I sit here at my desk with a big smile on my face because of the excitement in the air at The Phyllis Siperstein Tamarisk Assisted Living Residence. The reason for this excitement is related to the “hustle and bustle” of everyday life that has returned to Tamarisk as we are now in the year 2022. The residents are very thankful for this renewed spirit. With that sense of gratitude, a “thankfulness tree” was created for both residents and staff. We have come a long way since March of 2020 and our residents and staff are quite thankful for that. The tree has afforded everyone the opportunity to express how they are feeling and what they are grateful for. The thankful tree is up all year long, as gratitude is not just a seasonal feeling!

One of our most emotional and inspirational programs that we host every year is our Veteran’s Day celebration. The celebration and remembrance was extra special because of not being able to recognize our veterans in 2020 due to the pandemic. You could feel the anticipation and excitement from our residents who are veterans. For this event, Tamarisk was proudly decorated with
flags flying in support of our veterans, past and present. Our veterans wore their red, white and blue boutonnieres as they stood for the calling of the color guard, national anthem and pledge of allegiance. Certificates of appreciation for their service were given after the roll call for past and present Tamarisk veteran residents was completed.

With the winter weather here, our enthusiastic and health conscious residents who like to walk the grounds have a multitude of exercise opportunities inside of Tamarisk. With recumbent bikes, treadmills and weights, the Tamarisk gym is the place to be. We also offer seated exercise three days a week, yoga class and “tappercise” as well. All of our exercise opportunities, both scheduled and impromptu, have tremendous benefits for residents’ physical and emotional health, even increasing opportunities for socialization as well.

One of our primary objectives for our residents is to keep their minds stimulated. If you visit our website www.tamariskri.org, you can view our activity calendars for both our traditional assisted living and our Renaissance Memory Support Program, both showing an assortment of activities that support and challenge our residents in multiple ways.

Our Renaissance Memory Support Program is geared towards residents with cognitive issues. What makes Renaissance work for these residents is that we understand everyone has different losses and abilities, and as a result, we are able to identify and cater to those needs. Our dedicated staff has been trained in the field of dementia care and best practices, and the love and attention each resident receives is evident from the minute you walk into Renaissance. A loved one managing dementia can be emotionally taxing. Our staff’s attention to their needs is part of each resident’s plan of care as well. Prior to move-in, our staff meets with resident
family members to listen to their concerns as we help to navigate the transition of moving in to an assisted living residence. This support system is in place from the moment a resident moves into Tamarisk.

Recently we had the honor of celebrating the life and birthday of one of our residents who turned 105 years young. Irving and his family have set a wonderful example of family and love for all of us. Tamarisk’s Director of Resident Programming, Jo-Ann Marzilli planned the event with the permission of Irving’s family, and they were so appreciative of the celebration, “fit for a king!” We all continue to learn many life lessons from Irving himself!

The smile on my face is always growing because I know that at Tamarisk, we continue to find new ways to celebrate life. As winter brings on darker skies, the sun remains shining here at Tamarisk. The atmosphere has been electric as everyone prepares to continue celebrating everyday life together. It truly is a wonderful gift for our staff to support, love and take care of each and every resident. Tamarisk’s doors are open for visits and inquiries. I can be reached at (401) 732-0037 or susana@tamariskri.org.

-Susan Adler: Director of Marketing & Outreach
New Year, New You, New Apartment!

Make your New Year's resolution about **YOU**!

*Put Tamarisk Assisted Living Residence at the **top** of your list as a place to tour and move into in 2022!*