



Is your loved one lonely, not able to get out on his or her own any more? Is your mother having trouble remembering to take her medications? Are you afraid your father may fall and not be able to reach help? Would assisted living be appropriate? Or is it time for a nursing home? “Many families are confused about what services can and cannot be provided by an assisted living residence,” says Roberta Sinapi, Director of The Phyllis Siperstein Tamarisk Assisted Living Residence. “My best advice is to come talk to us and let our registered nurse do an assessment.”

While every situation is different, typical assisted living residents are fairly healthy and able to function independently with some assistance with activities of daily living. They are able to participate in activities offered at the residence and out in the community. Some are still able to drive. They have chosen assisted living because it offers a safe, supportive environment where life is made easier and more fun for them. With meals, housekeeping and some personal assistance taken care of,



IS ASSISTED LIVING THE ANSWER?

families have the peace of mind that their loved ones are in good hands and spending their days enjoying life to the fullest.

According to Sinapi, quality assisted living can have a miraculous effect on a person's health and well-being, thus precluding nursing home care. Time and time again, the staff at Tamarisk has seen new residents' health, mobility and general outlook improve dramatically when there is routine, support, activities, and opportunities for socialization. One family member commented, “I can't believe my father is playing cards and going out to dinner again. I thought those days were over.”

Assisted living options varying widely. In Rhode Island, assisted living residences run the gamut from small “boarding houses” to large facilities offering a variety of apartment styles and numerous amenities. “The differences that impact the resident the

most emerge as the need for support increases,” says Sinapi. Not every assisted living residence provides the higher level of care and services that Tamarisk does. Tamarisk, for example, is licensed to store and administer medications, and it has a full-time Registered Nurse to monitor every resident's health status. In many assisted living residences, the staff can only *remind* residents to take their medications and LPN's provide the medical monitoring. Another difference to consider is that in some facilities, residents must be able to “self preserve” in the event of an emergency, which could mean leaving their room and getting to a safe place on their own.

Tamarisk is licensed to accept people who may need some assistance in an emergency because it has more staff and the building meets very stringent life safety codes.

All Rhode Island assisted living residences are licensed by the state. The level of care for which the facility is licensed is based on its ability, or desire, to meet certain standards. For example, a facility may not wish to take the additional steps necessary to store and dispense medications or to provide dementia care. Some may not have enough staff to regularly assist residents in getting to the dining room or in transferring from bed to wheelchair.

Tamarisk supports “aging in place.” “We strive to promote each resident's independence,” said Sinapi. The staff works with families so their loved ones can remain at Tamarisk as their health and personal support needs

TIME FOR A CHANCE
continued on page 2

INSIDE

News Briefs
page 2

Community Room “Alive Again”
After Shutdown
page 2

Day Care Van Running on Borrowed
Time
page 3

Annual Meeting Reviews the Year
page 3

Mission Possible: The “To Life”
Campaign
page 4

Choosing a Medicare Part D Plan
page 4

NEWS BRIEFS

The RI Department of Elderly Affairs recently renewed Comprehensive Adult Day Care's certification after an intensive on-site review of all aspects of the program. CADC has, for a long time, been regarded as one of the premier programs in the state, because of the caliber, caring and dedication of the staff and the quality of its many programs and services.

Melissa Kornasky, Activities Director at Comprehensive Adult Day Care Center, was named Day Care Worker of the Year for 2006. She received the award at the State House on May 25 at ceremonies attended by Governor Donald Carcieri and Corrine Russo, Director of the Department of Elderly Affairs.

Ethan Adler, staff member at the JERI Outreach Program, received rave reviews for his speech on "Spirituality in the Workplace – It's a Blessing" at the 15th Annual Conference of the RI Association of Facilities and Services for the Aging held on March 16 in Newport.

Shalom Apartments continues to enjoy a superb reputation for its housing and support services for low to moderate income elderly and mobility-impaired individuals. Director Bonnie Sekeres encourages seniors to explore their eligibility for residency in federally subsidized housing early, as the wait for an apartment at Shalom can be more than a year. Income guidelines have changed and many people are pleasantly surprised to find that they do meet the criteria to live at Shalom.

Friends Campaign Exceeds Goal

Started three years ago, the JSA Friends Campaign keeps on growing. "More and more people are realizing the importance of the unique services we provide to Jewish Seniors and their families. The level of support for the JSA has increased every year," said Estelle Klemer, who co-chaired the annual campaign with Judy Robbins. Last year \$15,472 was raised and this year 123% of goal, or \$23,986, has been received.

Because of this support, the JSA can continue its important programs in nursing homes and assisted living residences such as friendly visits, delivery of holiday gifts, Shabbat services, and Jewish sensitivity training and education for employees. The InfoQuest helpline will remain open, providing support and information on issues of concern to the elderly and their families. And hundreds of Jewish elders who are hospitalized or homebound will be visited by the JERI Outreach Program's clergy and outreach staff.

The 2007 campaign will kick off after the Jewish Federation Campaign ends in December. "We encourage everyone to budget a portion of their charitable giving dollars now to support the next Friends Campaign when solicited in early 2007," said Klemer.

Community Room "Alive Again" After Shutdown

Tamarisk's Community Room had been in constant demand – used for resident activities, Shabbat services, family gatherings, meetings and more. Then, in the middle of the night on February 26, disaster struck. An upstairs water valve burst, flooding four apartments and common areas on the second floor, and the foyer and Community Room on the first floor. While clean up crews and contractors did a miraculously fast job of getting to the scene and beginning repairs, the busy Community Room had to be shut down until May. Remarkably, only a few groups could not be accommodated during the three month shutdown; most functions were moved to the Tamarisk sunroom, dining room or other common areas and went on without a hitch.

Thankfully, the beautiful Community Room is open again. The word is out that the Tamarisk Community Room, with the availability of its delicious kosher catering, is "the place" to have a meeting or event. The large room is beautifully appointed and can be set up for many types of functions from theater



seating to dining/work table arrangements. Tamarisk's convenient, central location makes it particularly appealing for events attended by people from throughout the state. The room is used regularly by business networking groups; Jewish groups such as the Jewish Federation of RI, Jewish Community Day School, the National Council of Jewish Women and Hadassah; health and social service agencies for staff training; and of course, by Tamarisk for resident activities. Recent programs included, a performance by the Moses Brown School Orchestra, horticultural programs, entertainers, and regular Shabbat services.

Check with Concierge Gina DeTomasio to schedule your group's next meeting at Tamarisk!

TIME FOR A CHANCE *continued from page 1*

change. In addition to the basic level of support every resident receives, Tamarisk offers two advanced care plans for residents who need more assistance with personal care, or to get from place to place within the residence. If even more support is needed, the staff will help the resident find outside resources for an overnight companion, aide, visiting nurse or hospice. If memory loss has put the resident at risk, the on-site Tamarisk Renaissance Memory Support unit offers the services of a full time RN, individualized support and therapeutic activities. Many assisted living residences do not have secure facilities or staffs who are specially trained in dementia care.

"No one can predict the future – life can turn in an instant," notes Sinapi. So when evaluating assisted

living options, she recommends that families look at their loved one's present needs, but also the ability and commitment of the facility to meet the unknown needs of the future. "If the day comes that a resident needs skilled nursing care, we help families every step of the way in finding the best possible placement," said Sinapi.

A final word of advice: Look for an assisted living residence that can provide the environment, lifestyle and personal support that will make the transition from home easiest. Nothing can completely replace one's beloved home, but the staff at Tamarisk is passionate about making residents feel comfortable and part of their new family of caring people.



Day Care Van Running on Borrowed Time

Replacement of the van that transports clients between home and the Comprehensive Adult Day Care (CADC) each day is long overdue. With 140,000 miles on the 1998 vehicle, it has become quite unreliable and is constantly in need of costly repairs. “Our own van – a reliable one – is essential to being able to accommodate people who cannot use public transportation,” says Paul Barrette, JSA Executive Director. “Without a specially trained and caring staff person to transport these clients and assist them in getting in and out of the van, many people would not be able to participate in our program.” CADC transports about a quarter of its participants who have dementia or physical disabilities and need more personal assistance than is available through the state’s Ride senior transportation system. The staff sets the van’s



schedule and route to minimize the time clients have to spend in transit.

According to Jennifer Minuto, CADC Director, clients depend on the program for their socialization, daily security, and even getting a nutritious mid-day meal. When the van breaks down, families have to take time off from work to provide transportation, often with no notice. “Normal routine is disrupted for clients, caregivers and the CADC program. “It is very stressful for everyone,” she explains.

A new 12-passenger, wheelchair

accessible van – the type owned by many local assisted living and nursing facilities – costs approximately \$45,000. The CADC Oversight Committee is investigating private sources of funding for a new van, as there is no money available in the JSA budget for this capital expense. “We’re running on borrowed time,” warns Barrette. “We have submitted grant proposals, and we would love it if nine “angels” came forward with \$5,000 each, or perhaps eighteen at \$2,500, or forty-five at \$1,000 each! We’d have the \$45,000 we need and could cease spending money to keep our old van on the road.”

“The transportation piece of the CADC program can’t be overstated or overvalued,” stresses Minuto. “A new van would be an enormous relief.” If you would like to contribute towards a new van, please call Paul Barrette at 351-4750.

Annual Meeting Reviews the Year



President Richard Licht addressed a packed room on June 14 at Tamarisk for the JSA Annual Meeting. He presented his vision for the JSA which includes partnerships, intergenerational programs, and greater utilization of the talents and experience of seniors. Dr. Elaine Fain was thanked for chairing the annual meeting.



Paul Barrette, Executive Director acknowledged the extraordinary talent and commitment of the JSA staff and

volunteers. “As we go forward, the role of the JSA will only intensify with a surge of baby boomers who will be the recipients of senior services in the years ahead.”



Maureen Maignet, RN, who is Director of Policy for Lt. Governor Charles Fogarty and Executive Director of the

RI Long Term Care Coordinating

Council, spoke on the “Future Face of Long Term Care.” Her predictions: care moving away from nursing homes to homes and community settings; the transformation of nursing homes from places focused on what is best for the home to what is best for the resident, called person-centered care; improvements in access to affordable housing options; and Smart Houses that incorporate technology to help seniors stay at home.



Estelle Klemer received the Maurice Glicksman Award, which was presented by Stanley Aronson

for her “enormous service and leadership to the Jewish community.” Her service includes JSA Executive Committee, Chair of the JERI Program, Past President of the Miriam Hospital Women’s Association and Life Officer of Temple Emanu-El. She has served on the Boards of the Jewish Federation, Women’s Alliance, Hadassah, B’nai Brith and the National Council of Jewish Woman.

2005 STATISTICS AND HIGH POINTS

Tamarisk

100% occupancy achieved throughout most of the year, with waiting lists for both Traditional and Renaissance units.

Adult Day Care

Operated at full capacity, serving sixty clients during the year and an average of 35 people each day.

Shalom and Shalom II

With on-going facility upgrades and exemplary social service, wellness and activities programs, Shalom continues to be one of the choice addresses for independent senior living in Rhode Island, as evidenced by an extensive waiting list.

JERI Outreach Program

1,062 hospital visits

462 InfoQuest calls

In nursing homes and assisted living facilities:

154 resident visits per month

15 spiritual programs and 18 Shabbat services per month

Holiday gifts delivered for Rosh Hashanah, Chanukah, Purim and Shavuot

25 Model Seders

At Tamarisk: Women’s Seder, Rosh Hashanah service and Life Cycle class

Women’s Association

Raised funds for the JSA, purchased and wrapped holiday gifts for delivery to nursing home and assisted living residents four times during the year.

For a complete 2005 Annual Report call the JSA office at 351-4750.

Mission Possible: The “To Life” Campaign



The “To Life” Campaign is quietly and efficiently in the final stages of reaching its goal of raising four million dollars.

The first three million dollars is dedicated to the Support Corporation, whose mission is to assure residents that they will always be welcomed and protected, and that Jewish residents will not be displaced. Within the strict parameters of the By-Laws of the Jewish Seniors Assisted Living Support Corporation, JSA, Tamarisk and the To Life Campaign are com-

mitted to providing a financial “safety net” for Jewish residents whose financial situations change, as well as subsidies for future residents who may need assistance.

The final portion of the To Life Campaign (one million dollars) will be allocated to the JSA endowment to replenish monies used in the planning, design and construction of Tamarisk. It is imperative that JSA’s many important programs continue to grow to meet the needs of an ever-increasing senior population. Ellis Waldman and Jim Galkin are Co-Chairs of the To Life Campaign.

To date: Pledged:
\$2,537,711
Pledges Paid:
\$1,118,873

“Ellis and I are confident that we will meet and/or

exceed our financial objectives, because our goal is solely dedicated to the elderly in our Jewish community,” said Galkin. “As the tamarisk tree is a symbol of hospitality dating back to the Biblical land of Israel, The Phyllis Siperstein Tamarisk Assisted Living Residence is a symbol of welcome and protection for our community.”

In that spirit, we say “L’Chaim!... To Life!”



Choosing a Medicare Part D Plan

It’s never too late to get help

Medicare Part D, the federal prescription drug program, went into effect on January 1, and the first enrollment period ended May 15. Millions of seniors signed up, despite a dizzying array of companies and plans that made choosing the right one a daunting task. Susan Adler, Information Specialist for the JSA’s InfoQuest helpline, was trained by the Department of Elderly Affairs to help local seniors find the plan that best met their needs. Myra Shays, a JSA volunteer, raves about how easy the process became with Adler’s capable assistance.

“Susan helped me before when I needed advice on selecting a Medigap policy,” said Shays. “She knows so much about senior services, and when she doesn’t have the answers she has the resources to get them.” Shays said she probably could have “muddled through” the national Medicare Part D website to choose a plan, but she would have always wondered if she made the right choice. “I gave Susan a list of the drugs I take and she identified the plan I needed at the lowest cost.”

The result: Shays now pays less for her medications than she did before.

Although the first enrollment period is over, Adler can still help seniors who did not sign up. The next enrollment period is November 15 through December 31. She can also help people who wish to select a different plan because they are unhappy with their initial choices or are now taking different drugs.

“Everyone should enroll,” said Adler. “Even if you don’t take any drugs now, sign up during the next enrollment period to minimize the penalties for late enrollment.” (The late enrollment penalty is 1% per month.) Adler can also help low income seniors determine their eligibility for reduced or no premium plans.

Susan Adler takes the stress and confusion out of choosing a plan and her assistance is free. Give her a call at 621-5374 if you need to enroll or make a plan change. “Do it,” recommends Shays. “I don’t know what I would have done without Susan’s expertise and hand-holding!”

Generations



Is a publication of
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