

The Phyllis Siperstein Tamarisk Assisted Living Residence

Our Featured Article In *The Senior Digest*

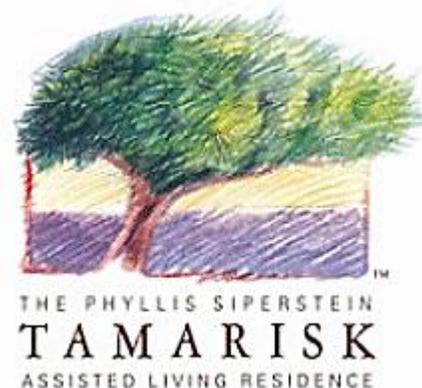
“Where Life Is Celebrated”

By Susan Adler

At the Phyllis Siperstein Tamarisk Assisted Living Residence, our tag line is, “Where Life Is Celebrated.” This has never been more evident since March of 2020. Some might say don’t look back and just focus on the future, but our residents teach us every day that honoring our past is what makes us stronger.

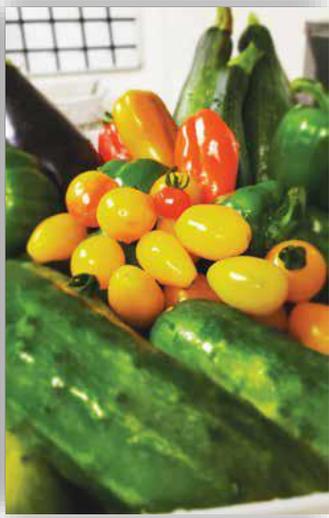
This past year and a half showed us the incredible resiliency our residents have. They proved that at any age, adapting to change is plenty doable. Our residents taught us so much about the word perseverance. They never asked why, but instead said, “thank you for keeping us safe.” Our residents all feel encouraged that they, along with the staff, have been inoculated against the COVID-19 virus. A new zest of life is felt all around the building.

Call us for a tour! (401) 732-0037



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One of the most exciting ways that we celebrate life is through our *Farm to Table* program, one that is in its third year. The lush green garden is overseen by our Executive Chef Deb Blazer. With her capable harvesting skills, Deb leads a team of volunteers each year. The garden has both vegetables and herbs in it the likes of chives, parsley, basil, scallions, thyme, rosemary, tomatoes, celery, pumpkin, squash, cucumbers, kale, lettuce, eggplant, carrots, peppers, strings beans and more.

*Vegetables grown from
Tamarisk's Farm to Table garden*

The residents enjoy watching the garden grow and anticipate the creative recipes from Chef Deb. Taking care of one's health is always on the mind of Team Tamarisk and healthy nutrition is a gateway to this goal. From simmering healthy vegetable soups, stuffed peppers, bountiful salads, eggplant and pumpkin side dishes, the resident's palates are always enticed!

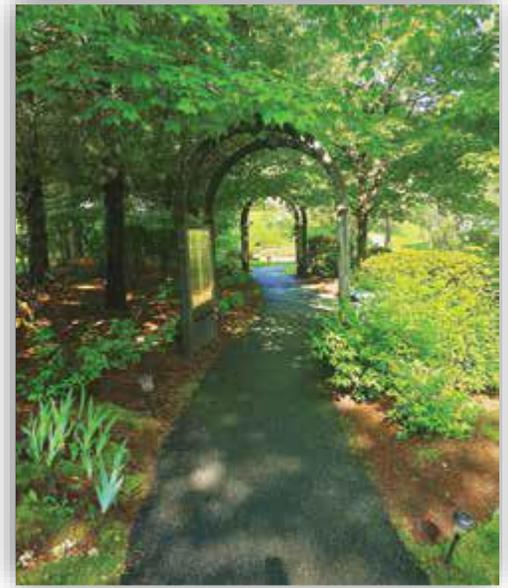


*Beautiful geraniums hanging in
Tamarisk's courtyard gardens*

Tamarisk is nestled on beautiful grounds in Warwick, Rhode Island. Our grounds are lush with gorgeous trees, flowers, bird feeders, bird baths and natural arbors. With plenty of outdoor seating available, residents enjoy relaxing outside watching the birds and observing the flowers flourish. Residents staying fit and healthy is yet another way for them to be able to celebrate life. The walking paths around the Tamarisk building are like a guided tour of a botanical garden. When the weather does not lend itself for walking outside, our dedicated residents stay healthy and fit inside. They continue to celebrate life by doing laps in the hallway, exercise class that is offered three times a week or by visiting the gym.

Celebrating life is achieved by the friendships that are formed by our residents. These friendships are the touchstone to the foundation that symbolizes life. What sets Tamarisk apart from other assisted living residences is that it is a stand-alone non-profit community exuding a warm, family atmosphere. When you walk through the door or down the hallways, everyone truly will know your name. It is that level of personalization that has allowed friendships to emerge amongst staff and residents. It is a privilege to bear witness to some of these meaningful moments.

When a resident finishes a painting during a class, you can see the excitement on their face, but what is even more exciting is when they share that accomplishment with another friend. When a grand or great grand child is born, the delight over another life being celebrated is on proud display. When a resident is just happy to sit together during meal time and chat away, you can see their enthusiasm. In addition, when a fellow resident returns after a stint in rehab you genuinely see how life is meant to be celebrated.



One of Tamarisk's scenic walking paths

The residents greet their friends with open arms and with an appreciation of what life truly means. Chef Deb is always on hand to make a returning resident their favorite dish. Susette R., one of our residents says it best. "I am enjoying life here at Tamarisk. I enjoy the new friends I have made and renewing those friendships from years ago. I could not imagine a better place to celebrate life." For further information about our assisted living residence, please reach out to Director of Marketing and Outreach Susan Adler at (401) 732-0037 or susana@tamariskri.org, as she would love the opportunity to show you what makes Tamarisk so special. Visit our website at www.tamariskri.org as well.

Why Should YOU Consider Assisted Living?

- Assisted living is considered the solution when independent living is no longer an option and a safe, secure, supportive environment is required.
- It is something to consider if you are a senior who wishes to maintain a high degree of independence, but need help with day to day tasks such as bathing, dressing, medication management and transportation.
- When your social life becomes limited, assisted living makes it easy to meet new people and participate in a wide variety of activities.
- If you or someone you know is experiencing a memory disorder, many assisted living residences even offer separate, secured areas with specialized programs!