

Committed to:
Chef's Table >>>

❖ *Respect*
❖ *Compassion*
❖ *Quality*
❖ *Caring*



A Monthly peek into life at the John Clarke Retirement Center

JCRC TODAY

Resident Birthdays

Victor C 11/01

Charles V 11/04

Charlotte C 11/02

Marion P 11/13

Joseph S 11/23



November 1, 2019

Greetings!

The John Clarke Retirement Center is pleased to announce that we are preparing for our 2019 annual Christmas Bazaar. The Bazaar will be held on Saturday, December 7th from 10am to 2pm and will consist of outstanding raffles, a baked goods sale, talented vendors, crafts and a table for “gently used” and new items. Our executive chef Scott Hahn along with his talented team will be preparing delicious lunch items that may be purchased in the small dining room.

The purpose of The John Clarke Retirement Center Christmas Bazaar is to provide the residents with an opportunity to shop for gifts for their friends and family. It also helps our non-profit organization to raise money for the Resident Activity Fund which is used for trips to Frosty Freeze, dine-ins from local restaurants and “themed” events such as our end of summer cookout and other great parties.

Please join in and help us kick off the holiday season. Are you crafty? Do you knit? Perhaps you have “gently used” or new items you would like to donate. Monetary donations, gift certificates, and baked goods are always welcome and appreciated as well.

Please call or visit Robin Hannon in the Activities Department for more details. (401)846-0743 @ ext. 111.

Thank you in advance and we look forward to seeing you at the Bazaar!!!!

EVAN'S HOLIDAY MAC AND CHEESE

BY: Denise Sullivan

Cheeses:

Romano or parmesan

1 or 2 blocks of very sharp cheddar

1 or 2 blocks medium sharp cheddar use; New York state,

Wisconsin or coon brand for cheese

Mixture: 1 teasp any mustard 1 teasp Worcestershire shake of oregano dash of tabasco dash of cayenne pepper salt and pepper. Mixture should be repeated to coat macaroni and chesse

Partly cook macroni (half time) \

In a large bowl mix together macaroni, grated cheeses, and mixture when the macaroni and cheese are well coated. Put in a casserole dishes and top with more parmesan or romano cheese. Dot with butter then fill dishes half way with milk and place in a 325 degree oven for 1 ½ hour or until the top is brown and crusty!

ENJOY!

Whatever It Takes Award Recipient Denise Sullivan



Our “Whatever It Takes” award winner for the month of October is Denise Sullivan. We honor Denise for her hard work and dedication to our residents. Denise is the Dining Room Supervisor and has been with John Clarke for 4 years. She worked here earlier in her life for about 10 years right out of high school in the laundry department where she would sew, iron, and take care of resident’s clothes. Denise always has a smile on her face and is always willing to help out. She says what she enjoys most about working here is the “laughter and humor, the people I work with, and making people happy. It’s very satisfying”. Food Service Director, Chef Scott Hahn says “Denise’s dedication, devotion and quality of work is unparalleled”. Denise and her husband Sean have 3 children including a set of twins. Please congratulate Denise this month on her well-deserved recognition for providing excellent service to our residents and staff. Congratulations Denise!

MEDICARE OPEN ENROLLMENT IS HAPPENING NOW THROUGH DECEMBER 7TH!

If you or your loved one have questions or concerns about Medicare or Medicare Replacement Coverage now’s the time to ask! This is the time to review your coverage and make changes if you’re not happy with your current coverage.

DID YOU KNOW.....all nursing home residents have the special right to change their Medicare “D” coverage **throughout the year?** So, if your loved one is prescribed a new medication that isn’t covered by the current plan, please stop by and see Carolyn or Tara to help select a plan that will cover your meds.

All of this insurance coverage can be confusing and certainly isn’t logical. Please feel free to make an appointment with Carolyn if you need help reviewing your current coverage.

DON’T FALL FOR THE LATEST MEDICARE SCAM!!

Not only is identity theft on the rise in the USA, but health insurance identity theft is also increasing. With the production of new Medicare numbers, a host of bandits are seeking new ways to obtain this information. Medicare will NEVER call you to verify your benefits. All requests and information from Medicare will come via the USPS. Please do not respond to callers pretending to be from Medicare and asking you to verify your new numbers “to be sure you received the correct data.”

Open Enrollment!

By: Tara Kuthan



Medicare open enrollment has begun!! Starting October 15, 2019 you have the opportunity to review your Medicare plan for 2020. This is a great time to do some research to ensure your plan meets all of your medical and prescription drug needs as well as review pricing. During this period the Centers for Medicaid and Medicare allow you to make necessary changes to best accommodate your needs. There is a second enrollment period that begins January 1st and ends March 31, 2020. This time period allows the individual to make limited

changes if needed. For instance switching from one Medicare Advantage Plan to another or dis-enrolling from an Advantage Plan back to Original Medicare. For more information and education you are welcomed and encouraged to join us at JCRC on 11/21/2019 at 3:00 PM for an educational session about Medicare and get your questions answered by Nicholas Pacheco. Nick is a Licensed Sales Representative who has many years of experience in helping individuals understand Medicare and explore plan benefits that you may be interested in. To RSVP for this event call Tara Kuthan or Lisa DaCosta at 846-0743 .

CORPORATE COMPLIANCE:

The John Clarke Retirement Center has just revised its Corporate Compliance Plan to meet new standards and regulations.

The plan outlines the ethical standards that drive our operations, the checks and balances, behaviors and policies to provide the highest quality of care to our residents and meeting good sound business practices.

All John Clarke staff will be trained during the month of October. A copy of the plan will be available in our lobby and at the nurse's station.

Anyone suspecting practices other than what is described above may report in various fashions. A written report directed to the compliance officer who is the Administrator, a report to the board President listed in the plan or anonymously through our Compliance Hotline. **This Hotline number is 401-848-2713 and is a confidential line.**

Happenings Around the Clarke

Nov 5- Van Ride

Nov. 6. Kane Brothers Music Hour

Nov. 7- Dine In Lunch High Stakes Bingo

Nov. 8- Veterans Ceremony

Nov. 13- Lunch Outing Please sign up/ Actv.

Nov. 20- Monthly Birthday Party
Dan Vera/ Country Music
Nov. 21- Mystrey Ride
Nov 27- Thanksgiving Service/ Music Doug B

Staff Happenings

Molly Mullen started Nursing School

Rebecca Lieb working on her LPN degree

Jinyamar Ramos daughter started C.N.A. school

Trevor Kimball had a baby boy named Vernon

Dulce Demedeiros daughter got married

Elvis DaGraca is getting married!!!!

Chaplain's Corner

By: Robert Morton-Ranney

November is an important month on our calendar.

We say "Thank you for your service" to all our veterans at our **Veterans Recognition**, Friday, November 8, at 2:00 pm. (Keep an eye out for the display of Veterans memorabilia in the welcoming triangle by the office, and says "Thanks!" to Phil Amaral for organizing it.)

And, of course, there is Thanksgiving! Harvest Festivals are celebrated in the tenth and eleventh months of the year in countries around the world. We all know the stories of the kindness of Native Americans to the Pilgrims, traced to 1621. Now, Virginians like to look back to a service of Thanksgiving for safe arrival conducted by English settlers in 1619.

However . . . some historians claim the first Service of Thanksgiving in the Americas was held by an Anglican clergyman after the adventurers who followed Martin Frobisher to the High Arctic, whose ships were separated by ice, were reunited in 1578. And Quebecers point to the festivities overseen by Samuel de Champlain in 1604.

Whichever story you like best, join us for our **Thanksgiving Service**, Wednesday, November 27, at 10:00 am.



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*

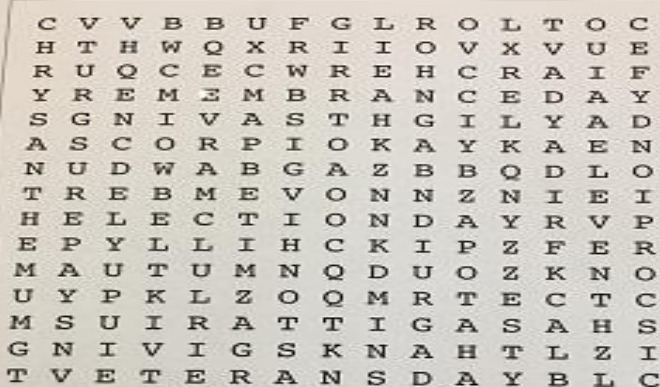
*Robin Hannon
Activities Director*

*Robert Morton-Ranney
Chaplain*

*Elvis DaGraca
Housekeeping Manager*

Searching for November

The words listed below can be found vertically and horizontally.



ARCHER (Sagittarius)
AUTUMN
BLACK FRIDAY
CHILLY
CHRYSANTHEMUM
DAYLIGHT SAVINGS
ELECTION DAY
ELEVENTH



NOVEMBER
REMEMBRANCE DAY
SAGITTARIUS
SCORPIO
SCORPION (Scorpio)
THANKSGIVING
TOPAZ
VETERANS DAY