

Committed to:
**RESPECT
COMPASSION
QUALITY
CARING**



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

JCRC TODAY

***Resident
Birthdays!***

Margaret S. 5/7

Atanasia R. 5/7

Norman R. 5/15

Mary C. 5/17

Alton L. 5/18

Brian V. 5/22

Juanita B. 5/31

Administrator Message

Dear John Clarke Community,

What an unprecedented time we are living in! While we continue to support the health of our community by limiting personal contact, we are doing our utmost to spread joy through engaging activities and meaningful connections with family and friends.

I am pleased to announce that our new chaplain, Racquel Ray, M Div, started this week and has already introduced herself to many of you. I look forward to the spiritual support that she will provide our community.

We have been blessed with many kind and wonderful donations from families and friends including meals, baked goods, gift cards for the staff. We are grateful for all the continued support.

I look forward to meeting you all in person sometime in (fingers crossed!) the near future.

Warm Regards,
Joan M. Woods

THANK YOU!

To everyone who has reached out with messages and phone calls, donated food, masks & other supplies and offered prayers. Your support means so much to us!

Ingredients

- 6 egg yolks
- 3/4 cup white sugar
- 2/3 cup milk
- 1 1/4 cups heavy cream
- 1/2 teaspoon vanilla extract
- 16oz marscapone cheese
- 1/4 cup room temp strong coffee
- 2 tbspl Kahlua
- (2) 3oz packages ladyfinger cookies
- 1 tbspl unsweetened cocoa powder

Directions:

Prep Time: 45 minutes **Cook Time:** 1 minute **Ready In:** 5-7 hours **Serves:** 12

In a medium sauce pan whisk together egg yolks and sugar until well blended. Whisk in milk and cook over medium heat, stirring constantly, until mixture boils. Boil gently for 1 minute, remove from heat and allow to cool slightly. Cover tightly and chill in refrigerator 1 hour.

In medium bowl beat cream with vanilla until stiff peaks form. Whisk marscapone into yolk mixture until smooth.

In a small bowl combine coffee and rum. Split ladyfingers in half lengthwise and drizzle with coffee mixture.

Arrange half of soaked ladyfingers at the bottom of a 9x13 dish - cut to fit. Spread half of marscapone mixture over ladyfingers, then half of the whipped cream over that. Repeat layers and sprinkle with cocoa. Refrigerate 4 to 6 hours until set.

'Whatever it Takes' Award



Cynthia Williams

Cynthia Williams is our Whatever it Takes Winner for the month of March. Cynthia moved to RI 4 ½ years ago with her two daughters. She has been at John Clarke for 4 years as a CNA. In her spare time she enjoys internet shopping, cleaning, cooking and spending time quality time with her family. She is a dedicated mother to her two "beautiful angels". Cynthia says what she enjoys most about her job is "seeing my resident's happy". Cynthia is a hardworking, team player who puts time and dedication into the care of her residents. Residents often compliment the care she gives and her coworkers echo that sentiment. Congratulations Cynthia on your well deserved award, thank you for doing Whatever it Takes!

Chaplain's Corner

By Racquel Ray

The John Clarke Retirement Center would like to welcome Raquel Ray, our new chaplain to the team. She wrote this message of hope to the residents, tenants and families.

Each morning that I drive to the John Clark Retirement Center I pass the Blithewold mansion in Bristol with its towering, ancient Dawn Redwood tree. This particular tree at Blithewold is fairly young, only planted in 1971. But the Metasequoia glyptostroboides cultivar is a deciduous conifer tree that saw the dinosaurs. Right now, the tree looks dead. Its branches are bare, naked, brown, and pendulously sweeping in downward frowned arches swaying in tumultuous New England spring winds. An inexperienced person would cut down believing it to be hopeless.

Our current society looks bleak also, mirroring the frowning branches of the redwood. We are swaying with the winds of difficult news, messages of endless struggles and challenges ahead. We worry about loved ones, finances, health, safety, and our future. Each day the dawn redwood slowly begins to sprout as it has done since the dinosaur age. The tree knows the biological secret to its longevity is a deliberate pace. It takes its time. I see hope in its daily increase, albeit ever so slowly. There is daily progress. From dormancy to vibrancy the tree will lead us.

Prayer Requests

"Keep Watch, dear Lord, with those who work, or watch, or weep, this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for you love's sake. Amen."

Please send your prayer requests to our new chaplain. Chaplain Racquel Ray will be saying prayers for the JCRC residents and staff and their families daily at 8am.
RRay@jcrcri.org

Happenings Around the Clarke

May 8th: Chris Waters in the Courtyard

National Nursing Home Week!

May 10th: Mother's Day Celebration

May 11th: 20's & 30's Themed Day & Silver Tops to perform

May 12th: Beach themed day/Jimmy Buffet

May 13th: 50's & 60's Themed Day

May 14th: Game Day/Game Show w. Bobby B

May 15th: 70's & 80's Themed Day & Ismel to perform

May 29th: The Kane Brothers

Chef Scott will be matching the meals to the theme every day for staff & residents! COVID-19 won't stop us from having fun!

Please stay safe! All rules & policies are still in affect concerning visitation. We will be the first to let you know when they change. We miss you!



Health Tips: Coping with COVID-19

The recent outbreak of Covid 19 has put many stressors on the emotional health and well-being of individuals across the United States. We are all having to make major changes to our lives to stay healthy and Covid free. Fear and apprehension about this virus can be overwhelming and flood an individual's coping skills. Being aware that everyone reacts differently to stressful situations is important. Stress during this time can include:

- Fear and worry about your health and the health of your family and friends
- Changes to your sleep and eating patterns
- Difficulty concentrating
- Worsening of chronic health issues
- Increased use of alcohol, tobacco and other drugs

What can we do to support our emotional well being during this time of isolation?

- Take breaks from watching or reading the news as well as social media. Hearing about this disease repeatedly can be stressful and upsetting.
- Get outside for 30 minutes. Take a walk, run, just sit in the fresh air.
- Take care of your body. Take deep breaths, stretch, meditate.
- Try to eat healthy, well-balanced meals
- Exercise - use online yoga classes and fitness classes
- Connect with others via the phone, facetime, skype, video chat, email, send a card.

Telemedicine is essential during this time. If you feel like you need help please call your doctor, therapist or mental health provider. They can connect with you via phone or facetime and provide you the support to keep yourself healthy during this time. Do not be afraid to ask for help as we need to be there for each other to support one another during this time. Here at John Clarke we remain committed to supporting you. The nurses, CNA's , doctors, activity staff and your social worker are here to listen.

Your Team

Joan Woods
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

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

Behind Our Masks We Are Smiling, Positive & Hopeful!



We Are All In This Together! #JCRCSTRONG