

Committed to:

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



A Monthly peek into life at the John Clarke Retirement Center

JCRC TODAY

Resident Birthdays

Bessie George – 10/1

Caesar Spero – 10/3

David Murphy – 10/12

Anita Bradley – 10/20

Phyllis Brooks – 10/25



We hope you enjoy your first issue of JCRC Today!

Your Editors,
Sarah Krajewski &
Katie Parascandolo

Administrator's Message

Hello everyone. Welcome to a new edition of the JCRC Today! It is such a wonderful time of year. We are in the bridge period experiencing the last of summer yet there is a fall feeling in the air particularly in the morning hours. We have so much to share with you, so much happening at The John Clarke Retirement Center.

To catch you up on our first edition in a while, we have completed our annual state and federal survey for 2019 and we had a deficiency free survey. It is a testament to a great staff and leadership team doing whatever it takes every day to deliver great care and customer service.

We are about to have our annual Resident and Family satisfaction survey in November. Surveys will be mailed out independently by Service Trac, the State contracted company, to our family members and given to our residents here at John Clarke. This is our once a year publicly reported "Report Card" so to speak and I ask that you consider

giving us the highest scores possible. If you have any concerns please call me and I will be happy to meet with you to resolve your concerns. It is very important that you take a couple of minutes to complete this survey and return it. Our scores from family members will not be reported unless a majority of the surveys are completed and returned. Thank you so much in advance for your assistance.

I want to congratulate our recent "Whatever it Takes" winners: Shawn Lull in August and Natasha Clarke in September. Shawn and Natasha represent the best in our staff they are very committed to John Clarke and our residents and do "Whatever it Takes". We honor them with this recognition.

I wish you all the very best of the month, please come and experience fall with us during our many wonderful activities.

Best wishes,
Hugh Hall, Administrator

Apple Crisp Recipe

By: Chef Scott Hahn

Ingredients

- 10 cups all-purpose apples, peeled, cored and sliced (use ½ Granny Smith ½ Fuji approximately 5 each)
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 cup water
- 1 cup quick-cooking oats
- Table spoon butter to grease pan

Topping

- 1 cup all-purpose flour
- 1 cup packed brown sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup butter, melted

Directions

- Preheat oven to 350 degrees F.
- Butter (grease) 9x13 inch pan
- In large bowl mix the apples, white sugar, 1 tablespoon flour and ground cinnamon.
- Pour mixture in pan then pour water evenly over all.



- Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture.
- Bake at 350 degrees F (175 degrees C) for about 45 minutes until sides bubble.

Whatever It Takes Award Recipient Natasha Clarke



The John Clarke Nursing Center started the "Whatever It Takes" award program to recognize an employee who stands out in their commitment to service

and care for our residents. The September winner is Natasha Clarke. She has been an employee of JCRC for the past 11 years. She began as a CNA and later became a team leader in this role. She now works as the Restorative Aid where she helps residents maintain their highest level of physical function. Clara, a resident, says "She is very special. She is always on time and is there when I need her." Natasha's favorite part of her job is "taking care of my residents." Prior to working here she worked in the hospitality business which "helps me provide great customer service and satisfaction to the residents." Not only is she a hard worker here but she is also a mother of five. Way to go Natasha! Thank you for all of your hard work!

John Clarke Values

The staff at John Clarke recently reviewed our existing Values and evaluated new Values that better represent John Clarke today. The following are the Values selected by the majority of staff. These values represent what we do every day and who we are as a provider of quality care.

VALUES:

RESPECT: Giving due respect to self and others to maintain an environment of teamwork and growth.

COMPASSION: A conscious and passionate approach to delivering the best possible care to all we serve.

QUALITY: A distinguishing attribute of exceptional service or performance at the highest level. Constantly striving for excellence.

CARING: Demonstrating a high level of concern and kindness in all interactions with others.

Healthy Living Tips

By: Marisa Kane, RN

It's time for your flu shot!!



The best way to protect against flu and its potentially serious complications is with a CDC recommendation that everyone 6 months of age and older get a seasonal flu vaccine each year by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later. At John Clarke we will be administering flu vaccinations to all residents that wish starting October 1st!

People 65 years and older should get a flu shot and not a nasal spray vaccine. At John Clarke we offer the high dose and adjuvanted flu vaccines for all residents over the age of 65. In addition to receiving your seasonal flu vaccination it is important to remember to wash your hands frequently with either soap and water or the alcohol based rubs, and cover your mouth when you cough to decrease your exposure to bacteria and viruses. Please ask the nursing department if you have any questions regarding the flu vaccine.

Happenings Around the Clarke

- Oct 2-** Big Bucks Bingo
- Oct 9-** Memorial Service
- Oct 10-** Music with Manny Brandao
- Oct 15-** Harvest Moon Sing-A-Long with Christine Wilbur Langelo
- Oct 16-** Lunch Outing (please sign up)
- Oct 23-** Monthly Birthday Party with Bobby B
- Oct 30-** St. Michael's School Chorus
- Oct 31-** Halloween Party and Costume Contest

Staff Happenings

- Hugh received the RIHCA Lifetime Achievement Award!
- Patty got married
- Dru sent her youngest daughter to college
- Deb adopted a baby girl
- Becka had a baby boy

The Walk to End Alzheimer's



On September 15th members of Team John Clarke walked in The Walk to End Alzheimer's at Fort Adams in Newport. The entire John Clarke family including residents, family members and staff have been hard at work raising funds to



support the Alzheimer's association. With the support of our residents, residents' families, and staff, we raised \$10,000 for The Walk to End Alzheimer's benefiting the Alzheimer's Association. This is double our fundraising efforts last year. Great job Team JCRC!



Chaplain's Corner

By: Rev. Robert Morton-Ranney, PhD

We extend our love and sympathy to the family and friends of the Rev M Harry Randall, who died in Maine on September 12th.

Mr. Randall became Pastor-Superintendent of the Baptist Home of Rhode Island, the forerunner of the John Clarke Retirement Center, in 1965. Located on Shepard Avenue in Newport, the Baptist Home began as living space for fourteen senior couples. Adding a minimal nursing unit in the 1960's, it became the John Clarke Center, in its brand new building at its present location, in 1980.

Mr. Randall oversaw these transitions, displaying care and kindness to residents and staff members alike, until his retirement as Administrator in 1990.

Please join us at our **Service of Remembrance**, in memory of deceased residents of the John Clarke Retirement Center community, Wednesday, October 9, at 2:00 pm, in the main dining room of the Nursing Center.



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

Autumn Words

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

Apple
Brown
Chilly
Colors
Fall
Harvest
Geese
Hay
Leaves
Mapletree
October
Orange
Pear
Pumpkin
Red
Rice
School