

*Committed to:*  
RESPECT  
COMPASSION  
QUALITY  
CARING



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

JCRC TODAY

*Administrator Message*

*Resident Birthdays!*

Phyllis D. 2/4

Doris D. 2/6

Marjorie F. 2/6

Carol L. 2/26

Yoshiko T. 2/28

*Let's Keep In Touch!*

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**'The John Clarke Retirement Center'**

Hello everyone, welcome to your February newsletter and happy LEAP year. It is very exciting to have an extra day even if its only once every four years. If you are one of the lucky people who were born on February 29th let me know. The first 2 people who contact me will get a prize.

I was hoping we would escape the cold weather this winter after the weekend it was in the 60's and even hit 70 in some places but unfortunately it's New England and we have to endure some cold and wind. Just think as you read this newsletter, we are getting closer to Spring every day.

As you know we had our share of sickness in January and as I write you, we are coming out to the well side now. This is a difficult time of year as many people experience various bugs and viruses and invariably will bring them into facilities as staff or visitors. Our staff must be commended for their excellent infection control practices in managing the spread of anything we are confronted with and I thank them very much. They have done a difficult job exceptionally well.

February gives us great opportunity to celebrate our Love's in our lives. So, let me be the first to wish you all a Happy Valentine's Day. We have lots happening in our facility as you will see in the Activity Calendar and I hope you will take full advantage of our events.

Just another reminder we are celebrating our 40th anniversary at this location which opened in 1980. John Clarke started in 1953 on Shepard Ave in Newport led by Mr. and Mrs. Harold Brown and was home to 24 independent residents. As those residents aged and required more care there was the decision to expand capacity and include nursing care as well. This property at 600 Valley Rd was purchased and constructed and opened in 1980. We have much to be thankful for and proud of over these 40 years. The past staff and current staff have developed a high-quality Nursing and Retirement Center that is very highly regarded on Aquidneck Island and in the Baptist community in Rhode Island. The Board of Directors and the leadership of this center want to continue to provide this high-quality care and have decided to initiate a Capital Campaign to raise 2 million dollars over the next 2 years to renovate our campus. We hope you will join us as we begin this effort.

I would like to recognize our January Whatever it takes Award winner. Ms. Carollyne Killackey one of our Nurses has been selected by her peers for her caring, for her compassion and for her helping approach to her responsibilities every day. Thank you, Carollyne.

I hope to see you around our campus enjoy the month.

Best Wishes, Hugh

## Ingredients

### Stock:

- 1 gallon water
- 1 roasted chicken (meat aside)
- 1/2 bag chopped carrots
- 3 med chopped onions
- 1 bag chopped celery
- 2 large bay leaves
- 1 tbsp salt
- 3 tsp pepper

### Stew:

- 2 tbsp chicken fat/preferred fat
- 1/2 bag chopped carrots
- 1 bag chopped celery
- 2 med chopped onions
- 3 quarts chicken stock
- 1 can rinsed/drained green beans
- 2 lbs small red or yellow potatoes
- 2 tbsp flour
- 1 tbsp poultry seasoning
- 3 cups chicken meat
- Salt & pepper to taste

## Directions:

**Tis the season for cold & flu. The following is a delicious recipe to 'Getcha Right'!**

### Stock:

Add all the ingredients to a large stock pot or dutch oven  
 Simmer at a small rolling boil for 3 hours  
 Cook potatoes approximately 45 minutes/until fork tender and let cool for 10 minutes.  
 Using a fine sifter or cheese cloth, separate the stock  
 Let the stock chill in the refrigerator until the fat separates  
 Set aside 2 tbsp of fat for the stew and discard the rest

### Stew:

In a dutch oven of your preferred size ( I use an 8QT) saute on high heat the chicken fat, celery, carrots, onions and poultry seasoning until slightly tender  
 Sprinkle flour over the vegetables and stir until incorporated  
 Add the stock and potatoes and simmer for 45 mins  
 Add chicken meat and green beans  
 Continue to simmer until potatoes are tender and the stew thickens to a hearty pot of deliciousness  
 Serve with french bread and a glass of red wine to 'getcha right' in the head

**-Chef Scott**

## 'Whatever it Takes' Award



### Gentle Guinguing

Our Whatever it Takes winner for December was Gentle Guinguing. Gentle has worked at John Clarke for 5 years. He began as a CNA and now works as a med tech helping to administer medications. Dru, the Director of Nursing, says "Gentle always has a smile on his face and brings joy to the residents and coworkers."

Gentle is a hard worker who is always willing to help and always has a kind word to say. He can be found working both day shift and evening shift.

Gentle lives in Middletown with his wife and 4 children. In his spare time, he likes to spend time with his family. Congratulations Gentle and thank you for all that you do!

## Chaplain's Corner

By Robert Morton-Ranney

When I was learning to drive, my father told me always to remember that I had as much right to be on the road as anybody else.

That was excellent advice. When you're first starting out at something, there's a tendency to feel like you're not worthy. To hear that you are is very helpful, indeed.

There really was a St. Valentine, and he made it his work to let all around him know they were worthy as well. Living in the third century near Rome, he tended to the persecuted and to those on the margins.

He showed love to these people. He was martyred on the 14th of February.

How this sort of love got connected with the romantic kind remains unclear. It seems to involve reinterpretations of an old Roman fertility festival at about the same time on the calendar along with a 13th century poem by Geoffrey Chaucer.

Whatever your take on it, the middle of winter is a good time to be reminded that we are worthy. We are all worthy of respect, of care, and of love.

We seek to show that respect, love and care at John Clarke. In each new day, we look to see what others need, and what might make their lives a little fuller. Because all are worthy.

And remember, that includes you.

## February is American Heart Month!

February is American Heart Month, supported by the American Heart Association. American Heart Month is a federally designated event to raise awareness and remind Americans to focus on their heart health. In honor of this observation the first Friday in February is National Wear Red Day, a campaign designed to raise awareness for women's cardiac health. American Heart Month has been celebrated since its initial proclamation on December 30, 1963 with the first American Heart Month in February 1964.

Here are some ways we can monitor our heart health:

- Exercise: Getting at least 30 minutes of exercise almost every day.
- Eat a heart healthy diet: Limit saturated fats, salt, and foods containing high cholesterol while loading up fresh fruits and vegetables.
- Get your check up: Monitor your blood pressure, diabetes, and high cholesterol. Make sure these conditions are under control and you're following your doctor's recommendations for these conditions that affect your heart.
- Quit Smoking and reduce alcohol intake which can affect your heart and increase your risk for heart disease.
- Minimize stress - find relaxation techniques that help relieve stress which can lower your risk for heart disease.
- Watch your weight - keeping your weight under control can lower your risk of heart disease and help prevent it.



## Retirement Center Resident on Honor Flight

On October 20, 2018, Arthur Plymesser and his brother Tom took part in the R.I. Fire Chief's Honor Flight program. They left Providence very early in the morning to fly to Washington DC with other veterans and their guardians to visit the war memorials. This program was founded in 2005, and its' mission was to transport veterans to visit and reflect at the memorials. Rhode Island became a "hub" for the program in 2012 through the efforts of retired Providence Fire Chief George S. Farrell.

In the beginning, top priority was given to WWII veterans and then was extended to Korean and Vietnam war veterans, and now has grown to include Lebanon/Grenada, Panama, and Gulf War veterans, as well as female veterans. The Honor Flight is free for the veterans, funded by private donations. Each veteran has a "guardian" to go along on the trip. Most guardians are retired fire chiefs, but also include former military members and family members.

Arthur says "it brought back some memories." He thinks that all veterans, if they have the opportunity, should go on the Honor Flight. "It means something."

For veteran applications, go to [www.rihonorflight.com](http://www.rihonorflight.com), or call 401-354-7905 for more information.

## Valentines Day Scramble

RHSETA _____	CEESRT IRRADME _____
RSLOFWE _____	DUCIP _____
AYNCD _____	OYLIHDA _____
OELV _____	OBW NAD OARWR _____
CROEMAN _____	EB NIME _____
TNASI ENTINAVLE _____	ORSE _____
EGGRNTIE RDCA _____	ESENTPRS _____
MOPE _____	UYARBFER _____
URCBHE _____	TEAD _____

## Your Team

Hugh Hall  
**Administrator**

Dru Boiani  
**Director of Nursing**

Katie Parascandolo  
**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**

## Be My Valentine Word Search

K O A E P T S S S C F L R X C  
 R L T D D D A W R A S N K A S  
 M U W Y N A O E E N O T R X K  
 C G H E B P W E W D N D F J K  
 N D I P U C O T O Y S J V I J  
 E R A N Y K R H L S R A R H G  
 F Y H L J T R E F O L T L E T  
 X B R W S T A A P E L O V E D  
 H T N A I F N R N K I S S E S  
 Z Y R K U Q E T A L O C O H C  
 Q T N E L R I X V K Z C F S A  
 G I X F A N B T P P T I A Z J  
 P Y S T E T U E O D D A K I J  
 A I E C F S S H F N A H V K E  
 P T C S K J E Y O W J W U I N

ARROW	CHOCOLATE	FLOWERS	KISSES	RED
CANDY	CUPID	FRIENDS	LOVE	SWEETHEART
CARDS	FEBRUARY	GIFTS	PINK	VALENTINE

## Happenings Around the Clarke

- February 4<sup>th</sup>:** Music w/ Dave Manuel IL/NH
  - February 5<sup>th</sup>:** Tiverton Senior Chorus IL/NH
  - February 6<sup>th</sup>:** Big Bucks Bingo IL/NH
  - February 11<sup>th</sup>:** Valentine's Spaghetti Dinner IL/NH  
**(Complimentary)**
  - February 13<sup>th</sup>:** Meryl's Spa Day NH
  - February 14<sup>th</sup>:** Valentine's Dessert Social  
w/ Christine Langelo IL/NH
  - February 19<sup>th</sup>:** Birthday Party w/ Bobby B IL/NH
  - February 20<sup>th</sup>:** Lunch Outing to LePages IL/NH
  - February 21<sup>st</sup>:** Music Hour w/ Tony & Pat IL/NH
  - February 25<sup>th</sup>:** Van Ride IL/NH **(Weather Permitting)**
  - February 26<sup>th</sup>:** Red Hat Tea Social IL/NH
- IL: Independent Living NH: Nursing Home