

June 2, 2008

Dorothy Giannini-Meyers
New Haven Jewish Community Council Housing Corp., Inc.
Tower One
18 Tower Lane
New Haven, CT 06519

Dear Ms. Giannini-Meyers:

I am a resident of Tower One and currently live in a classic apartment. I want to express my support for Tower One in its plan to convert additional apartments in Tower One to assisted living apartments for the very low-income elderly in New Haven. Additional assisted living apartments will provide me the opportunity to remain in Tower One should I need an assisted living unit in the future. I am especially enthusiastic about the plan to add an elevator to Tower One. A third elevator is much needed to ensure the life safety and well being of the residents who live here. I am pleased that Tower One has taken the initiative to submit a proposal to address both the need for affordable assisted living and for an elevator.

Sincerely,

A large, irregular black redaction mark covers the signature area of the letter.

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Sincerely,

A large, dark, irregular blacked-out area that completely obscures the signature of the sender.

UTOPIA

HOME CARE, INC.

1-800-227-3449



- ❖ Services offered on an intermittent basis as ordered by physician and concurred with by the patient.
- ❖ These services allow the patient to remain at home and teaches the patient and/or family to provide the care.
- ❖ To be eligible, client must be pre and/or post hospitalization, have had an acute episode of a new or previous condition, and be homebound.
- ❖ Services Available:
 - . Nursing Care
 - . Physical Therapy
 - . Speech Therapy
 - . Occupational Therapy
 - . Medical Social Services
 - . Home Health Aides

ASSISTED LIVING SERVICES, INC.

1-800-227-3449



- ❖ Services that provide task orientated assistance with daily living activities to those who choose to have additional support services in their residence.
- ❖ Our Agency works with the clients, family members and facility personnel to develop a suitable service plan for the client.
- ❖ Services offered are tailored to meet the needs of each client, either a Registered Nurse, Assisted Living Aide or both.
- ❖ Services Available:
 - . Morning Care
 - . Bath Services
 - . General Observation
 - . Evening Care
 - . Medication Monitoring and Set-Up
 - . Medication Set-Up Reminders
 - . Escort

HEALTH MANAGEMENT INC.

1-800-227-3449



- ❖ Staff that provides quality care to individuals in their home, hospital or in a short/long term facility.
- ❖ Staff available 24 hours, 7 days per week for hands-on personal care and/or live in.
- ❖ Services Available:
 - . Nursing-Visit or Hourly
 - . Medication Pre-Pour
 - . Personal Care Attendants
 - . Homemakers/Companions
 - . Live-Ins
 - . Laundry Aides
 - . Housekeeper
 - . Compu-Med Machine

Mission Statement

Utopia is committed to providing its patients and their families with quality services that demonstrate compassion, professionalism and dedication to the highest standards. We pledge to honor the patients' rights at all times and to assist them in achieving as much independence as possible. We will treat them with dignity and care for them as we would wish to be cared for ourselves.

TOWER
One

TOWER
East

October 1, 2004

**For Immediate Release:
Making Health Care Decisions about the Future – Now!**

For further information:
Dorothy Giannini-Meyers, President
Tower One/Tower East
203.772.1816

New Haven – Elder Law and Estate Planning Attorney Mark Connell will present a series of four seminars in October and November at Tower One/Tower East that will explore planning ahead for mental and physical incapacity.

The series, held in conjunction with National Advanced Health Care Directives Month in October, is free and open to the public. Sessions will run from 6:30 to 7:30 p.m. in the Tower East Meeting Room, 18 Tower Lane, New Haven. Parking also is free on the Tower One Campus.

The series includes:

- Wednesday, Oct. 20, Health Care Directives and Organ Donation. Health care advance directives are documents that specify health care preferences in the case of incapacity. The program will include sample forms to help attendees start the planning process.
- Wednesday, Oct. 27, Durable Power of Attorney beyond health care decisions. The session will focus on an in-depth definition of Durable Power of Attorney, what it can do and what it cannot do. Then, the use of the Durable Power of Attorney will be contrasted with Living Trusts and Conservatorships.
- Wednesday, Nov. 3, Common Payment Sources for Long-term Care, including Medicare, Medicaid or Title 19, and Long Term Care insurance.
- Wednesday, Nov. 10, Estate Planning Strategies, with particular attention to some of the pitfalls that can be traps for the unwary, including the Connecticut Estate Tax and the dangers of not revising an estate plan when making an application for Medicare, Medicaid and other entitlement programs.

"These are important issues that affect not only our residents and their families, but the entire community," said Tower One/Tower East President Dorothy Giannini-Meyers. "We consider it an important part of our mission to offer programs of this nature to the community."

With 365 apartments, Tower One/Tower East is currently home to 400 residents aged 62 and older and provides its residents with independent housing plus a full-range of assisted living services as well as recreational, social and health support services tailored to each individual's needs.

For further information about the seminar series or the new assisted living apartments available at Tower One/Tower East, call 203.772.1816, ext. 250.

Reaching New Heights in Affordable Senior Living



18 Tower Lane • New Haven, Connecticut 06519 • 203-772-1816 • Fax 203-777-5921

www.seniorhousing.net/ad/towers



TOWER
One

TOWER
East

For immediate release:

New assisted living apartments
available at Tower One

For further information:

Dorothy Giannini-Meyers, President
203.772.1816

NEW HAVEN – Some 18 months after construction first began, residents have begun moving into newly renovated assisted living apartments at Tower One, the nonprofit, high-rise retirement community on the southern edge of downtown New Haven.

The first apartments ready for their new occupants are on the fourth floor of the 21-story tower; apartments on the third floor are expected to be ready within weeks. Upon completion, the renovation will include apartments on six floors.

Seniors interested in learning more about apartment availability and services offered should contact Tower One/Tower East for more information.

“We thought this was a day that would never come,” said Tower One/Tower East President Dorothy Giannini-Meyers. “But it has been well worth the wait. These beautiful apartments allow seniors to maintain an independent lifestyle at an affordable price. Assisted Living communities abound, but our affordability fills a tremendous void.”

The key to Tower One / Tower East’s affordability? Tower One / Tower East is funded in part by the U.S. Department of Housing and Urban Development (HUD). HUD provides rental subsidies to seniors in need and has provided three grants exceeding \$10 million for the current renovation project.

HUD’s first grant to Tower One of \$4.79 million in 2000 was the largest of 13 assisted living conversion grants that HUD made nationwide that year. It was followed in 2001 by a subsequent grant of \$3.3 million and in 2002 by the third grant of \$2.8 million.

With 355 apartments, Tower One/Tower East is currently home to 400 residents aged 62 and older and provides its residents with independent living and assisted living options. The community also provides a full-range of recreational, social and health support services that are tailored to each individual’s needs.

The new apartments are fully accessible for assisted living with bathrooms, kitchens, hallways and doorways designed to accommodate residents who are ambulatory or use wheelchairs. The renovation also includes a lounge on each floor; construction of a new main entrance with updated security features and an addition to the main dining room; redirection of the driveways for better traffic flow and increased safety; and improvements to other areas such as the dining room, interior hallways and offices.

Some current residents who need the accessible features that the new apartments afford are moving into the units as they become available. However, there will be many apartments available to other seniors throughout the community.

Applications are now being accepted and a wait list developed for the new assisted living apartments. For further information or to schedule a tour, call 203.772.1816, ext. 250.

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www.seniorhousing.net/ad/towers



TOWER
One

TOWER
East

Media Alert:

DeLauro to celebrate Flag Day at Tower One/Tower East

- Who:** U.S. Congresswoman Rosa DeLauro, D-3
Richard Weiss, Chair of the Board of Directors, Tower One/Tower East
Dorothy Giannini-Meyers, President, Tower One/Tower East
Girl Scout Troop 7159, Prince Street School, New Haven
Residents, family members, and friends of Tower One/Tower East
- What:** Flag presentation ceremony and flag-raising
- When:** 10 a.m., Monday, June 14, 2004
- Where:** Tower One/Tower East
18 Tower Lane
New Haven, CT
- Why:** To celebrate Flag Day across the generations, Girl Scouts will be led in flag-raising ceremony by veteran Leo Rosenfield, a resident of Tower One/Tower East.
To recognize Tower One/Tower East for its service to the senior community of New Haven County since 1961 and its position as a national leader in the provision of residential and social services to seniors.
- How:** Following comments and presentation of the flag by Congresswoman DeLauro, members of Girl Scout Troop 7159, led by veteran Leo Rosenfield, will lower the old flag and raise the new flag at Tower One/Tower East. The brief ceremony will be followed by refreshments in the Tower East Meeting Room.
- Contact:** **Dorothy Giannini-Meyers, President**
Tower One/Tower East
203.772.1816
towers.dgm@snet.net

Reaching New Heights in Affordable Senior Living



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www.seniorhousing.net/ad/towers



TOWER
One

TOWER
East

March 1, 2005

For immediate release:

Residents at Tower One/Tower East
"good neighbors" to community, world

For further information:

Dorothy Giannini-Meyers, President
203.772.1816

New Haven – Those who think the senior citizens who reside at Tower One/Tower East fill their days only with craft projects, exercise classes, and board games couldn't be more wrong. The residents of Tower One/Tower East are among the first to rise to the occasion when members in the local or global community need their help.

Take, for example, the recent tsunami disaster in Southeast Asia. Tower One/Tower East residents loaned their support to global relief efforts by choosing two disaster relief organizations. They then collected donations from residents, their families and staff. Many small and some larger donations were put together and sent to the organizations.

During the winter holiday season, residents remembered those who are less fortunate by joining in a coat drive for a local homeless shelter. The warm winter coats that residents collected were picked up and delivered to the Columbus House Homeless Shelter by the owner of Sweet Relief Café in New Haven for distribution at the shelter.

Even though there is no formal "social responsibility" program at Tower One/Tower East, CEO Dorothy Giannini-Meyers notes that the seniors who reside in this residential community do what they can to maintain their connection to the wider community. "Community outreach efforts are extremely important to our residents who want to feel that they continue to make a difference and are able to help those in need in any way that they can," Giannini-Meyers said.

Other examples of community service programs supported by Tower One/Tower East residents and staff in recent months include participating in the Susan B. Komen breast cancer awareness "wear jeans to work" day, collections for the Connecticut Food Bank, and the Towers' ongoing program with New Haven's Welch Elementary School. Students from the elementary school visit the Towers monthly to participate in arts and crafts activities and to receive a little "grandparent" love.

Perhaps the most impressive community service activity supported by the residents is its very own Gift Shop. Residents are in charge of many of the aspects of

Reaching New Heights in Affordable Senior Living



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www.seniorhousing.net/ad/towers



JEWISH FEDERATION
OF GREATER NEW HAVEN



FOR IMMEDIATE RELEASE:

May 2, 2005

NEW HAVEN

For further information contact:

Verna Nurick

Tower One / Tower East

203.772.1816

verna@towerone.org

Tower One / Tower East, a not-for-profit affordable senior independent & assisted living community, is presenting an important program as a part of its month-long observance of "Older American's Month."

**"God Please Don't Let It Happen To Me" –
Preparing For End Of Life Decisions On Your Terms**

Thursday evening, May 26, 2005 at 7 PM
Tower East Community Room

Tower One/Tower East is hosting a panel of experts representing the spiritual, legal, and medical communities to address significant issues that have been in the headlines and are now on many of our minds. Featured speakers include Rabbi Herbert Brockman, Spiritual Leader of Congregation Mishkin Israel; Elder Law Attorney, Mark R. Connell; and Geriatric Psychiatrist, Alan Siegal, M.D. Each of the panelists will address preparing for end of life decisions from each of their special perspectives. Call 203.772.1816, ext. 290 for more information.

Reaching New Heights in Affordable Senior Living



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www.towerone.org



Equal Housing
Opportunity

received book *The Way to Eat: A Six-Step Path to Lifelong Weight Control*, as well as research published in "Preventive Medicine."

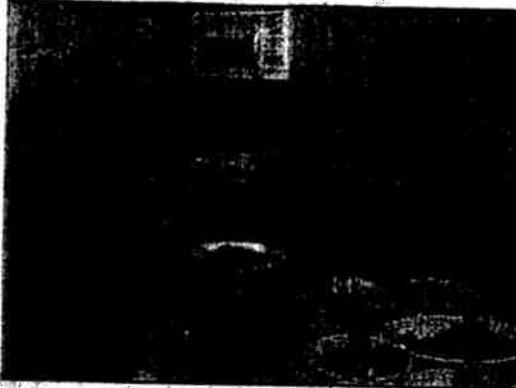
Maura will provide comprehensive services ranging from individual counseling to group classes, weight loss programs, healthy eating habits, nutrition programs geared to sports

Maura Harrigan, MS, RD

nutrition, teen issues, clinical disorders, and reconnecting with one's holistic needs. For further information, please call Maura Harrigan at 203 387-2522 x264.

Something is Cooking at Tower One/Tower East!!

Tower One/Tower East recently started its bi-weekly cooking classes with residents in the new activities center in Tower One. Each class focuses on a different type of recipe (appetizer, entree, salad or even dessert.) Residents can share their favorite recipes or a selection is chosen from a cookbook. All of the class attendees help prepare the meal, or and yes....they get to enjoy eating their project! For information call Noella at 203 772-1816 x170.



Come join
Tower One/Tower East
for your First & Second Seders

Saturday, April 23 & Sunday, April 24

For information about costs & reservations,
call Noella at 203 772-1816 x170
18 Tower Lane, New Haven



Premier Issue of 'Chai Light' on Jewish Family Service is Enclosed

Jewish Family Service of New Haven is pleased to announce its premier issue of its new agency newsletter, 'Chai Light', enclosed in this issue of Shalom New Haven). The newsletter covers all facets of Jewish Family Service and its programs. In addition, JFS is developing an email newsletter, which will be sent to constituents, affiliates and others in the local Jewish community. To subscribe to the JFS e-mail newsletter, please send an email to: subscribe@jfsnh.org

BEKI Names New Social Action Chair

Congregation Beth El-Keser Israel is pleased to announce its new social action chair, Dr. Jennifer D. Botwick. Dr. Botwick recently facilitated a successful social action informational brunch which introduced current and forthcoming Social Action/Tikkun Olam projects.

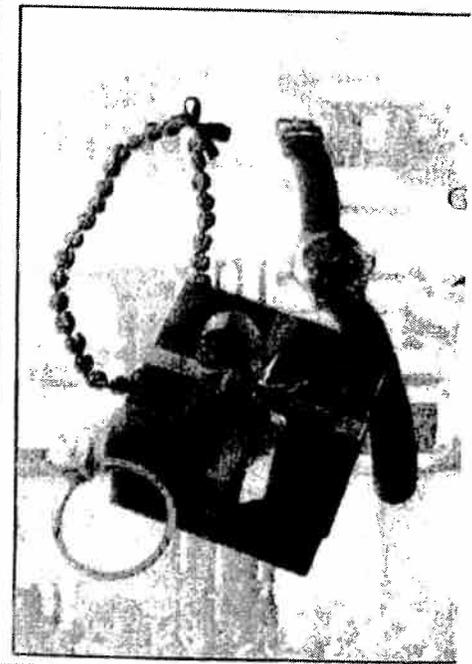
The BEKI Social Action/Tikkun Olam program welcomes your interest. For more information, please contact Dr. Botwick at 203-887-4824 or drjbotwicknd@aol.com, subject: BEKI SATO.

PHOTO: CHRIS PROKOP

Chris Prokop, Coordinator of Social Services at the Lead Free House, helps coordinate the Davenport Garden on the corner of Ward and Davenport Streets. The children are a part of the Community Gardening program and range in age from 4 to 13. "They bring enthusiastic energy to everything they do."

The New Haven Land Trust (NHLT) has managed the New Haven Community Garden program for 10 years. Last year there were about 50 gardens in the program. Pamela Kressmann, President of the NHLT Board, describes the Garden Project this way. "Community Gardens bring good, fresh food and a natural beauty to New Haven residents block by block. Gardeners work together to build their community in a healthy, cooperative manner. Our new partnership with the Jewish Home for the Aged is an exciting opportunity that will expand our ability to serve the New Haven community."

The Jewish Home and the Land Trust have been working together to form a partnership to restore the solarium at the Home as a greenhouse. The Land Trust will use the solarium to grow seedlings for the community gardeners in New Haven and for recreation programs at the Home. It had been a dream of the Jewish Home for the Aged to revitalize the solarium. It is a beautiful space and will be a symbol of commitment of the



ly candidates were presented her own way was deserving of ed. By the end of the search, ling women were identified. All s have in common their devotion

Placow Scholarship Fund Benefits 5 in Need

S. 2005 Laurel Placow would ated her 55th birthday. has been seven years since her , her memory is kept alive every ic of her scholarship recipients Goodwin-Levine Adult Day er.

latcow was a resident of New ranford. She was employed at the Register as a staff writer for the um. When she was not working, her time caring for children and was a nurturing person who loved self. Late in her life, she commit- y of Torah and, at the age of 45, at Mizvah.

devoted herself to volunteer ise her grandfather, Harry we, was a founder of the Jewish ie Aged, Laurel had become the Auxiliary of the Home and ember. She volunteered for the the Jewish Home through the id the Goodwin-Levine Center helped keep the office running. -Levine Day Health Center dwin-Levine Center, GLADHC, e oldest continuously operating Health Centers in Connecticut, chating their 25th anniversary. dwin-Levine Adult Day Health certified medical model day cen- s. It has been recognized for its

quality by peer review and area agencies on aging. The population served is diverse, both culturally and medically. The program is also equipped to care for adults with cognitive deficits as well. The highly trained staff is able to provide a full range of service including personal care, medical monitoring and social, stimulating activities. Two meals are provided daily. Transportation is available in the Greater New Haven community and is included in the cost of \$65. per day. Some clients qualify for scholarships or government assistance, but some do not qualify for any assistance at all. The Laurel Placow Mizvah Fund contributes scholarships to support or subsidize clients who can not afford the number of sessions that would be best for them.

If you would like to honor the memory of Laurel Placow and support the good work of the Goodwin-Levine Adult Day Health Center, you can make a tax-deductible contribution to the Laurel Placow Mizvah Fund, c/o Development Office, Jewish Home for the Aged, 169 Davenport Avenue, New Haven, Ct 06519. For further information call Leslie Eadowe, Fund Administrator 203-789-1650 x256.

Laurel Placow



Bezalel Academy of Art and Design in Jerusalem, commemorating Eishet Chayil, a Woman of Valor.

The ceremony concluded with a musical welcoming of the Sabbath. The guests were invited to partake in wonderful Kiddush that included a fabulous display of pastries and fresh baked, aromatic Challahs, traditional Sabbath bread, from the kitchen of the Jewish Home for the Aged.



Women of Valor! above left: Beatrice Horowitz; top: Lucille Alderman; above Violet Ludwig. Missing from photo: Mark Blank and Sydney Perry

Towers Happenings



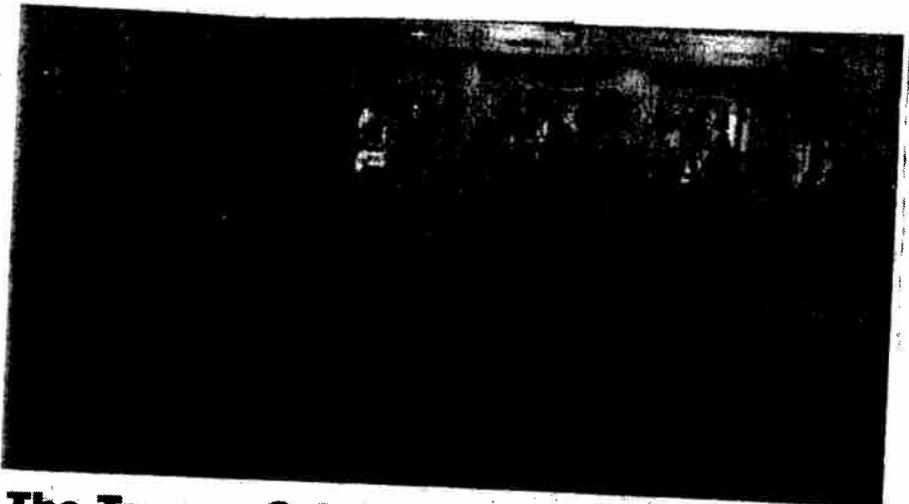
Above - National Issues Discussion Group at the Towers

Every other Monday, Tower One/Tower East hosts Fred Maretz facilitating a discussion group called, National Issues. Fred leads a group of residents in discussion of related topics important to today's times. Pictured (l - r) conversing after a recent group are Fred Maretz, Rosalyn Maginsky and Harold Levitz. For more information please call 772-1816 x170.

Need a gift for Mother's Day?? VISIT OUR NEW GIFT SHOP!!!!

Above right - On Thursday, March 17, Tower One/Tower East Residents' Association celebrated the Grand re-opening & dedication of the "Vine Gift Shop." Pictured are Barry Vine and Towers' Residents Association President, Rita Krevit. See the Gift Shop ad on page 18.

Advertisement in snhl 203-387-2424 x283



The Towers Celebrates Summer!

Recently the Tower One / Tower East Residents Association held their Annual SummerFest event. Pictured are Towers residents enjoying the evening with wonderful food and entertainment. Having a Bar/Bat Mitzvah, celebrating a milestone occasion? Call to tour our newly renovated Tower One Dining Room and speak with our Dining Services Director for your next party. Phone 203 772-1816 x170 for more information. Kosher dietary laws observed.

Towers Announces October Calendar

Wednesday, Oct. 6

Wednesday, Oct. 6 at 7:15pm Tower One / Tower East will host Dr. Barry Herman presenting "Jewish Landmarks in New Haven."

Every Monday at 2pm

Every Monday afternoon at 2pm, the Towers residents enjoy their Yiddish Club. If you would like to be a guest speaker please call Noella at 203 772-1816 x170.

Monday, Oct. 11

On Monday, Oct. 11, Tower One / Tower East presents a concert by the "Stardust Orchestra" in the new Tower One large Dining Room at 7:15pm. Come and reminisce some of the "oldie but goodie" tunes.

Tuesday, Oct. 19

On Tuesday, Oct. 19, the Towers will run a trip to the Log Cabin in Holyoke Massachusetts.

SeniorNet Computer Learning Center

SeniorNet Computer Learning Center at Tower One / Tower East is starting enrollment of their computer classes.

Advanced Healthcare Directives Series

Starting Wednesday, Oct. 20th @ 6:30PM (and the next 3 consecutive Wednesdays (Oct. 27th, Nov. 3rd and 10th) Tower One / Tower East will host an educational series covering the topic of "Advanced Healthcare Directives." Attorney Mark Connell will present various topics related to Elder Law & Estate Planning strategies. To RSVP or more information on this series, please call Rebecca @ (203) 772-1816, x. 250.

For More Information on Events

To RSVP or more information, please call Noella at 203 772-1816 x170.

Noella Newman/Haven, October 2004

AREA NEWS BRIEFS

November 2004

Elder law attorney to discuss planning

NEW HAVEN — Elder law and estate planning attorney Mark Connell is offering four free seminars for the public at Tower One Tower East that will explore planning ahead for mental and physical incapacity.

Sessions will be 6:30 to 7:30 p.m. in the Tower East meeting room, 18 Tower Lane. Parking is free on the Tower One campus.

The series includes:

■ Wednesday, focusing on an in-depth definition of durable power of attorney.

■ Nov. 3: common payment sources for long-term care, including Medicare, Medicaid or Title 19 and insurance.

■ Nov. 10, estate planning strategies, with attention to some of the pitfalls, including the state estate tax and the dangers of not revising an estate plan.

For more information, call 772-1816, ext. 250.

Cell phones accepted for senior citizens

ORANGE — The Orange Community Services Department at High Plains Community Center is asking for donations of old cell phones.

The cell phones are given to senior citizens for 911 emergencies.

The donations are taken at the Orange Community Services Office, 525 Orange Center Road.

For details, call Kim Callahan at 891-2154 from 9:30 a.m. until 4:30 p.m. weekdays.

Zen Center announces Shambhala lectures

NEW HAVEN — The New Haven Shambhala Meditation Group will present a free series of talks on Tibetan Buddhism as practiced in the Shambhala tradition.

Seating begins at 7:30 p.m.

All talks begin at 8 p.m. and will be followed by a tea social.

All talks will be held at the New Haven Zen Center, at 193 Mansfield St. A donation is requested. Free meditation instruction is available upon request.

The talks are: Monday, "Opening Your Heart," by Esther Seibold, Dec. 6; "Manifesting Elegance," by Karen Porterfield, Jan. 3; "Entering the Vajra World," by Nealy Zimmerman.

Children's Center to hold wine tasting

NEW HAVEN — The Children's Center Community Programs, 1 Long Wharf, will hold a wine-tasting event, "Barrels and Bottles" from 5:30 to 8 p.m. Nov. 4 in the President's Room at Woolsey Hall.

The event will include hot and cold hors d'oeuvres, wine tasting, desserts, music by Al Leone of Nightwatch and a raffle. Raffle prizes include a flat-screen TV, tickets to the Schubert Theater, dinner for two in the Omni New Haven Hotel at Yale, a facial and massage.

For tickets and more information, call 785-6451, ext. 112.

MADD anniversary gala to honor Lieberman

NEW HAVEN — Mother Against Drunk Driving will hold its 10th anniversary gala honoring Lieberman on Nov. 12 at the Omni New Haven Hotel at Yale.

Lieberman, who will be receiving the 2003 Humanitarian Award, will be honored by MADD's Galina Murali, who will educate youth about the consequences of underage drinking.

To purchase tickets, call 785-6451, ext. 112.

Milford Land Trust provides memorials

MILFORD — Through memorial and land donations, the nonprofit Milford Land Conservation Trust is offering those interested in memorial bequests the opportunity to perpetuate the wildlife and natural beauty found in open space at Milford.

Land donated to the trust provides a living memorial to loved ones and friends and is tax deductible.

To donate land, become a member, visit open space or get more information, call trust President John Dodsford at 874-0812.

Technical school to hold open house Nov. 17

ANSONIA — Emmet O'Brien Regional Vocational Technical School will hold an open house 6-8 p.m. Nov. 17 at 141 Pringle Ave.

Teachers, students, parents and alumni will be available to speak with prospective students and staff.

Those who call for information are asked to call 860-426-1100.

The fair will include trade shows, including auto mechanics, plumbing, electrical, art, health, medical, dressmaking, cosmetology, plumbing, etc.

For more information, call 860-426-1100 or visit www.emmetobrien.edu.

Rolling NW begins to unroll

MILFORD — The annual Veterans Day Parade will be held in Milford on Nov. 15. All members of the town are invited to participate.

Decorations for regular parade participants should be completed by Nov. 10.

Serious Back

Greater New Haven — A new free video that reveals how space travel cures back pain and medical technology that's bringing to you proven non-surgical spinal decompression for debilitating back pain. Even with multiple herniations, don't have back pain and how this

INTEREST RATE ALARM! Ask for our Adjustable Rate Programs. Excellent • Good • Bad Credit • No Credit. PURCHASE • REFINANCE • DEBT CONSOLIDATION • CONSTRUCTION. 30 YEAR 5.75%, 20 YEAR 5.25%, 15 YEAR 4.875%.

Songs of holidays



The Unity Boys Choir of Greater New Haven entertains residents of Tower One/Tower East in New Haven last week.

New Haven Register Thursday December 23, 2004

EDCOM

Towers president receives award

NEW HAVEN — Dorothy Giannini-Meyes, president of Tower One/Tower East, received the 2004 Humanitarian Award given by the Connecticut Assisted Living Association at its annual membership meeting.

She is only the second recipient of the award. She has been a driving force in advancing senior issues on the state and national level. Under her leadership, Tower One received three grants exceeding \$12 million from the U.S. Dept. of Housing and Urban Development that provided for the conversion of six floors of apartments to affordable assisted living units.

Author to speak at Bikur Cholim

NEW HAVEN — Bikur Cholim Sheveth Achim, 112 Marvel Road, New Haven, will host author and speaker Rabbi Moshe Meir Weiss as a scholar-in-residence on Friday and Saturday, Feb. 11-12.

Weiss, spiritual leader of Agudas Yisroel of Staten Island for 20 years, will speak on different aspects of "Being a Committed Jew in a Modern World." His visit coincides with a Shabbaton at the synagogue for the senior class of Prospect Park Yeshiva.

Weiss is the author of "Passionate Judaism" and "Meaningful Living." For more information, call (203) 387-4699.

Poster exhibit on Reform Jewish life

SOUTHINGTON — Greater Southington Jewish Congregation will display the poster exhibit, "Reform Jewish Life in Israel" on Saturday, Feb. 12, from 2-4 p.m. at Memorial Hall at the First Congregational Church of Southington, located at 37 Main St.

Prior to the opening of the exhibit, Rabbi Elliot Stevens will lead an adult discussion about Rabbi Lawrence Hoffman's book, "The Journey Home: Discovering the Deep Spiritual Wisdom of the Jewish Tradition" from 12-2 p.m., which will include a pot luck lunch.

Hosting the exhibit is part of HineiMi, an initiative designed to promote religious life in Israel. The Greater Southington Jewish Congregation chose to join the HineiMi project in 2004 by becoming a "builder congregation," and is assisting in raising the funds to help their Israeli sister congregation, Kehilat Yoza, located in Modi'in, Israel.

A brief video about the HineiMi project will also be shown during the exhibit.

Your Real Estate Connection In The Greater New Haven Area

Visit me at
1054 Life Time Plaza, New Canaan, Conn.
Web: www.judycooper.com

Judy Cooper
ABR, CRS, GRI, PDS, SRES

A "PERMANENT" VACATION!

Want to get away from it all? Northerners dream of the beaches in winter, and southerners need to beat the heat in summer. Big City dwellers crave the peace and quiet offered by the outdoors, while others want to escape small-town boredom to experience all that a bustling metropolis offers! These pictures illustrate how all of us, regardless of how happy we are where we are, dream of "getting away from it all" for more than one week of vacation each year.

No matter what your "change of pace," a local real estate agent can help you find an ideal second home. Think you can't afford it? Add up all those hotel receipts, resort rental charges, and other travel expenses that build up every year, and you'll probably end up with a sum that would make a tidy down-payment!

Also consider that a second home may appreciate and help build equity, that you can collect income from renting while you're not there, and you may even enjoy some tax advantages.

Real estate agents right here have access to information about properties all across the country, and even the world! If you're considering the purchase of a second home, also consider that interest rates are not likely to drop lower than they are now. This is an excellent time to pursue your dream of a vacation home!

Moving across town or across the country? Call me because I have nationwide contacts.

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you won't be disappointed

Tower One's new assisted living apartments are open for viewing!

...the team at
ue/Tower East
n working to
e New Haven
ity a beautiful
what affordable
using and assist-
can be. Today,
million in HUD

room and will give the public one of its first opportunities to tour the new studio and one-bedroom apartments. Opened in April, Tower One's large new dining room allows residents to socialize, relax and enjoy a three-course restaurant-style evening meal, chef prepared in the community's kosher kitchen and served by an attentive wait staff.

Throughout the building, other improvements have been designed especially to meet seniors' unique needs and to help them remain as independent as possible. "By October, our new entrance, which incorporates a large canopy so that residents can be picked up and dropped off while sheltered from inclement weather, will be complete," says Dorothy Giannini-Meyers, President and CEO of Tower One/Tower East.

"The lovely finishes on the new residential floors are warm cherry wood," she says. But the most important features may well be things the average person wouldn't even think of: the wide-

doorways and roll-in showers with pull-down seats can accommodate a wheelchair; and the adaptable kitchen cabinets can be configured so that a person in a wheelchair can easily work at them.

"The new and renovated areas are specifically designed to meet the social, health and physical needs of our residents," says Giannini-Meyers. Each residential floor has a lounge area where residents can get together to socialize or entertain family members when they visit. A brand new call-for-aid system not only permits residents to call for help 24 hours a day, but opens also opens direct communication with a staff member. "This will be a great time saver for those who might be in need of emergency help," says Giannini-Meyers.

Residents in both Tower One and Tower East can access any additional support they may need from a "menu" of services that includes housekeeping, laundry, assistance with bathing and dressing and medication monitoring, among others. There is easy access to on-site healthcare from The Hospital of Saint Raphael's ElderCare program and a full range of assisted living services that are provided by Utopia Assisted Living Services' nurses and aides.

Throughout the Tower One/Tower East community, everything possible has been planned to provide opportunities to enjoy their independence, while supporting their special needs. On the first floor, conveniences such as a Coffee Shoppe, bank branch, conven-

ience store and gift shop make it possible for residents to obtain necessities without ever having to leave the community. Residents may also take advantage of free health screenings, wellness programs, religious services, a library, computer learning center and an active schedule of programs, activities and excursions.

By the end of 2004, all 60 of Tower One's new assisted living apartments should be ready for occupancy. "We are currently taking applications for apartments throughout the entire community," says Giannini-Meyers.

At Tower One, assisted living is designed to be affordable. For residents who require assistance, there are subsidies available. HUD provides help with housing costs and a State of Connecticut program underwrites financial support for assisted living services.

While affordable, the new accommodations are also surprisingly elegant. "When people have come to tour the newly rebuilt residential floors, they have been favorably impressed," says Rebecca Goodman Olshansky, Marketing/Admissions Manager for Tower One/Tower East. "The new and rebuilt sections of Tower One have helped to raise awareness that Tower One/Tower East is a great senior housing community that also offers affordable assisted living services to the Greater New Haven community."

Open House, Sunday Sept. 19 1-3 p.m.; or next Sunday, Sept. 26 1:30-3:30.

- Wendy L. Thomson



...recently moved into one of the new affordable assisted living apartments enjoys great amenities.

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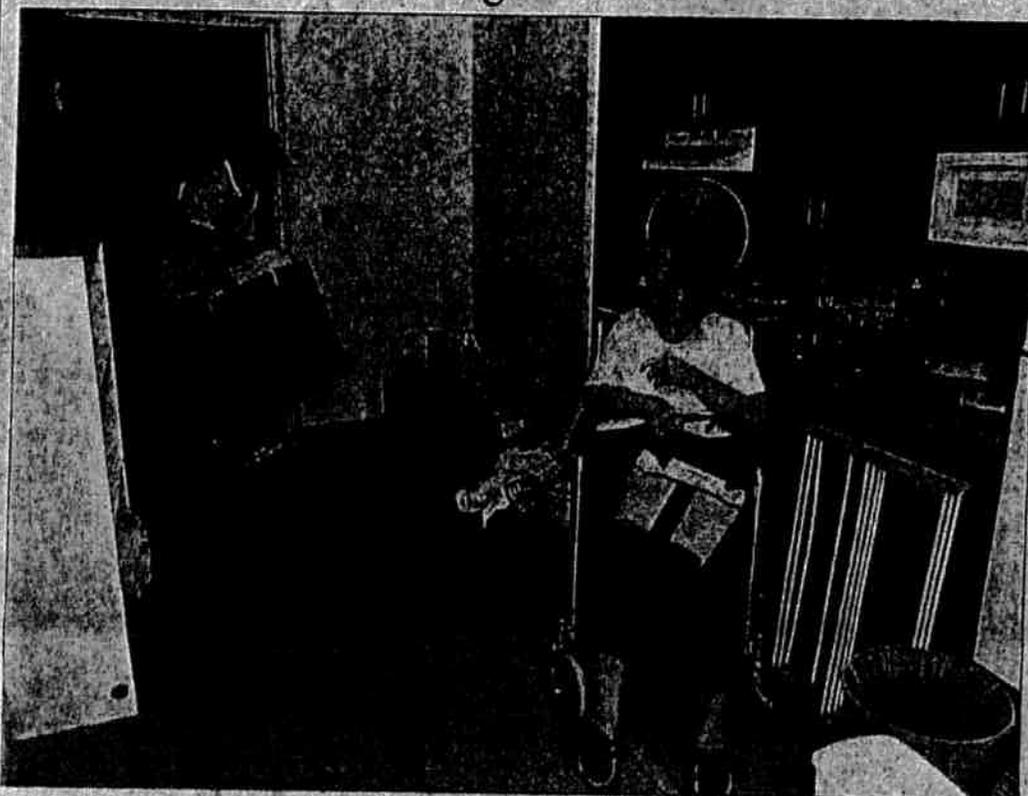
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WEDN

Making life easier



Betty Clark watches as boxes of her possessions are delivered to her new apartment in Tower One. BELOW: The exterior of the housing complex.

Tower One renovations nearly complete

By Maria Garriga
Register Staff

NEW HAVEN — For months, the elderly residents of Tower One had to navigate their walkers and wheelchairs through a maze of construction workers, tools and torn-up walls throughout the first floor of the building.

Now residents are seeing the results of a \$12 million renovation of Tower One/Tower East, a senior housing complex at 18 Tower Lane, south of downtown.

Through federal grants, Tower One received a new dining room, new administrative offices, a new home for the health clinic and Utopia Assisted Living Services satellite office, and a new main entrance.

The federal grants — intended to boost assisted living services for the elderly — also covered renovations to 60 apartments on the second through seventh floors.

The renovated apartments will be available on a first-come, first-serve basis to applicants over 62 who need and accept assisted living services.



move into the fourth floor.

"For an old lady, moving is a big thing. It's a good thing," she said.

Levy said she appreciated most the

complex has garnered awards by going beyond basic senior needs to offer services such as kosher meals, free health screenings and a social activities coordinator, the two buildings needed some improvements, said marketing coordinator Rebecca Goodman-Oshansky.

Built in 1971, Tower One is 11 years older than Tower East and houses more residents, 211 in 21 floors, compared with Tower East's 150 apartments in 12 stories.

All of the Tower East residents and nearly half of Tower One residents receive federal rental assistance.

That may have been a consideration for the federal Department of Housing and Urban Development, which funded the renovations.

The renovated apartments offer seniors greater safety and convenience.

On the fourth floor, residents can now lean on hallway handrails and rest on hallway benches.

Inside the apartments, residents have lower counters, wall-mounted bathroom sinks and toilets, and a kitchen sink with a pull-out cabinet, so a resident can wash the dishes while sitting in a wheel-

State into en action cold

By Maria Garriga
Register Staff

State Attorney Blumenthal Tuesday announced the region's electric power companies are to revise its conclusions of near-blackouts last winter.

"We are conducting an investigation," Blumenthal said, adding that all power companies have been notified.

Independent Operator-New England released their conclusions of the Federal Energy Regulatory Commission in an order last year.

But Blumenthal's conclusion reached last week that the power grid's reliability is a concern.

Blumenthal has power plant owners offline and sold on spot markets — to high fuel prices — 14-16 cold snap, resulted in blackout.

Blumenthal also said that power operators did not comply with orders to get back online quickly.

"The ISO-New England completely fails to meet its obligations to not put the plants back on line on its own terms," said Blumenthal.

ISO-New England power plant owners are being forced to sell their power to the ISO to produce electricity.

"It would have been a disaster for them to sell electricity at a point," said ISO spokesman Dominick. "There was no evidence of bad behavior on the part of the power companies."

Slowey also said that the power markets needed to be reformed to provide enough electricity to the region.

Mechanical failures at power plants further weakened the system, he said. "The point where the system nearly imposed a total shutdown is a concern."

"Contrary to the optimistic assessments of the electricity markets, we have revealed that current conditions are not only unsafe but also threaten the public safety."

LOCAL

Oxford Science Inc. wins platinum award

OXFORD — Oxford Science Inc. has received the platinum award from the National Quality Improvement Award Partnership Inc. for its work on the Oxford Science, whose blood analyzer helps identify sickness and disease in animals and humans, took the top prize in the 111 CQIA Innovation applications from 57 different organizations last week.

Several area firms were among the 21 gold award winners, including Anthem Cross and Blue Shield in North Haven, Abba Corp. in Danbury, Denitech in Danbury, GE Energy in Fairfield, Quinnipiac University in Hamden, Saint Raphael in New Haven, and Chick-Wilkinson in Danbury.

WorkPlace to receive grant to train vets

EDGEPORT — The WorkPlace Inc. will receive a

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APRIL 2005

Assisted Living



Residents learn new recipe in the Tower One community cooking class.

Check out the HN website!

Our website is up and running and the ad spaces are selling quickly. A presence on hospitalnewspaper.com will put your company in front of America's top medical professionals, nursing students and consumers looking for the best healthcare options in their state! Our website offers the most up-to-date medical coverage on the internet.



Issue
services
listing
offer

Assisted Living Continued from previous page

Many of them didn't need that high level of care," says County Executive Meyer, and said that executive offices for Tower One/Tower East is "a terrific, non-downsidential, assisted living community that is provided by a customer-based approach."

All of it was decided to convert the floors of apartments in Tower One into assisted living apartments. "We are really going to be in place," said Gerald Meyer. It's "about the size of a small town," he said. Tower One is 14-16 million in 2008, the target of 17 assisted living conversion units that HUD wants to provide for years. It was followed by subsequent HUD grants: 13.3 million in 2007 and 12.4 million in 2008.

All the apartments in Tower One and other in Tower One are available for HUD Section 8 Rental Assistance. Residents eligible for participation in the HUD program are required to pay a maximum of 30 percent of their net income for rent. The amount of the rent is paid for by HUD federal subsidy. HUD also provides a 50 percent of the additional in Tower One Tower East.

HUD also established fees in the US apartment complex range from \$3.75 to \$7.50, depending on the size of the apartment and whether there are one or two occupants. Residents pay about half of what landlords of many other assisted living communities in Connecticut pay, according to Gerald Meyer.

HUD also made available by the state of Connecticut, who is, since that time, has expanded the scope of assisted living programs so that low and middle income families can receive the benefit and assist in the state's low income and elderly living in assisted living facilities.

This is the second Tower One/Tower East - also will be called Tower One/Tower East - will be assisted living. The project is a pilot program that helps pay for assisted living services for low and middle income seniors living in federal funded elderly housing developments.

All Tower One/Tower East residents will have access to 24-hour nursing, dining, activities, and other services. A new, through a contract with United Assisted Living Service Agency Association in other areas, such as laundry, housekeeping or socialization can be provided on an as-needed basis. Maintenance services will be provided by the state with



Residents of Tower One/Tower East enjoy a gin rummy game.

United Assisted Living Service Agency health care and social approach to residential therapy. The Hospital of St. Raphael's Employee program for primary health care provider services health care for Tower residents who will be able to benefit of HUD Section 8 assistance. HUD also provides a 50 percent of the additional in Tower One Tower East.

Another Variation of AAL

Connecticut has also provided the construction of affordable assisted housing by a pilot project that includes state rental assistance, low-income housing tax credits, and services financed through Medicare waiver.

The Department of Social Services (DSS), the Department of Economic and Community Development (DEC), and the Connecticut Housing Finance Agency, co-sponsors of the project. The CHCWE (Connecticut Home Care Program for Elderly) program was for assisted living services for those who qualify financially

and low income, a combination of HUD and state assistance. HUD is the main funding source for the pilot project. The project is funded by HUD, with HUD providing the main funding. HUD also provides a 50 percent of the additional in Tower One Tower East.

The project is funded by HUD, with HUD providing the main funding. HUD also provides a 50 percent of the additional in Tower One Tower East.

Some market rate assisted living facilities are being built to meet the needs of low income and elderly living in assisted living facilities.



Entrance to Tower One/Tower East affordable, assisted living for New Haven seniors.

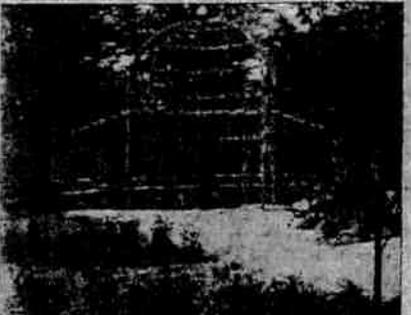
Going Out-of-State

No assisted living facility has the same level of care as the state of Connecticut. The state of Connecticut has a long history of providing care for low income and elderly living in assisted living facilities.

The state of Connecticut has a long history of providing care for low income and elderly living in assisted living facilities.

assisted living facilities. The state of Connecticut has a long history of providing care for low income and elderly living in assisted living facilities.

The state of Connecticut has a long history of providing care for low income and elderly living in assisted living facilities.



Courtyard separating Tower One and Tower East affordable, assisted living for seniors.

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SENIOR LIVING

Residents at Tower One/Tower East "good neighbors"

NEW HAVEN - Those who think the senior citizens who reside at Tower One/Tower East fill their days only with craft projects, exercise classes, and board games couldn't be more wrong.

The residents of Tower One/Tower East are among the first to rise to the occasion when members in the local or global community need their help.

Take, for example, the recent tsunami disaster in Southeast Asia. Tower One/Tower East residents loaned their support to global relief efforts by choosing two disaster relief organizations. They then collected donations from residents, their families and staff. Many small and some larger donations were put together and sent to the organizations.

During the winter holiday season, residents remembered those who are less fortunate by joining in a coat drive for a local homeless shelter. The warm winter coats that residents collected were picked up and delivered to the Columbus House Homeless Shelter by the owner of Sweet Relief Cafe in New Haven for distribution at the shelter.

Perhaps the most impressive community service activity supported by the residents is its very own Gift Shop. Residents are in charge of many of the aspects of this "business," including merchandising, pricing, maintaining inventory etc. Proceeds from the Gift Shop each month are donated to the Towers to purchase perishable and other necessary items for the Food Bank located on its campus and also help to support some of the Towers' activities.

Six floors of brand new assisted living apartments, made possible through a series of grants from the U.S. Department of Housing and Urban Development, were recently opened in Tower One. Seniors interested in one of the remaining assisted living apartments or one of the Towers' well-appointed "classic apartments" should contact Tower One/Tower East for reservation information now.

With 365 apartments, Tower One/Tower East is currently home to about 350 residents aged 62 and older. The Towers provides residents with recreational housing plus a full-range of assisted living services as well as recreational, social and health support services that are tailored to each individual's needs. Applications are now being accepted for the new assisted living as well as the Towers' "classic" apartments. For further information, call 203.772.1816, ext. 250.

RE LIVING

Health Care offers of care

is a leading geriatric health care provider, offering a wide range of services to the Greater Hartford area. The center provides a continuum of care to older residents of the Greater Hartford area, including:

- non-residential in all of its programs, and
- diverse ethnic backgrounds. Programs are designed to meet the needs of diverse ethnic and religious customs. Hebrew Health Care is a leading provider of care to the Greater Hartford area.

500 Park Street
Hartford, CT 06103

Hebrew Health Care offers long-term care, skilled nursing, geriatric behavioral health care, home care, geriatric health care, and adult day care services and short-term rehabilitation services.

Hebrew Medical Center, a leading provider of care to the Greater Hartford area, is a 45-bed hospital that is a leading provider of care to the non-elderly and elderly population, with an emphasis on treating acute and patients whose medical condition is complex.

Hebrew Medical Center serves patients with one or more acute medical needs, including both Hebrew Home and other facilities or physicians. Hebrew Home is experts in treating medically complex conditions such as heart failure, hypertension, diabetes, difficult to heal wounds, and Alzheimer's disease. We also treat complex conditions such as bipolar disorder, schizophrenia, schizophrenia, bipolar disorder, dementia, and Parkinson's disease. The Medical Hospital specializes in caring for multiple complex conditions.



Towers Events for One and All

Years of Service

Top: At the Tower One / Tower East Annual Meeting, several employees were acknowledged for their dedicated years of service on their milestones anniversaries (for the year 2004) ranging from five to fifteen years of working at the Towers. In the photo, Board Chair Richard Weiss recognized Edith Peters, Karen Parvis, Safira Kimbrough, Helen Holland and Dorothy Glahinni-Meyers with "Years of Service" pins.

Button! Button! Who's Got the Button?

Above Center: Button! Button! Who's Got the Button? Pictured are Towers resident Jack Spert with fellow Towers residents and students from the Welch Annex Elementary School as they made lapel buttons. The students come to the Towers to participate in arts and crafts activities frequently every month during the school year.

Big Band Beat

Recently, Tower One / Tower East hosted "The Stardusters," an 18-piece orchestra performance for its residents. "The Stardusters" performed music from the Big Band Era, bringing back many fond memories for all.

jewishnewhaven.org Dec 2004



TOWER
One

TOWER
East

Tower One / Tower East Celebrates Sukkot!

top: Rabbi Gerald Brieger of Temple Emanuel in Orange sings sukkot songs with the students of the Welch Annex Elementary School.
above: The students visit the Tower's beautiful sukkah. During the year, the Welch Annex students also participate in arts and crafts projects with the Towers residents.

Shalom new Haven November 2004

cheshvan / kislev 5765

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Room with a View
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From Tower One/Tower East,
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For rental information:
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**Happenings at The Towers"
for December:**

Sunday, Dec. 5th 12:00 - 3:00PM

Towers Annual Holiday Crafts Fair

Monday, Dec. 6th 7:15PM, Concert with Ron Starr

Sunday, Dec. 12th 2:00PM, concert with George Gandy

Monday, Dec. 13th, 4:00 - 6:00PM, Assisted Living
Grand Opening

& Dedication of Founders Entrance

Monday, Dec. 20th 7:15PM, concert with Jim Sheehan

Wednesday, Dec. 29th 7:15PM, Towers Residents
Association New Years Eve Party

December 2004



Towers Celebrates Thanksgiving with Interfaith Service

Tower One/Tower East held its Annual Interfaith Thanksgiving Service with readings of psalms, singing and sharing much to be thankful for. Towers Residents, staff and Religious Leaders from the community participating in the service are (seated L-R) Lucy Kleyman, Harold Perlin, Dorothy Giannini-Meyers, (standing L-R) Bishop William Philpot, Sr., Ruth Twitty, Father James Richardson and Rabbi Richard Eisenberg.

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Affordable Senior Living!

Handwritten note at the bottom of the page, partially obscured and difficult to read.

Two-sided

New assisted living apartments opening in Tower One/Tower East

By Stacey Dresner

NEW HAVEN — After 15 months of renovations, Tower One/Tower East, the senior housing apartment community in New Haven, will complete 60 new assisted living apartments and a new "Founder's Entrance" by the end of this month.

The dedication of the new apartments and entrance will take place on Monday, Dec. 13 with a cocktail reception and program featuring speeches by Chairman of the Board Richard Weise, New Haven Mayor John DeStefano, and Rep. Rosa DeLauro.

The renovations, which cost more than \$11 million, were funded completely by three U.S. Department of Housing and Urban Development (HUD) grants.

The renovations include a 5,000 square foot addition featuring a new lobby, administrative office space, and cosmetic improvements throughout the facility. The new Founder's Entrance, dedicated to Tower One/Tower East founders Linda Kantor, Jim Vlock, Leonor Westar, Beatrice Horowitz and Irving Enson, provides a larger, more accessible entrance that is sheltered from the elements.

Dorothy Giannini-Meyers, president of Tower One/Tower East, said that while assisted living services are offered to any of the residents of the 355 Tower apartments, the 60 newly renovated apartments are made specifically for assisted living care.

"Assisted living is a philosophy that gives an older person, and their families, an opportunity to have some peace of mind and security in terms of when someone needs a little extra help, or a little bit of supervision," said Meyers.

Assisted living, Meyers added, insures "that they don't need to go to a nursing home or that they are not unsafe in their home environment."

There are six floors of newly renovated assisted living apartments in Tower One. Three floors of the apartments are already completed and many of those apartments are occupied, while the apartment in three more floors should be completed by the end of December, Meyers said.

Continued on page 16



The new Founder's Entrance at Tower One in New Haven.
Jewish Ledger December 10, 2004

5 Jewish Ledger • December 10, 2004



Grand opening
Tower One/Tower East
to open new assisted
living apartments

3 Jewish Ledger • December 10, 2004



Ted Satin sits in the kitchen of the newly renovated assisted living apartment he and his wife live in at Tower One.

Tower One / Tower East open new apartments

Continued from page 3

Each of the newly renovated floors features a lounge for residents to use, with a full kitchen and bathroom and washer and dryer. The hallways have wooden hand ledges throughout, designed to help residents get around more easily, and wider hallways for those with walkers and wheelchairs.

The new apartments, which are available in studios, deluxe studios and one-bedroom models, feature kitchens with ovens, microwave ovens, sinks and refrigerators, and bathrooms with fully accessible shower units.

"A lot of our residents have difficulty ambulating," Meyers explained. "Many have walkers, some have wheelchairs, and our apartments on the upper floors – which we call our classic apartments – are lovely. They are spacious, they have beautiful views of the city of New Haven... But the bathrooms were small. They all had bathtubs in them, and we needed to create some spaces where residents who could not get in and out of bathtubs easily, or needed the turning radius required for a wheelchair, could manoeuvre easily. That was the reason for the newer apartments."

Another of the important features at Tower One are the assisted living services that are available, provided by Utopia Assisted Living. Utopia has 8 nurses and 35 aides on staff at the Towers to handle any health care emergencies or other medical issues residents may have. The Hospital of St. Raphael also has a clinic on the premises.

These services mean a lot to residents like Molly and Ted Satin, who after many happy years in their own home, decided last year to move into the Towers and have been living in one of the newly refurbished assisted living apartments.

"Taking care of the house and cooking became very, very difficult," explained Molly, 88, who added that her 95-year-old husband had fallen a few times in their home.

"I could never lift him, so it meant calling a neighbor," she said. "When we heard about the assisted living here, we thought, 'Now is the time for us to make that move. It was difficult moving out of our own home, but we are satisfied with what we have done.'"

The Satins go downstairs to the dining room for dinner most evenings or can make small meals in their own kitchen. And if they have medical problems or emergencies, Molly said she knows help is minutes away.

"I know that even during the night, we are safe here. That is a wonderful feeling when you are our age," she said.

Comments? Email staceytrener@jewishledger.com

TOWER
One

TOWER
East

For immediate release:
Tower One / Tower East

For further information:
Dorothy Giannini-Meyers, President
203.772.1816

March 29, 2005



MITZVAH OF THE MONTH

Tower One/Tower East is a senior housing community in New Haven with the mission to provide older people with a high quality, secure and affordable residence based upon Jewish values and traditions.

Did you know that...

- Many of the residents require government subsidy just to pay their rent.
- Approximately 50 residents don't have enough food and rely on a food pantry that distributes food only once a month.
- There is not enough food and the shelves are often nearly empty.
- Many residents can't easily get to a supermarket and rely on these donations.
- Many more residents are too proud to ask for help.
- The seniors living in Tower One/Tower East need our help.

The Or Shalom Social Action Committee is collecting non-perishable food to fill the shelves of the Tower One/Tower East food pantry. We are hoping you will help! Please bring the following items to Or Shalom by SUNDAY, April 17th. Baskets are in each Hebrew School classroom and in the closet by the front door.

We also need volunteers to help deliver the food to Tower One/Tower East on Sunday, April 17th and to package and deliver to the residents. If you are able to help package and deliver please call Steve Greenberg (799-1592) or Josh Gold (874-5956)

The following is a suggested list of non perishable items:
(low-fat and low sodium items are preferred; kosher is not required).

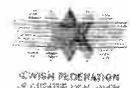
Instant Oatmeal	Jars of Sauce
Pancake Mix	Canned Stews
Cereals (Special K, Total, Corn Flakes)	Canned Pasta (Spaghetti O's)
Instant Coffee (decaffeinated and regular)	Ketchup
Macaroni and Cheese	Mustard
Canned Soup (low in sodium)	Boxes of Pasta
Tuna (in water)	Cookies
Peanut Butter	Crackers
Jelly	

Reaching New Heights in Affordable Senior Living



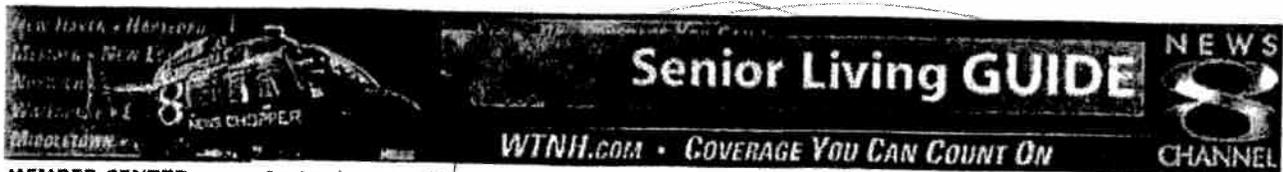
18 Tower Lane • New Haven, Connecticut 06519 • 203-772-1816 • Fax 203-777-5921

www.TowerOne.org



May 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>7:15 Evening Movie</p>	<p>2</p> <p>8:00 Video Exercise</p> <p>9:00 Catholic Mass</p> <p>11:00 Create A Word</p> <p>1:00 National Issues w/ Fred</p> <p>2:00 Yiddish Club</p> <p>3:15 Games Day</p> <p>7:15 Concert w/ John Banker</p>	<p>3</p> <p>11:00 Chair Exercise</p> <p>1:20 Blood Pressure & Sugar Screening Clinic</p> <p>1:00 Stories from the Past w/ Malika Katz</p> <p>1:00 Tai Chi Class</p> <p>2:00 Bingo</p>	<p>4</p> <p>8:00 Video Exercise</p> <p>10:00 Welch School</p> <p>11:00 Lunch and Movie</p> <p>1:00 Men's Discussion Group</p> <p>2:00 Discussion Group</p> <p>3:30 Open Piano Hour</p>	<p>5</p> <p>11:00 Knitting Club</p> <p>12:00 Mother's Day Luncheon</p> <p>1:30 Soul Stretching</p> <p>2:00 Sing-a-Long</p> <p>3:15 Chair Exercise</p>	<p>6</p> <p>8:00 Video Exercise</p> <p>11:00 Coffee Social</p> <p>2:00 Create A Word</p> <p>3:15 Yom Hashoah Service</p> <p>3:30 Open piano hour</p> <p>7:00 Sabbath Services</p>	<p>7</p> <p>9:30 Sabbath Services</p> <p>Followed by Kiddush</p> <p>2:00 Movie Matinee</p> <p>7:00 Bingo</p>
<p>8</p> <p>Mother's Day</p> <p>3:00 Mother's Day Tea</p> <p>7:15 Evening Movie</p>	<p>9</p> <p>Russian Victory Day</p> <p>8:00 Video Exercise</p> <p>11:00—3:00 Boutique</p> <p>1:00 Create A Word</p> <p>1:00 Book Club</p> <p>2:00 Yiddish Club</p> <p>3:15 Games Day</p> <p>7:15 Stardust Orchestra</p>	<p>10</p> <p>11:00 Chair Exercise</p> <p>1:00 Stories from the Past w/ Malika Katz</p> <p>1:00 Tai Chi Class</p> <p>2:00 Bingo</p> <p>7:15 Evening Movie</p>	<p>11</p> <p>8:00 Video Exercise</p> <p>10:00 Welch School</p> <p>11:00 Lunch and Movie</p> <p>1:00 Men's Discussion Group</p> <p>2:00 Discussion Group</p> <p>3:30 Open Piano Hour</p>	<p>12</p> <p>Israel Independence</p> <p>11:00 Knitting Club</p> <p>1:30 Soul Stretching</p> <p>2:00 Sing-a-Long</p> <p>3:15 Chair Exercise</p> <p>7:15 Concert w/ Gary Lynes</p>	<p>13</p> <p>8:00 Video Exercise</p> <p>11:00 Coffee Social</p> <p>2:00 Create A Word</p> <p>3:15 Trivia Challenge</p> <p>3:30 Open piano hour</p> <p>7:00 Sabbath Services</p>	<p>14</p> <p>9:30 Sabbath Services</p> <p>2:00 Movie Matinee</p> <p>7:00 Bingo</p>
<p>15</p> <p>7:15 Evening Movie</p>	<p>16</p> <p>8:00 Video Exercise</p> <p>11:00 Create A Word</p> <p>1:00 National Issues w/ Fred</p> <p>2:00 Yiddish Club</p> <p>3:15 "Flags Unfurled"</p> <p>3:15 Games Day</p>	<p>17</p> <p>11:00 Chair Exercise</p> <p>1:20 Blood Pressure & Sugar Screening Clinic</p> <p>1:00 Stories from the Past w/ Malika Katz</p> <p>1:00 Tai Chi Class</p> <p>2:00 Bingo</p> <p>7:15 Evening Movie</p>	<p>18</p> <p>8:00 Video Exercise</p> <p>11:00 Green Grocer</p> <p>12:00 David Schaffer</p> <p>2:00 Discussion Group</p> <p>3:30 Open Piano Hour</p> <p>7:15 Life of Andrew Carnegie w/ Richard Clark</p>	<p>19</p> <p>11:00 Knitting Club</p> <p>1:30 Soul Stretching</p> <p>2:00 Sing-a-Long</p> <p>3:15 Chair Exercise</p> <p>7:15 Res Assoc Meeting</p>	<p>20</p> <p>8:00 Video Exercise</p> <p>11:00 Coffee Social</p> <p>12:00 Disc w/ Rabbi Rick</p> <p>2:00 Create A Word</p> <p>3:15 Trivia Challenge</p> <p>3:30 Open piano hour</p> <p>7:00 Sabbath Services</p>	<p>21</p> <p>Armed Forces Day</p> <p>9:30 Sabbath Services</p> <p>2:00 Movie Matinee</p> <p>7:00 Bingo</p>
<p>22</p> <p>1:00 Patriotic Tunes w/ Tom Callinan</p> <p>7:15 Evening Movie</p>	<p>23</p> <p>8:00 Video Exercise</p> <p>11:00 Create A Word</p> <p>1:00 Book Club</p> <p>2:00 Yiddish Club</p> <p>3:15 Games Day</p>	<p>24</p> <p>11:00 Chair Exercise</p> <p>1:00 Stories from the Past w/ Malika Katz</p> <p>1:00 Tai Chi Class</p> <p>2:00 Bingo</p> <p>3:15 Therapeutic Shoe Dem</p> <p>7:15 Evening Movie</p>	<p>25</p> <p>8:00 Video Exercise</p> <p>10:30 Lunch and Goodspeed</p> <p>1:00 Men's Discussion Group</p> <p>2:00 Discussion Group</p> <p>7:15 The Cold Coast Singers</p>	<p>26</p> <p>11:00 Knitting Club</p> <p>1:30 Soul Stretching</p> <p>2:00 Sing-a-Long</p> <p>3:15 Chair Exercise</p> <p>7:15 Concert w/ Rich Curtias</p>	<p>27</p> <p>Lag B'Omer</p> <p>8:00 Video Exercise</p> <p>11:00 Coffee Social</p> <p>2:00 Create A Word</p> <p>3:30 Open piano hour</p> <p>3:15 Trivia Challenge</p> <p>7:00 Sabbath Services</p>	<p>28</p> <p>9:30 Sabbath Services</p> <p>2:00 Movie Matinee</p> <p>7:00 Bingo</p>
<p>29</p> <p>7:15 Evening Movie</p>	<p>30</p> <p>Memorial Day</p> <p>8:00 Video Exercise</p> <p>3:15 Game Day</p>	<p>31</p> <p>11:00 Chair Exercise</p> <p>1:00 Stories from the Past w/ Malika Katz</p> <p>1:00 Bingo</p> <p>7:15 Evening Movie</p>	<p>Older Americans Month</p>	<p>Birchstone-Emerald</p> <p>Colors-Yellow and Red</p> <p>National Arthritis Month</p> <p>National Barbecue Month</p> <p>National Bike Month</p> <p>National Book Month</p> <p>National Egg Month</p>		<p>One East</p>
<p>Convenience Store Hours</p> <p>Daily</p> <p>11:30 a.m.-3:30 p.m.</p> <p>Coffee Shop Hours</p> <p>Daily and Sunday</p> <p>8:00 a.m.-1:30 p.m.</p> <p>Saturday</p> <p>8:00 a.m.-6:00 p.m.</p>	<p>Shopping Bus Schedule</p> <p>Weidbaum's - East Haven - Monday, 9:30 a.m.</p> <p>Stop & Shop - East Haven - Tuesday & Thursday, 9:30 a.m.</p> <p>Stop & Shop - Hamden - Tuesday & Thursday, 9:45 a.m.</p> <p>Stop & Shop - Hamden - Friday, 9:00 a.m.</p> <p>Shaw's - New Haven - Friday, 9:00 a.m.</p>	<p>The Dr. Milton and Gladys Godfried Tower One Tower East Health Center</p> <p>Tower One 1st Floor</p> <p>Tuesday & Wednesday</p> <p>9:30 a.m. - 12:30 p.m.</p> <p>Thursday</p> <p>11:00 a.m.-2:00 p.m.</p>	<p>New Alliance Bank Hours</p> <p>Tuesday and Thursday</p> <p>9:00 - 11:00 a.m.</p> <p>Gift Shop Hours</p> <p>Monday - Saturday</p> <p>1:00 - 3:00 p.m.</p>	<p>Dining Hours</p> <p>Tower One Residents</p> <p>First Seating - 6:00 p.m.</p> <p>Second Seating - 6:00 p.m.</p> <p>Tower East Residents and Guests</p> <p>To purchase meals, contact the Business Office, 203-772-1816 ext. 100</p>		



MEMBER CENTER

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- [What's on WCTX](#)
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- [Senior Living](#)

September 14, 2004



JFK High School



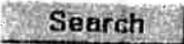
Ridgemont High School



[Find Your Old School Here](#)



classmates.com



Senior Calendar of Events



[Email to a Friend](#)



[Printer Friendly Version](#)



Sunday, September 12, 2004 Tower One/ Tower East will kickoff National Assisted Living Week with an "Open House." 11:00 AM to 2:00 PM 18 Tower Lane , New Haven , CT 06519 PH:203-772-1816

Monday, September 13, 2004 7:00PM , Tower One/Tower East will host Utopia Assisted Living Services Agency lecture; topic: "Updates About Assisted Living/Everything You Should Know." For information call (203) 772-1816, ext.170

Tuesday, September 14, 2004 Tower One/Tower East will host a statewide "Red Hat Society" Tea at 1:30PM . For information call Noella @ (203) 772-1816, ext.170.

Wednesday, September 15, 2004 Tower One/Tower East will host People's Bank speaking on "Seniors & Finances." For information call (203) 772-1816, ext.170

Sunday, September 19, 2004 1:00PM - 3:PM Tower One/Tower East will host a Gallery Opening & Cocktail Reception featuring the paintings of Elizabeth Kirby. Tours will be available to view apartments. For more information please call 203.772-1816.

Sunday, September 26, 2004 1:00PM - 3:00PM Tower One/Tower East will host a Sukkot Celebration with the Jewish Federation of Greater New Haven Young Adult Leadership. For information call 203 772 1816

Thursday October 28 - the 3rd Annual Community One Event will host "The Temptations" in concert at the Shubert Theater. Tickets may be purchased through Tower One/Tower East by calling Verna at (203) 772-1816, ext. 290.

The Golden Years

We treat our residents like family... because they are.

Carol Zimmerman and her mother, Cledyth



TOWER
One
TOWER
East

Reaching New Heights in Affordable Senior Living

18 Tower Lane
New Haven, CT 06519
203.772.1816
Fax 203.777.5921



Cledyth Zimmerman came to Tower One/Tower East 12 years ago at the recommendation of her doctor. It's an added benefit that she gets to see her daughter, Carol, on a daily basis when she comes to work. Carol is an assisted living aide at Utopia Assisted Living Services, a state licensed Assisted Living Service Agency (ALSA) that provides service to residents of the Towers. "I know eventually that she will need some type of assistance," Carol says. "It's good to know that there are people in the building twenty-four hours a day if she needs help. Plus, I get to have dinner with her in her apartment every night!"

www.seniorhousing.net/ad/towers



We treat
our residents
like family...
because
they are.



*Rabbi Steven
Steinberg with
his mother,
Ruth, and
daughter, Shira*

TOWER
One

TOWER
East

Reaching New Heights in
Affordable Senior Living

18 Tower Lane
New Haven, CT 06519
203-772-1816
Fax 203-777-5921



Ruth Krawetz lived an independent life until an unexpected fall in her Florida apartment necessitated the move to an assisted living facility. It was then that her son, Rabbi Steven Steinberg, a volunteer and board member at Tower One/Tower East since 1991, knew that Tower One should be her home. "Mother had to make a sudden move from a private residence to a facility where she had access to the best medical care and help from the staff. I've seen this place from the inside and I'm able to compare it with other places. I know from my work here how good it is. My daughter, Shira, is a volunteer here as well. She knows how Tower One works and that it was a great place for her grandmother."

www.seniorhousing.net/ad/towers

July August 2004
Saint Raphael's Better Health BETTER HEALTH 31

Senior Clinic locations

- Crawford Manor city housing complex ground floor, 90 Park Street (corner of North Frontage Road), New Haven, CT 06511
- Edith Johnson Towers city housing complex, 2nd floor, 114 Bristol Street (off Dixwell Avenue), New Haven, CT 06511
- Ribicoff city housing, Apt. # 120, 200 Brookside Street (West Rock), New Haven, CT 06511
- Tower One, Apt. #104, 18 Tower Lane, New Haven, CT 06511

For more information,
call (203) 789-4200

or write:

Hospital of Saint Raphael
Project ElderCare
1450 Chapel Street
New Haven, CT 06511



Hospital of Saint Raphael

A member of the Saint Raphael Healthcare System

Project ElderCare
Department of Medicine
1450 Chapel Street
New Haven, CT 06511

Project ElderCare

Reaching out
to New Haven's
medically underserved
older population



A member of the Saint Raphael Healthcare System
At the Heart of Advanced Health Care

Project ElderCare

As part of its mission, the Hospital of Saint Raphael strives to extend the walls of the hospital into the community to reach the underserved. Project ElderCare is a Saint Raphael's outreach program, designed to help people 60 and older gain access to primary health care.

The program was developed after a 1986 report showed that many elderly in New Haven, Conn., suffered from an increased number of chronic illnesses, had poor mobility and function, experienced more frequent hospitalizations, and didn't receive regular primary care.

Project ElderCare is an extension of Saint Raphael's Primary Care Outpatient Clinic. The program is directed by the Hospital's section chief of Geriatric Medicine.

Community Partnerships

The Hospital has partnered with city and private agencies to provide community-based Senior Clinics for elderly patients who have poor mobility and difficulty accessing transportation. Project ElderCare helps the patient develop a long-term relationship with a health care provider team. This team manages chronic medical problems, which helps reduce routine visits to the Emergency Department, as well as acute hospitalizations.

In addition, Project ElderCare provides on-site preventative health care, education, and social services to the underserved New Haven seniors.

If you need general medical care

Programs and services are available for patients who become Project ElderCare enrolled members. Enrolled members are patients who use the community-based Senior Clinic for their general medical care.

How does a patient become an enrolled member?

- The patient is evaluated by a doctor at the Hospital of Saint Raphael's Outpatient Clinic.
- The geriatric team at the community-based Senior Clinic continues to provide the patient with general medical care. This team consists of a physician assistant, social worker, Hospital of Saint Raphael physicians and other hospital support staff.

Benefits for enrolled members

- Medical services including annual physical exam, treatment of non-emergency illnesses and injuries, immunizations, prescription renewals, follow-up hospital care and referrals to specialists.
- Social Services including psycho-social evaluation, individual and family counseling, case management, financial counseling, community resource referrals and advocacy.
- Transportation to and from Saint Raphael's for non-emergency visits is provided when applicable.

Additional Services for all New Haven seniors

All New Haven Seniors are eligible for these services offered at the community-based Senior Clinics:

- Screenings for high blood pressure, diabetes, vision and hearing problems
- Podiatry (foot care)
- Educational programs for health promotion

Requirements

- New Haven residents
- 60 years of age or older
- Appointments are recommended, but not necessary.



Ophelia Empleo-Frazier, GNP
ElderPrime Coordinator

(203) 737-2969

Ophelia is available on Tuesdays,
Wednesdays and Thursdays in
Room 106. Hours will be posted.



Courtney Lyder, ND, GNP, FAAN
ElderPrime Director

(203) 737-2351



ElderPrime

Good health

makes the journey sweet,

no matter where you are

on the road of life.



ElderPrime

Ophelia Empleo-Frazier, MSN, C-GNP
Tower One Tower East - Room 106
203-772-1816 ext 310

Courtney Lyder, ND, GNP, FAAN ElderPrime Director
(203) 737-2351

ABOUT ElderPrime

What is the ElderPrime Community Program?

ElderPrime is the brainchild of Dr. Courtney Lyder, a professor at the Yale University School of Nursing. Dr. Lyder believed that if elder adults had access to a gerontological nurse practitioner to educate them about wellness and safety, they could enjoy better health and increased independence. He also believed that if this highly trained nurse followed patients through the health care system, particularly when patients entered the hospital, the patients' best interests would be well protected and care would be maximized. The Tower One Foundation agreed and funded Dr. Lyder's dream, now known as the ElderPrime Community Program.

Who can join ElderPrime?

Any Tower resident is eligible to join. The program will start out with 25 members, chosen on a first come/first served basis. Once the program becomes full, a waiting list will be established.

What services can I expect as an ElderPrime member?

Members will have regular access to Program Coordinator Ophelia Empleo-Frazier, GNP, who will see patients in their apartments or her office and will even oversee care and serve as your advocate should you ever need to be hospitalized. Services include:

- Answering health questions.
- Conducting educational programs about hospital stays and the Patient's Bill of Rights.
- Providing follow-up care plans and visits after hospital discharge.
- Evaluating your home for safety and environmental concerns.
- Giving you information about your own health and steps you can take to improve it.

What is a GNP?

A GNP, or gerontological nurse practitioner, is a highly trained nurse, usually holding a master's degree. A GNP is trained in primary health care with an emphasis on the special wellness needs of elder adults. Nurse practitioners give physicals and prescribe medications. They are also very dedicated to caring for every patient as an individual and giving all their clients suggestions and information to help them maximize their own health.

Will I still be able to see my regular doctor?

Absolutely. ElderPrime is a supplement to the care that you already receive. It is not meant as a replacement.

Who are the staff members for ElderPrime?

Ophelia Empleo-Frazier, GNP, is a lecturer at the Yale University School of Nursing and coordinator of the ElderPrime Community Program. Ophelia holds a master of science degree in nursing from Yale. She studied gerontological nursing with a special emphasis on diabetes care. Before coming to the University, she worked for many years as a registered nurse at Yale-New Haven Hospital.

"I love working with elder adults," said Ophelia. "It gives me a real opportunity to make a difference, to help people live well and independently. And of course, my patients have such wisdom, so many interesting and different life stories to tell. I learn from every patient I see."

Ophelia's work is directed by Dr. Courtney Lyder, an associate professor of nursing at Yale. Dr. Lyder is a fellow of the American Academy of Nursing, the highest honor that can be bestowed upon a nurse. He regularly consults with the federal government to raise the standard of care for older adults.

Hospital of Saint Raphael

The Saint Raphael's Dental Van program is being offered in cooperation with:

- CT Dental Association
- CT Department of Public Health, Office of the Oral Health Director
- CT Department of Social Services
- The Hill Health Center
- New Haven Board of Education
- New Haven Health Department
- New Haven Dental Association
- New Haven Dental Hygienist Association
- University of New Haven

For more information or to sign up for these services please call 867-KIDS or visit your school nurse or School-Based Health Clinic.

Smiles to Go!



Saint Raphael
Healthcare System

A mobile dental office for the children of Greater New Haven

Smiles to Go!



Saint Raphael
Healthcare System

Hospital of Saint Raphael
Dental Van
598 George Street
New Haven, CT 06511
203-867-KIDS



WHO WE ARE

- Dentist
- Hygienist
- Assistant
- Van Driver/Security

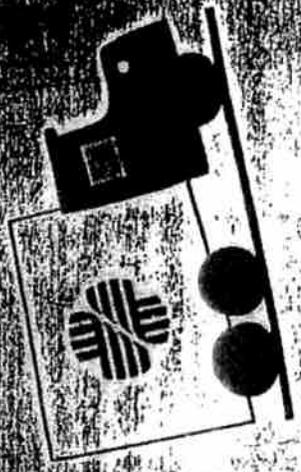
Our staff are experienced in working with children. We offer a safe, secure and pleasant experience for your child.

Se habla español.



PAYMENT

We accept all state HUSKY plans (Title 19, Medicaid-Managed Care). If you are not eligible for a HUSKY plan, there is a sliding scale fee based on your ability to pay.



Our new mobile dental office will come to your child's school. We will offer the following services:

Teeth cleaning



Exams



Fluoride treatments



Sealants (to prevent cavities)



Pain relief



Fillings



Simple extractions



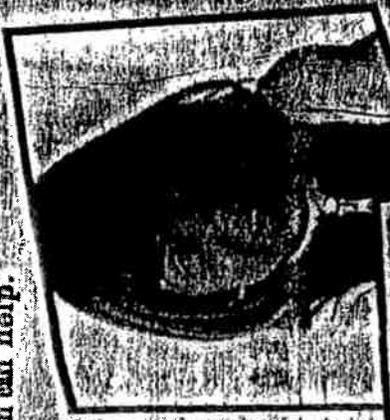
Mouthguards and sportsguards



Other care as needed

Are you on public assistance but can't find a dentist to treat your child? Has it been more than one year since your child last visited the dentist? Do you lack transportation or time to get your child to the dentist's office? Is your child fearful of going to the dentist?

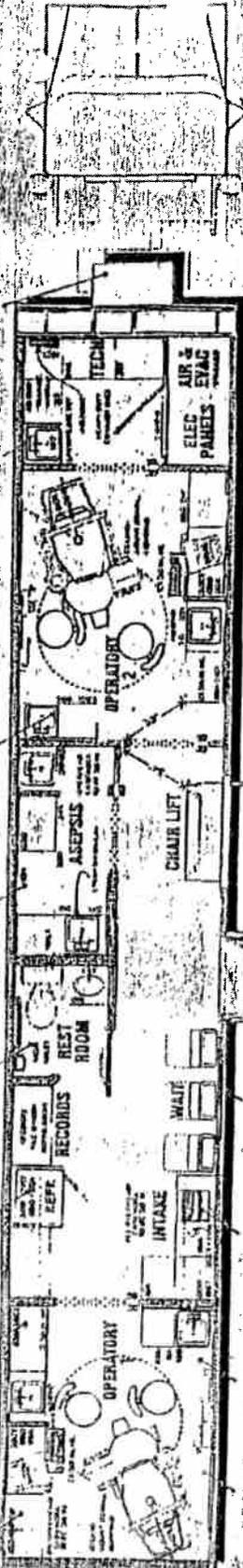
If so, the Hospital of Saint Raphael Dental Van can help.



Saint Raphael Healthcare System
Mobile Dental Care



- HIGH QUALITY 40 FOOT TALLER WITH CARE FREE EDGE AND AIR LOCK SUSPENSION
- 2000W DIESEL GENERATOR AND 75 FL 220VAC 1PH SHOCK POWER CORD
- OVERHEAD FLUORESCENT LIGHTING
- NO TASK LIGHTING PROVIDED WITH CASEWORK
- EXTERIOR GRAPHICS BY OWNER ARE NOT INCLUDED IN PRICING
- 37 VENTILATION UNITS WITH POWER ASSIST
- WATER TANKS AND 60 GALLON DIESEL FUEL TANK MOUNTED UNDER CARRIAGE
- ALLOWANCE FOR SILLIAM TUBING 600 FT THIS OPERATORY IS THIS OPERATORY @ 1806
- ALLOWANCE FOR SILLIAM TUBING 600 FT THIS OPERATORY IS THIS OPERATORY @ 1806
- TRUCKS NOT INCLUDED IN ESTIMATED PRICE
- CEILING SPRINKLER AIR CONDITIONING SYSTEM FOR CONTROLS ONLY COMPLETE AIR CHANGE (NO RADON-CO) IN EFFECTIVE TWO MINUTES



- OPERATORIES SIZED FOR BRIGHT BELLORE ADULT CHAIRS
- ALL COMPUTERS & OFFICE MACHINES 5-HOUR FOR POSITION ONLY & NOT INCL. IN PRICING
- SEATS PARTIALLY BLOCK WINDOW (ALL LARGE WINDOWS ARE UNSCREENED)
- KEY UNITS SCHEDULED FOR POSITION ONLY (BY OWNER)
- OPERATORIES SIZED FOR BRIGHT BELLORE ADULT CHAIRS
- ALL COMPUTERS & OFFICE MACHINES 5-HOUR FOR POSITION ONLY & NOT INCL. IN PRICING
- SEATS PARTIALLY BLOCK WINDOW (ALL LARGE WINDOWS ARE UNSCREENED)

VERSION 12 9/2/00
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A CONCEPT SKETCH FOR THE SAINT RAPHAEL HOSPITAL NEW HAVEN, CONNECTICUT



William J. Spalier

Director,

New Haven SeniorNet Learning Center

From the Director's Desk

If you for your interest in SeniorNet. We have
nined over one thousand seniors in our four years
of operation and I am delighted to have this
opportunity to provide you with our current
schedule of classes.

SeniorNet provides computer instruction geared
to the needs of all seniors. If you wish to begin or
further your computer education please consider
taking one of the courses described within.

SeniorNet provides an intellectual experience that
will open new vistas of opportunity for you. Our
instructors provide quality computer instruction
ivered at a reasonable pace in a supportive
environment.

We have prepared this brochure to answer your
questions about SeniorNet and the programs we
currently offer, and to announce our Fall schedule
of classes.

If you have any questions, please call us. You might
even want to arrange to visit our modern computer
classroom. We want to make sure that all your
questions regarding SeniorNet, our classes and
facilities are answered.

Please call 203-772-1816 ext 270 for information.

SeniorNet Membership Fees

You can join SeniorNet by calling 203-772-1816 ext
270, and requesting a membership form. SeniorNet
membership fees are:

- 1-year \$30
- 2-years \$55
- 3-years \$75

SeniorNet membership is required to take all
courses described in this brochure with the
exception of "Computers Can Be Fun!" which can
be taken without becoming a member.

SeniorNet Sponsors

The New Haven SeniorNet Learning Center is
sponsored by Tower One™, Tower East, a HUD facility,
SNET, The Hospital of St. Raphael, Microsoft and The
IBM Corporation. Volunteer support is provided by
RSVP, AmeriCorps+VISTA, and SAGE Services.

Microsoft



Sage Services



Quality

Computer

Instruction

For

Seniors



June 1, 2000

Fall 2000 Course Schedule

All courses are one session per week

Computers Can Be Fun!

(CCBF) (3 Sessions)
 No Prerequisite required

9/05/00-9/19/00 9:30AM - 12:30PM
 9/26/00-9/30/00 9:30AM - 12:30PM
 10/07/00-9/21/00 9:30AM - 12:30PM
 9/08/00-9/22/00 9:30AM - 12:30PM

Quicken Workshop

(QW) (2 Sessions)
 Prerequisite: Computer skills or the completion of Introduction to Computers

9/13/00-9/20/00 1:00PM - 4:00PM

Introduction to Graphics

(ITG) (8 Sessions)
 Prerequisite: Some basic computer skills

10/03/00-11/21/00 4:00PM - 6:00PM

Introduction to the Internet

(ITI) (6 Sessions)
 Prerequisite: Completion of Introduction to Computers

10/05/00-11/30/00 9:30AM - 12:30PM

Introduction to Computers

(ITC) (8 Sessions)
 Prerequisite: Some basic computer skills

10/02/00-11/27/00 10:00AM - 1:00PM
 10/04/00-11/22/00 10:00AM - 1:00PM

Windows98

(WIN) (8 Sessions)
 Prerequisite: Computer skills or the completion of Introduction to Computers

10/06/00-12/01/00 10:00AM - 1:00PM

Internet for Beginners

(IFB) (1 Session)
 Prerequisite: Some basic computer skills

9/11/00 10:00AM - 3:00PM

Word Processing

(WP) (8 Sessions)
 Prerequisite: Completion of Introduction to Computers

10/03/00-11/21/00 10:00AM - 1:00PM

What is SeniorNet?

SeniorNet is a national non-profit organization with membership open to anyone 50 years and older with an interest in computers. Typically, SeniorNet members use computer technology to increase their personal productivity and are eager to share their knowledge about computing with other seniors. SeniorNet operates SeniorNet Learning Centers across the nation.

What are SeniorNet Learning Centers?

SeniorNet Learning Centers are located in a variety of facilities across the nation, such as senior community centers, school and college campuses, hospitals and retirement homes. The New Haven SeniorNet Learning Center is housed in the Tower One / Tower East senior residence facility. Learning Centers are sponsored by local organizations that wish to enhance the lives of older adults in their communities. To learn more about the New Haven Learning Center, and our course and seminar schedule, please call 203-772-1818 ext 270.

Course Fees

Computers Can Be Fun! 3 sessions \$25
 Introduction to Computers 8 sessions \$45
 Introduction to Graphics 8 sessions \$45
 Introduction to the Internet 8 sessions \$45
 Fee for the above 4 classes includes text book.

Word Processing 8 sessions \$40
 Plus \$35.00 for Text Book

Windows98 8 sessions \$55
 Plus \$15.00 for Text Book

Internet for Beginners 1 session \$20

Quicken Workshop 2 sessions \$25

Students may register for any class by phone. However, timely payment of class fees are required to complete the enrollment process.

May 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 7:15 Evening Movie	2 8:00 Video Exercise 9:00 Catholic Mass 11:00 Create A Word 2:00 National Issues w/ Fred 3:15 Games Day 7:15 Concert w/ John Banker	3 11:00 Chair Exercise 1:20 Blood Pressure & Sugar Screening Clinic 1:00 Stories from the Past w/ Malka Katz 1:00 Tai Chi Class 2:00 Bingo	4 8:00 Video Exercise 11:00 Green Grocer 11:00 Current Events 2:00 Discussion Group 3:30 Open Piano Hour	5 Cinco de Mayo 11:00 Knitting Club 12:00 Mother's Day Luncheon 1:30 Soul Stretching 2:00 Sing-a-Long 3:15 Chair Exercise	6 Yom Hashoah 8:00 Video Exercise 11:00 Coffee Social 2:00 Create A Word 3:15 Yom Hashoah Service 3:30 Open piano hour 7:00 Sabbath Services	7 9:30 Sabbath Services Followed by Kiddush 2:00 Movie Matinee 7:00 Bingo
8 Mother's Day 3:00 Mother's Day Tea 7:15 Evening Movie	9 Russian Victory Day 8:00 Video Exercise 11:00-3:00 Bouffique 11:00 Create A Word 1:00 Book Club 2:00 Yiddish Club 3:15 Games Day 7:15 Starlust Orchestra	10 11:00 Chair Exercise 1:00 Stories from the Past w/ Malka Katz 1:00 Tai Chi Class 2:00 Bingo 7:15 Evening Movie	11 8:00 Video Exercise 10:00 Welch School 11:00 Lunch and Movie 1:00 Men's Discussion Group 2:00 Discussion Group 3:30 Open Piano Hour	12 Israel Independence 11:00 Knitting Club 1:30 Soul Stretching 2:00 Sing-a-Long 3:15 Chair Exercise 7:15 Concert w/ Gary Lynes	13 8:00 Video Exercise 11:00 Coffee Social 2:00 Create A Word 3:15 Trivia Challenge 3:30 Open piano hour 7:00 Sabbath Services	14 9:30 Sabbath Services 2:00 Movie Matinee 7:00 Bingo
15 7:15 Evening Movie	16 8:00 Video Exercise 11:00 Create A Word 1:00 National Issues w/ Fred 2:00 Yiddish Club 3:15 "Flags Unfurled" 3:15 Games Day	17 11:00 Chair Exercise 1:20 Blood Pressure & Sugar Screening Clinic 1:00 Stories from the Past w/ Malka Katz 1:00 Tai Chi Class 2:00 Bingo 7:15 Music w/ Carla 7:15 Evening Movie	18 8:00 Video Exercise 11:00 Green Grocer 12:00 David Schaffer 2:00 Discussion Group 3:30 Open Piano Hour 7:15 Life of Andrew Carnegie w/ Richard Clark	19 11:00 Knitting Club 1:30 Soul Stretching 2:00 Sing-a-Long 3:15 Chair Exercise 7:15 Res Assoc Meeting	20 8:00 Video Exercise 11:00 Coffee Social 12:00 Disc w/ Rabbi Rick 2:00 Create A Word 3:15 Trivia Challenge 3:30 Open piano hour 7:00 Sabbath Services	21 Armed Forces Day 9:30 Sabbath Services 2:00 Movie Matinee 7:00 Bingo
22 1:00 Patriotic Tunes w/ Tom Callinan 7:15 Evening Movie	23 8:00 Video Exercise 11:00 Create A Word 1:00 Book Club 2:00 Yiddish Club 3:15 Games Day	24 11:00 Chair Exercise 1:00 Stories from the Past w/ Malka Katz 1:00 Tai Chi Class 2:00 Bingo 3:15 Therapeutic Shoe Demo 7:15 Evening Movie	25 8:00 Video Exercise 10:30 Lunch and Goodspeed 1:00 Men's Discussion Group 2:00 Discussion Group 7:15 The Gold Coast Singers	26 11:00 Knitting Club 1:30 Soul Stretching 2:00 Sing-a-Long 3:15 Chair Exercise 7:15 Concert w/ Rich Curtis	27 Lag B'Omer 8:00 Video Exercise 11:00 Coffee Social 2:00 Create A Word 3:30 Open piano hour 3:45 Trivia Challenge 7:00 Sabbath Services	28 9:30 Sabbath Services 2:00 Movie Matinee 7:00 Bingo
29 7:15 Evening Movie	30 Memorial Day 8:00 Video Exercise 3:15 Games Day	31 11:00 Chair Exercise 1:00 Stories from the Past w/ Malka Katz 1:00 Tai Chi Class 2:00 Bingo 7:15 Evening Movie	Older Americans Month 	Birthstones - Emerald Colors - Yellow and Red National Asthma/Allergy Month National Arthritis Month National Barbecue Month National Bike Month National Book Month National Egg Month		Union Hours Tower One Residents First Seating - 8:00 p.m. Second Seating - 9:00 p.m.
Communion Store Hours Daily 11:30 a.m. - 3:30 p.m. Sister Shop Hours Daily and Sunday 8:00 a.m. - 1:30 p.m. Saturday 8:00 a.m. - 9:30 p.m.	Shopping Bus Schedule Weidmann's - East Haven - Monday, 9:30 a.m. Stop & Shop - East Haven - Tuesday & Thursday, 9:30 a.m. Stop & Shop - Hamden - Friday, 9:00 a.m. Stop & Shop - Hamden - Friday, 9:00 a.m. Shaw's - New Haven - Friday, 9:00 a.m.	The Dr. Milton and Gloria Spitzfeld Tower One Tower East Health Center Tower One 1st Floor Tuesday & Wednesday 9:30 a.m. - 12:30 p.m. Thursday	New Alliance Book Hours Tuesday and Thursday 9:00 - 11:00 a.m. Gift Shop Hours Monday - Saturday 1:00 - 3:00 p.m.	Tower East Residents and Guests To purchase meals, contact the Business Office, 203-772-1818 ext. 100		

TOWER
One

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East



Reaching New Heights in
Affordable Senior Living!

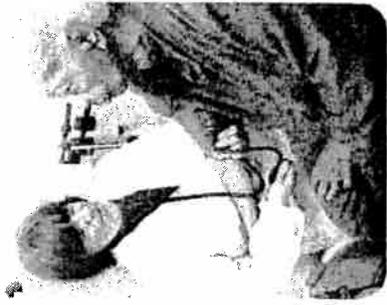
New Haven, Connecticut

Honor thy Father and thy Mother

That simple commandment, with which we all were raised, drives the vision and mission that makes Tower One/Tower East the retirement community of choice for seniors.

Here, our residents and their families have peace of mind knowing that our mission is to create a safe and secure environment for seniors dedicated to preserving and enhancing their dignity and personal independence. Every service that is offered, every activity that is planned, every renovation that is undertaken is done with that goal in mind.

Because as individuals, professionals, and as a faith-based organization, that's

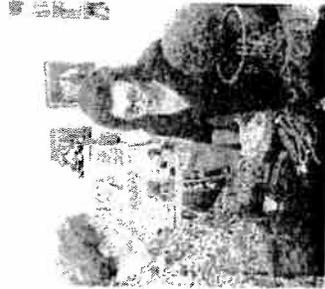


That has been our mission since 1971. Affordable independent or assisted

living. Round-the-clock staffing and security. An action-packed activities calendar. On-site health care programs with some of the best medical providers in the country. Wellness programs. It's all here at Tower One/Tower East.

As you make a decision about a retirement community for yourself, for a parent, or for a family member, perhaps it's most important that you hear from

some of our residents. Let them tell you why they call Tower One/Tower East home.



Helen

Helen is quick and to the point about her reason for moving from a suburban continuing care facility to Tower One/Tower East: "The long and the short — it just got too expensive."

A native of New Haven who spent most of her life in Old Lyme, Helen had long been familiar with the Towers through friends who had been residents. She chose Tower One for her home following a tour of the campus: she liked what she saw and she wanted to be close to her son and daughter-in-law, both of whom are tenured professors at nearby Yale University.

"That's basically why I'm in New Haven. I want to be very near my family, who are only 10 minutes away."

But there are other reasons besides location that keep Helen, a retired school teacher, at Tower One/Tower East. She



to give up this view. It makes you know there's a God up there."

She enjoys the diversity she encounters daily: "It's interfaith, it's inter-racial, and inter-generational, with residents from their 60s to their 90s. And the administration does a great job in keeping residents on the go and happy. Here, there are always a lot of people around. I'm more secure here than I would be anywhere else."

Last, but certainly not least important to Helen, is the fact that she's crazy about

Rose

Rose moved from a downtown New Haven highrise when she became a resident of Tower One/Tower East in 1999. Facing steep, annual increases in rent, she moved to the Towers when the cost of living simply got too high in the apartment building she had called home for more than 5 years. A breast cancer survivor, she counts her blessings daily at Tower One/Tower East:

"I start the day thanking the Lord for my health and strength. I have a beautiful view every morning. If I get up early enough, I walk all over. I walk downtown and all around the buildings."

Rose maintains an independent, active lifestyle at Tower One/Tower East. When



learned at Tower One. She is an active member of her church, St. Martin DePorres Catholic Church, and travels with its gospel choir. She also participates in many activities on campus and particularly enjoys the arts and crafts sessions with the youngsters from a nearby elementary school.

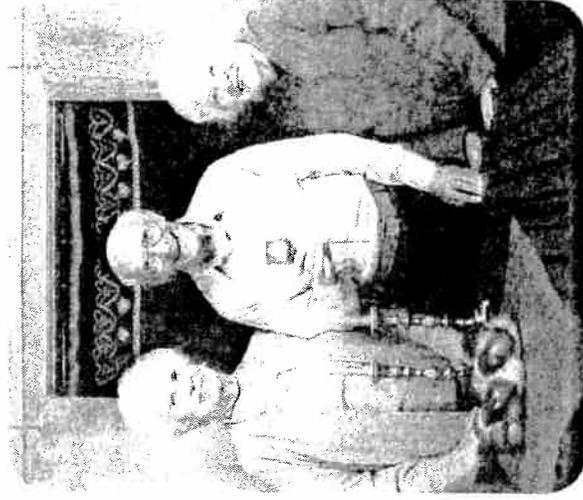
"It's nice and comfortable here," says

Abe

From his fourteenth floor apartment, Abe says he enjoys "watching the ships in the harbor, the trains at the station, and the cars on the highway." When he is not enjoying the lively landscape that unfolds outside his window, he can be found engrossed in his huge stamp collection — Abe has been an avid philatelist for decades. Or, he might be busy planning his next trip.

He and his wife cultivated a love of travel years ago, taking a trip a year to places like Australia, the Fiji Islands, and Israel, where he is planning his tenth visit. Some time after the death of his wife, Abe says it was his daughter who suggested the move to Tower One/Tower East. "I was living alone after my wife died, and my daughter figured I would be better off here. I was in my own house for a couple of years and I wasn't involved in anything."

That's certainly not the case at Tower



regular at movies and concerts, and a weekly attendee at The Towers religious services. He also regularly attends services at West Haven's Congregation Sinai and The Woodmont Synagogue of Milford.

Abe admits to the fact that he's not much of a cook, so it's a real benefit that his dinners are prepared in Tower One's Kosher kitchen.

Living at Tower One gives him just the right blend of security and independence.

"With my own car, I can go where I want," he says, including trips to the

Tower One/Tower East

Services & Amenities

Tower One/Tower East is a non-profit organization created to provide affordable housing for seniors. Residents enjoy all of the amenities found at luxury retirement communities for a fraction of the cost.

- Comfortable Studios, 1-Bedroom Apartments
- Fine Dining*
- Kosher Meals
- Coffee Shoppe
- On-site Primary Care
- Assisted Living Services
- Free Health Screenings
- Wellness Programs
- Social Service Coordinators
- Utilities Paid**
- Housekeeping
- Laundry Facilities/Service
- Emergency Call System

- Smoke Detectors/Sprinkler System
- Controlled Access/24-Hour Security
- Daily Safety Checks ("I'm OK")
- Bank branch
- Convenience Store
- Cultural and Recreational Activities
- Religious Services
- Pets***
- Landscaped Grounds
- Elevators
- Library
- Computer Learning Center
- Arts and Crafts Center
- Gift Shop
- Resident Association
- Guest Speakers/Demonstrations
- Reserved Parking

*Dinner included in Tower One rental and at a nominal fee in Tower East.

**Except phone and cable in Tower One; except phone, cable and electric in Tower East.

***Up to 35 pounds.

Gary

A resident of Tower East since 1990, Gary qualifies as a "veteran" of this retirement community. When his son was just a boy, Gary and he would visit the Tower One construction site. He clearly remembers saying to his son: "Wasn't it nice to know they were taking care of seniors. And now, here I am."

After his wife entered a convalescent home, his son suggested that he would be better off surrounded by others than to be alone. And so Gary moved in and has lived here happily ever after.

His days are filled with Biblical studies, a regular prayer schedule, the study of languages (he is fluent in five), music and books. The interests he had as a young man — Gary was six months away from entering the priesthood and spent much of his career in the acquisitions

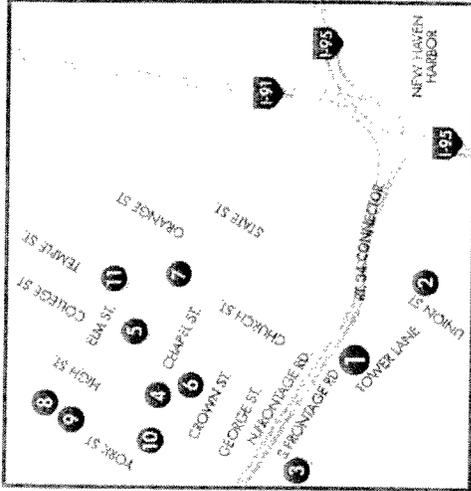


department of Yale University's Sterling Memorial Library — continue to fill his time later in life. He also is a regular columnist to the Buzz, the resident-produced newsletter of the community.

"I don't have any problems filling my time," he says. "I'm still independent enough to do my own cooking and to get around."

His advice to others considering a move to a retirement community?

"What are you looking for? What are your needs? Here, you have companionship at your disposal and a staff that is oriented to serving you. This works out fine for me. It's been just great."



- 1. Tower One/Tower East
- 2. Union Station
- 3. Yale New Haven Hospital
- 4. Shopping District
- 5. New Haven Green
- 6. Shubert, Palace Theatres
- 7. Post Office
- 8. Yale Art Gallery
- 9. Yale Repertory Theatre
- 10. British Art Museum
- 11. Public Library

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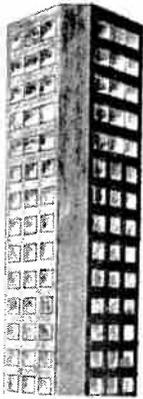
TOWER
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18 Tower Lane
 New Haven, Connecticut 06519
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**A Room with a View
At an Affordable Price!**





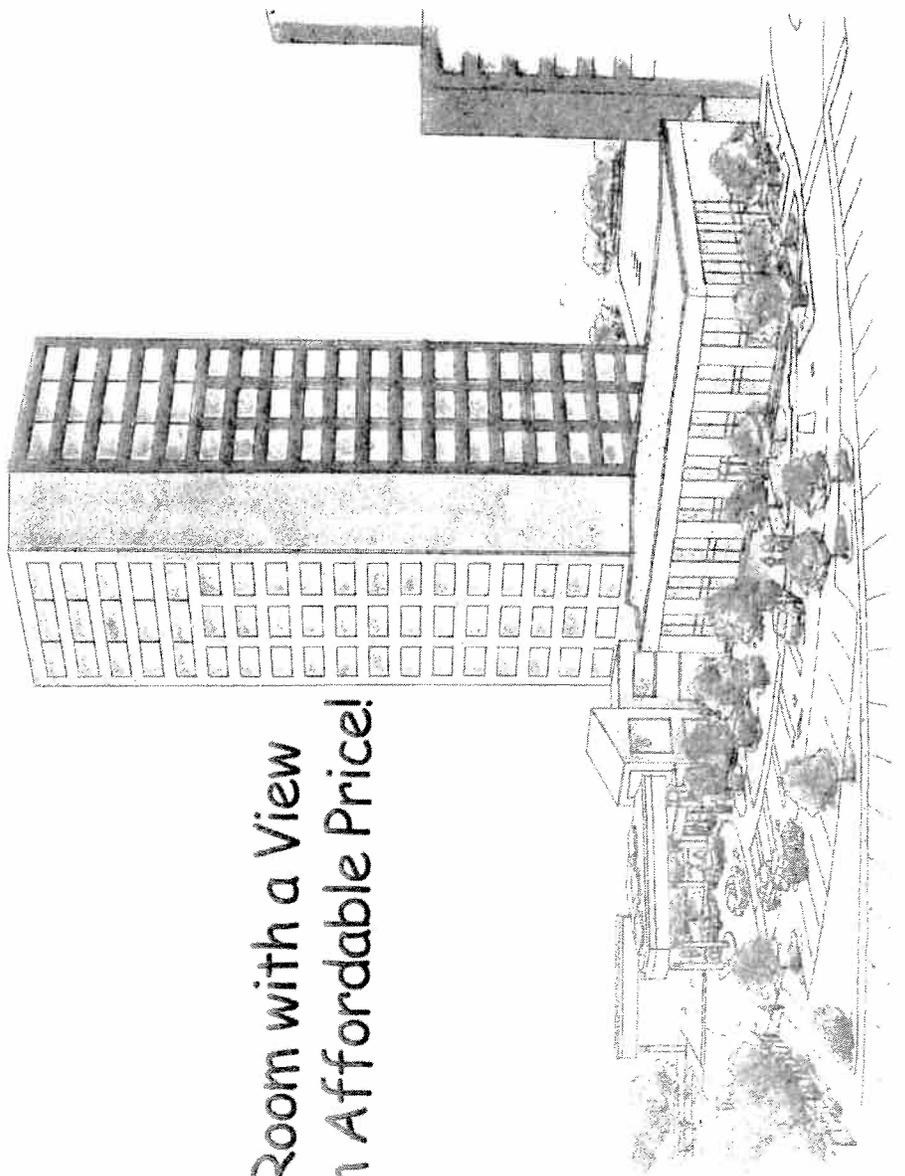
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Tower One/Tower East

Reaching New Heights In Affordable Senior Living!

- Comfortable Studios and 1-Bedroom Apartments
- Fine Dining*
- Kosher Meals
- Coffee Shoppe
- On-site Primary Care
- Assisted Living Services
- Free Health Screenings
- Wellness Programs
- Social Service Coordinators
- Utilizes Paid**
- Housekeeping
- Laundry Facilities/Service
- Emergency Call System
- Smoke Detectors/Sprinkler System
- Controlled Access/24-hour Security
- Daily Safety Checks ("I'm OK")
- Bank Branch
- Convenience Store
- Cultural and Recreational Activities
- Religious Services
- Pets***
- Landscaped Grounds
- Elevators
- Library

*A Room with a View
at an Affordable Price!*



Reserve Now!

New Assisted Living Apartments

From Tower One/Tower East
Reaching New Heights in Affordable Senior Living

- Comfortable Studios and 1 - Bedroom Apartments
- Fine Dining*
- Kosher Meals
- Coffee Shoppe
- On-site Primary Care
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- Reserved Parking

*Dinner included in Tower One rental and at a nominal fee in Tower East.
**Except phone and cable in Tower One; except phone, cable and electric in Tower East.
***Up to 35 pounds.



For rental information:
Rebecca Goodman-Olshansky, Admissions
203.772.1816 ext. 250
www.seniorhousing.net/ad/towers



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New Haven, CT 06519

- At the base of West Rock State Park
 trants, Shopping
 pace - Medical Office
 700sf, 2900sf, 3200sf, 5000sf

suit tenant's needs



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"I didn't start out being an anchorman."



"We're ready to work!"

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 to love my work."

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Reaching New Heights in Affordable Senior Living



- New Assisted Living Apartments Available
- Independent and Assisted Living
- Studio, Deluxe Studio and 1-Bedroom Apartments
- High-rise Living with Panoramic Views
- Chef-prepared Kosher Meals served in Dining Room
- On-site Primary Care
- Cultural and Recreational Activities

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- Branch Bank, Convenience Store
- 24-hour Security
- Computer Learning Center

We provide just the right mix of independence, and security, activity and relaxation, privacy and companionship.

www.towerone.org



Making Health Care Decisions about the Future - Now!

TOWER ONE TOWER TWO

Will host a series of four seminars that will explore planning ahead **TOWER ONE** for the **FUTURE** Elder Law and Estate Planning Attorney, Mark Corbett, speaks.

Pro series include:

Monday, Oct. 20, Health Care Directives and Organ Donation. Health care advance directives are documents that specify health care preferences in the case of incapacity. A complete will provides significant help in planning for the planning process.

Wednesday, Oct. 27, Durable Power of Attorney beyond health care decisions. The suspension will focus on the depth definition of Durable Power of Attorney, what it can and cannot be used for. There is use of the Durable Power of Attorney will be equated with living trusts and other relationships.

Wednesday, Nov. 3, Common Payment Sources for Long Term Care. Identifying Assets, Medicaid, The 19 and Long Term Care Insurance.

Wednesday, Nov. 10, Estate Planning Strategies with partner. attention to some of the pitfalls that can be avoided for the partner, including the Congressional estate tax and the danger of not revising an estate plan when making an adjustment for Medicare, Medicaid and long-term care programs.

The series will be conducted with National Association of Health Care Attorneys monthly or bi-monthly. The cost upon completion of the series will run from 6:30-7:30 PM. Open House Meeting Room 18 Tower One, New Haven, starting to finish on the Tower One campus.

To RSVP or for further information about the seminar series or any the new affordable assisted living apartments available at Tower One/Tower East, call 203.762.1615 ext. 250.



Chas. H. Flower
FLOWER ONEFLOWERS

NEW YORK
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Flower One/Flower East is committed to healthy, affordable, physical and mental

THE DAY



CARING FOR YOUR FAMILY



Every person under our care deserves and receives respect, compassion, dignity and professionalism. At Utopia, family owned and operated since 1983, "Caring For You Like Family" has been our guiding philosophy.



the COMPANY behind the CARE.

❖ Utopia's Mission Statement

Utopia is committed to providing our patients and their families with quality services that demonstrate compassion, professionalism and dedication to the highest standards. We pledge to honor the patients' rights at all times and to assist them in achieving as much independence as possible. We will treat them as we would wish to be cared for ourselves.

❖ Our Experience Shows

Founded in 1983, Utopia is experienced in every level of home care – whether for accident rehabilitation, post hospital convalescence, short or long term illness, hospice care, respite care or pediatric care. You'll notice that experience in many ways: from the specific, knowledgeable care you'll receive from your caregivers, who are supervised by our staff of registered nurses, to our highly experienced coordinators, who fill referrals quickly. All of our caregivers are carefully selected to best serve the needs of the patient at home.

❖ Our Training Makes A Difference

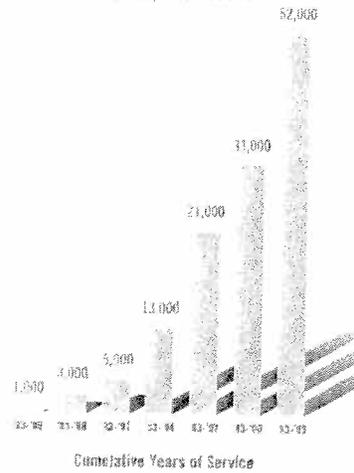
Our caregivers are well-trained because we provide our own comprehensive training programs, taught by Registered Nurses. Utopia offers an excellent and extensive free training program for certifying Personal Care Aides and Home Health Aides on Long Island and in New York City. This training program is approved by the Department of Social Services and the Department of Health. Florida also offers Home Health Aide training. Even new employees previously certified at another agency receive extensive testing and are oriented to Utopia's policies and philosophy of care. For a current schedule of our training classes, visit www.utopiahomecare.com or call the office nearest you.

To ensure that our aides and nurses continue to meet our superior standards, Utopia provides continuing education, in-service classes and workshops throughout the year at all our locations. A variety of topics are offered to see that our caregivers are kept

Joint Commission on Accreditation
of Health Care Organizations



Utopia Home Care's Growth Chart
Number of patients served.



The home health care industry has rapidly expanded in recent years and there has been a significant increase in the number of home health care agencies.



Utopia publishes and distributes a quarterly Health Education Newsletter to the community and various professional groups. The newsletter includes articles written by experts, covering elder care and health issues, as well as information on how to keep yourself and your loved ones healthy. Our free newsletter is available at www.utopiathomecare.com

what you should KNOW ab

"I would like to comment on the extraordinary capabilities and the wonderful attitude of your aide,

mercedes

She is dedicated, hardworking and conscientious. We have found your agency to be highly professional in every aspect."

-M.R.
Kings Park, NY

"It is with great pleasure that I send you this letter concerning your aide,

mabel

The expertise she demonstrated in her job performance was superb. Mabel provided quality care and dignity to my 93 year old mother and was the key that enabled my

❖ Our Commitment to Quality

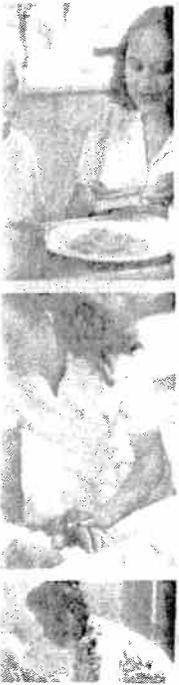
Utopia is committed to delivering exceptional care to all of our clients. In order to assure quality care, a Registered Nurse is sent to assess your condition and specific needs at the start of services. In conjunction with your physician and our registered nurse, a plan of care is written for the aide to follow. All aides and patients are then monitored on a regular basis by a nursing supervisor. All of our 17 offices are state licensed, as well as accredited by the Joint Commission on Accreditation of Health Care Organizations -- a nationally recognized accrediting organization which sets quality standards for the home health care industry and monitors their compliance. Our Connecticut offices are also Medicare Certified.

At Utopia, keeping our focus on quality care requires:

- A stringent screening process that includes a personal interview, a general comprehension test, business and professional references and a background check before employment.
- Thorough and continuous training.
- A quality assurance program that constantly monitors every aspect of the agency's performance.

Utopia pledges to provide reliable care and a compassionate commitment to "Caring for You Like Family."SM

TOPIA.





Continuing education is very important to us at Utopia, so we provide in-service classes and workshops throughout the year at all of our locations.

CARE that's ALWAYS there.

"I want you to know how much our entire family appreciates all the kindness and care Utopia gave to my mother. The nurse that visited mom regularly, couldn't have been more loving. It would be difficult to find a more caring, kind and gentle aide than

Janice.

Thank you all so much."

-D.Z.
Palm Harbor, FL

"Our family wishes to thank

Utopia

for years of faithful attention to my mother's care. Your aide's duties were performed with great kindness."

G.H.

❖ Utopia Services

- Home Health Aides
- Personal Care Aides
- Live-in Aides (our specialty)
- Homemakers
- Companions
- Bilingual Aides
- Registered Nurses
- Licensed Practical Nurses
- Certified Nursing Assistants (Florida)
- Therapists (Connecticut & Florida)
- Social Workers (Connecticut)
- Shared Aide and Cluster Care Services

❖ High Standards

Utopia Home Care is accredited by JCAHO and has earned the Joint Commission's Gold Seal of Approval. All our field employees are extensively screened, trained, certified or licensed, bonded, insured and regularly supervised by a Registered Nurse. A Quality Assurance Nurse visits every office on a rotating basis to insure compliance both with governmental regulations and our own Performance Improvement Program.

❖ Constant Care

Utopia maintains a 24 hour, 7 day answering service. There is a Nursing Supervisor and Coordinator available to manage an immediate response to any problems or emergencies.

Home Care Services are also offered 24/7 and can be paid for by Medicaid, Medicaid waiver, county program funding, insurance, private pay or Medicare in Connecticut.

❖ Bilingual Communication

We provide bilingual aides, speaking a wide variety of languages, specializing in Spanish.

❖ Utopia Assisted Living Services, Inc. – A State Licensed Assisted Living Services Agency

❖ Join Our Team!

❖ Locations

❖ Welcome To Our Family...



UTOPIA
HOME CARE INC.
Caring for You Like Family

Home Health Aides

Personal Care Aides

Live-in Aides
(our specialty)

Homemakers

Companions

Bilingual Aides

Registered Nurses

Licensed Practical
Nurses

Certified Nursing
Assistants (Florida)

Therapists
(Connecticut & Florida)

Social Workers

When I first started Utopia Home Care with my wife Angelina back in 1983, our goal was to create a home health care agency based on Respect... Compassion... and Dignity.

This is how we raised our children, so it didn't surprise us when soon after opening our first office, we were joined by our daughter and three sons to help us grow. And grow we have – three times recognized as one of Long Island's fastest-growing privately owned companies, and as Long Island's largest minority-owned company.

Today we have nine licensed offices on Long Island and in New York City, four licensed offices in Florida, and in Connecticut, we have four licensed and Medicare certified offices, as well as a licensed office to provide Assisted Living Services. Clients rely on our experience in every type of health care – accident rehabilitation, post-operative convalescence, pediatric care, short-term care, assisted living and long-term care due to chronic illness.



- Home Health Aides
- Personal Care Aides
- Live-in Aides
- your specialty)
- Homemakers
- Companions
- Bilingual Aides
- Registered Nurses
- Licensed Practical Nurses
- Certified Nursing Assistants (Florida)
- Therapists (Connecticut & Florida)
- Social Workers (Connecticut)
- Shared Aides and Cluster Care Services

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We continue to be guided by the unparalleled care and commitment that sets us apart, as a home health care agency. We take pride in treating everyone as our extended family here at Utopia. When you put your trust in Utopia, you can be sure that we'll be "Caring For Your Family."



Manuel F. Martinez, President



	New York	New York City	Connecticut	Florida
Home Health Aides				
Personal Care Aides				
Live-in Aides (our specialty)				
Nursepractitioners				
Companions				
Bilingual Aides				
Registered Nurses				
Licensed Practical Nurses				
Certified Nursing Assistants (Florida)				
Therapists (Connecticut & Florida)				
Social Workers (Connecticut)				
Skilled Aide and Cluster Care Services				
	Long Island Corporate Headquarters 60 East Main Street Kings Park, NY 11754 (631) 544-0462 FAX (631) 544-5141	Bronx 387 E. Fordham Road Bronx, NY 10458 (718) 364-0130 FAX (718) 364-1930	East Haven 665 Foxon Rd East Haven, CT 06512 (203) 466-3050 FAX (203) 466-1826	Apollo Beach 5806 Lindo Way Apollo Beach, FL 33572 (813) 543-9330 FAX (813) 643-9339
	Babylon 120 Deer Park Ave. Babylon, NY 11702 (631) 587-8090 FAX (631) 587-8096	Brooklyn 26 Court St. Suite 405 Brooklyn, NY 11242 (718) 246-9233 FAX (718) 246-9364	Hartford 1-860-882-0000	New Port Richey 5823 US 19, Suite 400 New Port Richey, FL 34653 (727) 841-9050 FAX (727) 841-6145
	Patchogue 116 E. Main Street Patchogue, NY 11772 (631) 654-8006 FAX (631) 654-9013	Queens 97-31 Queens Blvd. Elmhurst, NY 11373 (718) 429-5221 FAX (718) 429-6221	New London 225 State St. Suite 103 New London, CT 06320 (860) 443-7222 FAX (860) 437-3458	St. Petersburg 215 Sealand Ave. N. St. Petersburg, FL 33701 (727) 821-3332 FAX (727) 821-0300
	Riverhead 180 Old Country Rd. Route 58 Riverhead, NY 11901 (631) 369-5500 FAX (631) 369-5972	Normal, CT 06854 (203) 856-0975 FAX (203) 856-4038	Waterbury 527 Wolcott St Waterbury, CT 06705 (203) 596-7391 FAX (203) 596-7386	Tampa 4106 W. Kennedy Blvd. Suite 100 Tampa, FL 33609 (813) 629-1915 FAX (813) 629-1814
	Rockville Centre 73 N. Park Avenue Rockville Centre, NY 11570 (516) 764-3100 FAX (516) 764-3096	Utopia Assisted Living Services, Inc.		



The home health care industry is emerging as one of the fastest growing in the country and Utopia is constantly looking to bring new members into our home health care family. We have positions open at all locations for Home Health Aides, Personal Care Aides, Bilingual Aides, Live-in Aides and Staff Aides, RN's and LPN's, as well as Therapists and Social Workers in Connecticut.

Utopia offers pay rates that are among the highest in the industry, flexible full and part-time hours, extra weekend and holiday pay, paid vacations, medical benefits, 401k plan and much more. At many locations, we provide free training for those who want to become certified home health aides and personal care aides.

But perhaps the richest rewards you'll receive will come from the work itself. Helping others live more independently, with dignity, in their own home.

Free Training & Advancement Opportunities

To ensure that our aides and nurses meet our superior standards, Utopia provides continuing education in in-service classes and workshops throughout the year at all our locations. The in-services are given by RN's and guest speakers who are specialized in specific areas.

An excellent and extensive free training program is offered at all Long Island locations and in NYC for

Free upgrades of Personal Care Aides to Home Health Aides, as well as transition of Certified Nurses Aides to home health aides are provided regularly on Long Island and in NYC. There are various advancement opportunities available at all locations, such as becoming a Field Staff Aide, a RNV/Personal Specialist or a Coordinator.

Great Benefits

- Pay rates that are among the highest in the industry
- Full time & part time hours
- Flexible hours
- Paid vacation
- Paid in-services and workshops
- Extra weekend and holiday pay
- 401k Plan
- Medical Plan available at discounted group rate
- Free or very low cost health insurance, for Long Island and in New York City for you and your family if you qualify

Home Health Aides

Personal Care Aides

Live-in Aides
(not specialty)

Homecare

Companions

Bilingual Aides

Registered Nurses

Licensed Practical
Nurses

Certified Nursing
Assistants (Florida)

Therapists
(Connecticut & Florida)

Social Workers
(Connecticut)

Shared Aide and Cluster
Care Services



Registered Nurses (RN's)

Licensed Practical Nurses (LPN's)

Assisted Living Aides (ALIAS)

Utopia is proud to have been chosen to be the primary care provider in 13 of 17 congregate assisted living sites throughout the state of Connecticut.

Through our ALSA, Utopia provides assisted living services within congregate and senior housing facilities. We provide supportive care to help people live independently in their own home. Clients receive the level of help and support they require, from bathing and dressing to medication reminders, homemaking and general safety. And if there's anything extra we can do, we'll do it. Just like family.

We offer services 24 hours, 365, 7 days a week.

Call 1-800-227-3419

Fax 1-203-468-1944

Utopia Assisted Living Services, Inc.

665 Ford Road, East Haven, CT 06522

Utopia's Assisted Living Services answer a very basic human need:

- The need we all have for independence
- To live in familiar surroundings
- To be treated with dignity and respect
- To be surrounded with caring, compassionate people who treat you just like family



*A Family Owned and Operated Home Health Care Agency,
that has been providing quality services since 1983.*

UTOPIA
HOME CARE INC.

- EXHIBIT 2 -(b)** *A description of your efforts to involve elderly persons, including minority elderly persons and persons with disabilities in:*
- (i) The development of the application;*
 - (ii) The development of the ALF operating philosophy;*
 - (iii) The review of this application prior to submission to HUD;*
and
 - (iv) Your intent to involve elderly persons in the operation of the project.*

Also demonstrate that you made the application available to the residents of the project (in their language(s)) AND that your requested and considered comments from them (in their language(s)). Applicants of converted commercial facilities should indicate the application will be made to the residents of the project in their language(s) and will request and consider comments in their language(s).

(i) The development of the application

The Board of Directors and various Board Committees have been involved in the development of this ALCP project's application. Three residents of Tower One are elected to the Board of Directors every year; there is also resident representation on board committees. In preparation of this application, the Board of Directors and various committees have held numerous meetings to discuss details and plan for the proposed ALCP project. Four residents, including the President of the Residents' Association, are members of the Facilities Committee. This committee is responsible for oversight of the physical plant and has provided information for this segment of this application. Two residents are members of the Program and Services Committee. This committee has provided input for the areas of this application that pertain to this project's resident programs and services.

The attached notes and meeting minutes detail our resident and elder involvement in the development of the application.

(ii) The development of the ALF operating philosophy

The operating philosophy of the Assisted Living Facility is drawn directly from the mission statement, which was approved by the Board of Directors. In 1990 the mission statement was changed and expanded. While it continues to reflect a commitment to provide quality and affordable housing, a resolution was made to provide a full continuum of supportive services which would support residents' desire to maintain their independence. The mission statement was revised again in 1998 to affirm the cultural philosophy of the project. The three Tower One Resident representatives serving on the Tower One Board of Directors participated in the approval of the following mission statement.

The mission of Tower One is to provide older persons with a high quality, secure and affordable residence offering a wide range of activities and social and health maintenance services based upon Jewish values and traditions.

Tower One strives to create and maintain a compassionate and supportive community in an atmosphere of dignity, respect and cooperation enabling and assisting elders to preserve their independence in the privacy of their own homes. Tower One is not-for-profit and non-denominational

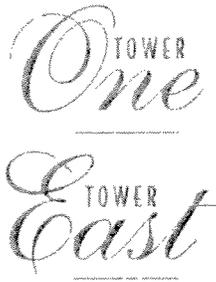
(iii) The review of this application

Tower One's Board of Directors and the various board committees meet regularly with Tower One's Management to discuss issues related to the operation of the facility. An integral part of part of formulating this application has included sharing it with committee members to review, and the incorporation of their comments and ideas. Attached please find meeting notes and minutes from the Facility Committee meeting as evidence of their involvement.

(iv) Your intent to involve elderly persons in the operation of the project

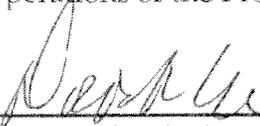
Tower One will continue to involve elderly residents in the operation of the project. The Board of Directors, the Facility Committee and Program and Services Committee of Tower One, all of which include residents, have been actively involved in creating this application and will continue to be involved in the development and operation of this project. Resident participation and involvement is assured through the By-Laws of the New Haven Jewish Community Council Housing Corp., Inc., a/k/a Tower One. These By-Laws stipulate that three residents of Tower One are to be elected each year to represent the Tower One resident population on the Board of Directors. Additionally, two residents of Tower East are elected to represent residents of the Tower East Facility. Five members of the twenty-eight member board are elderly residents. The leadership of the Board of Directors supports this commitment to maintain resident representation as mandated by the By-Laws and values the insight provided to the Board by resident member participation.

As evidence of their commitment to elderly resident participation in the operation of this project, Tower One has included a Certification to involve elderly persons, including minority elderly persons, in the operation of the project attached to this exhibit.



*Certification of Intent to Involve Elders including Minority Elders
and Persons with Disabilities in the Operations of the Project.*

New Haven Jewish Community Council Housing Corporation certifies that it will involve elders including minority elders and persons with disabilities in the Operations of the Project.



Signature of Authorized Representative
New Haven Jewish Community Council Housing Corp.

Applicant Organization

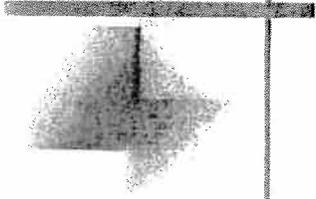
President/CEO

Title
May 24, 2005

Date

Reaching New Heights in Affordable Senior Living





Our Mission

The mission of Tower One/Tower East is to provide older persons with a high quality, secure and affordable residence offering a wide range of activities and social and health maintenance services based upon Jewish values and traditions.

Tower One/Tower East strives to create and maintain a compassionate and supportive community in an atmosphere of dignity, respect and cooperation enabling and assisting elders to preserve their independence in the privacy of their own homes.

Tower One/Tower East is not-for-profit and non-denominational.

**Tower One/Tower East
Board of Directors
March 9, 2005**

AGENDA

- I. Call to order Richard Weiss
- II. Approve minutes of January 12, 2005 meeting
- III. Strategic Planning Lloyd Nurick
 - Revised Mission Statement for discussion and approval
 - Strategic Planning progress
- IV. Facilities Committee Cindy Leffell
 - Assisted Living Conversion Program – Recommendation to approve submitting proposal for 2005 HUD Assisted Living Conversion Program
- V. Community One Sharon Bender
- VI. Questions or comments regarding any minutes of committee meetings
- VII. Association of Jewish Aging Services (AJAS) Annual Meeting and Conference Report (attached) Dorothy Giannini-Meyers
- VIII. Other business
- IX. Next meeting dates: May 11 at 7:15 and July 13 at 7:15
- X. Adjourn



Tower One
Tower East

The Towers Times

May 2008

Staff Directory
203-772-1816

Administration

Dorothy Giannini-Meyers, CEO

dorothy@towerone.org

Gail Ford, VP/COO

gail@towerone.org

Cindy Block, VP/CFO

cindy@towerone.org

Karen Purvis, Exec. Asst.

karen@towerone.org

Development &

Community Relations

Vivian Kantrow, Director

vivian@towerone.org

Resident Services

Jackie Curl, Director

jackie@towerone.org

Myrna Campbell

myrna@towerone.org

Ebonee Little

ebonee@towerone.org

Nicole Merritt

nicole@towerone.org

Michelle O'Brien

michelle@towerone.org

Marketing/Occupancy

Becky Goodman-Olshansky, Director

rebecca@towerone.org

Finance Office

Midge Danity

midge@towerone.org

Diane Bonomo

diane@towerone.org

Francine Blum

francine@towerone.org

Facilities Support &

Security

Bill Anderson, Director

bill@towerone.org

Wagner Melendez, Supervisor

wagner@towerone.org

Dining Services

Ed Florczak, Director

edward.florczak@sodexhousa.com

Assisted Living Services

(Utopia)

Michele Foschini 203-777-3975

mfoschini@utopiahomecare.com

May is Older Americans Month

In 1963 President John F. Kennedy designated May as Senior Citizens Month to encourage our country to pay tribute to older people in the United States. In 1980 President Jimmy Carter changed the name to **Older Americans Month**. It is still a time to celebrate all people over 65, and how important this group of people is to all communities.

The Towers community benefits in a number of ways from the resources that the population of older adults bring to us. Many residents as well as older adults who do not live here, provide many hours of volunteer work that is very important to our organization. In addition, all of our lives are enhanced by older Americans as they share their knowledge of cultures, values and life experiences throughout the Towers community.

This year's theme for Older American's Month is **Working Together for Strong, Healthy and Supportive Communities**. Bringing attention to the unique health and long-term care challenges that older citizens face is important for all communities, but especially for the Towers. It is important that all of us: residents, family members, volunteers, and staff of the Towers work to continue to create opportunities for personal growth, spirituality, making contributions, and enjoying relationships. Ensuring that appropriate healthcare and personal services are available is crucial as well. The mission of the Towers is "to provide older persons of varying means with high quality living arrangements and services..." May is Older Americans month; at the Towers we honor Older Americans everyday.

Resident Art Work Exhibit

There are two art classes are offered to Tower One/Tower East residents each week. One is a watercolor painting class, taught by artist Denis Gentile. The class takes place each Wednesday morning in the second floor lounge in Tower One. The other class is taught by Dorothy Powers. Dorothy is an artist herself, and in addition has many years of art therapy experience. She uses a variety of media in her class which is held Thursday afternoon in the Activity Room on the first floor of Tower One. Some resident artists attend both classes all of the time, others choose one class. All are passionate about their work, and the opportunity to be creative.

The opening of our Resident Art Exhibit will be part of the Rosa DeLauro Tribute on May 4. The show will hang through the summer; please don't miss it. Some of the artists are willing to sell their work, others are not. If you are interested in purchasing a piece of art, you can contact Gail Ford at 772-1816.

Congresswoman Rosa DeLauro, Friend of Tower One / Tower East to be Honored Sunday May 4

submitted by Tower One / Tower East

It is with great pleasure that Peter Newman and Ted Schaffer co-chairs announce Tower One/Tower East's tribute reception that will honor our valued friend, Congresswoman Rosa L. DeLauro. We are calling on you to help make this event a great and successful one.

With your help we can both honor Rosa and raise the funds needed that will allow us to keep our covenant to continue to offer our residents opportunities for enriched and meaningful lives. All of our special programs and services are not funded by residents' rent or any publicly sponsored programs, thus, the funds we raise through this event will help to greatly enhance the lives of everyone who calls the Towers their home.

Over the course of her years in Congress, Rosa has been a champion of the Towers' mission and an advocate for preserving and enhancing the financial, social, and spiritual well-being of our aging population. She has assisted the Towers' efforts numerous times to obtain the Federal funds needed to make necessary improvements to our physical environment as well as personally supporting our efforts to educate our residents on current policies regarding access to affordable entitlement programs. Her support and interest has helped the Towers to continue to grow and to serve older adults in more meaningful ways.

We hope that you will join us as we plan a memorable reception that will highlight Rosa DeLauro's commitment and service not only to the Towers, but for the benefit of all older adults. Please help make this a success by planning to join us as we celebrate Rosa and the Towers.



Congresswoman Rosa DeLauro

Israeli Writer Etgar Keret To Speak At Slifka Center

A talk by acclaimed Israeli writer Etgar Keret will take place at the Joseph Slifka Center for Jewish Life at Yale, 80 Wall Street, New Haven on Wednesday, April 30, at 4:30 p.m. A reception will be held after the talk. The talk is co-sponsored by the Slifka Center, Israel@sixty and the Jewish Federation of Greater New Haven.

Keret is an Israeli writer residing in Tel Aviv. Most of his work is focused on short stories, as well as writing for television. His lean, cool writing is said to be characteristic of a whole generation of Israeli writers, especially the literature created in Israel during the second half of the 1990s. Keret is the author of three bestselling story collections, one novella, three graphic novels, and a children's book. His fiction has been translated into sixteen languages and has been the basis for more than forty short films.

He published *Pipelines* and *Gaza Blues*, several more books, a comic book, "Nobody Said It Was Going to Be Fun", in collaboration with Rutu Modan. He wrote for the Israeli television show, "The Cameri Quintet" for its first three seasons and, in 1993, won first prize in the Alternative Theater Festival in Akko for "Entebbe A Musical" which he wrote with Jonathan Bar Giora. The short film, "Skin Deep" ("Malka Lev Adom"), which he wrote and directed with Ran Tal, won the Israel Film Academy prize and first place in the Munich International Festival of Film Schools (1996). In Israel, Keret also won the Prime Minister's Prize for Literature and the Ministry of Culture's Cinema Prize. Keret lectures in the film school of Tel Aviv University. His story, "Siren", deals with the contradictions in the current Israeli situation. His novella, titled *Kneller's Happy Campers*, has been adapted by director Goran Dukic into a feature-length film called, "Wristcutters: A Love Story," which premiered at the 2006 Sundance film festival.

For more information, please contact CHINO at 203 432-8522 or k637@pantheon.yale.edu

With Appreciation Israel

Israel@sixty Chaverim community events.

- Lucille Alderman
- Caron & Norman Ak
- Sandra Vlock & Glen
- Judy & Stephen Augu
- Debra & Gerald Bark
- Rachel Bashevkin
- Linda & Leonard Bell
- Robin Golden & Dav
- Lillian & Stanley Berj
- Karen and Raymond
- Malca & Jay Blum
- Rabbi Dana Bogatz
- Elaine & Gerald Braf
- Bella S. & Bernard Bi
- Irwin Braverman
- L.H. Brenner, Inc.
- Rabbi Herbert Brocku
- Harriet & Irving Cal
- Kathryn & Maia Chi
- Freda & Benjamin C
- Sharon & Henry Col
- Judy & Alan Cooper
- Eileen & Andrew Ed
- Audrey & Jerome Eis
- Sandra & Jack Elias
- Arlene & Marshal Ek
- Don Herzog - East R
- Jackie and Paul Errer
- Ina & David Fischer
- Marilyn & Gerald Fit
- Lynne Franford
- Phyllis & Myron Ger
- Mimi & Efreml Glu
- Sally & Stephen Glic
- Debbie & David Gol
- Howard Goldstein
- Dianne DeFusco & F
- Melissa Perkal & Jam
- Sharon & Lawrence I
- Miriam Helfer
- Marjorie & Jay Hirst
- Betsy & Jeffrey Hoos
- Rochelle & David K
- Iny & Joel Karp
- Andrea & Barry Kelr
- Caryl & Michael Kli
- Robin & Jay Kroopn
- Elaine & Jack Lawso
- Kate & William Lee
- Linda & Peter Leff
- Cindy & David Leffi
- Gillie & Murray Len

The Jewish Historical Society of Greater New Haven
Cordially invites you to attend



Towers to Honor Volunteers April 6

On Sunday, April 6, Tower One / Tower East will celebrate National Volunteer month by recognizing the many residents and people in the Greater New Haven community who volunteer at the Towers. The tradition of volunteering has made an immeasurable impact on communities, organizations and individuals. Tower One / Tower East has an active, dynamic, and creative volunteer community. These special individuals possess the skills, desire, patience, and time to accomplish a wide variety of tasks.

The Towers is most fortunate in having both volunteers who come to share their time regularly to do a wide variety of programs and activities and an extraordinary core of volunteers that live in the Towers who do many projects.

In addition, on this day the Towers will be honoring two special people from the community. Malka Katz for her program, "Stories from the past with Malka." Katz's immeasurable wisdom and enthusiasm in facilitating the program is enjoyed by many of our residents. Betsy Stern will be honored for facilitating the Book Club for the Towers residents, for her volunteerism in assisting in staff training for Towers employees and her contributions as a committee member on the Towers Resident Activities Committee and Food Committee.

Jackie Curl Joins Towers Staff

Jackie Curl, RN, is now the Director of Resident Services at Tower One / Tower East in New Haven. Jackie comes to The Towers from Utopia Assisted Living, Inc where she was the Director of Clinical Services. Curl has been working with the senior population in the community setting for the past ten years. She received her education at SUNY Albany and maintains licensure as a

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Connecticut

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April 25, 2008
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adl.org

by Main Event Caterers

jewishnewhaven.org

Stay at Home



Irving Enson Lecture, April 10: Memory Loss: When it Matters and When it Doesn't

The Jewish Home for the Aged and Tower One/Tower East will combine efforts with the Hospital of St. Raphael to present this year's lecture of the Irving Enson Lecture Series. Dr. Gerard Kerins will be the guest speaker. His timely topic, "Memory Loss: When it Matters and When it Doesn't" will explain the difference between memory glitches and memory problems.

This year's Enson Lecture will take place on Thursday evening, April 10, 2008 at the Jewish Community Center of Greater New Haven in Woodbridge.

The Lecture Series honors the memory of Irving Enson, beloved supporter of aging services: Enson, a respected local businessman and revered leader in the Jewish community, served as Chair of the New Haven Jewish Community Council (forerunner of the Jewish Federation of Greater New Haven). He also served as Board Chair for the Jewish Home for the Aged and as a founder and Board Chair of Tower One.

The Jewish Home for the Aged and Tower One / Tower East serve as partners in eldercare throughout the Greater New Haven community. Through the Enson Lecture, they join to bring aging issues to the forefront. The Jewish Home for the Aged is a residential skilled nursing provider with community outreach services including the Goodwin-Levine Adult Day Health Center and the Pearl Rosenstein Center for Rehabilitation. Award winning Tower One/Tower East offers affordable independent and assisted senior living on its beautiful downtown campus.

The event is open to the public. Please phone ahead for reservations to either The Jewish home at 203 789-1650 or the Towers at 203 772-1816.



Dr. Gerard Kerins

Bud Lish Photography Exhibit, The Art of Aging, to Open April 6 at Towers

Bud Lish discovered photography more than 60 years ago. Currently a resident at Tower One/Tower East, Lish has regained his passion for his craft motivated largely by the regal, proud, and noble community he has called home for several years. The Towers will be hosting the opening of a permanent collection of his work on Sunday, April 6, 2008 at 11:00 am in the Tower East Community Room.

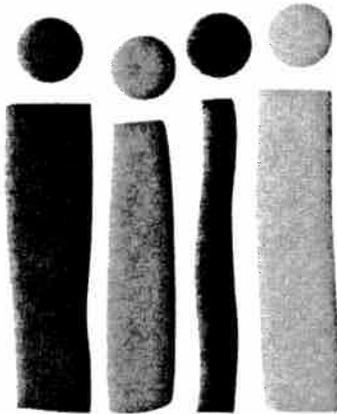
Lish feels that, "The Art of Aging with dignity is an art indeed. This collection endeavors to capture that sense of dignity.

Inspired by Tower One/Tower East, I resumed my interest in photography, after a 30 years hiatus. The idea was to explore why the Towers is so successful in preserving that feeling – that we are family and this is truly our home. I sincerely hope to have done just that.

"In my travel for business and pleasure, I had the opportunity to take many photographs. When I showed my work to the Photographic Society of America they encouraged me to go further. Having exhibited in national and international salons, I became a four-star exhibitor.



Bud Lish



Tower One
Tower East

Annual Report 2006 –2007

Report from Chairman of the Board and President
October 2007

We are proud and honored to report that our vibrant and successful Towers community is flourishing. This report represents an overview of the endeavors, opportunities for growth and development and challenges encountered by the Towers organization during the 2006-2007 fiscal-year. While touching on the highlights, it does not begin to represent the level of dedication and hard work on the part of so many people that goes into providing the safe harbor, life-affirming and enriching community that the residents and their families rely on twenty-four hours each day, seven days of each week.

The July 1, 2006 to June 30, 2007 fiscal year ended with Tower One and Tower East both enjoying strong fiscal and operational conditions. Financial and business operations continue to become more demanding and complex as more layers of compliance are required. Fortunately our dedicated finance and business staff are meeting these new challenges.

The physical plants of both buildings underwent major infrastructure improvements. Rebuilding the eighth, ninth and tenth floors of Tower One has just been completed. The eight apartments on each floor have proven to be so desirable that all twenty-four were spoken for prior to construction completion and our new neighbors are moving in now. In Tower East all windows were replaced and repointing on the exterior of the building was completed. Hallways throughout were painted and new carpeting was installed. Ongoing preventive maintenance and rehabilitation of apartments prior to new residents taking occupancy keeps both buildings in superb condition.

While taking care of our buildings and grounds is important, we are told that where we really shine is taking care of people. We maintain laser-like focus on quality service; whether service is provided by staff that are directly in the Towers employ or by one or more of our associate organizations - our standards prevail. In addition to physical care and standard type of activities residents are offered more intellectually stimulating leisure time opportunities such as creative writing, art classes,