

Committed to:
RESPECT
COMPASSION
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CARING



A MONTHLY PEEK INTO THE LIFE AT JOHN CLARKE RETIREMENT CENTER

JCRC TODAY

Executive Director's Message

Resident Birthdays!

Lawrence L. 9/5

James O. 9/23

Vera A. 9/26

Clara M. 9/28

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@jrcrcrri.org** to join our list!!

Dear John Clarke Community,

I am grateful to report that, as of this writing, we remain COVID-19 free. This is, in part, due to luck but also to the incredible efforts of the staff in employing safe infection control practices both here in the Community and at home.

We are looking forward to an eventful month bringing community together in a safe manner. This month we will start to open a few more socially distanced, recreational offerings for the Retirement Community including chair yoga classes, bingo and coffee socials - all socially distanced, of course!

We are going to have LaCosta Food Truck visit on the 17th for all of our Residents and Staff in lieu of our annual Fall Festival. We are excited about having Lobster Rolls and other tasty treats delivered to our door.

I am pleased to announce that we have hired Paul Bohn as our new Business Office Coordinator. Paul will be assisting Carolyn with billing and collections in the business office. Paul has been working for a company in Massachusetts for the last few years and we are eager to have him inducted into our Rhode Island way of life! We have also hired Kaitlin Ferreira as our new Human Resources Director. Kaitlin has many years of experience over seeing workforce processes including recruitment and retention at another lovely community here in Rhode Island.

In addition to our new staff, we are also thrilled to announce that we are partnering with Salve Regina University's Internship Program. Rebecca Shaub, a Senior in the Healthcare Administration program, will be joining us several days a week this year as she pursues a career in long term care. Please stop in or call and say hello to all when you get a chance!

I am so appreciative of the wonderful people here at The John Clarke Retirement center and their ability to support one another during such a stressful time in our lives. Chaplain Ray has been helping us all keep our spirits uplifted. She has offered to provide support to anyone in need of an empathetic ear. Please reach out to her if needed.

Warm Regards, Joan

Ingredients

- 2 center-cut 8oz salmon filets
- 1/4 stick unsalted butter
- 1/2 cup brown sugar
- 1/4 cup soy sauce
- 1/4 cup maple syrup

Directions:

"Salmon is one of the most versatile fish and can be cooked in many different ways, this simple way is not only my favorite but my kid's too!"

Heat oven to 400 degrees

Pat dry the salmon; put it in an 8x8 glass pyrex or similar and let sit out during the next step

The glaze: In a saute pan on medium heat, melt the butter then whisk in the brown sugar, soy sauce, and maple syrup until everything is incorporated, and let simmer on low for 10 minutes

Pour half of the glaze over the salmon and cook for 10 minutes, then add the other half of the glaze and cook for 5 minutes - use a soup spoon to spoon any excess glaze on to the salmon, and cool until desired doneness is attained

For a crispy outside, broil for 3 minutes making sure to keep a careful eye on it (the sugar in the glaze will burn quickly!)

Serve with white rice and fresh green beans - Enjoy!

'Whatever it Takes' Award

Angela Santiago



Angela Santiago has been a CNA at John Clarke for twelve years. Angela is a caring CNA who is often recognized by her supervisors as a team player who is always willing to assist both staff and residents in any way she can to provide both quality care in a compassionate and caring manner. Angela enjoys

spending individualized time with the residents as well. She is often found in a resident room looking at family photos, helping to organize their room or pick out their favorite outfit for the day. Angela has assisted in training new staff at John Clarke with an emphasis on not only the importance of care and safety but dignity as well. Angela is both a mother and a grandmother who enjoys spending time with her family whenever she can.

Back to School Health Tips

Preparing for your children to return to school is both an exciting and challenging time especially with the concerns related to COVID-19. Caring for their physical and emotional health will ensure they are prepared to go back to school virtually or in person.

Teach good hygiene habits. The most effective way to avoid spreading germs is proper handwashing and good cough etiquette. Encourage your children to sing the Happy Birthday song will help them know how much time to spend on this task. Hand sanitizer should be given to your child, if they are old enough to use safely and encourage them to use it when soap and water is not available. Coughing into their arm and not their hand is always an important lesson as well. Of course, if your child is sick, they should stay home until they are 24 hours afebrile and symptom free. Contact their doctor with any concerns or medical advice. An annual check-up and making sure all their vaccinations are up to date is an important part of staying healthy.

Getting back into the routine of school can be difficult. Shift your kids back to school-year bedtime routine at least a week before school start including cutting back on electronics and tv. Reading or playing quiet games before bedtime will help with this transition.

Provide your children with healthy meals and of course starting the day with a good breakfast. Students who eat breakfast are more alert during class. Teach them the importance of staying hydrated with healthy drink choices like water and milk.

While out shopping and picking up the notebooks, pens, crayons, and other items, it is important to choose the right backpack. These days backpacks are heavier than ever. Along with allowing them to pick their favorite color and design, more importantly make sure the straps are padded and appropriate fit. Teach your children how to wear it with both straps on both shoulders to prevent back pain or injury.

This may not be the "normal" back to school year as we have had in the past, however, with conversation and education, you can help your child have a healthy and happy school year.

Donation Update!

In our last newsletter we discussed two special fundraising projects that we are actively working to raise funds for at JCRC. The awning project and our "Food Truck" event. We want to thank everyone who has contributed to these fundraising projects so far! We have raised close to \$13,000 for the awning project and \$450 towards the food truck event. We continue our efforts in hopes of reaching our goal of \$25,000 for the awning replacement and \$2000 for the food truck event. 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. Thanks for your continued support.

Chaplain's Corner

By Racquel Ray

Lately, I have been thinking about how innovative we have become. I am so amazed by how restaurants have turned parking spaces into outdoor eating area, how schools have worked all summer to create safe re-entry plans for students, how families have adapted to visiting virtually, and how churches have moved to on-line programming. Some of our oldest institutions are necessarily finding new ways of being. At John Clarke, we have been so blessed by the innovation of our staff, our residents and our family members!

Residents are learning how to attend Church via Zoom, Youtube, and in person in a different way. Our Sundays begin with a ten o'clock Zoom service with Warwick Central Baptist. Several Nursing Residents join me in the dining room to watch church and join my terrible singing. I offer an iPad to residents whose church Service is prerecorded on Youtube with First Baptist and others. At three o'clock, independent residents join myself and Rev. Dr. Cynthia Smothers in the Chapel where we Zoom a short but sincere service to the dining room where nursing residents gather to watch. We share Communion during this service using sterile single-use Communion cups while following strictest precautions of sanitization, masks, and social distance. This service will continue in September but will move to four o'clock on Sunday afternoons in keeping with John Clarke tradition.

Our families have been amazing and so supportive of our efforts to keep residents safe. They have adapted to visitations through partition, temperature screening, and following State of Rhode Island guidelines without fault or complaint. It is very difficult to visit with loved ones without hugs! And yet, all of our folks have complied and kept our residents and staff safe.

All of this work takes the dedication and innovation of an amazing and dauntless staff. Inter-departmental support is a culture at John Clarke; Nursing, Activities, Spiritual Care, Dietary, Social Services, and Administration all have found new ways of collaborating and making sure our residents are both active and safe.

I see innovation and new creative ways of being, thinking and doing 'old' things as a gift from God. After all, God is the original creator and has endued us with the gifts of co-creation and creativity. When we find new ideas, innovative solutions and creative answers especially when working collaboratively and for the service of others we are doing God's work. We are the hands, feet, mouths, eyes, and ears on earth serving our neighbors. May God continue to gift us with new ideas!

Memorial Services

We will be having a day of remembrance this month. Thursday September 17th we will remember those who have passed in our community. There will be a Memorial Service in the Chapel at 10:00am for Independent Living Residents and in the Dining Room at 2:00pm for Nursing Residents. Please send your memorial requests to Chaplain Ray by September 11th. We will follow all precautions for both services: Hand sanitizing, masks must be worn and social distancing will be followed. Multiple services will be offered in a row as needed to accommodate attendees.



Your Team

Joan Woods
Executive Director

Tara Kuthan
Assistant Executive Director

Dru Boiani
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

Retirement Riff

Flying out the door to catch the bus
no time over an unmade bed to fuss.

But now, retired, with time to play
I make my bed first thing each day.

Then read the paper from start to finish
while I drink my coffee and eat my Danish.

Now to dress, oops, I almost forgot
to brush my teeth; to wash the teapot.

At 80, I own the day
my choice to walk the beach or swim in the bay.
I've books to read, letters that need to be written,
poems to rhyme and time just for sittin'.

I now live with seniors much older than I
who share their wisdom while I make them pie.

We talk and listen to each other's stories,
tales both of sorrows and of our past glories.

Retirement, freedom, and senior living
are not the end but a new beginning.

Fear neither retirement, nor life with old folks.

At John Clarke Apartments, ours is rich,
rewarding, and full of good jokes.

Retirement can bring new friends, new connections
as well as the time for deep reflections.

At last the space to sit and smell those roses
before the sense of smell departs our noses!

Draft #10 (12/18/19) By: Virginia L. Butterworth

Happenings Around the Clarke

September 4th: Music with Chris Waters
Bagel Fundraiser

September 11th: BBQ for Staff & Residents

September 17th: Memorial Service

September 18th: Music with Kane Brothers

September 22nd: Cooking Portuguese Style w/ Chef Scott

September 23rd: Entertainment w/ Bobby B

September 25th: Happy Hour/Beer Garden
Hartley Meat Pie Fundraiser

Family visits daily! Call Activities for your appointment!

846-0743 ext. 131

Summer Fun!

