

November 2019

FOLLOW THE BOUNCING BALL... TO A VERY SPECIAL EVENT AT THE TOWERS AT TOWER LANE



ON THE MAP FILM SCREENING AND DELI LUNCH FEATURING TALK WITH **FILMMAKER DANI MENKIN**

EVENT CO-CHAIRS **NORMAN FEITELSON, DOUG GOLDNER AND LORI WEISS**

SUNDAY, NOVEMBER 17TH • 12:30PM

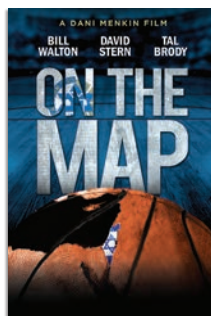
THE TOWERS MAIN DINING ROOM • 18 TOWER LANE, NEW HAVEN

\$18 COUVERT \$118 EVENT SPONSOR \$10 STUDENTS

GREAT RAFFLE PRIZES: GIFTS CARDS, SPORTS EQUIPMENT, A SIGNED BASKETBALL FEATURING ON THE MAP ATHLETES AND MORE.

RSVP BY MONDAY, NOVEMBER 11 TO NICOLE MERRITT AT NICOLE@TOWERONE.ORG, 203-772-1816, EXT. 180

QUESTIONS? CONTACT JENNIFER BAYER, DIRECTOR OF DEVELOPMENT AND COMMUNITY RELATIONS, JENNIFER@TOWERONE.ORG, 203-772-1816, EXT. 290



ON THE MAP tells the against-all-odds story of Maccabi Tel Aviv's 1977 European Championship. It took place when the Middle East was still reeling from the Yom Kippur War (1973), the Olympic massacre (1972), and the Air France hijacking (1976). Through the lens of sports, **ON THE MAP** presents the story of how one team captured the heart of a nation amidst global turmoil.

The film recounts how an underdog Israeli team prevailed over a series of European basketball powers that repeatedly refused to compete against Israelis.

In pulse-pounding action, told through the eyes of six American basketball players, the film is a high-stakes thriller with an incendiary political backdrop.

Proceeds from this special event will support programs: Matter of Balance, Opening Minds Through Art, Memory & Music, Aging Mastery and others that keep our seniors bouncing.



18 Tower Lane • New Haven, CT 06519
(203) 772-1816 • www.towerone.org



There's So Much To Do!

Weekly Programming

Sunday

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

Monday

10:30 am Bimonthly Seamstress Service
10:30 am Chair Exercise
1:00 pm Manicures
2:00 pm Yiddish Group
7:00 pm Evening Movie

Tuesday

10:00am Bimonthly Chair Massage
1:00 pm Healthy & Fit Exercise
7:00 pm Evening Movie
7:30 pm Bimonthly Dance Group

Wednesday

10:45 am Towers Chorus
1:00 pm Knitting & Crochet
2:00 pm Bingo
1:00 pm Stay Balanced/Fall Prevention Program
7:00 pm Evening Movie

Thursday

10:30 am Art Class
1:00 pm Healthy & Fit Exercise
2:00 pm Adult Coloring
2:00 pm Sports Trivia
7:00 pm Evening Movie

Friday

11:00 am Chair Exercise
11:00 am Bible Study
12:45 pm Gospel Choir
1:00 pm Create-a-Word
2:00 pm Tai Chi
2:45 pm Trivia
5:30 pm Dominoes
7:00 pm Shabbat Service

Saturday

10:00 am Shabbat Service
2:00 pm Afternoon Movie
6:30 pm Bingo
7:00 pm Evening Movie

Nov 2019

Watch for these Upcoming Events

Dates and times are subject to change.

Sunday Nov 3

1:00 pm Frank Porto Band

Thursday Nov 14

6:30 pm NHSO at Woolsey Hall

Monday Nov 4

3:00 pm Monthly Poetry Meeting
7:00 pm Discussion With Joyce Saltman

Sunday Nov 17

12:00 pm Special Event—Film Screening. & Lunch. Documentary “On the Map”
Rsvp to Nicole x180

Thursday Nov 7

10:00 am Hospitality Committee Meeting
11:00 am Monthly Dining Services Meeting
7:00 pm Welcome Guest Speaker Leona Schwartz

Monday Nov 18

7:00 pm Charles “Piano Man” Thomas Performs

Tuesday Nov 26

10:00 am Bi-Monthly Coffee Klatch
11:00 am Community Chat With Gus

Monday Nov 11

10:00 am Resident's Association Veteran's Day Brunch
10:30 am Hearing Clinic
1:30 pm Towers Chorus Performance

Monday Nov 25

10:30 am Hearing Clinic

Thursday Nov 28

12:00 pm Early Thanksgiving Dinner

Tuesday Nov 12

10:00 am Bi-Monthly Coffee Klatch
11:00 am Community Chat With Gus
7:00 pm A Talk With Michael Howard

Wednesday Nov 13

1:00 pm Monthly Blood Pressure Check
7:00 pm Discussion With Our Own Izzy Juda

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

Tributes

Ms. & Mr. Laurie Becker in honor of Lee and Lillian Liberman
Mr. Michael Schwartz & Mrs. Pam Goodman in honor of Richard Wurtzel
Ms. Bertha Kahn in memory of Ruth Kornreich
Mr. Michael Kahn in honor of Bertha Kahn
Mr. & Mrs. Gerald Katz in memory of Frank Schmidt and Lou Trocollo
Mr. Steve Katzman & Family in honor of Lillian Katzman's 90th birthday
Ms. Judi Krevolin in honor of Lillian Katzman's 90th birthday
Dr. & Mrs. David Leffell in memory of Freda Leffell
Mr. & Mrs. Daniel Leffell in memory of Freda Leffell
Mr. & Mrs. Michael Leffell in memory of Freda Leffell
Mr. Herbert Mermelstein in honor of Alexander Elkin's 95th birthday
Mr. & Mrs. Nicolas Olshansky in memory of Adele Seligman
Mr. & Mrs. Nicolas Olshansky in memory of Florence Radin
Mr. & Mrs. Alan Ponchick in honor of Esther Brochin's 90th birthday
Mr. & Mrs. Abraham Reich in memory of Esther Reich
Ms. Sylvia Rikin in honor of Esther Brochin's 90th birthday
Mr. & Mrs. Richard Sviridoff in memory of Marilyn Ungar
The Towers Residents Association in memory of Florence Radin
The Towers Residents Association in memory of Fran Wallnau
The Towers Residents Association in honor of Jackie Curl

**List as of October 17, 2019*

The Towers makes every effort to list donors as they wish. To make a correction, please contact Jennifer Bayer.

To make a gift in someone's honor or memory, contact Jennifer Bayer, Director of Development and Community Relations, (203) 772-1816, ext. 290, jennifer@towerone.org. A beautiful card will be mailed to the recipient.

Barry and Hyla Vine

Barry and Hyla Vine's long time commitment to The Towers has been unwavering. Barry and Hyla's impact is felt every day throughout The Towers. The Vines have inspired and helped decades of resident volunteers find meaning and purpose through their Vine Gift Shop. Barry has generously shown our residents how to help themselves, raise funds for their Residents' Association, all while finding a sense of fulfillment. Barry often makes himself available to both residents and staff, offering advice, sharing experience and ideas to move the organization and its programs forward.

Barry and Hyla most recently sponsored two trips for residents. A bus full of our seniors enjoyed a special trip to the Jewish Federation's Mega Event featuring the Edward Twins. Not only was it a wonderful and entertaining evening



Barry and Hyla Vine

out, but it was also an evening for our residents to reconnect with the broader community and an opportunity to enjoy old friends. This month 25 residents will also enjoy lunch at Lenny & Joe's followed by the show Dreamgirls at the Shubert

Theater. Barry and Hyla's gifts are a powerful example of how donors can impact the lives of residents in meaningful ways, directly improving their quality of life, their social connection, their happiness and their overall well-being.

Barry recently received a lifetime achievement award from The Towers for his years of leadership and impact. He and Hyla are an outstanding example, for our entire community, of chesed (loving kindness), chochma (wisdom) and tzedakah (philanthropy).

Through The Towers Foundation our donors can designate dollars for projects that are meaningful to them and their loved ones. To learn more about how you can make your impact, contact Jennifer Bayer, Director of Development and Community Relations, 203-772-1816, ext. 290 or jennifer@towerone.org.

Wonderful New Program Evokes Memories and Joy

Think about the joy you feel when you hear a piece of music that triggers happy memories. Music has the power to stir emotion, calm, soothe and to bring happiness to those who listen. Thanks to a grant from the Association of Jewish Aging Services, we are pleased to announce that Music & Memory is a new program offering this fall. Working closely with families and personal caregivers, our volunteers, led by Hailey Weissman and Sarah Moskowitz, are creating personalized music lists tailored exactly to the lives, pasts and present, of our participants.

The benefits of personalized therapeutic music have been well-studied and documented by distinguished researchers, including Music & Memory board member Dr. Connie Tomaino and Dr. Oliver Sacks, author of *Musophilia: Tales of Music and the Brain*, co-founders of the Institute for Music and Neurologic Function.

Music & Memory is a non-profit organization that brings personalized music into the lives of the elderly through digital music technology, vastly improving quality of life. Through extensive training, our staff and our family caregivers learn how to create and provide personalized playlists using iPods/MP3 Players and related digital audio systems. These playlists enable those struggling with Alzheimer's, dementia and other cognitive and physical challenges to reconnect with the world through music-triggered memories.

According to Music & Memory, "Even for persons with severe dementia, music can tap deep emotional recall. For individuals suffering from Alzheimer's, memory for things—names, places, facts—is compromised, but memories from our teenage years can be well-preserved. Favorite music or songs associated with important personal events can trigger memory of lyrics and the experience connected to the music. Beloved music often calms chaotic brain activity and enables the listener to focus on the present moment and regain a connection to others. Persons with dementia, Parkinson's and other diseases



Hailey Weissman

that damage brain chemistry also reconnect to the world and gain improved quality of life from listening to personal music favorites."

With brand new equipment to help deliver this program with excellence, we

are looking forward to improving the quality of life for residents, family members and caregivers. We are especially grateful to Hailey Weissman, who has made this program her Mitzvah Project for her upcoming Bat Mitzvah. Hailey explains that she is thrilled to be part of this program because it allows her to be part of the solution. "A person's memories are what make them who they are, sometimes it's all they have, and if Music & Memory can help them recall precious experiences that is so rewarding."

Please consider volunteering your time to make programs like Music & Memory possible. Contact Sarah Moskowitz, Volunteer Coordinator & Spiritual Leader, at 203-772-1816, ext. 410. Programs like these would not be possible without the support of our donors. To make a gift, contact Jennifer Bayer, Director of Development and Community Relations, at 203-772-1816, ext. 290.

The Towers at Tower Lane and Jewish Family Service of Greater New Haven Are Pleased to Offer a New Group for Our Community's Caregivers

Do you care for a loved one or family member?
Do you find yourself isolated from others because of your role?
Join us for meaningful time together as we take a break and recharge.
Learn how to find balance in your life as you support your loved one.
Facilitated by a licensed social worker.

This group meets once a month on Wednesdays:
November 13, December 11, January 8, and February 12
5:30–6:30 pm • Kosher nosh provided

The Towers at Tower Lane
18 Tower Lane
New Haven, CT

Please RSVP to
Liz Davenport, LMSW
203-389-5599 x117



This program is made possible through a generous grant from the Jewish Federation of Greater New Haven

