

Committed to:
RESPECT
COMPASSION
QUALITY
CARING



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

JCRC TODAY

Administrator Message

*Resident
Birthdays!*

Vivian N. 1/20

Janet J. 1/25

Lydia D. 1/27

*Just A
Reminder!*

If you've received any new clothing during the holidays please drop items off to Daysha's office to be labeled.

Thank you!

Hello everyone, welcome to our first edition newsletter for 2020. A new decade is upon us and I wish you all a very Happy New Year and Happy New Decade!

We had a wonderful Christmas and holiday season here at John Clarke. We were fortunate to have Santa spend some extra time with us and made everyone's holiday extra special. Special thanks to Robin and her staff for making this holiday so special. Thanks to all our staff for being in the Holiday moment and adding to our joy.

The New Year brings great hope and expectation of great things happening for us not only here at John Clarke but in the world as well.

We have a busy year planned for our family here at John Clarke as we begin our yearlong celebration of our 40th anniversary here at 600 Valley Road. We will let you know our plans during this year to fully celebrate this milestone.

To coincide with this special anniversary, we are embarking on a two-year Capital Campaign. Our goal is to raise two million dollars to do renovations on both sides of our complex and to do systems upgrades. We have started with a Capital needs assessment and we are developing a campaign committee to help us achieve our goal. If you would like to help us, please let me know and will include you in the planning and implementation process.

I would like to recognize our December Whatever it takes award winner, Gentle Guinguing. Gentle is a C.N.A. and a Med Tech. He is always demonstrating the very best qualities in his care of our residents. Thank you Gentle and congratulations.

In closing I want to thank you for your support of our Mission here at John Clarke and wish you the happiest New Year. I look forward to seeing you around our home.

Best Wishes,
Hugh Hall

Ingredients

- 6 large russet potatoes
- 1 tbsp vegetable oil
- 1/2 lb cooked & chopped maple bacon
- 1/2 cup sour cream
- 1/2 stick of butter
- 1/2 cup sharp cheddar
- 1/2 cup heavy cream
- 1 teaspoon chopped chives
- 1 teaspoon salt
- 1 teaspoon pepper

Directions:

Prep Time: 15 minutes **Cook Time:** 1 hour **Ready In:** 1 hour & 15 minutes **Serves:** 12

Pre-heat the oven to 400 degrees F.

Clean potatoes well. Dry and toss in oil.

Cook potatoes approximately 45 minutes/until fork tender and let cool for 10 minutes.

Cut cooked potatoes in half the long way, remove cooked insides and reserve in a mixing bowl.

Place empty potato skins on a cookie sheet.

Add sour cream, bacon, butter, cheddar, heavy cream, chives, salt and pepper to the mixing bowl with the cooked potatoes. Mix to combine, but be careful not to over-mix.

Stuff potato skins with mixture and bake for 15 minutes.

Cut into quarters and serve as an appetizer or serve a full half as a side.

Happy New Year!

-Chef Scott

'Whatever it Takes' Award



Pam Maxon

Our November winner of the "Whatever it Takes Award" goes to a well-deserved employee who works in our activity department and is one of our JCRC hairdressers. So clearly, she makes residents feel and look good all the time!! Pam has been at John Clarke for 8 years and loves working with the elderly population. Pam grew up in the business as her family owned a nursing home when she was a young girl. Pam was born in Newport and still lives in town. Pam is mostly here on the weekends but is always willing to help whenever she can! She is truly a team player. When Pam isn't working, she enjoys gardening, yard sales, shopping, movies, spending time with family and friends, she also likes cooking and sharing her food with others. She states her hairdressing makes people feel good and feel better about how they look. You might see Pam cruising around in her brand-new car! Congratulations Pam on your award and new car!

Chaplain's Corner

By Robert Morton-Ranney

We human beings are still trying to figure out how to get along with each other. How much time do we want to spend together? How much time alone is good for us?

Should we hang out with the same people all the time? Or is it better to spread ourselves around a bit? And . . . how do we best approach people we don't understand very well? Individuals with different lifestyles. Groups we've never been part of.

The Rev. Dr. Martin Luther King, Jr., born January 15th, had a few suggestions. We'll celebrate his birthday on January 20th this year.

Did you know that Dr. King's given birth name was actually Michael? Same as his father, who was also a minister. The elder King visited Germany for the meetings of the Baptist World Alliance (yes, he was Baptist) in 1934. The BWA adopted a resolution condemning rising anti-Semitism. And Rev. King, so impressed by Martin Luther's protests against oppressive systems in his time, changed his name, and that of his son, to Martin Luther King.

You know, human beings are so different from one another. Chances are we will always feel more comfortable with those we know well, and with the familiar.

But no one should be denied a life full of opportunity just because they are different. That is just wrong.

This month gives us a great chance to learn more about Dr. King. And to realize that the work of doing away with oppressive systems is not finished.

John Clarke is on AmazonSmile!

Do you shop on Amazon? 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."



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

Benvinda Gomes
Housekeeping Manager

The Norovirus & How to Avoid It

Norovirus, also sometimes called "the stomach bug" is a highly contagious virus. This leads to diarrhea, vomiting and stomach pain. Some people may get severely dehydrated, especially young children and the elderly. It is important to drink fluids and to prevent dehydration, however if this occurs, call your doctor or go to a local emergency department.

Norovirus can spread in many ways. By direct contact with an infected person, eating food or drinking liquids that are contaminated, touching objects that have norovirus on them and then putting your fingers in your mouth as well as sharing utensils and cups with people who are infected with the norovirus. You are contagious from the moment you begin feeling sick and for the first few days after you recover. It spreads quickly in enclosed places like nursing homes, daycare centers, schools and cruise ships.

To prevent norovirus from spreading, practice proper hand hygiene/washing, wash fruits and vegetables and cook seafood thoroughly. When you are sick do not prepare food or cook for others. Clean and disinfect contaminated surfaces with a chlorine bleach solution or other disinfectants approved by the EPA. Finally, wash all laundry thoroughly and handle soiled items carefully while wearing rubber gloves and wash hands afterwards.

A Mission of Inclusion!

Recently, some of the JCRC management staff got to participate in a training hosted by the Services and Advocacy for Gay, Lesbian, Bisexual and Transgendered Elders. This training was developed to help long-term care communities begin to look at inclusion and diversity. Our mission and values at JCRC guide us to be compassionate and provide a safe community for all we care for here. In honoring our commitment to our core values and mission we will begin to have the discussion with our residents, families and staff on ways to promote inclusion in our center by looking at our policies, procedures and care modules. We have already begun this venture by creating a gender-neutral bathroom on our Retirement Side. We are committed to making changes in 2020 to educate our staff with training on sensitive matters and providing care for all despite what gender identity or sexual orientation is expressed.

Help us continue to serve our mission here at JCRC in 2020.

National Pie Day Word Search

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

APPLE	COCONUT	PECAN	BANANA	BERRY
CHOCOLATE	KEY LIME	PUMPKIN	CHERRY	LEMON
STRAWBERRY	MUD	SHOOFLY	STEAK	PEANUT BUTTER

Happenings Around the Clarke

January 8th: Lunch Outing (*Please Sign Up*)

January 9th: Big Bucks Bingo

January 14th: Cooking With Class

January 15th: Music with Doug B

January 21st: Silver Tops Entertainment

January 22nd: Memorial Service

January 23rd: Van Ride to Wickford Village

January 24th: Chinese Dine-In

January 29th: Chris Waters Entertainment

January 30th: Auction