

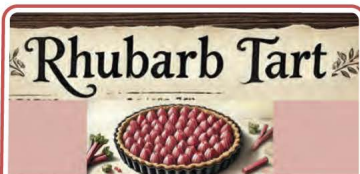
The Heart of Home Care: A Bond *Beyond* Caregiving

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.



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

1½ 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.