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## The Heart of Home Care: A Bond *Beyond* Caregiving


To an outsider, it might seem as though Anne and her CNA, Cathy have known each other for a very long time. The ease with which they communicate, their laughter, and their shared understanding could easily be mistaken for that of close relatives or lifelong friends. Yet their paths first crossed through Saint Elizabeth Home Care's Private Duty Care Services only two years ago.

Their relationship—rooted in companionship, mutual respect, and kindness—has grown naturally through daily interactions. For Anne, Cathy is more than just a caregiver; she is a trusted companion and guide.



Cathy and Anne cut stalks of rhubarb for their tart recipe.

# Rhubarb Tart



**Crust:**  
Combine in food processor until powdery:  
5 Tbsp confectioner's sugar  
1 cup flour  
1 stick butter  
Press lightly into a 9 x 13" pan.  
Bake 10-15 minutes at 350°F until light brown.

**Filling:**  
Beat together:  
2 eggs  
1.5 cup sugar  
1/4 cup flour  
3/4 tsp baking powder  
3/4 tsp salt  
Add 2.5 - 3 cups finely cut rhubarb (use lesser amount if the rhubarb is juicy).

**Pour over the crust and bake for 35 minutes at 350°F until the top is crunchy and light brown.**

Cathy's role in Anne's life extends far beyond basic care. As part of a tailored plan, Cathy assists with essential tasks such as meal preparation and medication reminders. Together, they've set up helpful tools, like cell phone alerts for medication times or reminders for Anne's physical therapy appointments. In the cozy living room, a medical-grade exercise bench stands ready for physical therapy sessions, complete with dumbbells, stretch bands, and a balance barre, helping Anne maintain her strength and mobility.

However, what truly enriches Anne's life is more than the physical care—it's the joy she and Cathy experience in their everyday moments. Their love for the outdoors and gardening brings a sense of renewal and excitement to their days.

On sunny afternoons in North Kingstown, the two women find joy in Anne's lush backyard garden where they tend to the vegetables, including a hearty rhubarb plant. For Anne, this moment brought back fond memories of her mother, Maggie, who passed down the treasured family recipe for rhubarb tarts. Baking together, Cathy and Anne celebrate the fruits of their labor while strengthening their bond.

Through Saint Elizabeth Home Care and the loving connection they've cultivated, Anne continues to live a rich, meaningful life. Their relationship reminds us that caregiving is not just about tasks and routines—it's about building thriving relationships.



# Community News

## Governor's Workforce Board Visits Training Center

A team from the Governor's Workforce Board recently toured Saint Elizabeth Community's Workforce Development Center, home to our CNA Training Program. The group met clinical instructor Amy Nield, our current batch of students and our very lifelike "patient" - a manikin that uses the latest technology to replicate common conditions experienced by the elders in our care. This new learning tool was funded through support from the Governor's Workforce Board.



## Saint Elizabeth Community Receives Workplace Health Award

Blue Cross & Blue Shield of Rhode Island and the Greater Providence Chamber of Commerce recently presented Saint Elizabeth Community with a Worksite Health Award. This honor is given to organizations that deliver effective programs that encourage employee health and well-being in a meaningful way. Shown here with the award is Suzanne Neal-Steinhilber, Human Resources Generalist at Saint Elizabeth Home in East Greenwich who has led a number of our wellness initiatives. We're committed to the health and wellness of our most valuable asset, our staff.







Welcome to our latest newsletter. We're happy to share stories about our work delivering compassionate care to the families that entrust us with their loved ones.

As you may have heard, we recently announced the exciting news that we are working toward The Seasons Assisted Living joining Saint Elizabeth Community. The Seasons is located on the same campus as Saint Elizabeth Home and the GREEN HOUSE® Homes in East Greenwich.

We already have a strong relationship and will build on it to ensure the well-being of their residents while welcoming their staff to our family. We expect this process to be complete by the end of the year.

In our cover story, you'll see a great example of what makes Saint Elizabeth Community so special. In a word, it's our caring staff. The relationships they build with the elders in our care, in this case through Home Care, are priceless. We're also pleased to share the results of our annual Rose Bids Auction and Gala which this year raised \$104,000 to help us provide quality programs and services throughout our community. Check inside for photos and details about the event.

Despite the good news, these are still challenging times for the eldercare industry. Although we will see increases in Medicaid reimbursement rates this year, they are nowhere near what it costs to provide the level of care that is the mark of Saint Elizabeth Community.

Yet, we know we have your support and that is truly what makes us a community. Thank you for all that you do to ensure that we are able to continue and expand our mission to embrace the needs of the elders in our care.

Thank you,

Matthew R. Trimble, NHA  
President & CEO

P.S. We hope you'll stay in touch. Please be sure to follow us on social media: Facebook, Instagram, LinkedIn and YouTube or subscribe to our E-News on our homepage: [stelizabethcommunity.org](http://stelizabethcommunity.org).

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## LOCATIONS

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[Apponaug](#), [Bristol](#), [South Kingstown](#),  
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and Mobility-Impaired  
[Providence](#)

Saint Elizabeth Apartments for Seniors  
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On Thursday, September 5th, Saint Elizabeth Community held its annual Rose Bids Auction and Gala, marking the perfect Summer Send-Off on the Boardwalk. Nearly 300 guests gathered in Seaside Sophisticated attire for a vibrant cocktail reception, raising over \$104,000 to support essential programs and services for elders.

Matt Trimble, President and CEO, reflected on the event, saying, "What a great vibe and a fun atmosphere. It was so nice to see everyone enjoying themselves." He praised the fresh format and feel of the event, encouraging attendees to "leave as an ambassador of our mission and share it with friends, family, and colleagues." Matt also extended his gratitude to sponsors, donors, friends, and the planning committee for "bringing the spirit of the boardwalk to us tonight in such a meaningful and fun way."

The evening was a resounding success, underscoring Saint Elizabeth Community's dedication to its mission to serve the elders in our care with compassion and treat them like family.



## *Saint E's Welcomes New Philanthropy Officer*

Saint Elizabeth Community is pleased to welcome Sharyn Turner as our new Philanthropy Officer. Sharyn brings with her a wealth of expertise in fundraising and event planning as she's already demonstrated with this year's successful Rose Bids Auction and Gala. She joins Philanthropy team members Yvette Loiselle, Erica Bryson and Deb Konicki.



## Join Us for Giving Tuesday

On Tuesday, December 3<sup>rd</sup>, Saint Elizabeth Community will take part in Giving Tuesday, an annual day of giving for the nation's nonprofit organizations. We'll be asking donors to help raise money for physical fitness programs for our elders. We know that exercise holds great benefits for older adults physically, emotionally, mentally and socially. We hope you'll join us by supporting this campaign.

# GIVING TUESDAY



## Supporting Saint Elizabeth Community through IRA Donations: A Simple, Tax-Smart Approach

*"I've had the privilege of being involved with Saint Elizabeth Community for many years, serving on several committees and joining the Board of Trustees," begins Fred Harrison. "A simple reason drives my support: I deeply believe in the mission to provide exceptional, compassionate care."*

*"As part of our support, we donate directly from our IRAs. This option allows people of our age and older to meet their Required Minimum Distribution (RMD) while giving to charities. Our IRA Administrator took care of everything, sending our donation straight to Saint Elizabeth Community. It was that simple!"*



Long-time Friends & Supporters  
Fred Harrison & Susan Truesdell

### Your Gift Makes a Meaningful Difference in the Lives of Seniors

At age 70 ½ and older, you can make a gift directly to Saint Elizabeth Community through your IRA. If you are currently withdrawing your required minimum distribution (RMD), or if you're turning 73 this year, your gift can help you meet all or part of that requirement. As a gift to Saint Elizabeth Community, it is a charitable distribution that incurs no income tax, up to \$105,000 per year.

### DONATE TODAY



1. Contact your IRA administrator to make an IRA charitable rollover payable to Saint Elizabeth Community. They mail the payment directly to Saint Elizabeth Community, 2364 Post Rd, Suite 100, Warwick, RI 02886. *Please note: the check must be received by December 31.*
2. Contact Erica Bryson at [ebryson@stelizabethcommunity.org](mailto:ebryson@stelizabethcommunity.org) or (401) 773-7319 so we can ensure your gift is allocated according to your wishes or to answer any questions.