stop & Shop
- 500 and 1,000 piece jigsaw puzzles
- Gardening supplies: small/medium/large gardening pots, garden gloves, small shovels and potting soil
It’s not too late to make a difference in 2014 . . .

DID YOU KNOW . . .

. . . Rent fees pay only for the apartment and facility upkeep of Tower One/Tower East.
. . . It is your support that makes life worth living!

Tower One/Tower East . . .
It’s all about life, learning, wellness, enrichment, entertainment and having a meaningful existence.

Your donation makes the difference and provides the “extras”

- Lectures
- Art Classes
- Chorus
- Movies
- Music
- Lunch and Learn
- Yiddish Classes
- Towers University
- Exercise classes
- Tai Chi
- Holiday Celebrations
- Trips to Concerts
- Trips to Theater
- Men’s Club
- Gardening Club
- Religious Services
- Day Trips
- Dance Program
- Wellness and Nutrition Programs
- Entertainment

Because of you . . .
Our Towers Seniors have more to do than sitting watching TV or playing solitaire.

And, don’t forget . . .
Any time you want to put a smile on your face, stop by and see your dollars at work.

If you would like to talk about other giving opportunities, contact our Director of Development, Vivian Kantrow, at 203-772-1816 or Email, vivian@towerone.org.

Your donation can be made in the enclosed envelope, or make your gift online at our secure website: www.towerone.org.

“View From the Towers”
Please join us for a one hour presentation to learn more about Tower One/Tower East. We want our families and the community to better understand our mission. During this presentation you will gain more knowledge about our work, programs and services. If you would like to attend an upcoming tour, contact:

Vivian Kantrow
(203)772-1816, ext. 290 or vivian@towerone.org

An Affordable, Active Senior Living Community!

18 Tower Lane
New Haven, CT 06519
Phone: 203-772-1816
Fax: 203-785-8280
www.towerone.org
Like us on Facebook: Tower One Tower East
Help is available. The Towers Housekeeping Department offers several packages:

Deep Cleaning: Two hour complete cleaning service.

Light Housekeeping Services: As requested by you.

Laundry Services: Your laundry is picked up, washed, dried, folded and returned to you.

For additional details regarding the services, fees and to make an appointment, contact Diane in the business office at 203-772-1816 or email diane@towerone.org.

Join us for a hands-on lesson learning the “Art of Making Hamantaschen.” Participants will be assigned a fully supplied workstation along with a mentor to make a small batch of hamantaschen which will be delivered to Jewish seniors in our community. Participants will take home a small sampling of hamantaschen along with a copy of the recipe for them to try at home with their families.

*Traditional Purim Cookies

This is open to the community (suggested minimum age no younger than 6)

$5.00 per workstation (limited 1-2 people per station)

**MUST pre-register no later than Tuesday, March 4, 2014 (limited space)

*All ingredients used are Kosher

In case of inclement weather, call the JCC: 203-387-2522

For more information please contact either Linda at 203.772.1816, ext. 350, linda@towerone.org or Vivian at ext. 290, vivian@towerone.org

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Tear here and return with payment

NAME (S) ________________________________________________

ADDRESS ______________________________________________

CITY ____________________________  ZIP ______________

PHONE _____________________ CELL _________________

EMAIL _____________________________________________

# OF STATIONS REQUESTED ________________________

$5.00 per Station (1–2 people per workstation maximum)

Please check your preferred time

__11:00-11:30    __11:30-12:00    __12:00-12:30    __12:30-1:00
__1:00-1:30    __1:30-2:00    __2:00-2:30    __2:30-3:00

Please make checks payable & mail to:
Towers Foundation Inc. • 18 Tower Lane, New Haven, CT 06519
Or you may drop it off to the JCC receptionist

** For more information please contact either
Linda at 203.772.1816, ext. 350, linda@towerone.org or
Vivian at ext. 290, vivian@towerone.org

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Do you, your mom or dad need a little extra assistance?

Tower One/Tower East in cooperation with the JCC of Greater New Haven presents

“Baking For Good”
The Art of Making Hamantaschen*

Sunday, March 9, 2014 • 11:00 am - 3:00 pm
Jewish Community Center • 360 Amity Road, Woodbridge, CT

Tower One/Tower East in cooperation with the JCC of Greater New Haven presents

“Baking For Good”
The Art of Making Hamantaschen*

Sunday, March 9, 2014 • 11:00 am - 3:00 pm
Jewish Community Center • 360 Amity Road, Woodbridge, CT
The mission of the Towers organization is to provide older persons of varying means with high quality living arrangements and services based upon Jewish values and traditions.

Peace of Mind at your fingertips
TOWERS ALERT LINE
Available 24 hours
Help just minutes away with just the push of a button.
Providing you safety and comfort in your own Towers home.
A 24 hour emergency response monitoring system within your apartment.
For more information about service and pricing, please contact Nicole Merritt in the Business Office (203) 772-1816, ext. 180, or nicole@towerone.org

E GIVING on Towers Website
There is now a new and secure way to support the Towers! Make your donation online. It is easy and simple.
Just log in to the Towers website at www.towerone.org and click on the DONATE NOW button.
For additional information, contact our Director of Development, Vivian Kantrow, at vivian@towerone.org.

Check us out and friend us on Facebook:
Tower One
Tower East!
Watch for updated pictures of your family member at many of our programs and activities!

Celebrate Spring!
Visit the Vine Gift Shop at The Towers. There is always NEW merchandise and GREAT bargains! Our volunteer staff are happy to assist you.

The Vine Gift Shop is run by and for the benefit of the Residents’ Association. All proceeds benefit the residents of The Towers.

Call NOW about our Newly Renovated Apartments!

The mission of the Towers is to provide older persons of varying means with high quality living arrangements and services based upon Jewish values and traditions. The Vine Gift Shop is run by and for the benefit of the Residents’ Association. All proceeds benefit the residents of The Towers.

Call NOW about our Newly Renovated Apartments!

New Haven Jewish Community Council Housing Corporation
New Haven, CT 06519-0602
Call NOW about our Newly Renovated Apartments!