An Active Senior Living Community

Tower One
Tower East
Fostering Independence and Community – It’s All Right Here
An Active Senior Living Community
Tower One/Tower East is a unique apartment and assisted living community located in the heart of one of New England’s most historic and vital cities. For more than 40 years, we have provided a safe and vibrant environment for older persons of varying means from the greater New Haven area, around the state and beyond. And while we are proud of our ability to readily respond to the changing needs of Tower One/Tower East residents and their families, our dedication to providing high quality living arrangements will never waiver.

Our location gives the people who live here unparalleled access to many of the local amenities – such as theaters, restaurants, museums, shopping and world-class healthcare - that make living in the city so desirable. Still, all of life’s necessities and more than a few of its luxuries can be found right on our campus. From an array of leisure activities that offer stimulation for the mind, body and spirit to health assistance and wellness programs, it’s all right here at Tower One/Tower East.
Living well means different things to different people. Beyond pleasant and secure surroundings, we believe that, to one degree or another, the support and companionship of friends, spirituality, intellectual stimulation and exercise are all key factors in the equation that leads to successful, happy lives.

And while residents of Tower One/Tower East enjoy a comfortable and safe environment with a full complement of conveniences, a truly higher standard is achieved by helping each individual find precisely the right balance of social, physical, spiritual and mental inspiration.

The Tower One/Tower East lifestyle is within the reach of a broad spectrum of older adults with differing financial circumstances. In addition to monthly fees that compare very favorably with communities of equally high quality, we possess significant expertise in assisting both existing and prospective residents with access to a variety of assistance programs.

Our ability to give residents access to multiple payer sources for rent and assisted-living-services programs makes the Towers unique among older adult living communities in the region.

We are the only adult living community in greater New Haven – and one of only a handful in Connecticut – eligible for inclusion in several state administered programs that help residents and their families avoid unnecessary concerns about long-term expenses for assisted living services. And that may be among the most significant advantages of the Tower One/Tower East living experience.
Tower One and Tower East are non-profit organizations created to provide safe, comfortable housing for older people of differing financial circumstances. With no obligation to create profits for investors, we can focus our attention and resources on maintaining the best possible environment for every member of our community.

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“For my father, he is no longer alone in his home. He has the opportunity to get out when he wants to socialize or stay in his home when he would rather be alone and quiet. It’s all about independence.”

- Robin Bieler
Waterbury, Connecticut

Fine Dining

Evening meals at the Towers are intended to provide sustenance for the body, mind and soul. Every detail of the experience is intended to celebrate the companionship and camaraderie that is so much a part of living within our community.

With the convenience of two servings (5 p.m. or 6 p.m.) Sunday through Friday, residents are given the freedom to plan their days and evenings to fit their mood and/or lifestyle. Without regard to the hour the meal begins, three complete courses are always on the menu.

A Kosher certified kitchen staffed with trained chefs guarantees the highest possible standards and consistent quality. Menu selections are frequently based on holiday or special occasion themes.

Breakfast and Lunch are available for purchase daily in the Towers Café, as is a light dinner on Saturday evening. We also have our own convenience store for those occasional snacks, light grocery needs and sundries.

A Community in Every Sense of the Word

We began with the premise that a community is more than a group of people living in the same place at the same time. Before the first shovel hit the ground, before the first steel beam was set in place, Tower One/Tower East was designed to be an environment that encourages meaningful human interaction.

An abundance of common areas and a full schedule of group recreational, spiritual and intellectual activities are just some of the ways we ensure that the tangible and intangible benefits of community living are easily realized by every resident.
Tower One and Tower East have two types of apartments: Classic and Assisted Living. Both types are available in studio, deluxe studio and one-bedroom configurations. Assisted living services are available to all Tower One and Tower East residents, without regard to apartment type or configuration.

Each tower has apartments with a number of different floor plans, and comfort and convenience features. All apartments have fully equipped kitchens with everything needed to easily prepare complete meals.

Just as enjoying the benefits of a close-knit community and ample spiritual, intellectual and recreational activities are very much a part of our lifestyle, so too is having a quiet and comfortable living space. Regardless of layout and amenities, every apartment is carefully designed and maintained to ensure that – when desired – residents have a place where privacy and solitude are always available.

Support and assistance are essential elements of independence. We possess the resources, expertise and understanding to make sure that each resident gets precisely the level of assistance for his or her individual needs.

Tower One/Tower East residents and their families take comfort in the knowledge that we are so completely focused on making certain that when help is needed – from on-site primary care to laundry services – it is always available and just as importantly, easily accessible.
Active lifestyles encouraged

Opportunities to nurture the mind, body and spirit are – by design – always within the easy grasp of Tower One/Tower East residents. Because experience tells us that being engaged in life is – without a doubt – one of the most important features to aging successfully, we put significant time and thought into this aspect of the Towers experience.

Many of our social, recreational and intellectual endeavors are carefully planned and organized. Others are simply the natural result of our close-knit community. No matter their origin, residents can always find a mix of activities suited to their individual needs and pursuits.

Features:

• Window treatments
• Closets
• Wall to wall carpeting
• Air conditioning (Tower One)
• Stove with oven
• Refrigerator/freezer
• Cable ready
• Staff available 24/7
• Emergency call system
• Cityscape or Long Island Sound views
• Large windows – for an abundance of natural light
What is Assisted Living?
Assisted Living is a lifestyle choice for older adults that bridges the gap between totally independent living and a higher level of care. It is a perfect choice for those older adults who simply need a “little” extra help in order to remain independent.

Do we sign a lease? For how long?
Is there an up-front fee for admission?
Unlike many other retirement communities, Tower One/Tower East is a mission-driven, nonprofit organization. There is no “up-front fee” for admission as a resident. You do, however, sign a lease just as you would at any rented apartment or retirement community. Leases are generally renewed on an annual basis for as long as the resident chooses to remain in his/her apartment.

What if I need additional assistance after entering Tower One/Tower East?
Will I have to go to a nursing home?
Assistance with Activities of Daily Living (ADLs) – bathing, dressing, and ambulation – is available seven days a week. Assistance in other areas, such as laundry, housekeeping, or socialization, can be provided on an as-needed basis. Assisted living, however, often provides the answer to a premature move to a nursing home.

Only as much or as little as you would like. Residents maintain an independent lifestyle; many take full advantage of the activities and social services that are available daily at the Towers.

Will I still use my own doctor?
If you want to. However, the Yale New Haven Health Care System Elder Care Program provides primary health care for residents wishing to avail themselves of on-site health care.

Can I come and go as I please?
Of course you can, always with the knowledge that security is provided at our community 24 hours a day. If you drive, reserved parking spaces are available.

Can I bring my own furniture?
Yes. Our apartments are provided unfurnished, with the exception of window treatments, carpet and major appliances.

Can I bring my pet?
Yes, and that’s one of the real advantages of our community. We know that making a lifestyle change is stressful enough, without adding the additional stress of losing a beloved pet. Some residents have cats and small dogs; a few of our staff members regularly bring their pets to work!

Will my day be regimented?
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“Every one on staff creates a nourishing, safe, and supportive environment that allows seniors to live dignified, active and hopeful lives.”

- Jill Shiffrin Hammond
  Fall City, WA

Contact Us:

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18 Tower Lane
New Haven, CT  06519
(203) 772-1816

www.towerone.org

Like us on Facebook

Directions from I-95 or I-91:
• Follow signs to “Downtown New Haven”
  (Exit #47 off of I-95, Exit #1 off of I-91) - you will be on the Route 34 connector road.
• Take the first exit, (Exit #1) – and stay to the left.
• At the first traffic light turn left onto Church Street (South).
• Follow Church Street South to second traffic light; turn left onto Tower Lane.
• Enter the Towers campus at the second driveway on the left.
• Park in the designated visitors parking area.
• Check in at the security desk at the main entrance.

Learn more, schedule a tour!
After reviewing these materials or viewing our website, please schedule a visit to see first hand what an energetic, diverse, vibrant community we have at Tower One / Tower East.
For more information or to schedule a tour, please call (203) 772-1816.

Photos courtesy of:
Resident photographer, Bud Lish – PSA ★★★★★
David Ottenstein and staff
OUR MISSION

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.