

Living Our Best Lives Today, While Planning Our Future

Helping seniors live their best lives is what we do best. Every day our families, volunteers, Board of Directors and staff work to improve the lives of our residents, and support their families in an engaging and inviting community setting. We are making strides right now toward even greater excellence through the implementation of a number of new programs and partnerships. Seniors living at The Towers today can look forward to evidence based programs like the Jewish Aging Mastery Program, Opening Minds Through Art and Memory & Music. We are delighted to embark on a partnership with Quinnipiac University that will enable us to study and evaluate our work through a scientific lens. We are expanding our reach into the community each day through the efforts of our Volunteer Coordinator, Sarah Moskowitz, and we are delivering programming to meet the physical, social and emotional needs of our residents through the work of our new Healthy Living Coordinator, Dean Tinari. There could not be a better time to live at The Towers.

Through our current Strategic Planning Process we are also planning and ensuring that The Towers remains a leader in the

field of aging for generations to come. "A strategic planning process is an organizational management activity that is used to set priorities, focus energy and resources, strengthen operations, ensure that employees and other stakeholders are working toward common goals, establish agreement around intended outcomes/results, and assess and adjust the organization's direction in response to a changing environment. It is a disciplined effort that produces fundamental decisions and actions that shape and guide what an organization is, who it serves, what it does, and why it does it, with a focus on the future. Effective strategic planning articulates not only where an organization is going and the actions needed to make progress, but also how it will know if it is successful."

Under the leadership of Board Chair, Jaqueline Koral, and Board of Directors members, Senator Gayle Slossberg and Jamie Zubkoff, our strategic planning process is moving along wonderfully. The process has enabled us to meet with countless members of the community to hear thoughts, impressions, joys and concerns. Experts in aging, demographics and our state have



shared valuable information. Through focus groups, mission and values conversations and numerous meetings the entire community has been a critical player throughout. We have listened and heard you. Thank you to all those who have shared their time and views.

Our Board of Directors will meet as a group on February 3rd to: review, explore and ultimately identify the key areas that The Towers will need to address as an organization over the next years. Our board, staff and volunteers will together join in common goals, aspirations and measurable outcomes. Together we are ensuring the wonderful community we have today, remains true to its values and hamish (down to earth), but updated in the years to come.

The Towers Foundation Thanks and Honors Its Donors

Gail Wilder and Michael Wilder Honor Their Mother's Legacy Through The Anne Castroll Elijah Fund for Food and The Anne Castroll Film Series

Gail Wilder, whose mother, Anne Castroll, was a resident at The Towers, remembers her mother fondly, "Mom had many talents. She was an avid, capable bridge player and she was sought out for games during her time at The Towers. In her adult years she took up painting. She was a skilled artist. I have more than a few of her finely painted landscapes on my walls that I look at every day and that I cherish. She could speak on current events. She watched the news and read a daily newspaper. She was smart. She had perspective. Mom seemed not to belong to any particular generation. She mingled frequently and comfortably with people of all ages. She loved my



Gail and Michael Wilder and their mother, Anne Castroll

friends and they loved her back. The husband of one of my friends felt so close to her he called her 'Mom'."

In the final year of her life (2014), Gail and Michael saw their mom every week. They frequently went out to movies and lunch. It

was important to all of them that she live life to the fullest, even if it meant that her wheelchair came along on every outing. Anne appreciated the love she received from and the time her children spent with her.

The Wilders chose to honor their mother's legacy through a designated gift at The Towers Foundation to help those who face food insecurity and through a designated gift for cultural programming.

(Continued on back page)

There's So Much To Do!

Programming Each Week

Sunday

2:00 pm Afternoon Movie
7:00 pm Evening Movie

Monday

9:30 am Wii Sports
10:30 am Chair Exercise
11:30 am Let It Shine
1:00 pm Manicures
1:00 pm Relax and Rejuvenate
2:00 pm Yiddish Group
3:00 pm Stay Balanced
7:00 pm Evening Movie

Tuesday

10:30 am Seamstress/Hearing
1:00 pm HealthyFit Exercise
7:00 pm Evening Movie

Wednesday

10:45 am Towers Chorus
11:30 am Chef Center Stage
2:30 pm Bingo
3:00 pm Stay Balanced
3:30 pm Planning Project
7:00 pm Evening Movie

Thursday

10:30 am Art Class
1:00 pm HealthyFit Exercise
2:00 pm Walk and Talk
7:00 pm Evening Movie

Friday

9:30 am Wii Sports
11:00 am Chair Exercise
11:00 am Christian Bible
12:45 pm Gospel Choir
1:00 pm Create-a-Word
1:45 pm Yoga with Debbie
2:00 pm Tai Chi for Men
2:45 pm Trivia
3:00 pm Tai Chi for Women
5:30 pm Dominoes
7:00 pm Shabbat Service

Saturday

10:00 am Shabbat Service
1:00 pm Bridge Game
2:00 pm Afternoon Movie
7:00 pm Bingo

Jan. 2019

Watch for these Upcoming Events

Dates and times are subject to change.

Friday Jan. 4

9:45am Trader Joe's
Shopping Trip

Sunday Jan. 6

1:30pm Piano by Ben

Monday Jan. 7

1:00pm Book Club with
Betsy Stern
2:00pm Poetry with Betty
Lou Blumberg
3:15pm Rivka Talks

Tuesday Jan. 8

10:00am Coffee Klatch

Thursday Jan. 10

10:00am Lunch and Movie
Trip

Friday Jan. 11

8:00pm Birthday Oneg

Sunday Jan 13

12:00pm The Music of
Hal Grossgold
1:30pm Piano by Ben
7:00pm Movie &
Discussion with Jim
Brochin

Monday Jan. 14

3:15pm Music Appreciation

Tuesday Jan.15

11:00am Community Chat
with Gus
2:30pm A Talk with Rabbi
Ben Scolnic

Sunday Jan 20

1:30pm Piano by Ben
2:00pm Dance with Leng!

Monday Jan. 21

3:15pm Tu B'Shuvat Seder
with Rivka
Tuesday Jan. 22
10:00am Coffee Klatch

Sunday Jan. 27

2:00pm Kol Shira Concert
7:00pm Movie & Discussion
with Jim Brochin

Monday Jan. 28

3:15pm Music Appreciation

Tuesday Jan 29

11:00am Community Chat
with Gus

Please Note: Some regularly scheduled programs may be cancelled to accommodate other additional programs.
We strive to frequently offer new programs in a wide variety of topics.

Towers Foundation: Loving Kindness in Action

“Love is in the Air” at The towers!

Remember your loved one with an assorted gift of sweet treats!

Each gift of love, \$18, an array of goodies, is delivered with care in a decorative gift bag on February 14th.

Please consider sending the gift of love to a lonely heart.
All of our seniors deserve a gift to brighten their day.

Sponsor one lonely heart \$18.00 ♥

Sponsor two lonely hearts \$36.00 ♥♥

Sponsor three lonely hearts \$54.00 ♥♥♥

Sponsor five lonely hearts \$90.00 ♥♥♥♥♥

Sponsor 10 lonely hearts \$180.00 ♥♥♥♥♥♥♥♥♥♥

For more information, contact Jennifer Bayer at 203-772-1816, ext 290, jennifer@towerone.org

I'd like to send a gift bag to my loved one(s) _____ Apt(s) _____

I'd like to Sponsor _____ Lonely Hearts. Total: _____

Name (s) _____

We provide a card. Please list the name(s) for the signature line.

CC number _____

Exp Date _____

CVV Code _____

First Name _____

Last Name _____

Address _____

City _____

State _____

Zip Code _____

Phone _____

Email _____

Mail completed form with payment by February 11th payable to: Towers Foundation, Inc. 18 Tower Lane New Haven, CT 06519

