

The John Clarke Retirement Center

October 1, 2020 Newsletter

RESPECT

COMPASSION

QUALITY

CARING

Dear John Clarke Community,

The days have already turned crisp for Autumn is in the air. Pumpkin spice abounds. Our employees are back to juggling day care and school in a whole new way this fall - please keep them in your prayers as they navigate all the new rules.

We are getting ready to send out our Annual Satisfaction Survey this month and strongly encourage you to complete it. Not only do we want to know how to serve you better, we will use the data to inform our strategic planning.

We had an amazing visit from LaCosta Lobster and Taco Food Truck in September. A hearty Thank You to all who donated to make this wonderful event happen for our Community. The weather was simply gorgeous, and the food was delicious. Please see our Facebook page for photos of this wonderful event.

Our nursing center's visitation will be revised for the winter months. We are waiting for acknowledgement from the Department of Health and will send out the details when we hear back.

Warm Regards,

Joan



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 da Costa at 401-846-0743 or

ldacosta@jccri.org to join our list.

Food Truck Event!

What a fantastic event! LaCosta Lobster and Taco Food Truck came to our community with **delicious lunch**. Thanks to all who donated and helped out our Activities Team to make this **wonderful event** happen for our Community. The weather couldn't have been any nicer.



WELCOME!

Please give a warm welcome Paul Bohn, our Business Office Coordinator, Kaitlin Ferreira, our Director of Human Services and Nathaniel Ingersoll, Maintenance Assistant.

Stop by and introduce yourself!

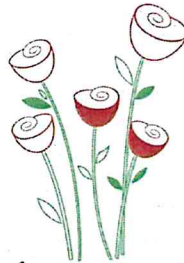




YOUR VOTE MATTERS!

We are coming up to our big November Election. Use your voice either by requesting a mail ballot, heading to the poll for early voting or the poll on election day. Our residents on the Nursing Center side have each been asked individually if they would like to vote. If they have the desire to vote, they have been assisted with obtaining a ballot that will be brought to JCRC for them to complete to ensure their right to vote is respected.

If you have a question about voting, reach out to Tara Kuthan in Social Services for guidance.



In loving memory of

Donations in Memoriam

Charitable donations provide positivity and a spirit of giving during a time of real grief in the name of a loved one. Often people ask us how they can continue to support John Clarke.

If you have chosen to honor your loved one's memory with a financial contribution to our community, we ask that the donation be directed to **The John Clarke Retirement Center**.

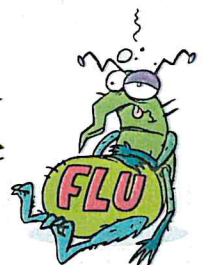
We are so grateful at John Clarke for the kindness and support of our community.

HEALTHY TIPS

Protecting yourself from the flu is more important than ever this year due to the Covid-19 Pandemic. Reducing the spread of respiratory illnesses, like the flu this fall and winter, is going to be vital.

Manufacturer's have already begun distributing the flu vaccine and will continue to do so over the upcoming months. The CDC recommends getting vaccinated in September or October but anytime during the season can help protect you.

Keep your eyes open for our Flu Clinic on the Retirement Center side for residents. Pharmacies offering the vaccine as well as your PCP. The nursing home residents flu vaccine will be offered over the upcoming weeks. Stay healthy!





Chaplain's Corner

We are now at the place in our global communities where we are all experiencing burnout and fatigue. We are tired. Author Polly Greenberg wrote a children's book called, *Lord, I Wish I Was a Buzzard* (Macmillan 1968). It is illustrated by Aliko and depicts the story of a young girl who joins her family in the cotton fields to pick cotton from sun rise to sun set in the hopes of getting a lollipop. Lately, I have been reciting the refrain of the story, "Oh! Lord, we were tired."

We must all find our own ways of managing stress, burnout, and fatigue. In the past week, I have heard no less than seven people speak about getting massages. The conversations ranged from going for massage therapy weekly to putting off prescribed massage therapy for months due to community safety concerns. In addition to massage therapy, others schedule self-care by spending time with family, getting a manicure, meditation, getting enough sleep, writing a letter, taking care of that doctor's appointment, prayer, yoga, visiting with friends or neighbors, or just spending time away from electronics.

Lately, I have been going on hikes with my family. On a day off, we will search for a family friendly hiking trail, pack a lunch, some waters, sunscreen and bug spray and a sense of adventure. I get the benefit of heart-healthy cardio and cortisol-reducing stress relief, my kids get exercise and we all get fresh air.

Here at John Clarke, our Activities folks have been hard at work making sure our residents have opportunities to go outside. Since the first warm-ish day in April, we have been bringing folks outside; enjoying the sunshine and fresh air. We have had musical entertainment and a few cookouts. Even our family visits have brought our folks outside. Nature has been a healing balm for our residents and for me!

As the cooler weather comes, may we continue to be blessed with warm-ish days. May we continue to find new trails. May we be aware of our own fatigue and find ways to rejuvenate. May we continue find ways to connect with God, Neighbor and Self through innovation and exploration. May God continue to keep us healthy, and care for us tenderly knowing that we are all so tired.

Racquel R. Ray, MDiv

Chaplain

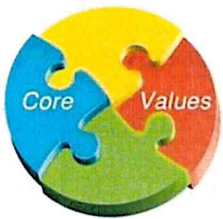
RETIREMENT CENTER TOWN HALL MEETINGS

Joan has started monthly Town Hall Meeting. There will be 3 - 30 minute meetings, limited to 15 people each. Sign up sheets will be posted on the bulletin board next to the elevator.

Meeting times will be 1-1:30, 2-2:30 and 3-3:30.

Hope to see you there!

TOWN HALL MEETINGS



Quality Assurance/Performance Improvement (QAPI)

John Clarke has begun developing QAPI Teams, consisting of various staff members to meet to discuss the QAPI process.

QAPI is the systematic, interdisciplinary, comprehensive data driven approach to maintain and improve safety and quality in nursing homes, while involving residents and families and all nursing home care givers in practical and creative problem solving.



Nursing Home Compare Five-Star Ratings of Nursing Homes

Provider Rating Report for September 2020

Ratings for John Clarke Retirement Center The (415076) Middletown, Rhode Island				
Overall Quality	Health Inspection	Quality Measures	Staffing	RN Staffing
*****	*****	*****	*****	*****

The September 2020 Five-Star ratings provided above will be displayed for your nursing home on the Nursing Home Compare (NHC) website on or around September 30, 2020. The health inspection rating is based on health inspections occurring prior to March 4, 2020. The time periods for each of the quality measures that contribute to the Quality Measure (QM) rating can be found in the QM tables located later in this report. The Staffing and RN Staffing Ratings are based on Payroll-based journal staffing data reported for the fourth calendar quarter of 2019.

This was the year 1935

Cost of Living in 1935

Average cost of a new house \$3,450.00

Average wages per year \$1,600.00

Gallon of gas 10 cents

Average cost of a new car \$625.00

President of the United States

Franklin Delano Roosevelt

Vice President

John Nance Garner



- On May 29, 1935, the last concrete is poured at the Hoover Dam
- The Boulder (Hoover) Dam is dedicated on September 30, 1935
- President Roosevelt signs the US Social Security Act on October 22, 1935
- The Great Plains are struck by one of the worst Dust Storms in US history
- Sir Malcolm Campbell breaks the 300 mph barrier to set a new land speed world record
 - Amelia Earhart flies solo across the Pacific
 - The first technicolor Mickey Mouse short film is released
- The Looney Tunes Character of "Porky Pig" was first introduced
 - Babe Ruth hit the 714 and final home run of his career
 - Alcoholics Anonymous was founded



Born This Year

Jerry Lee Lewis

Julie Andrews

Luciano Pavarotti

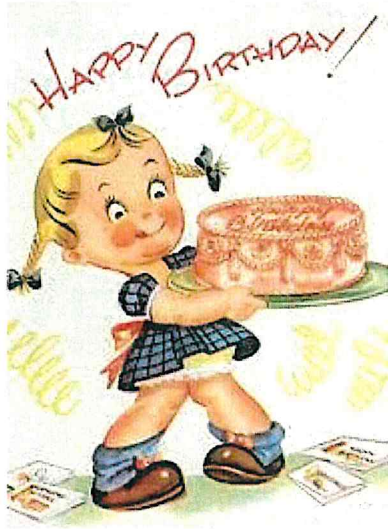
Woody Allen

Dalai Lama

Elvis Presley

Donald Sutherland



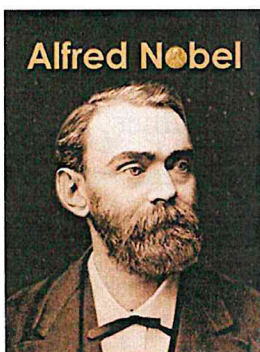


Anita Bradley
Phyllis Brooks
Bessie George

DID YOU KNOW....

“Senescence” is what the process of leaves changing color is called. In most forests of eastern North America through, of the trees that change color in the autumn, most are responding to photoperiodism. The processes induced by photoperiodism are called “senescence”, which is a term for the collective process that lead to the aging and death of a plant or plant part, like a leaf.

In the fall, because of changes in the length of daylight and changes in temperature, the leaves stop their food-making process. The chlorophyll breaks down, the green color disappears, and the yellow to orange colors become visible and give the leaves part of their fall splendor.



Alfred Nobel, the founder of the Nobel Prize, was born on October 21, 1833, in Italy. Following his philanthropic calling, he founded the Nobel Prize. Since 1901, the Nobel Prize has been honoring men and women from all corners of the globe for outstanding achievements in physics, chemistry, physiology or medicine, literature, and for work on peace. Note that there is no Nobel prize for Maths.

Polka-Dot Witches

Polka-dot witches

Ride wizzy-wig brooms

And streak 'cross the moon

Trailing candy corn plumes.

Their hats glow with stars

They plucked from the sky

And their spider web capes

Gather smiles as they fly.

They're the sparkliest,

Happiest witches in sight;

But they only come out

When it's Halloween Night!



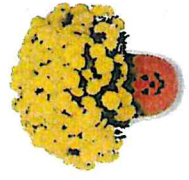
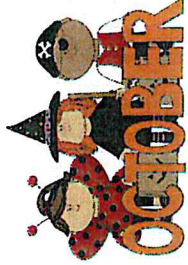





Halloween, the spookiest night of the year, is celebrated in a number of countries on October 31, the eve of All Hallows' Day. It is believed that on this day the spirits can wander the earth freely and children can hop for treats in the neighborhood in the guise of various costumes. Interestingly, in terms of expenditure, Halloween is second only to Christmas.



CDC Considerations

As many people in the United States begin to plan for fall and winter holiday celebrations, CDC offers the following considerations to help protect individuals, their families, friends, and communities from COVID-19. These considerations are meant to supplement—not replace—any state, local, territorial, or tribal health and safety laws, rules, and regulations with which holiday gatherings must comply. When planning to host a holiday celebration, you should assess current COVID-19 levels in your community to determine whether to postpone, cancel, or limit the number of attendees.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FAMILY VISITS TAKE PLACE DAILY! 					
10:30 Zoom Church 2:00 BINGO with Pam 4:00 Communion with Chaplain Ray 4-5 Sunday Memories / IN2L	5 10:00 Rise and Shine 2:00 Lottery BINGO 3:30 Snack Pass Strolling for Strength Fall Prevention	6 10:00 Rise and Shine Exercise / Games 1:00 Marching On 2:00 Word Games 4-6 Sensory with Pam	7 10:00 Rise and Shine 1:00 Music & Memory 2:00 Resident Council & Social 3:30 Trivia IN2L	8 10:00 Coffee Hour and Ma's Donuts 1:00 1:1 Visits 2:00 Hangman 3:30 Travel Time 4-6 Men's Pizza Party with Budweiser	9 10:00 Rise and Shine 11:00 Book Club 2:00 Chris Waters Entertainment 3:30-5 Italian Grinders (must order)	10 Simchat Torah Begins 10-1:30 FAMILY VISITS 2:00 Bottoms Up 3:30 Refreshments
11 10:30 Zoom Church 2:00 BINGO with Pam 4:00 Communion with Chaplain Ray 4-5 Sunday Memories / IN2L	12 Columbus Day 10:00 Rise and Shine 2:00 Toni & Pat Entertainment 3:30 Snack Pass	13 10:00 Rise & Shine Exercise / Games 1:00 Marching On 2:00 Apple Stamping Craft / Social Service 4-6 Sensory with Pam	14 10:00 Rise and Shine 1:00 Music & Memory 2:00 Manicures Salon Style 3:30 Humor IN2L	15 10:00 Coffee Hour Ma's Donuts 1:00 1:1 Visits 2:00 Van Ride 3:30 Travel Time 4-6 Sensory Guided Meditation w/Pam	16 10:00 Rise and Shine 11:00 Book Club 2:00 Fall Tea Social 3:30-5 Fall Sing A-Long	17 10-1:30 Family Visits 2:00 Bottoms Up 3:30 Refreshments
18 10:30 Zoom Church 2:00 BINGO with Pam 4:00 Communion with Chaplain Ray 4-5 Sunday Memories / IN2L	19 10:00 Rise and Shine 2:00 Money BINGO 3:30 Snack Pass Strolling for Strength Fall Prevention	20 10:00 Rise & Shine Exercise / Games 1:00 Marching On 2:00 Crafts Mini Fruit Cornucopia 4-6 Sensory with Pam	21 10:00 Rise and Shine 1:00 Music & Memory 2:00 Spa Time 3:30 Poetry IN2L	22 10:00 Coffee Hour and Ma's Donuts 1:00 1:1 Visits 2:00 Dave Manuel Entertainment 3:30 Travel Time 4-6 Sensory Guided Meditation with Pam	23 10:00 Rise and Shine 11:00 Book Club 2:00 Travel to Paris 3:30-5 Soup Off! (please sign up)	24 United Nations Day 10-1:30 FAMILY VISITS 2:00 Bottoms Up 3:30 Refreshments
10:30 Zoom Church 2:00 BINGO with Pam 4:00 Communion with Chaplain Ray 4-5 Sunday Memories IN2L	26 10:00 Rise and Shine 2:00 Lottery BINGO 3:30 Snack Pass 4-6 Strolling for Strength Fall Prevention	27 10:00 Rise & Shine Exercise / Games 1:00 Marching On 2:00 Cooking with Class 4-6 Sensory with Pam	28 10:00 Rise and Shine 1:00 Music & Memory 2:00 Spooky Games! 3:30 Current Events IN2L	29 10:00 Coffee Hour and Ma's Donuts 1:00 1:1 Visits 2:00 Van Ride 3:30 Trunk or Treat!!	30 10:00 Rise and Shine 11:00 Book Club 2:00 Halloween Party with Count Dracula	31 Happy Halloween! 10-1:30 FAMILY VISITS 2:00 Bottoms Up 3:30 Refreshments

Your Team Leaders



RESPECT PASSION QUALITY CARING



Joan Woods
Executive Director



Tara Kuthan
Assistant Executive Director



Dru Boiani
Director of Nursing



Carolyn Moy
Business Office Manager



Lisa da Costa
Admissions Coordinator



Chef Scott Hahn
Food Service Director



Wayne Pierce
Environmental Services Manager



Robin Hannon
Activities Director



Toni Carnevale
Registered Dietician



Racquel Ray
Chaplain

Robert Medeiros
Rehab Manager

Reyna Lopes Diaz
Housekeeping
Manager