

Committed to:
**RESPECT
COMPASSION
QUALITY
CARING**



A MONTHLY PEEK INTO THE LIFE AT JOHN CLARKE RETIREMENT CENTER

JCRC TODAY

Resident Birthdays!

Fernella S. 8/14

Going Digital!

JCRC would like to start sending our monthly newsletter out via e-mail!! Join our e-mail list and we will send you our monthly newsletter and any updates on what is going on!! Please contact Lisa DaCosta at **401-846-0743** or **ldacosta@jcrcri.com** to join our list!!

Executive Director's Message

Dear John Clarke Community,

Greetings on this warm, summer day as we continue our strange odyssey living with COVID-19. I am relieved to report that, as of this writing, our Nursing Center remains COVID free.

We have been delighted to be able to start welcoming visitors back to the Nursing Center to meet with their friends and loved ones. The reunions have brought some of us to tears to witness. For those who are unable to come to the center personally, we encourage you to reach out to our Recreation Department to schedule a video call.

We are very appreciative of the kind donations that friends and families have made to the Community over the last few months. Our staff and residents appreciate the gifts of lunches, breakfast pastries and other goodies that have been delivered as well as the wonderful charitable gifts that have been made. We have used some of the donation money to purchase extra iPads for Nursing Center residents to "visit" their loved ones with. THANK YOU!

I am deeply grateful to all our staff for their dedication to the residents of our Community. They have made many personal sacrifices to ensure that they remain safe and practice infection control recommendations to stay healthy. Each staff member has been coming in weekly for COVID swab testing – an unpleasant, sometimes painful, process.

I am very much looking forward to the day when we can open our doors up without hesitation and invite the world back in.

Warm Regards, Joan

Ingredients

- 4 ears corn (native sweet corn from DeCastros)
- 1 red onion
- 2 ripe avocados
- 1 can black beans
- 1 lime
- 1 lemon
- 1-2 tbsp packed chopped cilantro
- 4 pinches salt
- 4 pinches pepper
- 2 pinches red pepper flake
- 1 tsp olive oil

Directions:

Turn grill on high or broiler on low

Shuck corn and rub with olive oil - add 2 pinches of both salt and pepper

Keep a close eye on your corn to avoid completely blackening it

Turn grill down to low, or turn broiler off and cook for 10 minutes or until corn is tender.

While corn is cooling, dice red onion, chop cilantro, rinse black beans and juice your lemon and lime.

In a large bowl cut the corn from the cob and add onion, cilantro, black beans, 1 pinch of salt & pepper, red pepper flakes and all the lemon and lime juice.

Cube the avocado and fold into the bowl being careful not to mash it and add the remaining salt and pepper.

Let marinate in the fridge for an hour then grab some Tostitos scoops and get to scooping!

‘Whatever it Takes’ Award

Doreen Machado & Rebecca Leib



This July we honored two very special employees with our “Whatever It Takes Award.” Doreen Machado and Rebecca Leib are both Med Tech’s at JCRC. Doreen has been working here since 2000 and Rebecca 2014. They are a dynamic duo on the floor ensuring the residents receive their medications timely and accurately. They are team players who always stop to help answer a call bell, pass a meal tray, or support our residents when needed. Not only are they super stars in their positions they go out of their way to be kind to the residents and their co-workers. We are so fortunate to have them here as part of our team. Thank you for all you do each day!!

Charitable Donations Enthusiastically Accepted!

We are actively working to raise funds for two special projects right now and would really appreciate your financial support.

The time has come to replace the awnings in front of our community. When residents and visitors come to our facility, they should be welcomed with a vibrant and beautiful aesthetic. Our goal is to raise \$25,000 for this important capital project. We are thrilled to tell you that we are off to a great start and have raised \$6,200 toward our \$25,000 goal. Your charitable gift would be restricted for this purpose.

We are planning a “Food Truck” event in August for our community so that Residents and Staff can go outside and grab a delicious treat from LaCosta Lobster and Taco Truck. We are looking forward to enjoying a summer favorite delivered in a new fashion! Your donation would be utilized to help fund whichever project you would like to donate to.

If you are interested in either project, please send your tax-deductible donation to John Clarke Retirement Center and make a note of which project (or both!) that you would like to support.

Thank you in advance!

Chaplain's Corner

By Racquel Ray

Moral Distress is a term used to describe the spiritual, emotional, psychological, and physiological trauma incurred when we experience morally difficult situations. Military personnel are familiar with this condition as it sometimes referred to as Military Trauma. It results from the disparity caused when we are unable to do, through circumstances out of our control, what morally we feel we ought to do. Many of us are experiencing moral distress as the current pandemic continues. In an article from Provider magazine, Amy Stewart, MSN, RN, SNS-MT writes, "Nursing staff are especially susceptible to moral distress. Not only are they on the frontline of the response, but the impossible choices that the constraints they are experiencing impose undermine the core values of a caring profession." (Amy Stewart, 2020)

Nursing staff is not alone in this trauma. We are all experiencing some form of distress over the past four months. Our lives are disrupted. Many of us have lost jobs and income. Our roles have changed from working in an office to working from home – and teaching school aged kids. Many of us have lost loved ones. And many of us are worried about loved ones with underlying health issues. And what we feel is morally right is not always safe or possible with the current Covid restrictions. Our fears and anxieties are mixed with disappointments and depressions. It is a tough time.

Recently, I have seen an increase in social hostility. Folks that are usually cheerful and pleasant can be cranky. Folks have expressed a sense of hopelessness or just exasperation over the wondering of when this will end. I am concerned about mental and spiritual wellness. Do you remember the old analogy about putting pressure on a balloon? When the balloon experiences too much pressure, it blows out somewhere. We cannot predict where. Some days we are like the balloons.

Where can we find hope? How is resiliency possible right now? How can we manage the pressure of moral distress, hopelessness, anxiety, and all that each of us holds? How can we keep from exploding like pressurized balloons? We can help and support each other. We can be kind. We can remember for what we are grateful. We can self-care as well as care for our neighbors. We can remember that we are Beloved children of God. And remember that this too shall pass.

Welcome to Our New Rehab Manager!

Hello, my name is Robert Medeiros and I am the new director of rehabilitation services here at John Clarke Retirement Center. I have worked as an occupational therapy assistant throughout the state of Rhode Island for the past 11 years. Most of that time was spent providing direct care to patients in skilled nursing facilities on Aquidneck Island. I have an extensive background in dementia care as well as orthopedic rehabilitation. I'm honored to bring my expertise in these areas to this already phenomenal therapy team. How we spend our days is, of course, how we spend our lives, and it is the goal of every therapist to improve the day to day lives of their patients. I believe in a team approach that focuses in treating the entire patient, not just the disease, and I'd like to thank you all for the opportunity to join the team here at John Clarke. I look forward to getting to know the staff, each of the residents and their families. My door is always open, so please feel free to stop in with any questions or to just introduce yourself.

"You treat a disease: you win, you lose. You treat a person, I guarantee you win-no matter what the outcome." -Patch Adams



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

Rob Medeiros
Rehab Manager

Wayne Pierce
Environmental Services Manager

Reyna Lopes Diaz
Housekeeping Manager

Lisa DaCosta
Admissions Coordinator

Robin Hannon
Activities Director

Racquel Ray
Chaplain

Welcome Back Visitors!



Happenings Around the Clarke

August 3rd: National Watermelon Day
August 5th: Courtyard Concert: Toni & Pat
August 7th: A Day in Portugal
August 12th: Courtyard Concert: Ishmael
August 14th: BBQ/Sports Day for All
August 17th: National Thrift Store Day
August 19th: Courtyard Concert: Kalifornia Karl
August 21st: Dessert Cook-Off
August 24th: National Waffle Day
August 25th: Kiss & Makeup Spa Day
August 26th: National Dog Day
August 28th: BBQ for Staff & Residents



IN2L System Update

The big day arrived last week when we got to unveil our IN2L system to our activity and rehab staff at JCRC. We participated in a training to learn how we can use this technology to entertain, educate and improve the lives of our residents each day. Our unit is already being used to help call bingo, provide relaxing imagery, and provide music and fun to our residents. We look forward to incorporating it into our daily life at JCRC!! Stay tuned for more pictures and updates on our IN2L system.

