



## Pain Management Improves Functioning

**P**ain. We all know what it's like. It can affect the ability to think straight, to move around, to perform at work and to enjoy life. Most people do whatever they can to get relief. But recent studies by the Journal of the American Medical Association and Brown University's Center for Gerontology and Health Care Research show that nursing home residents, cancer patients and people with dementia often suffer quietly and needlessly in pain.

**One study found that 30% of nursing home residents were in pain every day and were receiving no medication – not even**

**Tylenol!** Why? In many cases, health care providers don't know patients are in pain. Patients often suffer in silence, believing pain is an inevitable part of aging or their disease. Even when pain is apparent, physicians are reluctant to prescribe strong opiates or narcotics out of fear of losing their licenses for over-medicating.

### **New RI Laws Offer Relief**

Thanks to new laws in Rhode Island, people in nursing homes and other health care settings are

beginning to get relief. The Pain Assessment Act, passed by the General Assembly in 2002, requires

Assessment Act. However, CADC Director Roberta Sinapi and her staff wondered if her Day Center partici-

## DEALING WITH PAIN



*Aquatic therapy is one of many techniques used in the Comprehensive Adult Day Center's pain management program.*

health care providers to regularly assess pain, just as they would any other vital sign. They're also required to note its intensity on the patient's chart and to provide appropriate medication or other therapeutic relief with a physician's order. In addition, a revised Intractable Pain Act gives physicians and other health care providers wider discretion in the use of opiates and narcotics without fear of prosecution. Rhode Island is the second state in the country to institute such a law. The new law also allows health care workers to administer medications to control pain as needed at the discretion of the attending physician. In the past, patients had to endure their pain until the prescribed time had elapsed between doses.

### **JSA Pro-Active in Assessing Pain**

The Jewish Seniors Agency's Comprehensive Adult Day Center (CADC) is not regulated by the Health Department, and therefore is not required to comply with the new Pain

pants were also suffering in silence. Through JSA's alliance with CareLink, the CADC was able to bring in Brown University Medical School intern Rebecca Silbermann who interviewed a sampling of CADC participants. Rebecca found that all those interviewed were in some degree of chronic pain, but were not expressing their discomfort for a variety of reasons. In turn, the staff didn't have the training or tools to initiate a proper assessment. According to Sinapi, "Things had to change."

Sinapi attended the Rhode Island Attorney General's Pain Management Seminar in November, consulted with experts in the field,

DEALING WITH PAIN  
*continued on page 2*

## Tamarisk Tax-Exempt Bonds Secured

After many months of hard work, construction financing for Tamarisk is finally in place, thanks to a wonderful team led by Ed Feldstein, Martin Temkin, David Laffey from Zeigler Associates, and Jon Banton from Radius Management Services, Inc. The Rhode Island Health and Educational Building Corporation (RIHEBC) has approved the issuance of tax-exempt bonds for \$11,750,000. Sovereign Bank has issued a letter of credit and Citizen's Bank is trustee. Many thanks also to Martin Dittelman, Maurice Glicksman and Richard Kaplan for the countless hours contributed to this process.

## INSIDE

News Briefs  
*page 2*

Tamarisk Enriched Assisted Living Update  
*page 2*

Message From the President  
*page 3*

New Adult Day Center Staff Bring Special Skills  
*page 3*

Message from the Executive Director  
*page 4*

## NEWS BRIEFS

### CareLink Membership Pays Off

Membership in CareLink, an association of health care providers, is already paying off for the JSA. Eight new participants have come to the Comprehensive Adult Day Center as a result of referrals from Westminster Place, a Providence affordable housing residence that is part of the CareLink consortium. The CareLink connection also has enabled the CADC to become part of an ongoing Brown University study in pain management. (See cover story.)

### JERI Outreach Activities

Twenty-four nursing homes and assisted living residences participated in the kindling of Hanukkah lights and the second annual potato latke day coordinated by the JERI Outreach Program staff and volunteers.

### Cantor Seplowin Volunteers

Yasher Koach to Cantor Judy Seplowin of Temple Beth-El, who has been performing in local nursing homes and assisted living facilities each month. Her volunteer visits are scheduled by the JERI Outreach staff.

### New JSA Website

Log on to the beautiful and informative new JSA website, [www.jsari.org](http://www.jsari.org). You'll find information about the JSA and its many programs, and you can download copies of brochures. The site will be updated regularly with the latest news and information. The site was developed by our marketing consultants at Saabye & Company.

### Board Members Volunteer at Federation

JSA Board President Maurice Glicksman and Vice President Pat Cohen are participating in the Jewish Federation's community strategic planning process.

**JSA wishes Jewish Family Service Director Paul Segal good luck and happiness in his retirement.**

### DEALING WITH PAIN *continued from page 1*

and learned everything she could about pain management. She and the Center's nurse, Sheila Mastrostefano, are now developing a pain assessment tool for the CADC. Assessing people with dementia will be particularly challenging. The staff will have to observe body language, mood and behavior changes, non-verbal cues and other signs that indicate the location and intensity of pain.

### Staff to Create Pain Management Plans

In January, Home and Hospice Care of Rhode Island trained the entire staff to do pain assessments. Armed with a better understanding of each participant's pain, the staff will be able to create individual pain management plans. **The CADC staff already uses aquatic therapy, exercise, physical therapy, aromatherapy, massage and other methods to improve participants' movement and functioning.** Their pain will be managed much more effectively by these techniques and by having greater latitude to

administer medications under the new law. "With no pain, or less pain, our participants will be happier, healthier and more active," said Sinapi.

"We need to assess participants' pain often, believe what they are telling us, communicate accurate information to their physicians, educate families, and work as a team to give our participants the best possible quality of life."

The CADC is one of the first community-based programs in Rhode Island to institute a pain management program and will be part of Brown University's continuing study to evaluate the effectiveness of its pain assessment teaching tools.

*JSA's Comprehensive Adult Day Center, located at 229 Waterman Street in Providence, is available to any senior who could benefit from therapeutic and socialization activities, medical monitoring and support. The Center is open five days a week from 7:30 AM to 4:30 PM. For further information, call Roberta Sinapi at 351-2440.*

---

## Tamarisk Enriched Assisted Living Update

Our vision to create a wonderful assisted living residence with a distinctive physical, social and cultural setting for the Jewish community is becoming a reality. Drive by and you can actually see the building taking shape. The concrete is poured and the steel has been erected. Within the next few weeks, the hard working crew from O. Ahlberg & Sons Construction Company will be closing in the building.

An information center where you can get details on Tamarisk, its apartments, services and rates will be opening soon. It will be on Greenwich Avenue, Route 5, just before you turn onto Shalom Drive. Watch for our opening announcement and be sure to stop in. It's not too early to think about residency at Tamarisk! Call (401) 351-4750 for more information.



# Why a Capital Campaign?

MESSAGE FROM MAURICE GLICKSMAN  
JSA President

In recent months we have made excellent progress in the development of



Jewish Seniors Agency's (JSA) major project, Tamarisk Enriched Assisted Living. The building is going up and the tax-free bonds

have been sold to investor groups. A new corporation, Tamarisk, Inc. has been established and will take over responsibility for its operation once it is an ongoing program, licensed by the State. We are also in the early stages of a campaign to raise funds to assist Tamarisk residents who need financial support, and also to build JSA's endowment so that all our programs can be sustained and improved.

JSA's mission is to provide assistance

to elderly Jews in our community. As such, many JSA programs are free and others are available on a sliding scale fee basis. At Tamarisk, people with the financial means will be expected to pay full market rates. To assist those residents whose resources (including family resources) are inadequate, we are establishing a JSA Supporting Foundation. The Foundation's endowment will be funded by our "To Life" Campaign, now in its early, pre-public phase. Funds raised will be invested in the Jewish Federation of Rhode Island (JFRI) endowment fund and will be restricted to providing support for those residents of Tamarisk who need such support, either from the time of move-in or after some years of residency.

The "To Life" Campaign is also raising funds to enhance JSA's existing endowment fund. The combination of the withdrawal of about \$3 million

for Tamarisk, and a decrease in equity values in the securities market these past three years has reduced JSA's endowment by about one-third. This will impact the amount we are able to withdraw in the future for JSA annual operations. As a result, we need to replenish and grow the JSA endowment and develop an annual fund-raising program. As a successful and valuable community agency, we believe JSA merits increased support from the community. With a growing population of elderly Jews in Rhode Island, it is vital for the "To Life" Campaign to succeed, so that we can fund the Tamarisk subsidy program and continue to provide quality services, while ensuring the financial strength of the agency. We look forward to working with the Jewish community to achieve these goals.

## New Adult Day Center Staff Bring Special Skills

The Comprehensive Adult Day Center, which serves frail or cognitively impaired individuals who are unable to be left home alone, has added two new staff members who bring new levels of training, experience, creativity and energy to the agency.

**Jennifer Minuto**, the CADC's new case manager, stood out in a field of twenty candidates because of her unique set of skills and innate ability to connect with the elderly. She received her undergraduate degree in Women's Studies from the University of Rhode Island and a Masters in Expressive Arts from Goddard College. A talented musician, singer,

song-writer, artist and photographer, Jennifer is helping participants who may have lost their ability to communicate to find new means of self expression. "Jennifer brings great skills and high energy to the Center, and the chemistry between her and the participants is magical," said Director Roberta Sinapi. In the short time since Jennifer arrived, she has started a Caregiver Support Group and a chorus, and is working with many hospital discharge planners to promote the benefits of adult day care.

**Sheila Mastrostefano**, RN, brings strong and diverse nursing skills and eight years of experience as director of a nursing home Alzheimer's unit to her new position as Nursing Director at the CADC. According to Roberta Sinapi, it is rare to find



Sheila Mastrostefano applies hot compresses to Stalla Lefizia's arthritic elbow.

a registered nurse who can spot medical problems and provide a full spectrum of nursing services, and who also understands how to maximize the functioning and happiness of people with dementia. A graduate of the Rhode Island College School of Nursing, Sheila is also qualified to train CADC staff members in such areas as pain assessment, incontinence management and other health matters. "Sheila's innovative approaches to care, combined with her very hands-on involvement with participants and their families is a real asset to the CADC," said Sinapi.



Jennifer Minuto encourages Ray Paoloni to play the keyboard.

# Make One Call for Eldercare Help

MESSAGE FROM SUSETTE RABINOWITZ  
JSA Executive Director

Have you ever needed information regarding senior services and not



known where to turn? What so often happens is that the person or family member needing help calls one resource that refers to another

resource, that refers to yet another resource. You can make call after call and still not get the help you need.

Luckily, there is a service available throughout Rhode Island that helps families navigate our fragmented system of senior services. Community Elder Information Specialists are specially trained by the Department of Elderly Affairs to answer questions and concerns about programs

and services for seniors. They also assist by helping families access state services and fill out applications for programs such as the RI Pharmaceutical Assistance program (RIPAE).

**One call for all the answers. What better way to minimize the confusion, frustration and conflicting information that so often results from trying to get information on your own!**

When you call an Information Specialist, no question is silly; no question is too difficult. Think of the Information Specialist as your partner in care planning. **At the Jewish Seniors Agency, Information Specialist Susan Adler can be reached by calling JSA's InfoQuest Referral Program at 401-351-2185 or toll free at 1-888-593-2293.** Whether it's a question about housing, health insurance, nursing care, medication coverage, home care, or other issues,

Susan has the answers or will get them for you.

Another program called the Elder Care Locator is a nationwide service that helps families find information about community services for seniors anywhere in the United States. This service links callers to an information and referral agency serving a specific state or community. It can direct callers to services such as home delivered meals, transportation, adult day centers, home health services, housing options and much more. The toll free number (1-800-677-1116) is staffed Monday through Friday from 9 AM to 8 PM. They also can be reached at [www.eldercare.government](http://www.eldercare.government).

**Remember, Information Specialists are here to serve you at no charge. One call is all it takes.**

Your mother  
is too healthy  
to be in a  
hospital and  
too sick to be  
home.

What do  
you do?



One call to the Jewish Seniors Agency InfoQuest referral service, offered in collaboration with other Jewish agencies in the state, and you can find out all the answers you need about elderly care and assistance in RI. Our team listens to your needs and

gets back to you with timely answers and a caring voice. To reach the InfoQuest referral service, please call 401-351-2185 or toll free, 1-888-593-2293.

**Jewish Seniors Agency**   
InfoQuest Referral Program

*Putting life into living.<sup>SM</sup>*

SM Putting life into living is a service mark of the Jewish Seniors Agency of Rhode Island.

## Generations



Is a publication of  
The Jewish Seniors Agency  
229 Waterman Street  
Providence, RI 02906

Susette Rabinowitz, Executive  
Director

401.351.4750 fax 421.5905

email [jewishseniors@aol.com](mailto:jewishseniors@aol.com)  
website [www.jsari.org](http://www.jsari.org)

### JEWISH SENIORS AGENCY PROGRAMS

**Comprehensive Adult Day Center**  
229 Waterman Street, Providence  
401.351.2440  
Roberta Sinapi, Director

**JERI Outreach Program**  
401 Elmgrove Avenue, Providence  
401.621.5374  
Susan Adler, Director

**InfoQuest Referral Program**  
401.351.2185 or Toll Free 888.593.2293  
Susan Adler, Information Specialist

**Shalom Apartments**  
1 Shalom Drive, Warwick, RI 02886  
401.738.4414  
Bonnie Sekeres, Director

**Tamarisk Assisted Living**  
3 Shalom Drive, Warwick, RI 02886  
401.732.0037

**Women's Association**  
229 Waterman Street, Providence  
401.351.4750