

*Committed to:*  
RESPECT  
COMPASSION  
QUALITY  
CARING



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

JCRC TODAY

*Administrator Message*

*Resident  
Birthdays!*

Frank M. 3/29

*Congratulations!*

To Our New Resident  
Council President  
**Mr. Alton LeCroy**

Hello everyone and welcome to your March Newsletter. We have been so fortunate this winter and I hesitate to celebrate our wonderfully mild winter with March being historically a difficult and potentially snowy month. The good news is we start Spring this month as the days get longer and longer. Let's all hope we can continue our streak of good luck.

I wanted you all to know my time as Interim Administrator is coming to an end. The Board of Directors of The John Clarke Retirement Center has had the good fortune to hire a wonderfully talented and experienced leader and Administrator. Ms. Joan Woods has accepted the position of CEO/Administrator and will begin her tenure on April 6, 2020. Joan has been an Administrator and Executive in Health Care for well over 20 years and has had tremendous success in her career. Joan is a leader in the Health Care community and is nationally recognized as an expert in Quality. She serves on the Board of Directors of the Rhode Island Health Care Association and on several national committees on Quality at the American Health Care Association. I know you will join me in welcoming Joan in the same warm fashion you welcomed me when I began my interim assignment here.

I want you to be aware we are upgrading our phone system with Cox Communications on March 5th. We will be transitioning from old to new system from 10am to noon and during part or most of this time our regular phone lines will be down. During this period if you need to contact us please call our Admission phone line at 401-602-2185. This upgrade will afford us greater capability and reliability of service. Thank you for your anticipated patience during these 2 hours.

I would draw your attention to our Activity calendar to see the wonderful activities that Robin and her staff have planned for you this month. We have some extra special St. Patrick's Day fun planned for you and of course how can we forget Zeppole's on St. Josephs' day.

I want to recognize our Whatever it Takes Award winner for February, Dionne Williams-Rossi, RN. Dionne is a Nurse Manager on our 11-7am shift, and she has been an incredible asset to John Clarke in so many ways. Her dedication to our residents and to her nursing duties is exceptional and we are so thankful we have her part of our family. Thank you, Dionne, for all you do.

I wish you the best month ever this month enjoy each day to the fullest.

Best Wishes, Hugh

# CORNERD BEEF & CABBAGE

## Directions:

**Prep Time:** 10 minutes **Cook Time:** 3hrs 35 mins **Ready In:** 3hrs 45 mins **Serves:** 6

## Ingredients

- 3lbs corned beef w. spice packet
- 2 bay leaves
- 4 sprigs thyme
- 1/2 lb baby potatoes, quartered
- 4 medium carrots, quartered
- 1 small head cabbage, in wedges

Place brisket in a large Dutch oven and cover with water  
 Add spice packet, bay leaves and thyme and place on medium-high heat  
 Bring to a boil then reduce to a simmer  
 Cook until tender checking every 30 mins and adding water if needed, until beef is tender, about 3 hours  
 Add potatoes and carrots and bring back up to a boil  
 Cook for 15 minutes then add cabbage and boil for 5 minutes more  
 Remove meat and drain vegetables  
 Let meat rest for 10 minutes before slicing

## 'Whatever it Takes' Award



### Carollynne Kilacky

Carollynne Kilacky is the January whatever it takes winner. Carollynne is a nurse at John Clarke who works on the overnight shift. Her coworkers say she is a team player who is always willing to help out. In her spare time she enjoys quilting and is currently working on her BSN with plans to graduate in August. She lives in Connecticut with her husband and 4 cats. Congratulations on your award Carollynne!!

## March Moments - by Chef Scott Hahn

There are many special moments in March that are special for me: Lent, Flo's opens, St. Patrick's Day, start of spring and of course my birthday to name a few. I always wondered the correlation between Lent and St. Patrick's Day. It is said that in Ireland a dispensation is given on St. Patrick's Day to allow meat to be eaten and to indulge in what was given up for Lent. This dispensation is given to celebrate Saint Patrick and gave a break to the somber events of Lent. In Ireland corned beef wasn't the go-to on St. Patrick's Day it was bacon and cabbage as beef wasn't readily available and was very expensive. As Irish immigrants made their way to the America corned beef was the most inexpensive and readily available of all meats and was served to the early 20th century builders in New York. It seems that this is what has led up to the feasting of corned beef and cabbage on St. Patrick's Day. My tradition for St. Patrick's Day is always cooking corned beef dinner or what my parents and I have always called boiled dinner. I end up eating most of it for the next 4 days because no one in my family eats it, but that's ok more for me. Some times I will take the family to the Parade depending on the timing and how the day is. I will usually enjoy a Guinness or 2 to celebrate the man who brought Christianity to Ireland. Spring and the opening of local favorites like Flo's go hand in hand along with my birthday. I grew up behind the original Flo's in Portsmouth and celebrated many of my childhood birthday's eating stuffies, fish and chips and fried clams. I especially enjoy the March days at Flo's because there is usually little wait. These days in March we can usually get some weather in the 60's and I always take those opportunities to bring the family down to Flo's to share those special moments. I enjoy gardening so in late March I start cleaning out my garden and fixing up the fence. I like to also organize my seed as to what I might like to plant for the year. I started a Facebook group page last year called Island Community where visitors can share gardening tips, recipes and their harvest. I always have way too much of one of my crops and struggle with others so I thought creating a group page to share ideas and bounty could be good for the community.

"It was one of those March days when the sun shines hot and the wind blows cold, when it is summer in the light and winter in the shade."  
 - Charles Dickens

# Chaplain's Corner

By Robert Morton-Ranney

I've always kind of felt sorry for March.

January is "Woohoo! New Year!" February is proof that a new year really has arrived. April has those tantalizing hints of Spring. And May—well, May is just gorgeous. June, of course, is splendid in its own right.

July is for barbeques! And all things outside. August? August is the first moment in each year when we give thanks. For those wonderful people who brought us air conditioning.

September feels like it's actually the start of the year. There are new programs for everything under the sun, and learners everywhere are delighted by, or in dread of, a new season of classes. (And, speaking of seasons, Football!)

October. You just want to spread your arms and wrap all that glorious color around you and take it home with you. November kicks off The Holidays. And December? December takes care of itself. There's no other month like it.

Then, there's March. The year is well under way, fresh blooms are a ways off and all we can really do is hope Punxsutawney Phil was right (this year). Not taking anything away from St. Patrick or St. Joseph but, on the whole, March just seems like a four-and-a-half week waiting game. An in-betweenener.

Which means . . . You can make it whatever you want.

## Living Well With Diabetes

Diabetes is a medical condition in which sugar, or glucose, levels build up in your bloodstream. Having high blood glucose can cause problems like eye, kidney, nerve, and foot disorders. People with diabetes are also at higher risk for high blood pressure, heart disease and stroke, and other serious conditions.

As you age, your risk for type 2 diabetes increases. In the United States about one in four people over the age of 60 live with diabetes. It is important to learn how to prevent or manage diabetes so that you can avoid complications and live a long and active life. There is currently no cure for diabetes, but it can be managed. Balancing the food you eat with exercise and medicine (if prescribed) can help prevent complications associated with diabetes.

Diet is an important tool to keep your heart healthy and blood sugar levels within a safe range. In the past, diets for people with diabetes were very restrictive. With a little planning, you can still include your favorite foods. You can start making healthier food choices by incorporating the following ideas:

- Eat meals and snacks on schedule • Be careful not to overeat
- Choose a variety of foods that are high in nutrition and low in empty calories
- Read food labels closely

In addition, talk to your doctor or dietician about your personal nutrition. Together, you can come up with a nutrition plan that tastes great and that will work for you.

Being physically active is another part of managing diabetes. Physical activity will help lower your blood glucose levels. All types of exercise are good for people living with diabetes but aerobic exercise and strength training are critical in the management of diabetes. Aerobic exercise reduces your risk for heart disease by lowering blood glucose and blood pressure and improving cholesterol levels. Strength training makes your body more sensitive to insulin and can lower blood glucose. The American Diabetes Association recommends 30 minutes of moderate-to-vigorous intensity aerobic exercise at least 5 days a week and some type of strength training at least 2 times per week.

**How Can Rehab Help You?** Seeking professional therapeutic advice to analyze your unique situation can often result in simple solutions. For instance, a therapist can check the sensation in your feet and develop a plan to protect them. Therapy can also work on physical, visual and auditory impairments, and maximize your self-care independence, all of which are affected by diabetes and its complications. In addition, therapists can educate persons at risk for or who currently have diabetes to modify habits to promote a healthier lifestyle and minimize the disease progression. Finally, your rehab team can provide practical and helpful information and resources in order to assist in health promotion such as healthy food choices, diabetic foot care and wellness in your community. Consult your Select Rehabilitation Physical, Occupational and Speech therapists today if you think they can help you prevent or live well with diabetes.



## 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**

## Resident Spotlight: Mr. Alton LeCroy



Mr. Alton Lecroy was born in Heart County Georgia in 1931. His family owned a cotton farm. Al entered the Navy when he was 15 ½ years old and served our country for 25 years. He served on eight different ships and never wanted to take leave; he states he was afraid they wouldn't take him back! He was one of 14 children. Al is widowed and has 3 children and 2 grandchildren. His favorite place to visit is Spain. He loves sushi, lobster rolls, and Budweiser and can be bribed with any one of those items. He has been elected to be our new resident council president and we are so happy he took the position. Al is fun to be around and loves most activities and mostly most of the gals! He also states he broke a lot of hearts in his day! Al lives life to the fullest and is happy to serve in any way he can.

## Happenings Around the Clarke

**March 5<sup>th</sup>:** Lunch Outing to McGoverns

**March 6<sup>th</sup>:** Music w/ Chris Waters

**March 13<sup>th</sup>:** Crystal Rosander's Children's Music Group

**March 17<sup>th</sup>:** St. Patrick's Day w/ David Manuel

**March 20<sup>th</sup>:** Van Ride/Mystery Ride

**March 24<sup>th</sup>:** Lunch Outing (TBD)

**March 25<sup>th</sup>:** Monthly Birthday Party w/ Doug B

## St. Patrick's Day Word Search

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

CELEBRATE  
RAINBOW  
GREEN

GOLD  
CLOVER  
IRELAND

IRISH  
LUCK  
FUN

LEPRECHAUN  
MARCH  
CHAMROCK