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Aging Well: The Big Move

When is the right time to consider transitioning to a senior living facility? We spoke with two industry experts.

By Kaitlyn Murray





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159 Division St., East Greenwich
(401) 262-4373, atriaseniorliving.com

Atria Aquidneck Place

125 Quaker Hill Lane, Portsmouth
(401) 682-7736, atriaseniorliving.com

Atria Lincoln Place

612 George Washington Hwy., Lincoln
(401) 404-4560, atriaseniorliving.com

Autumn Villa Assisted Living

3579 Diamond Hill Rd., Cumberland
(401) 333-5050, autumnvillaassistedliving.com

Briarcliffe Gardens

53 Old Pocasset Rd., Johnston
(401) 944-2450, briarcliffegardens.com

Brightview Commons

57 GrandeVille Ct., Wakefield
(401) 622-0074, brightviewseniorliving.com

Brookdale Sakonnet Bay

1215 Main Rd., Tiverton
(401) 624-1880, brookdale.com

Charlesgate Senior Living Center

100 Randall St., Providence
(401) 453-9317, charlesgate.net

Elms Retirement Residence

22 Elm St., Westerly
(401) 596-4630, elmsassistedliving.com

Franklin Court Assisted Living

180 Franklin St., Bristol
(401) 253-3679

Highlands on The East Side

101 Highland Ave., Providence
(401) 654-5259, highlandsri.com

The Phyllis Siperstein Tamarisk

RI Assisted Living Residence

3 Shalom Dr., Warwick
(401) 732-0037, tamariskri.org

Saint Elizabeth Court

109 Melrose St., Providence
(401) 490-4646, stelizabethcommunity.org

Scandinavian Assisted Living

50 Warwick Ave., Cranston
(401) 461-1444, scandinaviancommunities.org



The Seasons East Greenwich

5 Saint Elizabeth Way, East Greenwich
(401) 884-9099, theseasons.org

Spring Villa Memory Care

59 Pleasant St, West Warwick
(401) 615-2888, springvilladementiacare.com

Wingate Residences on the East Side

1 Butler Ave., Providence
(401) 275-0682, wingatehealthcare.com

Winslow Gardens

40 Irving Ave., East Providence
(401) 438-4456, umeldercareri.org

The Villa at Saint Antoine

400 Mendon Rd., North Smithfield
(401) 767-2574, stantoine.net

Continued on page 104





TOP SENIOR LIVING COMMUNITIES



DataJoe were the architects and implementors of a research campaign to find the top assisted living facilities and nursing homes in Rhode Island. We consulted various public sources, including state and federal government sources, to collect our information. First, we eliminated facilities that had been in operation for fewer than two years, because of insufficient data for evaluation. Then we eliminated facilities that did not meet our minimum capacity threshold (40 bed minimum) to increase the likelihood that the winners list would have openings for readers interested in contacting these facilities (reader relevance). We then factored in federal government ratings (where applicable) and frequency of negative reports to the state regulatory agency (complaints, disciplinary actions, enforcement actions, as available to the public) to isolate the top candidates for our list. For nursing facilities, we only included facilities that had not received a below average "overall medicare rating" in the last nine months ending 10/2019. We also conducted Internet research to check various local media outlets to confirm a positive community perception, as well as factoring in online ratings. We were looking for facilities meeting our minimum thresholds with the highest ratings and smallest proportion of negative reports/press.

We recognize that many facilities may not be shown in this representative list. This is a sampling of the huge array of nursing homes and assisted living facilities within the region. Inclusion in the list is based on information that we were able to gather in our independent research. We take time and energy to ensure a fair, multifaceted research process. We certainly do not discount the fact that many, many good and effective facilities may not appear on the list.

DataJoe uses best practices and exercises great care in assembling content for this list. DataJoe does not warrant that the data contained within the list are complete or accurate. DataJoe does not assume, and hereby disclaims, any liability to any person for any loss or damage caused by errors or omissions herein whether such errors or omissions result from negligence, accident, or any other cause. All rights reserved. No commercial use of the information in this list may be made without written permission from DataJoe.

For research/methodology questions, contact our research team at surveys@datajoe.com.



10 GREAT FOODIE NEIGHBORHOODS



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By **JAMIE COELHO, KAREN DEUTSCH,
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♥ Rhode Island

10 Great Foodie Neighborhoods

II CONTINUED

DOWNTOWN WESTERLY

POPULATION: 17,936 (WESTERLY)

FOOD AND DRINK ESTABLISHMENTS: 19

Downtown Westerly has been booming for more than a decade with some local mainstays and new businesses popping up every year. Some of our favorites include **Bridge Restaurant**, with a locally minded menu that appeals to meat-eaters and vegans alike, as well as the lively atmosphere at **Perks and Corks**, known for its bar food, open mics, live music and great cocktails. **The Malted Barley** is the place to go for casual craft beer and housemade pretzels. Across the street, you can try handcrafted apple-based wine at the **Tapped Apple Winery** or go gelato tasting just like in Italy at **Pompelmo Gelateria**, (reopening in March), Fancy Mexican? Head to **Amigos Taqueria y Tequila**. Irish pub food can be had with bangers and mash at the **Brazen Hen**. Want to play pinball while chowing a burger and sipping a beer? Hit up **Flip Side**. Make a day out of an outing to Westerly by browsing covers at the **Savoy Bookshop and Cafe**, listen to live music at the **Knickerbocker** or see a show at one of the numerous theaters. You can also swing by beautiful Watch Hill and reserve a spot at the majestic **Ocean House** Sunday jazz brunch while watching the ocean's angry winter surf crash onto the sand. Summer's only a hop, skip and a jump away.

Where to park: Three-hour parking downtown on High and Canal streets is relatively easy in the off-season. A public parking lot is located next to the post office adjacent to the library.

Shop: Shop for books and small gifts at the **Savoy Bookshop**, **Christina's LTD** for clothing, jewelry and accessories, and various galleries for art.

Cup of Coffee: Enjoy an onsite cup at **Perks and Corks** or take it to go from **Savoy Bookshop and Cafe**.

Hidden gem: **The Shallows Kitchen and Bar** may be tucked away, but its food and drink is worth veering off the main drag. Stop by Saturday or Sunday — brunch from 9 a.m. to 3 p.m. for hearty comfort food like duck hash or biscuits and gravy and much more.

Grab a drink: Venture up Canal Street to sip beers at **Grey Sail Brewing's** tap room and scope out the seasonal beer garden. —JC.



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says. But, if left to fester, acute stress opens the door for PTSD, which is long-term.

It's not just stigma that prevents early treatment. Carty says some benefits gatekeepers have tried to negotiate her recommended six weeks of intensive therapy for acute stress down to three.

"This isn't 'Let's Make a Deal,'" Carty says. "I think it's ignorance. They just don't know."

Recently, a town official told her a firefighter couldn't have PTSD because he wasn't in the military. She waited a few hours — "so I wasn't just spewing hellfire," she says — before emailing the Diagnostic and Statistical Manual of Mental Disorders' criteria, which do not denote profession. Carty says the towns' and cities' resistance doesn't make sense. Firefighters want to return to work. Plus, PTSD is more common in firefighters with a decade or more of experience; training their replacements would take time and money.

"When people mock or belittle firefighters and say, 'Oh, I saw them sitting on a lounge chair outside,' do you know what they did an hour before?" she says. "When that guy shows up at your house, are you going to be like, 'Were you the one on the lounge chair?' No."

State Representative Stephen Casey says he expects to confront the same ideas on Capitol Hill. At press time, Casey and his legislative counsel were assembling a bill that would guarantee workers' compensation benefits to first responders who have been diagnosed with PTSD. Each town and city handles PTSD claims differently; the bill would leave little room for push-back. Five states have passed such legislation, including Florida and Connecticut.

"I expect the public backlash and that's okay," Casey says.

When asked for comment on the bill, Governor Gina Raimondo said, in part, "Our first responders face unique challenges due to the nature of their jobs, and it's critical that we recognize their needs and ensure access to support services."

The bill hits home for Casey, who works as a firefighter in Woonsocket and whose union president died by suicide in June.

"All our guys were on shift and went to his house and subsequently to the hospital after the pronouncing, so to speak," he says. "It was very difficult."

Casey, who's been in the fire service for fourteen years, says he's seen it all, from fatal boating accidents and motor-

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*The Westerly Sun and Mystic River Press



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