



# *The John Clarke Retirement Center*

## *November 1, 2020 Newsletter*

RESPECT

COMPASSION

QUALITY

CARING

Dear John Clarke Community,

Happy Autumn to All!

I am happy to report, that as of this writing, we remain COVID-19 free at John Clarke. We are remaining vigilant in our efforts to protect ourselves and our residents through stringent infection control procedures and processes.

While we have made visitation at the Nursing Center an absolute priority for our residents and families, we will be adhering to the guidance and regulations that the State of Rhode Island promulgates regarding visitation. As of this writing, the Governor has announced that she is making changes to our rules for visitation for the next couple of weeks. As I am informed of these changes, I will send them out via our text/email notification system.

We have made lots of strides with our technology – both software and hardware and will be doing our best to keep us all connected.

We are extremely hopeful that the efforts we all take *now* will allow us to move beyond this trying time and to be able to resume normal visitation during the upcoming holidays.

Our next Family and Friends Zoom Meeting for the Nursing Center will be on November 12<sup>th</sup> at 1:30pm. Please look out for a text or email that week with the link and call in information.

Please feel free to reach out with any questions.

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@jcrcri.org** to join our list.

We thought you would like to meet The Board of Directors for John Clarke Nursing and Retirement Center. This month, we're highlighting the President, John Thorpe.



John was born and raised in RI, living mostly in Providence and graduating from Central High School.

He has been working in the durable medical equipment business for the last 44 years. He started out delivering medical equipment and progressed to the rehab and repair of custom wheelchairs and other equipment.

John is an active member of Warwick Central Baptist Church where he has served as president, as a member of the properties team, the board of deacons, and as the controller. He has been a John Clarke board member since 2003 and is presently serving as president.

John has been married to his wife Elaine for 42 years. They have one daughter, Rebecca.

John and Elaine enjoy hiking and being outdoors and mostly traveling and camping in their RV.



## Family Zoom Meeting

Thursday, November 12th at 1:30

The link will be sent via our  
Voice Friend Notification System

### RETIREMENT CENTER TOWN HALL MEETINGS

Joan has started monthly Town Hall Meeting. There will be 3 - 30 minute meetings, limited to 10 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!



Please help us collect socks and small toiletry items for the homeless. We are supporting United Congregational Church with their "Fill a Sock" project. Please feel free to donate an item: socks, toothpaste, small hand sanitizer etc. to assist with these care packages. There will be a drop off box on the Retirement Side and at our front door until November 11<sup>th</sup>,



### Pictures from Halloween





Please join in congratulating Carollyne Killackey on becoming our Assistant Director of Nurses!

### WHATEVER IT TAKES WINNER

Congratulations to our October Whatever It Takes Winner, **Jinymar Ramos!** Jinymar was chosen by her peers for her always putting our Residents first and treating them like they are her family. Thank you Jinymar!



Courtney Clarke, Activities

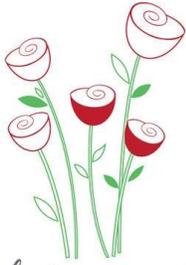
Tasha Francis, CNA

Taylor Fife, CNA

Donna Smith, RN

Jashwana Perry, CNA

Mercedes Villanueva, CNA



## 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.

*In loving memory of* 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.

## OPEN ENROLLMENT

### MEDICARE PLANS AND PRESCRIPTION DRUG COVERAGE

It is that time of year again. Open enrollment season has begun. From October 15<sup>th</sup> to December 7<sup>th</sup> individuals can make changes to their Medicare plans and prescription drug coverage. This can be confusing and there is help out there!! If you have questions about your plan or need to make changes SHIP (Senior Health Insurance Program) counselors can provide assistance. They are available by phone to schedule a zoom conference. Please contact Donna Lenox at 662-3252 or Donna Macomber at 644-3317 to have a screening and schedule a zoom meeting. If you have any questions please feel free to contact Tara Kuthan 401-846-0743.

## HOME COOKED ITEMS



The Department of Health is now allowing home cooked items to be brought into the facility. If there is something you would like to drop off to your loved one, please feel free to do so.

## Retirement Center Chaplain Services

Unfortunately, Worship Services have been temporarily postponed. Reflection time with Chaplain Ray will be available. Please see Chaplain Ray more information.



## Chaplain's Corner

I have been reading the history of the Baptist Home over the past few months. Our resident Historian, Madeline Millen, shared her scrapbook with me. I think understanding our history and learning from past lessons will help us in our current context. Our community is special. I often tell prospective residents and employees that I have yet to meet a resident who expresses regret for moving in at John Clarke. Recently, a devoted family member said having his dad here was like having a weight lifted off his back. He no longer must carry dad's safety and care alone.

What sets us apart from other care facilities, in addition to our history and foundation as a Baptist organization, is the level of dedication and compassion of our staff. Historically, this is our model. In a Journal-Bulletin article from about 1978 titled *Baptist Home for Aged Run with Family Theme*, that history is exemplified, "When a man and a woman who lived in adjoining rooms at the Baptist Home recently decided to get married, officials at the facility quickly decided who was going to live where. With the residents' permission, they simply cut a door in the wall between the two rooms. This demonstration of flexibility and humanity is duplicated in few elderly residences anywhere." (Gariepy, ~1978 )

When faced with challenges, the staff at John Clarke demonstrates flexibility and humanity. We asked, "What CAN be done?" and "How CAN we do it safely?" Our solutions are innovative and deserve recognition. Our family visits have been designed to facilitate visits safely, demonstrating both flexibility and humanity. Our small group and individual activities have been redesigned to be safe and flexible. Our care staff has found ways to keep our residents safe while practicing flexibility and humanity, even through end-of-life care. Our staff is able to pivot during challenges to find creative solutions. As we observe the holidays coming in November, let us remember to say a prayer of THANKS for our care staff. They deserve our gratitude.

We have always cared about the person-centered care; putting residents wishes in the forefront. This is also historical. During the construction of our current building on Valley Road, Rev. M. Harry Randall the home's administrator said, "The theme of family just governs every decision we make...If you can't let the people live they way they'd like, then what's the point?" We are so blessed to work and live in such a place! (Gariepy, ~1978 )

Racquel R. Ray, MDiv

Chaplain

John Clarke Retirement and Nursing Center

## November Health Tips

The transition to the shorter and colder days of winter can be a challenge. To help ease the change, we've put together a few Health and Wellness Tips to get you ready for the winter months and keep your mental (and physical!) health in check.

- 1.) **Get your flu shot and yearly check-up.** Self explanatory! No one likes sniffing, aching, sneezing and coughing getting in the way of life.
- 2.) **Boost your immune system.** You can do this by drinking plenty of water, washing your hands often to prevent sickness and eating nutritious foods.
- 3.) **Make some plans for the cold months.** In the winter, we tend to hibernate if we don't have things to keep us busy.
- 4.) **Stay active!** It can be easy to just sit around all the time, but it's important to get in some movement throughout the day.
- 5.) **Moisturize you skin.** Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.
- 6.) **Buy in-season food.** Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sauteed dark leafy greens are all great choices.
- 7.) **Keep a schedule.** The cold months can seem to drag on and push us into isolation. Stay on track by scheduling time in your day to do things you like to do.
- 8.) **Be kind to yourself.** The holidays can cause weight gain, the shorter days can cause low mood, and the flu season/COVID can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts to positive ones.

**DON'T FORGET TO WEAR A MASK!**



## This was the year 1936

### Cost of Living in 1935

Average cost of a new house \$3,925.00

Average wages per year \$1,713.00

Gallon of gas 10 cents

Average cost of a new car \$65.0

### President of the United States

Franklin Delano Roosevelt

### Vice President

John Nance Garner



- \*Jesse Owens wins 4 Gold Medals on August 9th at the Summer Olympics in Berlin
- \*The LZ 129 Hindenburg a German zeppelin is completed and takes it's maiden flight in Germany
- \*On July 18th the Spanish Civil War Begins and Francisco Franco is named the Head of State
- \*The first "The Phantom" Comic Strip is published
- \*Hoover Dam finished
- \*BBC first public TV Broadcast
- \*Crystal Palace is Destroyed by Fire on November 30th

### Born This Year

Pope Francis, 83. Religious Leader.

Wilt Chamberlain (1936-1999) Basketball Player.

John McCain (1936-2018) Politician.

Buddy Holly (1936-1959) Rock Singer.

Jim Henson (1936-1990) Puppeteer.

Burt Reynolds (1936-2018) Movie Actor.

Robert Redford, 84. Movie Actor.



## JCRC Community Birthdays!

Victor C.  
November 1st

David B.  
November 10th

Kim Bateman  
November 6th

Charlotte C.  
November 2nd

Terence M.  
November 29th

Shawn Lull  
November 8th

Bob M.  
November 12th

Frances S.  
November 28th

Elizabeth Westrom  
November 16th

Marion P.  
November 13th

Ana Diaz and Kayla Hackett  
November 21st

Mary Z.  
November 14th

Alyssa Ford and Paul Bohn  
November 28th

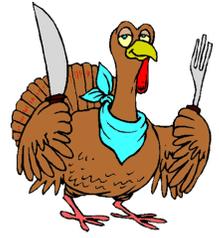
Joseph S.  
November 23rd

Gary Dugan  
November 30th



## I Ate Too Much Turkey

I ate too much turkey, I ate too much corn,  
I ate too much pudding and pie.  
I'm stuffed up with muffins and much too much stuffin',  
I'm probably going to die.



I piled up my plate and I ate and I ate,  
but I wish I had known when to stop.  
For I'm so crammed with yams, sauces, gravies, and jams  
that my buttons are starting to pop.

I'm full of tomatoes and french fried potatoes,  
my stomach is swollen and sore.  
But there's still some dessert, so I guess it won't hurt  
if I eat just a little bit more.



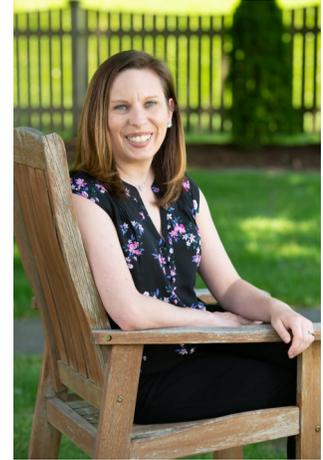
# Your Team Leaders



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