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

JCRC TODAY

Administrator Message

*Resident
Birthdays!*

Robert S. 6/7
Manuel N. 6/9

Dear John Clarke Community,

I want to start by saying Thank You all for your amazing support during this unprecedented time. The residents of the nursing center were thrilled by response to the Mother's Day Parade. We had so many families and friends come by to wave hello. The Rhode Island Department of Health has asked us to test all residents and staff every 10-14 days. Our third round of testing will be next Tuesday, and the National Guard will be here to help administer the tests. I will send out a communication via VoiceFriend when we have the times scheduled. We were very grateful for the National Guard's assistance during the last round and are happy that they will be on site again next week. We have the fourth round of testing tentatively scheduled for June 9th.

We continue to follow the Department of Health's and CDC's recommended measures to protect your loved ones, our staff and community by:

- Restricting visitors with exceptions only to immediate end of life care, physicians and diagnostic clinicians.
- Screening all staff for signs and symptoms of COVID twice per day
- Screening residents twice a day including temperature and respiratory assessment by licensed staff.
- Quarantining new admissions for 14 days in our designated quarantine area.
- Disinfecting the center including high-touch areas such as doorknobs, bedside tables, light switches, handrails, sinks and bathrooms frequently day and night.
- Ensuring adequate supplies of Personal Protective Equipment (PPE) -gloves, masks, face shields, and gowns.
- Monitoring for new guidance from state and federal officials
- Practicing social distancing and using proper hand hygiene.
- I will send out any immediate updates regarding COVID-19 via VoiceFriend.

On a more joyful note, I am very pleased to announce that Tara Kuthan, NHA, Director of Social Services, has been promoted to Assistant Administrator. In her new capacity, she will continue to over see the psychosocial needs of our community and she will also assume responsibility for the recreation department and chaplain services. Please join me in congratulating Tara on her well deserved promotion! I wish you all a peaceful and healthy late Spring!

Warm Regards, Joan

Ingredients

- 1 lb fresh asparagus (in 1 inch pieces)
- 1 lb breakfast sausage (cooked & chopped)
- 1 medium sweet red pepper (diced)
- 1 medium sweet yellow pepper (diced)
- 1 small onion (chopped)
- 3 green onions (chopped)
- 1tbsp olive oil
- 2 tbsp unsalted butter
- 2 garlic gloves (minced)
- 3 plum tomatoes (seeded & chopped)
- 14 large eggs (lightly beaten)
- 2 cups half & half cream
- 2 cups shredded colby-jack cheese
- 1/2 cup shredded parmesan cheese
- 3 tbsp fresh parsley (minced)
- 3 tbsp fresh basil (minced)
- Salt & pepper

Directions:

Prep Time: 15 minutes **Cook Time:** 50 minutes **Serves:** 12

Preheat Oven to 350 degrees

In a large skillet, saute asparagus, peppers and onions in oil and butter until tender. Add garlic; cook 1 minute longer. Add tomatoes; set aside. In a large bowl, whisk eggs, cream, colby-jack cheese, parsley, basil, salt & pepper; stir into vegetable mixture and add sausage.

Pour into a greased 13x9 baking dish. Bake uncovered for 45 minutes.

Sprinkle with Parmesan cheese. Bake 5 minutes longer or until a knife inserted into the center comes out clean. Let stand 10 minutes before cutting.

Updates from the Clarke

Experiencing life during a pandemic has been challenging for all of us. We have had to change our way of life in so many ways and adapt to all of the new regulations and rules to keep our residents and staff safe.

Here at JCRC we have had to think outside of the box to keep our resident's spirits uplifted and continue the fun despite the current climate. During this time we have been encouraging facetime and phone calls. Thank you to all of the families and friends have stayed connected to their loved ones via technology. Our residents have a new sense of savviness with technology than ever before.

The Activities Department has put together a multitude of courtyard entertainers who remain outside and play music. This has allowed our residents to open their window and enjoy the music from afar. The Mother's Day parade was a huge success. The creativity that all of our families displayed with decorating their cars and making signs was awesome!!

We had a very different but extremely successful National Nursing Home week. Each day there was a theme and staff dressed up. We had activities and food to go along with this theme. We went back into the decades celebrating the 1920's and 1930's- staff dressed up as flappers and mobsters. We also had a great time honoring the 1950's and 1960's- the Dietary staff hosted a diner themed lunch with burgers, fries and root beer floats for dessert. The residents and staff both had a blast sharing this fun together.

As the Governor and regulatory bodies figure out the next phase of re-opening we look forward to learning how this will impact us here at JCRC. Please be patient as we prepare for the "next steps" and know we are doing everything we can here to keep everyone in good health and having fun. Stay tuned for updates and follow us on Facebook at The John Clarke Retirement Center to see what we are doing each week.

Tara Kuthan

'Whatever it Takes' Award

Joe Ponte

Our whatever it takes winner for April is Joe Ponte, sous chef in our dietary department. Joe has worked at John Clarke for several years. You can often see him behind the line in the dining



room with a smile on his face and laughing with his co-workers. His supervisor Scott Hahn says "Joe is extremely detail orientated and always takes pride in his work, this reflects in the quality of the meals he serves. It's been a pleasure to work with Joe over the last several years and I look forward to many more!". Joe is married with 2 children and lives on the island. The food at John Clarke

is often praised by family members, staff and residents. Thank you Joe for all of your delicious meals and for doing whatever it takes for our residents! Congratulations on your award!

Chaplain's Corner

By Racquel Ray

Last month I wrote to you about the Dawn Redwood tree at Blithewold Mansion in Bristol. The tree is now covered with verdant chartreuse sprouting leaf tips. The tree is smiling with new life; new beginnings in this new cycle of seasons.

As spring draws on, finally, we too are in a new season. Everything seems to have changed. Even the way we worship, gather in community, and observe rituals has changed. For some, even our faith has been shaken to its core. It has been a long, difficult winter. My role as a chaplain is to meet others in the middle of the difficult times – those times when our faith is shaken to its core. Chaplains are able to meet and honor the sacredness of the 'winter seasons' and help find verdant paths to spring. We are pastors of options. We walk with others until they find the way to a new beginning.

As our communities begin to re-open we do so knowing that things have changed. We have experienced great loss and grief. We have found inner strength and perseverance that we may not have known we possessed. We have found new ways to be physically distant and yet socially close with our loved ones and neighbors. Like the verdant Redwood, we are emerging anew with a resilience of life.

Happenings Around the Clarke

June 2nd: Kalifornia Karl concert in the Courtyard

June 9th: Pet Parade in the Courtyard

June 18th: The Kane Brother's concert in the Courtyard

June 21st: Father's Day Card Parade

June 23rd: Toni & Pat concert in the Courtyard

Sundays & Mondays at 2PM: Hallway Bingo

If you have any activity ideas contact Robin at 846-0743 ext 131

We have purchased more iPads and are looking forward to a new computer system called 'Its Never Too Late' (iN2L) allowing us to access 4,000 programs! See the next page for more info.

Facetime/Skype/WhatsApp/Zoom are available any time.

Stay Safe! Stay Happy!

Sun Smarts

Although this summer may be a bit different than some in the past, we will all be enjoying the summer sun in the very near future. Ultraviolet (UV) light is a major cause of skin cancer. These rays are strongest and most harmful during midday. Skin can burn in just 15 minutes. Sun damage and skin cancer is largely preventable by being Sun Smart.

Using a water resistant and broad-spectrum sunscreen with 30+ SPF is very important. Always be careful not to miss your ears, lips, and tops of your feet and reapply every two hours. Remember to wear your hat and sun protective clothing that covers as much skin as possible. Wear sunglasses to protect your eyes and seek shade whenever possible. Check your skin regularly and see a doctor if you notice any unusual skin changes like a mole that suddenly appeared, changed in size, thickness shape or color. Treatment is more likely to be successful with early detection. Stay safe and sun smart!



Your Team

Joan Woods
Administrator

Tara Kuthan
Assistant Administrator

Dru Boiani
Director of Nursing

Katie Parascandolo
Asst. Director of Nursing

Carolyn Moy
Business Office Manager

Scott Hahn
Food Service Director

Patricia Pardoe
Rehab Manager

Wayne Pierce
Environmental Services Manager

Reyna Lopes Diaz
Housekeeping Manager

Lisa DaCosta
Admissions Coordinator

Robin Hannon
Activities Director

Racquel Ray
Chaplain

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It's a simple & automatic way for you to support your favorite charitable organization at no cost to you. Amazon will donate a portion of the purchase price to your favorite charitable organization.

How do I shop at AmazonSmile?

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Which products on AmazonSmile are eligible for charitable donations?

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How do I select a charitable organization to support when shopping?

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We Believe Its Never Too Late

Founded in 1999, iN2L pioneered the use of content-driven engagement to create meaningful experiences for older adults by connecting them with the world around them. We are now the leading provider of person-centered content to the senior living market and a critical part of the resident experience in more than 3,000 assisted and independent living communities, nursing homes, memory care settings and adult day programs across the United States and Canada. We delight in helping our customers create possibility, enjoyment and connection for hundreds of thousands of seniors.

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CAMPING
CANCER
CRAB

FATHER'S DAY
FLAG DAY
GEMINI

JUNE
PEARL
ROSE

SIXTH
SUMMER
SUNSHINE

TWINS
VACATIONS
WEDDINGS