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A MONTHLY PEEK INTO THE LIFE AT JOHN CLARKE RETIREMENT CENTER

JCRC TODAY

Executive Director's Message

Resident Birthdays!

Mary G. 7/11
Edalene M. 7/11
Prucia F. 7/13
Patricia B. 7/19
Phyllis S. 7/19
Barbara S. 7/21
Carol M. 7/25

The warm breezes of summer are beginning to be felt around our lovely community these days and I am grateful for the bit of joy they bring.

We are eagerly awaiting the day that we can welcome visitors back into the nursing center community. The Rhode Island Department of Health is requiring that all nursing facilities develop a Limited Visitation Plan that must be submitted and approved. Once these plans are submitted and approved, we are hopeful that the Governor will announce when visits may begin. Until that time occurs, I hope that you are able to take advantage of Zoom or FaceTime visits. Please let us know if you need any assistance with a "virtual visit".

Please know that I will make multiple announcements regarding visitation just as soon as we get the go-ahead. You will get a text or email through our Voice Friend notification system, an email directly from me (if we have an email address on file) and a hard copy in the mail. I will outline the process and regulations for visitation.

Our Retirement Center is looking lovely with the colorful Adirondack chairs festooning the front lawn and I am glad to see many residents out enjoying the fresh air.

Warm Regards, Joan

Thank you to all the families that participated in the Father's Day Parade. It was a huge success! We had 11 families come to the event. They decorated their cars and came full of positive spirit to support their loved ones and all the staff at JCRC! The residents had a blast and are looking forward to a lot of summer fun around our community!! Stay tuned for more fun events.

Tara Kuthan
Assistant Executive Director



Ingredients

- 12 large quahogs
- 3 cans (12-16oz) chopped ocean clams
- 2 packages ground chourico
- 1 package bacon
- 2 sticks unsalted butter
- 2 cans (12-16oz) chicken stock/broth
- Large box ritz crackers
- 12-16oz container bread crumbs
- 2 large green peppers
- 2 large red peppers
- 2 medium yellow onions
- 1 bunch celery
- Salt & pepper
- Red pepper flakes
- Garlic powder

Directions:

Clean quahogs well with cold water and small scrub brush.

Add 12 Quahogs to large stock pot, cover with water, add tsp salt, pepper and red pepper flakes, ½ tsp garlic powder. Boil until quahogs open, remove quahogs immediately to cool. Save 3 strained cups quahog stock/broth. Remove meat from Quahog, and chop fine. Avoid chewy meat connected to the shell. Break Quahogs in half and clean well. Using a food processor, grind ritz to a fine dust and combine with bread crumbs. Dice green peppers, red peppers, celery, onions, and half the of bacon. Cube other half package of bacon for the top of the stuffies.

In large sauté pan render diced bacon on med high until fully cooked. Eat some bacon as a gift to yourself for doing such a good job so far. Reserve bacon grease, add half stick of butter and all veggies, pinch of salt & pepper, pinch garlic, pinch red pepper flake. Cook until tender. Add chourico, cook until heated. Add 1 can of chicken stock, 1 can chopped clams and 2 drained cans of clams to the mix. Add ½ stick butter, quahog meat and 1 cup of quahog stock. Simmer for 15-20 minutes.

Turn off heat, add breadcrumb mix and stir until fully incorporated. Add remaining chicken stock and quahog stock as needed until similar to moist stuffing in texture. Cool the mix in the fridge for 30-40 mins.

Stuff those Quahogs, a large ice cream scoop works well. Top with bacon. Heat oven to 400, cook for 10-15 minutes until bacon is crispy.

'Whatever it Takes' Award

Dulce DeMedeiros



Dulce DeMedeiros has been in LTC for 21 years. Dulce is married and has 3 children and lives in Fall River, Ma. Dulce started her LTC career at Southpointe Nursing center. This is where I met and enjoyed working with her.

Dulce's work ethic and friendship were compatible to mine. Dulce is also a Nationally Certified Activity Director and hold several certificates and accreditations. She is always looking to educate herself in the activity field. Dulce was born in Portugal and moved here in 1974. Dulce also has an associate degree from BCC. Dulce is a fantastic cook and enjoys having parties for family and friends. Dulce also enjoys the beach, shopping and occasionally likes to go to the casino. Dulce received this award for working so hard and being so flexible during this covid pandemic. It might seem easy for the activity department during these crazy times, in fact it is the opposite and Dulce does with grace and love for the residents. JCRC is lucky and appreciate you! Thank You Dulce!!!

Covid-19 has changed our lives in immeasurable ways. Unfortunately, unscrupulous individuals have developed successful scams to take money or information from unsuspecting individuals.

According to the FCC (Federal Communications Commission), there are several new text messaging and robo-calling scams where the sender impersonates a government office. Currently, there are active scams purportedly coming from the World Health Organization (WHO), the US Department of Health and the IRS. For example, one of the phone calls you may receive purports to be from the US Department of Health, warning you of an outbreak in your area and recommends that you talk to a "health advisor" about testing and vaccines. Of course, the "health advisor" really is a scamster looking to obtain personal data to steal your identity.

The FCC offers the following tips to help you protect yourself from scams:

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you are being pressured to share any information or make a payment immediately.
- Scammers often spoof phone numbers to trick you into answering or responding. Remember that government agencies will never call you to ask for personal information or money.
- Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they were not hacked.
- Always check on a charity (for example, by calling or looking at its actual website) before donating.
- If you think you've been a victim of a coronavirus scam, contact law enforcement immediately.

Let's all stay alert and wary so we can put these scammers out of business!

Chaplain's Corner

By Racquel Ray

I'm so sorry. That is what we often say when we acknowledge the pain and suffering of others, especially when there is nothing more that we can say to bring comfort. I'm sorry. I'm sorry you are experiencing such a difficult time. In these trying weeks of 2020, I find myself saying "I'm sorry" often. We are all experiencing pain and suffering. We are in the middle of a traumatic cultural event that will forever change our lives. And, I'm sorry. We're at the point where our children, grandchildren and great-grandchildren cannot avoid being effected by the news and our adult conversations about current events. My own children are upset about covid and about communities in protest. Their lives are forever changed. And, I'm sorry. As our fellow citizens protest in our cities, marginalized populations are further exposed to the virus, are at greater risk of contracting the illness, and not receiving equitable healthcare. And, I'm sorry. As communities try to reopen and previously [not quite] flattened curves begin to spike hospital staff are once again overrun, over worked, under supplied and understaffed. And I'm sorry. Nursing Home residents have been in isolation since March while missing worried loved ones and we cannot risk the health of our residents. And, I'm so sorry. Parents of young children are finishing the school year wondering if distance learning was adequate for their kids and did they learn anything. And, I'm sorry. Seniors from High Schools and Colleges – our children, grands and greats graduated without spectators and celebrations, without gatherings and gifts, without feasts and festivities. And, I'm sorry. I truly am so sorry that we are experiencing such a difficult time, and someone just ought to tell you, "I'm sorry".

A Chaplain's role is to meet others in the difficult time and help them find a way through it. I'm here for you. I'm here to help; to listen; to talk; to pray. My daily goal is to make a difference. The weekend Activities team has a daily goal of making a difference. Each evening as we finish our paperwork, after passing out the final refreshments and tidying up all the materials we have used throughout the day, we ask ourselves, "Did we make a difference?" We share stories of someone's smile, a laugh, the joy of a family member on a video call, the peace of a resident, the motivation of our medical staff, the dedication of our food services staff, and the creative energy of our Activities staff. I'm sorry that we are experiencing such difficult weeks. But, know that myself and our entire staff are working to make a difference every day; to find a way through the difficult. Together, as a community, we are working our way through a challenging reality, making a difference every day!

Helpful Hints

Did you know that extended exposure to the sun's UV rays is linked to the development of cataracts and macular degeneration? In order to protect your eyes from damage, it is important to have proper sunglasses that block 100% of UVA and UVB rays and always wear them when you are outside, even in the shade.

A common misconception is that the darker the lenses are, the more protection they provide. In fact, even light amber-colored lenses can provide the same UV protection as dark lenses! Transition lenses in your eyeglasses provide both UVA and UVB protection.

An optician can help you choose the proper protective lens for your eyes and your lifestyle. Remember, damage from UV radiation is cumulative and starts in childhood.



Your Team

Joan Woods
Executive Director

Tara Kuthan
Assistant Executive Director

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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Shopping on Amazon? At no cost to you, **you can have a small percentage of your purchase donated to the John Clarke Retirement Center!** All funds received will be deposited directly into our Residents Activity fund.

What is AmazonSmile?

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?

Simply go to smile.amazon.com from the web browser on your computer or mobile device.

Which products on AmazonSmile are eligible for charitable donations?

You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. All of your account settings are also the same.

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

On your first visit to AmazonSmile, you need to select a charitable organization to receive donations from eligible purchases before you begin shopping and they will remember your selection!

Happenings Around the Clarke

July 2nd: Fourth of July BBQ

July 3rd: RWB Ice Cream Social

July 6th: Courtyard Concert: Toni & Pat

July 8th: Strawberry Shortcake Day

July 10, 14, 24th: Van Rides

July 22nd: Courtyard Concert: Bobby B

July 24th: Lunch Dine In: Resident's Choice

July 29th: Courtyard Concert: Chris Waters/July Birthdays

July 31st: Root Beer Floats

Facetime/Skype/WhatsApp & phone calls are available 7 days a week!

IN2L System Update

We are awaiting the the delivery of our IN2L system. It has been upgraded to a 70-inch unit due to the back order of our original 50-inch system. We are excited to be able to experience this technology with our residents. This computer system will have many features to engage our residents. It includes the ability to Skype, play games, experience travel and engage in biking, driving and flying. We look forward to the addition of this system to our activities department in July. Stay tuned for updates and pictures of the fun we will be having experiencing IN2L.