

Committed to:
**RESPECT
COMPASSION
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CARING**



***A MONTHLY PEEK INTO THE LIFE AT
JOHN CLARKE RETIREMENT CENTER***

JCRC TODAY

Administrator Message

*Resident
Birthdays!*

Amelia P. 12/3

Thomas D. 12/3

Allan M. 12/5

Rose K. 12/8

Paul B. 12/17

Athena P. 12/18

David S. 12/18

Ora B. 12/21

Russell B. 12/24

Hello everyone. Welcome to your December newsletter and Happy Holidays to each of you.

It always amazes me how time never slows. We sometimes measure our timeframes in seasons or holidays but no matter how you measure time it flies by and what just seemed like the warmth of summer is now the edge of winter. As I write you we are anticipating Thanksgiving and the excitement of spending time with those we love and probably eating a little too much of everything. Robin, her staff and many others are working hard to be ready for our Holiday Bazaar on Saturday December 7th. It looks to be a great event with many wonderful crafts, food and fun. I hope to see you all there.

Our staff and leadership have been working behind the scenes to develop a plan for the next year and the result of this work has developed three major focuses. Performance Excellence, Business Development and Workforce Focus. During the next year smaller committees will work on specific goals to improve everything we do at John Clarke. I will be speaking to all of you more about this in the weeks to come.

Our more immediate plans are to have a fun filled December with many wonderful activities and events to celebrate the season and our religious celebrations of Christmas and Hanukkah. Please take a look at the enclosed calendar for specific days and times of activities and most importantly when Santa will be visiting John Clarke.

I would like to recognize our Whatever it Takes winner for November Pam Maxson. Pam works in Activities and is such an important part of John Clarke. Her contributions to resident life is enormous. Thanks Pam for all you do.

In closing I hope you enjoy all that is happening here at John Clarke during the month and I wish each of you the very best of the holiday season. Merry Christmas and Happy Hanukkah.

Best wishes, Hugh Hall

Ingredients

- 1 cup canned pumpkin puree
- 1/2 cup vegetable oil
- 1 & 1/3 cups white sugar
- 2 eggs
- 1 & 1/2 cups + 1 tbsp all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves

Directions:

Prep Time: 15 minutes **Cook Time:** 1 hour **Ready In:** 1 hour & 15 minutes **Serves:** 24

Pre-heat the oven to 350 degrees F (175 degrees C).

Grease and flour three 9"x5" loaf pans.

In a large bowl, mix together the pumpkin, oil, sugar and eggs. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg and cloves; stir into the pumpkin mixture until well blended. Divide the batter evenly between the prepared pans.

Bake in pre-heated oven for 45 minutes to 1 hour.

The top of the loaf should spring back when lightly pressed.

Happy Thanksgiving!

-Chef Scott

'Whatever it Takes' Award



Daysha Dutra

Our October Whatever it Takes Winner is Daysha Dutra. Daysha has worked at John Clarke for 18 years beginning as a CNA. She now holds the position of Medical Records which includes scheduling, and ordering, among many other things. She wears many hats throughout John Clarke and is often helping the staff throughout the building. Dru Boiani, Director of Nursing, says "Daysha always goes above and beyond with an enthusiastic, positive attitude. She is a team player who always has a smile on her face, willing to lend a hand to anyone or any department".

Daysha loves decorating and crafting in her spare time and often creates amazing and creative themed birthday parties for her children. She makes the nurses station look decorative for each season. Daysha says her favorite about John Clarke is her relationships with various staff members. Daysha lives in Middletown with her husband, 4 children and her dog Buddy.

THE JOHN CLARKE RETIREMENT CENTER



SATURDAY, DECEMBER 7TH

10:00-2:00

****RAFFLES****

****BAKE SALE****

****NEW AND GENTLY USED WHITE ELEPHANT****

****JEWELRY****

****HANDCRAFTED GIFTS****

****LUNCH AVAILABLE****

****HAND MADE WREATHS****



John Clarke is on AmazonSmile!

Doing holiday shopping at Amazon this year? At no cost to you, **you can have a small percentage of your purchase donated to the John Clarke Retirement Center** and it's really easy!

Below are some FAQ's about the Amazon Smile program, please don't hesitate to let us know if you have any questions. All funds received will be deposited directly into our Residents Activity fund.

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from over one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping?

On your first visit to AmazonSmile, you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."

Happenings Around the Clarke

December 4th: Christmas Tree Lighting & Caroling Chorus (2pm MDR)

December 7th: Christmas Bazaar (10am - 2pm)

December 9th: The Strays (2pm)

December 10th: St. Michael's Chorus (10am)

December 11th: Bobby B Entertainment (2pm)

December 12th: Beacon Caroling (10am)
AOH Men Singers (2pm)

December 13th: Staff & Family Photos with Santa (**Please Sign Up**) (3 - 5pm)

December 15th: Resident Photos with Santa (**Please Sign Up**) (2 - 4pm)

December 16th: Edward King House (10am - 2pm)

December 17th: ABCORI Christmas (Retirement Center Dr)

December 18th: Monthly Birthday Party w. Doug B (2pm)

December 19th: Catholic Mass

December 20th: Entertainment w. Kane Bros (2pm)

December 23th: Christmas Party, Santa Claus & David Manuel (2pm)

December 24th: Christmas Service w. Chaplain Robert (10am)

December 31st: New Years Eve Gala, Black & White Party w. Hors D'oeuvre & Champagne

12 Ways to Stay Healthy this Season!

1. Wash hands often to help prevent the spread of germs

It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.

2. Bundle up to stay dry and warm

Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

3. Manage stress

Give yourself a break if you feel stressed out, overwhelmed, and out of control. Find support, connect socially, and get plenty of sleep.

4. Get your vaccinations

Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.

5. Fasten seat belts while driving or riding in a motor vehicle

Buckle up every time and encourage passengers to do the same.

6. Prepare food safely

Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

7. Get exams and screenings.

Ask your health care provider what exams you need and when to get them. Update your personal and family history.

8. Don't drink and drive or let others drink and drive

When someone drives drunk, they put everyone on the road in danger.

9. Monitor children

Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach.

10. Practice fire safety

Most residential fires occur during the winter months, so have an emergency plan and practice it regularly.

11. Be smoke-free

Avoid smoking and secondhand smoke.

12. Eat healthy and stay active

Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Be active for at least 2½ hours a week.

Chaplain's Corner

By Robert Morton-Ranney

And so it begins...the cultural convulsion that is December.

So many things happening!

I want to highlight two events for you: (1) The Christmas Tree Lighting, December 4th at 2pm, along with our Christmas Chorus, and lots of singing and Snacks; (2) our Christmas Eve Service, December 24th at 10pm. I invite everyone in the Christian tradition to be part of these.

More broadly, we are entering the darkest month of the year (!). The days just keep getting shorter. There is the Solstice, of course, on December 21st, after which the days start to get just a l-i-i-i-ttle bit longer again. But not fast enough. No wonder people use as many lights as they can stand in Christmas displays. Or that one of the oldest carols is titled "In The Bleak Midwinter."

The hope Christmas offers is that the darkness will not take over. Somehow, sometime, light will come back. Whatever your tradition, that's not an unwelcome idea.

I hope the holidays are enjoyable and meaningful for you this year.



Your Team

Hugh Hall
Administrator

Dru Boiani
Director of Nursing

Marisa Kane
Asst. Director of Nursing

Carolyn Moy
Business Office Manager

Tara Kuthan
Director of Social Services

Scott Hahn
Food Service Director

Sarah Krajewski
Rehab Manager

Wayne Pierce
Environmental Services Manager

Lisa DaCosta
Admissions Coordinator

Robbin Hannon
Activities Director

Wayne Pierce
Environmental Services Manager

Robert Morton-Ranney
Chaplain

Elvis DaGraca
Housekeeping Manager