

Opening Minds Through Art

The Towers at Tower Lane is delighted to offer a new award-winning evidence-based menu of programs this Fall thanks to a three year grant from the Association of Jewish Aging Services. **Opening Minds Through Art** builds bridges across age and cognitive barriers through a failure-free program designed to provide opportunities for creative self-expression and social engagement. Meant for those with Alzheimer's disease and other forms of dementia or cognitive decline, participating residents will get to experience person-centered care and individualized attention from trained volunteers who provide assistance during the art-making process. Volunteers will also support the aesthetic decisions and independence of each artist. Each session of **OMA** is eight weeks in length and will culminate with a gallery exhibition open to the entire community to celebrate our artists' accomplishments.

Thanks to this grant, participants will enjoy high quality materials, one-on-one attention, and state-of-the-art delivery. It is with much gratitude that we thank our cohort of volunteers who will



make the launch of **Opening Minds Through Art** successful: Theresa Anevelowe, Kevin Baker, Hyla Chasnoff, Lisa Ferguson, Barbara Goldhammer, Glenn Gordon, Eta Kaplan, Jane Kasper, Elyse Levine, Francesca Lewis, Marilyn Margolies, Nicole Merritt, Terri Rivers, Victoria Rowe and Riva Sparks.

OMA was founded by Dr. Elizabeth "Like" Lokon in 2007 and is grounded in person-centered care principles. It is headquartered

at Scripps Gerontology Center, an Ohio Center of Excellence at Miami University. Please stay tuned for information about our upcoming gallery opening this January.

To learn more about how you can support meaningful programs like **Opening Minds Through Art**, please contact Jennifer Bayer, Director of Development and Community Relations, at jennifer@towerone.org or 203-772-1816, ext. 290.



Opening Minds Through Art will:

1. Promote social engagement, autonomy and dignity of people with dementia by providing creative self-expression opportunities
2. Provide staff and volunteers opportunities to build close relationships with residents
3. Share with the community the creative capacity and talent of participating students
4. Contribute to the scholarly research on dementia

Opening Minds Through Art is proven to:

- Increase communication and socialization
- Increase attention, pleasure and engagement
- Increase relaxation
- Reduce depression, agitation and stress

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
11:00am Mah Jong Group
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
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

Oct 2019

Watch for these Upcoming Events

Dates and times are subject to change.

Tuesday Oct 1

9:30 am Rosh Hashanah Service with Ruthie Greenblatt

Wednesday Oct 2

11:00 am Dining Services Meeting

7:00 pm Musical Performance From Double Vision

Thursday Oct 3

10:00 am Coffee Klatch
1:30 pm Towers Chorus Performance

Friday Oct 4

10:00 am Monthly Shopping Trip
10:30 am Hearing Clinic

Sunday Oct 6

11:30 am Dance Program

Monday Oct 7

2:00 pm Monthly Poetry Meeting

Tuesday Oct 8

7:00 pm Erev Yom Kippur -Kol Nidre Service With Ruthie Greenblatt

Wednesday Oct 9

9:30 am Yom Kippur and Yizkor Service With Ruthie Greenblatt
5:00 pm Yom Kippur Neilah Service With Ruthie Greenblatt

7:00 pm Resident's Association Sponsored Break the Fast Buffet!

Sunday Oct 13

12:30 pm Enjoy the Music of Hal Grossgold

7:00 pm Erev Sukkot Service With Ruthie Greenblatt

Monday Oct 14

9:30 am Sukkot Service With Ruthie Greenblatt

Tuesday Oct 15

9:30 am Sukkot Service With Ruthie Greenblatt

Thursday Oct 17

6:30 pm Out Trip- NHSO Performance

7:00 pm Classical Guitar Performance

Friday Oct 18

10:30 am Hearing clinic

Sunday Oct 20

12:30 pm Resident's Association Sunday for Seniors Event

7:00 pm Erev Shemini Atzeret Service With Ruthie Greenblatt

Monday Oct 21

9:30 am Shemini Atzeret and Yizkor Service With Ruthie Greenblatt

Tuesday Oct 22

9:30 am, Simchat Torah Service With Ruthie Greenblatt

Wednesday Oct 23

9:30 am Flu Shot Clinic
10:30 am Goodspeed Opera
7:00 pm Classical Violin Performance

Monday Oct 28

7:00 pm Gospel Choir Performance

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. Judy Bergeron & Mr. Hank Carrone in memory of Florence Radin
Ms. Barbara Brandi in memory of Florence Radin
Ms. Charlotte Brenner in memory of Bernard Horowitz
Ms. Lori Brochin in memory of Florence Radin
Mr. & Mrs. Irving Calechman in memory of Bernard Horowitz
Ms. Doris Dimenstein in memory of Arlene Teitelman & Aaron Teitelman's sister and sister-in-law
Ms. Doris Dimenstein in memory of Bernard Horowitz
Dr. and Mrs. Adam Feuer in memory of Florence Radin
Evelyn & Stephen Firshein in memory of Adele Seligman
Ms. Ruth Frohman in memory of Florence Radin
Ms. Ruth Frohman in memory of Bernard Horowitz
Mr. & Mrs. Bob Ginsberg in memory of Florence Radin
Ms. Gladys Goldbaum in memory of Ruth Cooper's grandson
Mr. & Mrs. Howard Goldberg in memory of Fran Wallnau
Mr. & Mrs. Howard Goldberg in memory of Florence Radin
Ms. Cheryl Hershatter in memory of Adele Seligman
Ms. Patricia Johnson in honor of Jackie Curl
Mr. & Mrs. Donald Kaletsky in memory of Florence Radin
Mr. & Mrs. Richard Kantrow in memory of Adele Seligman
Mr. & Mrs. Richard Kantrow in memory of Florence Radin
Mr. & Mrs. Richard Kantrow in memory of Andrew Wolf
Mr. & Mrs. Richard Kantrow in memory of Norman Hurwitz
Mr. & Mrs. Richard Kantrow in memory of Betty Merriam
Mr. & Mrs. Richard Kantrow in honor of Arnold & Barbara Frankel's 50th wedding anniversary
Mr. & Mrs. Richard Kantrow in memory of Philip Skalka

Mr. & Mrs. Gerald Katz in memory of Michael Garson
Ms. Irma Kelson in memory of Ruth Cooper's grandson
Mr. & Mrs. Stuart Ketainek in memory of Adele Seligman
Ms. Gertrude Lerman in memory of Adele Seligman
Mr. & Mrs. Lee Liberman in memory of Bernard Horowitz
Marvin and Helaine Lender Revocable Trust in memory of Florence Radin
Mr. Alan Radin & Mrs. Rachel Starr Radin in memory of Florence Radin
Ms. Sylvia Rifkin in memory of Adele Seligman
Ms. Sylvia Rifkin in honor of Isidor Juda's 98th birthday
Ms. Diane Rosen in memory of Florence Radin
Ms. Caroline Sands in memory of Bernard Horowitz
Ms. Edith Schpero in memory of Bernard Horowitz
Mr. Roger Shapiro & Mrs. Marge Weiner in memory of Adele Seligman
Ms. Hillary Singer in memory of Florence Radin
Ms. Edythe Tanenbaum in memory of Bernard Horowitz
Ms. Janet Tettelbach in memory of Ruth Cooper's grandson
Dr. Ramesh Ubriani & Dr. Chandrakanta Ubriani in memory of Florence Radin
Mrs. Heidi Vernick in memory of Helen Drucker
Mrs. Heidi Vernick in memory of Florence Radin
Mrs. Heidi Vernick in memory of Adele Seligman
Mr. & Mrs. Larry Winkler in honor of Isidor Juda's 98th birthday.
Ms. Rebecca Zweigbaum in memory of Florence Radin

**Date range for Tribute List is 8/26/2019 – 9/15/2019*

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.

SAVE THE DATE!

**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: GIFT 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

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

