

Food, Glorious Food

“I enjoy the comfort foods like mac and cheese, but it’s also nice to have healthier options like fresh salads and vegetables. When there isn’t anything I want on the menu, I can order a fresh salad. I like that there are always options.”

That’s the positive feedback shared by Janice, a resident at Saint Elizabeth Home in East Greenwich.

With 150 residents between the Home, including short-term rehabilitation, and the GREENHOUSE® Homes, the culinary team is preparing 450 meals every day. It’s critical that each dish is delicious and nutritious to ensure the well-being of every older adult in our care.

“We’ve been very successful making sure that the culinary department is working closely with the nursing department to meet the needs of each resident,” explained Zac Paradis, Director of Dining Services.

At Saint Elizabeth Assisted Living in Providence, the staff prepare 210 meals each day, served with grace and style in the formal dining room.

“Our residents deserve a special experience every time they sit down to have a meal,” said Maggie Connelly, Assisted Living Administrator. “We provide a healthy meal that tastes great, served by our talented staff in a welcoming setting.”



Residents at our Assisted Living enjoy a delicious meal in a warm, friendly environment.

Peanut Butter Blossom Cookies

- 2 Cups of Butter, Unsalted Room Temp
- 2 Cups of Smooth Peanut Butter
- 2 Cups of Granulated Sugar
- 2 Cups of Brown Sugar
- 4 Large Eggs
- 1 1/4 qt All Purpose Flour
- 2 tsp Baking Powder
- 1 Tbsp Baking Soda
- 1 tsp Salt

Preheat oven to 350°F.

In a mixer with paddle attachment, cream butter, peanut butter, and sugars until fluffy. Scrape bowl, then beat in eggs.

In another bowl, sift flour, baking powder, baking soda, and salt. Mix into wet ingredients until combined. Chill dough 1 hour.

Roll into 1-inch balls, place on parchment-lined sheet, and flatten with a fork in a criss-cross pattern.

Bake 7–10 minutes, until lightly browned.

Chocolate Sauce to top off the Peanut Blossom Cookies

- 1 1/2 Cup Semi-Sweet Chocolate Baking Chips
- 1 1/2 Cup Heavy Whipping Cream

Directions

Heat cream on stove top. Monitor to not boil over. Add chocolate chips and stir with a whisk. Serve when all chocolate is melted.

Dining services at both residences as well as The Seasons in East Greenwich are provided in collaboration with Unidine, a hospitality company committed to enriching the lives of older adults.

“Our population wants soft, but fresh awakening flavors, more of that vinegar, more of the lemon, the flavors they remember,” said Paradis of the Home residents. “Those notes hit your tongue a little differently and feel familiar and comforting.”

Norma, another resident at the Home, said, “The meals are always tasty, and I like that there’s a variety—there’s something different to look forward to each day.”

She added, “Dining here feels special. The food is good, but it’s also the chance to sit together and enjoy it with friends that makes it wonderful.”



Norma enjoys the variety of meals offered at the Home.

A Message from Our President & CEO



Dear Friends,

Fall is here and as we head toward the holidays, spending more time together with our loved ones, we often notice signs of aging in the elder members of our family.

With careful consideration, it may be time to seek assistance and Saint Elizabeth Community is there with a wide range of options including Home Care, Adult Day programs, Assisted Living and Skilled Nursing.

As the elder population in Rhode Island grows, we will continue to develop and offer innovative services to meet the needs of your loved ones. With the demand for services increasing, your continued support ensures that we can provide quality, compassionate care.

In this newsletter, you'll learn more about our commitment to serving our residents meals that are delicious and nourishing. We want their experience dining with us to improve their health and lift their spirits. A good, hearty meal shared with friends is medicine for the body and the soul.

Our Philanthropy Team has been busy as usual and you'll find a wrap up of this year's Rose Bids Auction & Gala as well as a report on the Move Steady Barre program funded by the money raised at last year's event. Plus, you can read about donor and Board member Judy Vigar's personal commitment to giving back to Saint E's.

And mark your calendars to give online during this year's #GivingTuesday on December 2.

Please take a moment to recognize our recently appointed slate of Board officers, including our new Chair, Claire Flaherty. You can also read about some of the awards and recognition we've received.

We are truly grateful for your generosity and commitment to the elders in our care. That's what sets Saint E's apart from other organizations and makes us a community.

Thank you,

Matthew R. Trimble, NHA
President & CEO

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LOCATIONS

Saint Elizabeth Adult Day Centers
[Apponaug](#), [Bristol](#), [South Kingstown](#),
[Warwick Neck](#)

Saint Elizabeth Apartments for Seniors
and Mobility-Impaired
[Providence](#)

Saint Elizabeth Apartments for Seniors
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Saint Elizabeth Assisted Living
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Participants Are Moving Steady Thanks to You

As we age, mobility issues develop that can make daily activities more challenging. The **Move Steady Barre System** helps older adults improve their agility and increase their strength.

Thanks to the generous support received during our 2024 Rose Bids Fund a Need and #GivingTuesday, the participants of the Saint Elizabeth Adult Day Center in Apponaug are enjoying movement and music with the Move Steady Barre System.

“The program is awesome! Our participants love it,” explained Bailey Kowal, Recreational Therapy Supervisor. “The 45-minute exercise session encourages those who have limited mobility to stand up and improve their strength. It really makes an impact!”

This evidence-based, state-of-the-art exercise system was designed by an occupational therapist to help older adults engage in dynamic activities with greater stability and confidence.

The program centers on an integrated support barre, structured class routine, preset music playlist and instructional videos for staff. The program is run in small groups, providing a social focus that allows for relationship building and fun.

Participants are evaluated at the beginning of the program and receive comparative assessments at six-month intervals.

The goal of the system is to reduce the risk of falls while enhancing a participant's quality of life by allowing them to remain independent.



A Night in Vegas

Rose Bids 2025

On Thursday, September 4, Saint Elizabeth Community hosted its annual Rose Bids Auction & Gala, transforming the Crowne Plaza into a dazzling Vegas-inspired evening. Nearly 300 guests joined us in their best “Viva Las Vegas” style for an unforgettable night of excitement, thrills, and philanthropy. Together, we raised over \$113,000 in support of programs and services that enrich the lives of elders across our community.

Guests enjoyed a vibrant cocktail reception with live gaming tables, the popular Human Slot Machine, and an electric atmosphere that kept spirits high all night long. “What great energy,” shared Matt Trimble, President & CEO. “It was so nice to see everyone enjoying themselves. With your support, our commitment to older adults and their families remains steadfast. Together, we are making a difference.”

Matt also expressed gratitude to our sponsors, donors, committee members, and volunteers who helped bring the Las Vegas vibe to life. He extended special thanks to presenting sponsor Unidine, Claire Flaherty, Chair of both Rose Bids and the Saint E’s Board of Trustees, as well as the entire planning committee and the philanthropy team for their dedication in making the evening possible.

As the night came to a close, the room was filled with the same excitement that fuels our mission each day: compassion, community, and care. In the end, while the event belonged to the thrill of the game, it was truly Saint Elizabeth Community that won—thanks to the generosity of all who attended.



Mark Your Calendar #GivingTuesday



Tuesday, December 2, 2025

Enriched by Music, Inspired by Community

Join us this #GivingTuesday, a global, online 24-hour day of giving, as we come together to support Music Therapy and Live Entertainment for the seniors who thrive at Saint Elizabeth Community.

Music is more than a pastime—it is a powerful form of therapy. For elders, a familiar melody can awaken treasured memories, ease anxiety, and brighten the spirit.

GIVINGTUESDAY

From sing-alongs and drumming circles to live performances and instrumental activity, music brings joy and connection to seniors at Saint Elizabeth Community.

Mark your calendar for #GivingTuesday and plan to get online and make a difference!

A Legacy of Giving: One Family's Deep Connection to Saint Elizabeth Community

For Judy Vigar, Board of Trustees Vice Chair and Philanthropy Team Chair, supporting Saint Elizabeth Community isn't just a philanthropic decision — it's a deeply personal one, rooted in generations of family involvement and a profound appreciation for the organization's mission.

Her connection began with her mother, Dottie Wells. "My mom was the capital campaign chair in 2000, and both my parents were donors. I always knew Saint E's was a special place — I didn't fully understand just how special until my father needed care."

"Being on the other side of the mission, seeing the compassion and expertise firsthand, made it real for me," she reflects.

"It opened my eyes to how important Saint Elizabeth Community is for the families, too — not just the elders."

As a volunteer, Judy leads with heart and purpose. As a donor, she sets an example of thoughtful, impactful giving — one that highlights the many ways individuals can support the mission.

Over the years, she has honored her parents' legacy by giving to a fund established in their memory and has maximized her impact through her employer's matching gift program, effectively doubling each contribution. Most recently, she began exploring an estate gift, ensuring that her legacy, like her parents', will continue to support Saint Elizabeth Community for generations to come.

"There are so many ways to give," she says. "I've heard stories about my father, Gene, walking into Saint Elizabeth Home with unexpected gifts of appreciated stock — actual paper certificates tucked under his arm!"

Her story is a powerful reminder: philanthropy isn't one-size-fits-all. Whether through volunteer leadership, financial gifts, legacy planning, or simply sharing your story, there are countless ways to support Saint Elizabeth Community.

And when giving comes from a place of personal meaning — as it does for Judy — its impact is even greater.



Judy with her Dad, Gene, at our
Celebration of Philanthropy



Help Further our Mission with an IRA Rollover Gift

Did you know that donors aged 70 1/2 and older can make a charitable gift directly from their IRA account without paying income tax on the withdrawal?

For more information, contact Erica Bryson, CFRE,
Chief Philanthropy Officer, at 401-773-7419.

Community News

Saint Elizabeth Community Receives 2 Awards

At this year's *Providence Journal* Community's Choice Awards, Saint Elizabeth Community won again - TWICE! We received recognition as **Best Assisted Living** and **Best Nursing Home**. Thank you to everyone who voted for your confidence in Saint E's and congratulations to the staff at both locations for their dedication and commitment to providing compassionate care to the elders and families who put their trust in us.



Channel 12 Brings the Bingo

Our friends from WPRI 12 and *The Rhode Show* volunteered at Saint Elizabeth Assisted Living in Providence as part of their Nexstar Founders Day celebration. Residents had a blast playing bingo with real pros including Ashley Erling, Brendan Kirby, Will Gilbert and Audrey McClelland. Everyone will remember this fun event for a long time to come.





Saint Elizabeth Community Receives Worksite Wellness Award

Saint Elizabeth Community was proud to be recognized at this year's Blue Cross & Blue Shield of Rhode Island Worksite Wellness Awards in partnership with the Greater Providence Chamber of Commerce! It was an honor to be recognized among the organizations committed to supporting employee wellness in its many forms as we all appreciate that taking care of others starts with taking care of ourselves.



Meet Our New Board Chair, Claire Flaherty

At this year's annual meeting, the Board of Trustees elected its slate of officers, including a new Chair, Claire Flaherty.

Claire joined the Board as Treasurer in 2016 and recently served as Vice Chair. She previously served on the Board of our Adult Day Centers, formerly known as Cornerstone. Claire steps into her new role as Steve Tilley has completed his three-year term.

The newly elected officers of the Board's Executive Committee include Judith Vigar as Vice Chair, Tim Murray as Treasurer and Kristen DiSanto as Secretary.

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