

TRANSFORMATION BEGINS

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



Rendering of the New Towers Solarium very generously named by a Supporter of The Towers. Formal name to be announced soon!

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*



50
Residents received
complimentary,
grant-funded services
for their apartments

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



THE TOWERS
AT TOWER LANE



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.



THE TOWERS
AT TOWER LANE

LIVE FOOD DEMO

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.

"Love is in the Air" at The Towers!

Thanks to generous donations from two supporters of The Towers, every resident will receive sweet treats on Valentine's Day!



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.

Towers Foundation: *Loving Kindness in Action* Tributes

Ms. Margaret Bauer in memory of Angelina "Julie" Elkin
 Dr. Richard Bronen & Mrs. Ilene Rosalimsky Bronen in memory of
 Dr. Barry Zaret
 Mr. & Mrs. Barry Cobden in memory of Angelina "Julie" Elkin
 Mr. Justin Cohen in memory of Minnie Cohen
 Mr. Scott Cohen in memory of Sidney Cohen
 Mrs. Emily Resnik Conn in memory of Shirlee Abrams
 Mr. & Mrs. John Eldrich in memory of Shirlee Abrams
 Mr. & Mrs. Lester Faiman in honor of Gerri Katz
 Ms. Geraldine Ganezer in memory of Barry D. Menaker
 Mr. Theodore Smith & Mrs. Rosalind Gold in memory of
 Stuart Smith
 Mrs. Ina Gross in memory of Joseph Matthew's mother
 Mr. Stephen Hilsenroth in memory of Angelina "Julie" Elkin
 Mr. Casey Hubelbank in honor of Pearl Hubelbank's birthday
 Mr. Isidor Juda in memory of Barry Menaker
 Mr. & Mrs. Sherman Kerbel in memory of Mollie & Ted Satin

Mr. & Mrs. Alan Kliger in honor of Ruth Frohman's birthday
 Mr. Stuart A. Margolis & Honorable Joan Margolis in honor of
 Kaila Margolis and in memory of Leonard Margolis
 Mr. John Montano in honor of Nicole Merritt
 Mr. Robert Moore in memory of Pearl Moore
 Ms. Sandra Naclerio in memory of Fred Grether
 Ms. Sandra Naclerio in honor of Val Capobianco
 Ms. Anita Nager in honor of Sylvia Rifkin
 Mr. & Mrs. Joseph Niemann in honor of Cindy Leffell
 Mr. & Mrs. Jerid O'Connell in honor of
 Elizabeth O'Connell's birthday
 Mrs. Adrienne Palley in honor of Gerri Katz
 Ms. Orriel Razee in memory of Angelina "Julie" Elkin
 Resnik & Resnik in memory of Shirlee Abrams
 Ms. Sylvia Rifkin in memory of Angelina "Julie" Elkin
 Ms. Yvonne Schall in memory of Angelina "Julie" Elkin
 Mrs. Betty Swinkin in honor of Dorothy Greenwald's birthday

Date range for Tribute List is November 23, 2022 – January 24, 2023

*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.*

The Towers is Pleased to Announce its Participation in Create a Jewish Legacy in Partnership
 with the Jewish Foundation of Greater New Haven and the Harold Grinspoon Foundation



We all strive to leave the
 world a better place through

*our children
 our good deeds
 our generosity*

Create a Jewish Legacy is a program sponsored and presented by the Jewish Foundation of Greater New Haven and is a collaborative effort of our area agencies and synagogues to secure the future of the New Haven Jewish community.

What will your legacy be?

- Arts
- Celebrations
- Dementia Related Programming
- Exercise, Yoga and Tai Chi
- Films
- Horticulture
- Lectures
- Meals and Cleaning Services for Those in our Community Who Cannot Afford Them
- Music
- Person-Centered Programming
- Religious Holidays
- Transportation
- Trips
- Volunteer Programs

And so much more.

*To get involved please contact Jennifer Bayer, Associate Vice President of Strategic Initiatives at (203) 772-1816, ext. 290 or Jennifer@towerlane.org.
 or Rebecca Goodman-Olshansky at (203) 772-1816, ext. 250 or Rebecca@towerlane.org*





THANK YOU TO OUR CORPORATE SPONSORS

