We are thrilled to begin the construction of our new Ground Floor. We hope everyone received our first Renovation Memo. We will regularly send updates to residents and family members during this exciting time to keep everyone updated and informed.

This first stage of work will focus on the main entrance in Tower One, dining areas and display kitchen and a new Solarium. The entrance to Tower One will be relocated to the Tower One patio, creating a more centralized entrance. Our welcome desk/concierge, a key focal point for all who visit, will also move to its more central home.

Our new Solarium, very generously named by a supporter of The Towers, will provide our residents with plenty of natural sunlight and a beautiful place to sit with family and friends. This area will keep us warm, while still giving us access to the outdoors. We look forward to running our popular horticulture programs in their gorgeous new home.

Our new Display Kitchen and dining area will be completely transformed and will bring the cooking from the back of the house to the front. We’ll all be able to enjoy the smells, sounds and sights of food being prepared. Separate meat and dairy display kitchens will feature new equipment so we can tailor meals to our residents’ tastes and serve our guests more quickly. The focal point of the dairy kitchen will be a large pizza oven, where we can cook pizzas, challah bread and other dairy delights!

Out in the dining area, residents can expect a more restaurant-like experience. Soft seating near a fireplace will exude a lounge style vibe; this will be a great place to sit and wait for your tablemates. There will also be a quieter section of the dining space for residents who want a more peaceful or assisted dining experience.

Our partner, Montagno Construction, estimates that we’ll be able to welcome residents and families back to our dining room sometime in August. We can’t wait to welcome you back!

We’ll detail the progress in our Renovation Memos! We thank the community for its support and patience as we turn our dream into reality.

Jesse Wescott
Associate Vice President
Towers at Tower Lane

Recently The Towers Foundation secured grant funding from the Area Agency on Aging of South Central Connecticut to deliver specialized services to residents in their apartments. This program has had wonderful success and we are thrilled to be able to help our residents live with dignity and independence.
We Appreciate
Your Support!
You Help Us Grow

This year, you can make a lasting contribution to the lives of our residents and to our neighborhood. Please support The Towers Garden by purchasing a garden paver in honor or in memory of a loved one.

The Towers Garden will Feature:
- Raised Wheelchair Accessible Planting Beds
- An Herb Garden
- A Shaded Gathering Area
- A Meditative Water Feature
- A Bocce Court
- A Dog Run
- A Chicken Coop
- A Poetry Garden
- Beautiful Outdoor Art

To purchase your garden paver or support our programs and general operations, please visit www.towerlane.org/support-the-towers-garden or contact Jennifer Bayer at (203) 772-1816, ext. 290 or jennifer@towerlane.org.

You can make a one-time payment or divide your payments over time.
Cooking Demos

with

Chef Steve Hendrickson

A monthly series of live food demos. Stop by the dining room for a sample!

Highlights from January's Demo!

**Tilapia Tacos with Chili Citrus Salsa and Slaw**

*This light and simple recipe features the Morrison superfood of the month—citrus*

Servings: 10  |  Portion: 2 each

1/2 tsp. kosher salt
1/2 tsp. ground black pepper
10 3-5 oz. tilapia fillets
3/4 tsp. chili powder
3/4 cup, 1 tbsp., 1 tsp. diced tomatoes
6-3/4 oz. lemon, peeled and chopped
3 tbsp., 1 tsp cilantro, fresh, chopped
3/4 each jalapeno peppers, fresh, minced
20 each fresh orange sections
2-1/2 cups shredded green cabbage, fresh
20 6" white corn tortillas
10 cilantro sprigs, fresh

Pre-heat oven to 350°F. Season the fish with chili powder, salt and pepper. Place on a sheet pan lined with parchment paper. Bake fish in the oven for approximately 8-10 minutes until opaque and cooked through to 165°F.

In a bowl, mix the chopped lemon segments, orange segments, minced jalapeno and chopped cilantro. Add tomato. Set aside until ready for use.

The cabbage should be cut very thinly, tossed with some of the citrus juice and set aside until ready for use. Wrap the tortillas in foil and warm in the oven for approximately 3 minutes. Build each taco with 2 T salsa, 2 T cabbage, a sprig of cilantro and 2 oz. fish.

*Recipe Note: Serve with your favorite guacamole on the side.*

Don't miss our upcoming superfood of the month demos!

**February:** Chocolate  |  **March:** Legumes

This educational event is presented by The Towers Garden.
This special programming is supported by the Environmental Protection Agency and The Jewish Federation of Greater New Haven’s Impact Grant Program.
The Towers Foundation is incredibly grateful for the support of our community members, which enables us to provide wonderful and meaningful life enrichment to all.

You too can support The Towers Foundation this Valentine’s Day.

By making an $18.00 donation to our Programming Fund, we will include a personalized card in your loved one’s gift bag.

You can make your donation online at www.towerlane.org/love-is-in-the-air/ or by contacting Nicole Merritt at (203) 772-1816 x180 or at nicole@towerlane.org by February 10th.
Dining setting.

experience for those who may not do well in a traditional
lighting will all be designed specifically to create an improved
to meet their specific dining needs. Dishes, equipment and
Residents will enjoy being served by staff specially trained
worsen and do not affect everyone in the same way. Flexibility
progressive illness. This means that the symptoms gradually
memory, spatial abilities, and visual abilities. Dementia is a
dementia symptoms may affect language, judgment,
specialized initiative so we can XXXXXXXX.
diligently to identify those who would benefit from this
those who dining in a traditional setting would be too difficult.
program will address the needs
The Towers is delighted to offer residents in need, a new
What will your legacy be?

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, Associate Vice President of Strategic Initiatives,
(203) 772-1816, ext. 290, Jennifer@towerlane.org. A beautiful card will be mailed to the recipient.
Corporate Sponsors

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Large print copies of the Towers Times are available at the front desk.