



Avoid the Trap of Treating Mom or Dad like a Child

No matter how old you are, you still picture yourself as the child, and your parent as the person who always took care of everything and knew the right thing to do.

Gradually, you see Mom or Dad's abilities slipping away. It starts with forgetfulness, physical frailty, and the inability to manage finances, keep up the house, cook meals, or even maintain good personal hygiene. So as the good daughter or son, you feel you must step in. Before you know it, you're telling Mom or Dad what they must do and not do. You usurp responsibilities without considering that your parent may not want, or think they need your help.

Struggling with the Realities of Aging

Mom is struggling to hang on to her independence and dignity. She may respond to your attempts to help, not with thanks and appreciation, but with resentment, stubbornness, and even bad behavior. She may become paranoid as her privacy is invaded, or depression may set in as the life she has always known is radically altered. Not being able to drive, or needing help with bathing and toilet-

ing, for example, are huge jolts to the ego, resulting in loss of self-esteem, embarrassment, social withdrawal and even a lack of desire to go on living.

You and your parent have stepped

aware of your tone of voice, body language and facial expressions – what you do gives away your inner feelings as much as what you say.

- To the greatest extent possible,

Parent & Child Role Reversal



onto an emotional roller coaster that can diminish a life-long, loving relationship unless each party's needs are understood and addressed. You're worried about your parent's safety, saddened to see the pillar of the family starting to slip away, and uncomfortable "taking over." At the same time, Mom or Dad is frustrated and wants to stay in control and have life go on as it always has.

Maintaining a Positive Relationship

These are painful times for both parent and child. But there are ways to help and still maintain a healthy, loving relationship built on respect, understanding and compassion. Here are some tips from the professionals at the JSA:

- Tread lightly when instituting changes. Remember that surrendering independence can be very demoralizing. Always treat your parents as the adults they are, even as their dependency increases. Don't belittle or condescend. Be

seek your parent's opinion before making decisions. But state your concerns and when necessary, act firmly but with sensitivity.

- Involve a third party. Parents are usually more receptive to the opinions and recommendations of a social worker, physician, case manager or member of the clergy than they are to your ideas.
- Take time from caregiving tasks to enjoy each other as equals. Reminisce, take a drive or a walk, sit on the porch and hold hands, discuss former interests, do an activity together. These are the moments that will stay with you forever.

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Tamarisk Information Center Now Open

Monday – Friday 9 AM- 5 PM
Other times by appointment
390 Greenwich Avenue, Warwick
401-732-0037

NEWS BRIEFS

Shalom Apartments Receive Superior Ratings

As a result of HUD's recent inspection, Shalom Apartments, managed by the JSA, once again have received Superior Ratings.

Day Care Participants Receive Dental Screening And Education

Dental Hygiene interns from the Community College of Rhode Island have been working with the Adult Day Center staff and participants to improve awareness of good dental hygiene practices. This spring the interns will do oral cancer screenings and participants will be able to have their teeth cleaned at the CCRI Dental Clinic.

Bat Mitzvah Project

Pamela Winkler, a student at Temple Am-David, is collaborating with the JERI Outreach staff to bring get well wishes, sympathy cards and friendly greetings to seniors who are homebound or in assisted living residences or nursing homes. Each week Pamela writes personal notes to a different group of seniors whom she knows only by a first name. Her messages bring a bit of sunshine into the lives of seniors who are ill. She has taken this upon herself as a mitzvah project during her Bat Mitzvah year.

Oral Histories Now in Print

Volunteers who recorded the oral histories of Jewish nursing home residents have created personal history booklets, which are now being presented to the residents. Families are thrilled to have their loved ones' life stories permanently recorded. This very meaningful JERI Program continues and more volunteers are needed. Call Susan Adler at 621-5374 for details.

Ethics of the Fathers

Under the auspices of the JERI Outreach Program, Ethan Adler and Cantor Rick Perlman are teaching Ethics of the Fathers (*Pirke Avot*) to high school students at the Bureau of Jewish Education's Harry Elkin Midrasha Program. Their course explores the connections between the morals and values expounded in the "Ethics of the Fathers" and various aspects of *Bikkur Cholim...* visiting the sick.

Let's Coordinate Community Senior Services!

MESSAGE FROM MAURICE GLICKSMAN
JSA President

As my term as president comes to an end, I want to thank the JSA staff—



especially its outstanding director, Susette Rabino-witz – and more than a hundred volunteers for their commitment to the JSA, which has made my role as leader so easy to carry forward. I have enjoyed working with everyone and look forward to being of help in whatever role is appropriate in the future.

In my last message, I want to focus on the future development of Jewish community services for seniors. The JSA has embarked on a review of its Strategic Plan, just as the Rhode Island Jewish community is in the process of developing its plans through the Alliance for a Better Jewish Community. Is the senior community sufficiently distinct that it merits its own agency and plan? The answer is "yes," as evidenced by the increasing number of seniors and their families who turn to the JSA each year for assistance. We are the one agency focused specifically on aiding the

older Jewish population. We provide an ever-expanding array of services and also do the lobbying and cheering.

But clearly, we can't meet all the needs of our seniors alone. Our programs need to be part of an integrated community system. "To ensure access to a continuum of care for Jewish seniors," the JSA has many partners: synagogues and temples, the Bureau of Jewish Education, the Jewish Community Center, Jewish Family Service, and the Jewish Federation of Rhode Island. These organizations offer important programs for seniors. I have been heartened to see growing collaboration as agency professionals and volunteers gather to share ideas and plan joint programs. The challenge is to coordinate our activities at the planning level to ensure that programs complement each other, reflect community priorities and make the best use of available resources.

The needs of our senior population are many and varied. By developing an integrated plan for senior services, our community can provide the support and opportunities for spiritual, social and educational enrichment that our seniors need and deserve. I look forward to success in planning and effective implementation in the years ahead!

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- Be flexible. What worked one week may not work the next. Look for abilities rather than dwelling on disabilities.
- Reach out for help. You haven't failed when you reach the conclusion that home services, day care, assisted living or nursing home placement is the best thing for your parent. Shifting caregiving responsibilities to professionals can be the first step towards restoring a healthy relationship with your parent.
- Turn to caregiver support groups for valuable information and a forum to share your concerns and feelings.
- Take a break – find someone to step in

for a while so you can restore your own energy.

The reversal of roles between parent and child is part of the natural circle of life. Caregiving can be a joyous time, filled with the satisfactions of giving back to the parent who did so much for you. Make it an act of love, work together with tenderness and compassion and you'll never regret it.

JSA Caregiver Resources

Caregiver Support Group meets at 229 Waterman Avenue, Providence from 4:00 to 5:30 PM on the third Tuesday of the month. Call Roberta Sinapi, 351-2440 for details.

InfoQuest information and referral helpline. Call Susan Adler toll free, 888-593-2293.

Comprehensive Adult Day Center open Monday through Friday 8:30 AM – 4:30 PM at 229 Waterman Avenue, Providence. Call Roberta Sinapi, 351-2440

Tamarisk On Schedule for September Opening

Drive south on Route 95, look to your right just before the Ski/Bike Market and you'll see the construction of Tamarisk Enriched Assisted Living in full swing. Despite the harsh winter, the building is closed in, the roof is on and the windows installed. Inside, walls are going up and we're beginning to see the transformation from architectural plans to the remarkable residence we have envisioned.



The excellent progress we are seeing is due to exemplary teamwork among the architects, JSA, Inc., O. Ahlborg & Sons Builders and the JSA. Our Properties Committee, chaired by Jim Galkin and Richard Licht, is keeping the project on time and on budget and ensuring that all design specifications are being met. Thank you to this committed team of volunteers for their continued hard work and dedication!

The Residential Life Committee, chaired by Elaine Odessa, is also working diligently behind the scenes to establish operational policies for the residence. They have been grappling with such issues as pet ownership, kashrut, guest dining and more. This committee will also work closely with residents to plan programs and activities once Tamarisk is open.

Deposits Being Accepted

The first call for fully-refundable \$1,000 deposits on Tamarisk apartments went out in March and we are gratified by the brisk response thus far. Priority numbers, which determine the order in which apartments are selected, are assigned as deposits and completed application forms are received. Apartment selection will not take place until closer to Tamarisk's opening and after initial eligibility for residency has been confirmed. (Eligibility is

determined by a number of factors including evidence of ability to pay and to meet certain health criteria.)

If you would like an application package, please call Beverly Levitt-Narciso, Tamarisk Marketing Director, or Gina DeTomas, Concierge, at 401-732-0037.

Tamarisk Opens Information Center

To get a real sense of what the interior design of Tamarisk will be like, a visit to the Tamarisk Information Center is a must. There you can see some of the furnishings, fabrics, floor coverings and window treatments that will make Tamarisk such an elegant home.

Beverly Levitt-Narciso, Marketing Director, and Gina DeTomas, Concierge, will "walk you through the building" using large blow ups of each floorplan. You'll be able to see the location of every apartment and all



the common areas including the game room, wellness center, beauty parlor, community room and much more.

You can also pick up a packet containing apartment layouts, monthly rental fees and the extensive list of standard and optional services that all residents will have available to them.

The Information Center is located at 390 Greenwich Avenue, Warwick.

It is open Monday through Friday from 9 AM to 5 PM and at other times by appointment. For directions and further information call 732-0037.



Tamarisk Marketing Director Beverly Levitt-Narciso uses floorplans to take prospective tenants on a "walking tour" of the residence.



Visitors to the Information Center will see samples of the elegant furnishings planned for Tamarisk.

Stay Sharp by Exercising Your Brain

Memory. We all worry about losing it some day. Who hasn't forgotten the name of someone we've known for years, only to remember it a few minutes later? Memory lapses are



common in people over age fifty, but it doesn't mean memory is failing. As we age, it just takes a bit longer to retrieve information.

There are many reasons that memory falters: Impaired hearing or vision, poor nutrition, medications, high blood pressure, or excessive alcohol use are among the culprits. Anxiety, depression, stress and grief can also contribute. One of the best ways to keep our minds mentally sharp is to exercise the brain daily. The brain is a muscle. Use it or lose it! Here are some suggestions:

- Train your mind to pay attention.

Very often our minds wander and then we don't remember what has been said to us. Pay attention and your mind will absorb what's been said.

- Never stop learning. Education, formal or informal, is one of the best ways to flex the brain and keep it in top shape. Take a class or delve into a subject that has always interested you.
- Discover your creativity. Try your hand at painting, sculpture, woodworking or ceramics. Join a theater group, memorize poetry. Memorization keeps the brain sharp.
- Concentrate. Doing jigsaw and crossword puzzles and playing cards, chess, scrabble and other games keeps the brain active.

Staying physically and socially active is also important. The more strenuous the activity, the better the brain functions. To relieve stress, relax, meditate and

recharge your body. Yoga is a wonderful way to get exercise and to relax at the same time. Lastly, eat plenty of brain food – foods rich with antioxidants, vitamins C, E and Beta Carotene.

One last thought: When you are 21 and forget your wallet when you go out, it's an annoyance. If you do the same thing when you're older, you may panic and think your mind is going. Not so! Just like when you were 21, it's just an annoyance!

I hope that all of you will take these memory saving tips to heart. All of us at the JSA wish you a wonderful spring filled with sunshine, flowers and plenty of regular exercise for your mind and body.

EASING THE PAIN OF LOSS

A six-part workshop on coping with loss and transition from a Jewish perspective, will be presented by the Jewish Seniors Agency and Jewish Family Service starting Wednesday, May 14. For information call Patty Harwood at 331-1244.

What is the Jewish Seniors Agency and what exactly do they do anyway?



The JSA works to meet the needs of seniors and their families while maintaining a strong commitment to Jewish values and traditions. How? With our Adult Day Center, the JERI Outreach Program, the

Shalom Apartments, and the InfoQuest referral service. Call 401-351-4750 for more information.

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Putting life into living.SM

Generations



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