

# The Phyllis Siperstein Tamarisk Assisted Living Residence

## A Conversation With Miriam

**Q-** How long have you lived at Tamarisk?

**A-** October will be three years since I moved in.

**Q-** Why did you move to Tamarisk?

**A-** I wanted to be closer to my daughter and live in a place that makes me comfortable.

**Q-** Tell me about your interaction with the staff.

**A-** I find the staff from the nurses, CNA's and wait staff to be very helpful. They are always there for me whenever I need them and are so pleasant and helpful.

**Q-** I see you have made wonderful friends here at Tamarisk.

**A-** I have been very lucky to meet so many friends. My tablemate Marion and I are very close. Our daughters are actually friends too which makes it nice.

**Q-** What is your favorite activity at Tamarisk?

**A-** My favorite activity is word play. I find the activity to be very stimulating. Bob Gold, who leads the group, makes it fun and interesting. I appreciate all of his time and efforts.

**Q-** What would you like to say to your daughter Judy?

**A-** I want her to know how much I appreciate her. I could not live without her help and guidance. I have been blessed by my wonderful family near and far.

For further information about Tamarisk, Director of Marketing and Outreach Susan Adler can be reached at (401) 732-0037 or [susana@tamariskri.org](mailto:susana@tamariskri.org).



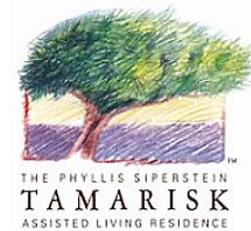
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# Message From Our Executive Director



## *Gifts From The Greatest Generation*



Every year when Older Americans month is before us, it makes me think of the group of seniors so commonly referred to these days as the Greatest Generation. The individuals that gave new meaning to the words courage, sacrifice and honor.

“They married in record numbers and gave birth to another distinctive generation referred to as the Baby Boomers. They stayed true to their values of personal responsibility, duty, honor, and faith,” wrote Tom Brokaw in his book about these strong, independent and hardworking individuals. “When the war ended they finished their education, or started college for the first time, opened small businesses and became school teachers, cops and firemen.”

They raised us on principles like respect for parents, elders and each other, family meals, chores, hard work and church on Sunday. It was the days of party lines, S&H Green Stamps and playing outside until the street lights came on. No cell phones, TV in every room and pick-up foods on the go.

I recall thinking as a young girl how admirable my dad was. How he kept his promises, his handshake meant something and he treated everyone with the same kindness and dignity he expected from them.

These seniors and the ones before them from my grandparent’s generation influenced me so greatly, that I chose a career working with and for them. I have learned so much by listening to their stories and wisdom and glimpsing the world through their lens. A world that is proud of American values; freedom, love of God and country. I feel blessed to have been raised by them, to work with and for them and to spend hours talking to them.

So, this month I will lovingly take a few moments every day to remember all of those of the Greatest Generation who have passed through and touched my life. I hope you will too. And to my Mom and my precious residents at Tamarisk, I say, “Age is just a number and let’s enjoy this beautiful spring weather together!”

L’Chaim!

**Roberta Ragge, MS ALA**  
**Executive Director**

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# Spotlight On Staff

## *Pastry Chef*

### Valerie Philmus



How lucky are we that for five years the residents have been spoiled in such a sweet way by our pastry chef Valerie Philmus.

Valerie has such an interesting background made up many different components. After tasting some of her most delicious desserts, one would think that Valerie got her start at the Culinary Institute of America! Her culinary inspirations actually came from her mother and grandmother, as she began by baking mandel bread with her grandmother.

Valerie is the beloved wife of Rabbi Aaron Philmus of Temple Torat Yisrael. The temple's congregants have also benefited from the many culinary talents that Valerie has to offer.

"Valerie's creativity is boundless when it comes to her baking. She makes mouthwatering desserts that are appreciated by all of our residents. I appreciate all that she does for the culinary team," said Executive Chef Deb Blazer.

The residents and staff all get excited wondering what the special dessert of the day is. Valerie is well-known around the building for her donuts, individual pies, cookies, cinnamon buns and much more. She always makes sure that we have diabetic options for the residents as well. Delicious, tasty, delightful and scrumptious are some of the adjectives used to describe the cakes Valerie makes for the resident monthly birthday party. Irma B, who recently celebrated her birthday, raves about Valerie's cakes. "That first bite of the birthday cake never disappoints," she remarked.

Valerie's favorite creations are her three children. Just like the tradition of baking with family, her children are following suit. Valerie and her oldest daughter thoroughly enjoy baking different kinds of cakes together!

When asked which famous person Valerie would love to bake for, she picked kosher cookbook author Joan Nathan. Her pastry of choice to make would be buttermilk chocolate cake. Everyone here at Tamarisk knows how much Joan would love that cake!

When asked what her pastry of choice is, Valerie immediately replied, "chocolate chip cookies." "When made right, they are delicious and perfect," she said.

Valerie, we thank you for bringing so much sweetness to our resident's lives. Through your creations, they comfort people during hardships and celebrate everyday happy occasions. Thank you for being a part of the Tamarisk family!

# *What Are The Benefits Of Assisted Living?*

- Assisted living provides a safe, secure home-like environment and relieves individuals of the many responsibilities home ownership and living alone entails.
- Families receive the peace of mind knowing that their loved ones are in a safe environment where professionals monitor their medications, diet and general health & well-being.
- Residents, freed of their many worries, are able to enjoy a better quality of life while remaining independent.
- With better health and dietary oversight, along with opportunities for socialization and recreation, residents often become more active, happier and more socially connected than they've been in years.

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