

The John Clarke Retirement Center

December 1, 2020 Newsletter

RESPECT

COMPASSION

QUALITY

CARING

Dear John Clarke Community,

Warm Holiday Greetings!

During my first year with John Clarke Retirement Center, one thing that stands out above and beyond all else is PASSION. Each person I have met cares deeply and genuinely for patients, family members, caregivers and the mission. I am honored to be in such a committed community. I have a deep appreciation for our dedicated and hardworking staff and volunteers.

As the year comes to a close, John Clarke's Board of Directors is leading staff through a strategic planning initiative to guide future growth and ensure sustainability. I look forward to reporting throughout the year on the impact this process will have on ensuring that John Clarke remains our community's trusted provider of senior housing and nursing services.

Despite the challenges of the pandemic, the community has come together on numerous occasions to ensure that we have a joyous, fulfilling environment. We have incorporated technology to help us connect with loved ones and to the world around us. We enjoyed some amazing events this year including a Food Truck event, numerous entertainers that creatively came up with ways to reach our residents in a safe manner, pizza parties and outdoor gatherings.

We are eagerly looking forward to a vaccine and a time where we are able to freely gather, and welcome family and friends through the doors once again.

Wishing you a happy holiday season,

Joan M. Woods

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.

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



Diana is a former R.N. at the VA Hospital in Providence, has been involved with JCRC for over twenty years (including working there part-time several years ago), mostly as a member of the John Clarke Board. She has always been impressed with the level of caring concern of both staff and board members over the years. It seems to her that it takes many different skills to support a facility such as JCRC and that they have been very fortunate with the staff that work here, in all departments; and, the staff love their jobs!



Family Zoom Meeting Tuesday, December 22nd at 2:00

The link will be sent via our
Voice Friend Notification System

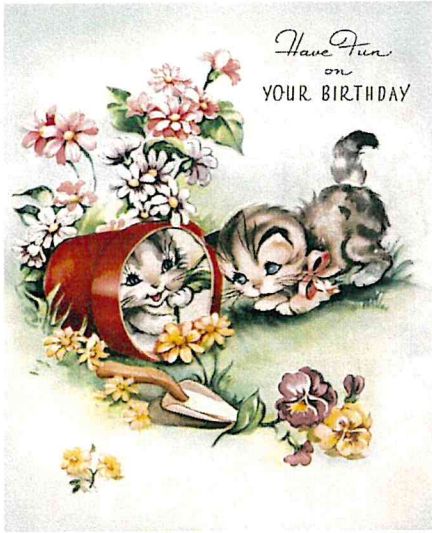
RETIREMENT CENTER TOWN HALL MEETINGS

Joan has started monthly Town Hall Meeting. The next one is on Thursday, December 17th. 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.

TOWN HALL MEETINGS





JCRC Community Birthdays!

Amelia P.

12/3

Mary B.

12/9

Delores C.

12/8

Victor R.

12/22

Antoinette D.

12/22

Dulce D.

12/18

Condit H.

12/13

Jaclene S.

12/20

Joan P.

12/29

Linda S.

12/19

A wish for you on your birthday, whatever you ask may you receive, whatever you seek may you find, whatever you wish may it be fulfilled on your birthday and always. Happy birthday!"

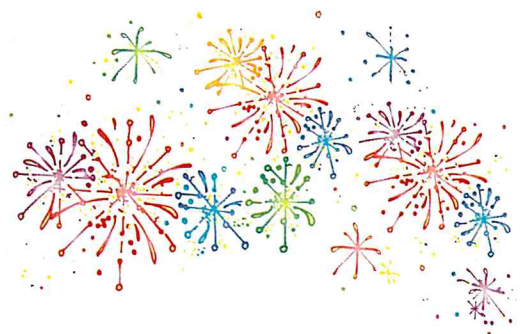
CONGRATULATIONS



Please join in congratulating Doreen Machado for her 20 years of service!

WHATEVER IT TAKES WINNER

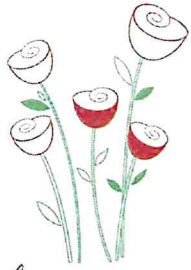
Congratulations to our October Whatever It Takes Winner, Kathleen Viera! Kathleen goes above and beyond in assisting with staffing needs as they arise and she delivers quality care with a caring and compassionate manor. Thank you Kathleen!



Please welcome our two newest employees!

Christine Marabello, CNA

Shania Molina, 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.

Virtual visits are in full swing! Please call Robin Hannon our Activities Director to schedule a facetime or Skype visit at 401-846-0743 Ext. 121.

Congratulations to our Retirement side resident winner's Connie A. and Betty W. in our Satisfaction Survey participation contest! They both are the recipients of a \$100 Visa gift card.



We are proud to be a Smoke-Free Community. Smoking is not allowed on the property.

You must leave the property to smoke.



*“Let your dreams be bigger than your fears,
your actions louder than your words, and
your faith stronger than your feelings.”*



Chaplain's Corner

The giant Dawn Redwood tree, the *Metaswquoia glyptostroboides*, at Blithewold, is losing its leaves. Remember in the spring I wrote about its appearing to be dead. But, as the spring ebbed on it sprouted the most hopeful vibrant green sprigs. Right now, the tree once again – as in the early spring - looks dead. Its branches are bare, naked, brown, and pendulously sweeping in downward frowned arches swaying in tumultuous New England autumn winds. An unexperienced person would cut it down believing it to be hopeless. It mirrors our landscape both physically and figuratively. Things appear bleak right now. Where can we find hope?

That is the meaning in many of our winter rituals and carols as Christmas approaches. *In the Bleak Midwinter, Silent Night*, and the various festivals of lights such as Hanukkah, Yule, and Advent. We recognize the darkening days and lengthening nights while remaining expectantly hopeful. The Spiritual Care programming for this month will acknowledge this season of long dark nights by taking time to contemplate with our Taize music and prayer services, to study with our Book Club, and celebrate light with The Tree Lighting, The Advent Wreath Lighting and the Menorah Lighting.

As we await the Christmas celebration, we offer several options that remind us of the hope we have in the Nativity. The winter solstice turns our days longer and nights shorter and we begin to see the light dawning a few days before Christmas. Our hope is restored in the remembrance of Christ's birth and the expectation of the prosperity for the coming New Year. The landscape may be bleak for now and in the weeks to come. But, we can find hope in our celebrations and in our community – together.

Racquel R. Ray, MDiv

Chaplain

John Clarke Retirement and Nursing Center



Coping with Holiday Stress

Stress, depression and the holidays: Tips for coping

The holiday season often brings unwanted stress, depression, grief and loss.

This year the sheer presence of Covid-19 in our lives is also causing these feelings to increase in many ways. You may be worrying about your health, the health of a loved one or feeling sad/stressed because your holiday plans may look different during the pandemic.

Tips to prevent and minimize stress that accompanies the holidays:

- Acknowledge your feelings. It is ok to take time to express these feelings, cry or show emotion.
- Reach out. If you are feeling lonely or isolated- seek out community, religious or social supports. There are great websites, online and zoom support groups and virtual events to help get through this while receiving support and companionship. Video chat, text or call a friend or loved one.
- Volunteering your time. Doing something to help others often is a great way to lift your spirits and broaden friendships. For example: -cooking/baking for a shelter, holiday cards to those in congregate living, helping to make care packages for the homeless.
- Take a breather. Make time for yourself. Take a walk, listen to relaxing music, read a book.
- Try a new healthy habit. Prepare a healthy meal, get plenty of sleep, try deep breathing. Seek professional help if you need it. Sometimes despite our best efforts these feelings escalate. Call your doctor or seek out a counselor to get further assist.

This is not the year we all anticipated but it is a time to take care of ourselves and our health. Create new traditions and stay in contact with those you love throughout the season.



This was the year 1937

Cost of Living in 1935

Average cost of a new house \$4,100.00

Average wages per year \$1,780.00

Gallon of gas 10 cents

Average cost of a new car \$760.00

President of the United States

Franklin Delano Roosevelt

Vice President

John Nance Garner



- *Amelia Earhart, mysteriously disappeared over the Pacific Ocean during a circumnavigation flight.
- *The German airship Hindenburg bursts into flames while attempting to moor at Lakehurst, New Jersey.
- *Walt Disney premieres "Snow White and the Seven Dwarves" on December 21st at the Carthay Circle Theater in Los Angeles.
- *The first United States Blood Bank opens in Chicago
- *British author J.R.R. Tolkien's fantasy novel "The Hobbit" was Published.
- *Steel Workers Organizing Committee (SWOC) union signed a collective bargaining agreement with U.S. Steel.
- *Actor and future U.S. President Ronald Reagan make his film debut in "Love is on the Air."

Born This Year

Morgan Freeman, Actor

Jack Nicholson, Actor

Waylon Jennings, Musician

Colin Powell, Politician

Valentina Tereshkova, Astronaut



FADS OF 1937

Gambling

The big depression of the 1930's caused an increase in gambling. People unable to make a decent living looked towards any means to add to their income. In this decade alone 15 states legalized horse racing.

Radio Shows

Families used to gather around the radio to listen to such shows as Abbott & Costello, Amos & Andy, and Death Valley Days. We call it Old Time Radio now but back then it was new. The fad faded after the television was invented.

Bright Red Lipstick

During the roaring twenties women used to wear bright red lipstick. A very vibrant red was in style.

Dance Marathons

People loved to dance, especially the Charleston, Fox Trot, and the Shimmy. Dance marathons were something everyone went to every weekend. The longest dance record ever recorded was a record of 3 weeks of dancing.

Drive-in Theater

Started in June of 33', by Richard Hollingshed. It was an immediate success; he went on to establish a drive in movie theater franchise throughout the United States. Starting with 100 theaters to 2200 theaters all in a 12-year period.

Freudianism

America took psychoanalysis to the next level with games of personalities and ridiculous theories based on those of Sigmund Freud.

Smoking Cigarettes

Smoking became very common and an everyday occurrence in the 1920's. Even woman were smoking. They would smoke them with a very long cigarette holder.



From Our Chef's Table

Chef Scott Hahn

Italian Christmas Cookies

2 ½ cups all-purpose flour

2 teaspoons baking powder

½ teaspoon salt

1 ¼ cups granulated sugar

1/2 cup butter, softened

1/3 cup whole milk ricotta cheese (from 15-oz container)

2 teaspoons grated lemon peel

2 eggs

1 teaspoon vanilla

Frosting

2 ¼ cups powdered sugar

3 to 4 tablespoons lemon juice

food coloring and sprinkles as desired












1. Heat oven to 350°F. In small bowl, stir flour, baking powder and salt.

2. In large bowl, beat granulated sugar, softened butter, ricotta cheese and lemon peel with electric mixer on medium speed about 1 minute or until fluffy; scrape side of bowl. Beat in eggs, one at a time, just until smooth. Stir in vanilla. On low speed, beat flour mixture into sugar mixture until well blended. Cover and refrigerate 30 minutes.

3. Using floured fingers, shape dough into 54 (1-inch) balls; place 2 inches apart on ungreased cookie sheets. Bake 9 to 11 minutes or until set but not brown. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 15 minutes.

3. In small bowl, beat powdered sugar and 3 tablespoons lemon juice with spoon until smooth and spreadable. If frosting is too stiff to spread, add additional lemon juice, 1 teaspoon at a time. Tint with food color. Using knife, spread 1/2 teaspoon frosting on each cooled cookie; immediately top with sprinkles. Let stand about 30 minutes or until frosting is set. Store covered in airtight container at room temperature.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER  John Clarke Nursing Center	1 10:00 Rise & Shine 11:00 News & Views 1:00 Walking for Strength 2:00 Resident Council/Cookies 4-6 Guided Meditation	2 10:00 Circle of Friends/Trivia 2:00 Advent Prayer Service MDR 1-3 JCRC Holiday Express 4-5 Hot Cocoa 5-7 Sensory Visits	3 10:00 Rise & Shine 11:00 Walk to Dine 2:00 Holiday Nails Spa Special 4-7 Mind & Body	4 Rosary 11:00 Hymn Sing 2:00 Advent Book Club MDR 2:00 Tree Lighting Courtyard Happy Our Snack Pass 4-7 Sensory	5 10:00 Manicures Room-to-room 2:00 Fun and Games 3:30 Holiday Movies & Popcorn 	
7 10:00 Rise & Shine 11:00 Walk to Dine 2:00 BINGO 3:30 Travel Time 5-7 Holiday Cards/Crafts 	8 10:00 Rise & Shine 11:00 News & Views 1-3 JCRC Holiday Express 4-6 Guided Meditation	9 10:00 Circle of Friends/Trivia 11:30 Dine In Residents Choice 2:00 Advent Prayer Service MDR 5-7 Christmas Movie	10 Hanukkah Begins  10:00 Rise & Shine 11:00 Walk to Dine 1-3 JCRC Holiday Express 4-7 Mind & Body	11 10:00 Rosary 11:00 Hymn Sing 2:00 Advent Book Club MDR 2:00 Whiskers Stuffies Craft 3:30 Cheese & Crackers 4-7 Sensory	12 10:00 Manicures Room-to-room 2:00 Fun and Games 3:30 Holiday Movies w/popcorn 	
13 10:30 Zoom Church 2:00 BINGO w/Pam 3:15 Communion w/Chaplain Ray 4-5 Sunday News Memories IN2L	14 10:00 Rise & Shine 11:00 Walk to Dine 2:00 BINGO 3:30 Travel Time 5-7 Holiday Cards/Crafts	15 10:00 Rise & Shine 11:00 News/Views 1:00 Walking for Strength 1-3 JCRC Holiday Express 4-6 Guided Meditation	16 10:00 Circle of Friends/Trivia 11:00 Walk to Dine 1-3 JCRC Holiday Express 2:00 Advent Prayer Service MDR 5-7 Sensory Vist	17 10:00 Rise & Shine 11:00 Walk to Dine 1-3 JCRC Holiday Express 4-7 Mind & Body 	18 10:00 Rosary 11:00 Hymn Sing 2:00 Advent Book Club MDR 2:00 Holiday Tea 3:30 Peti Four Pass to You 4-7 Sensory	19 10:00 Manicures Room-to-room 2:00 Fun and Games 3:30 Holiday Movies with popcorn
20 10:30 Zoom Church 2:00 BINGO w/Pam 3:15 Communion w/Chaplain Ray 4-5 Sunday News Memories N2L 	21 Winter Begins 10:00 Rise & Shine 11:00 Walk to Dine 2:00 BINGO 3:30 Travel Time 5-7 Holiday Cards/Craft	22 10:00 Rise & Shine 11:00 Current Events 1-3 JCRC Holiday Express 4-6 Guided Meditation 	23 10:00 Circle of Friends/Trivia 11:00 Walk to Dine 2:00 Christmas Service/Chaplain	24 Holiday Gift Delivery 	25 Christmas Day 10:00 Rosary 11:00 Hymn Sing 2:00 Holiday Dessert Buffett 	26 10:00 Manicures Room-to-room 2:00 Fun and Games 3:30 Holiday Movies with Popcorn 
27 10:30 Zoom Church 2:00 BINGO w/ Pam 3:15 Communion w/Chaplain Ray 4-5 Sunday News Memories IN2L	28 10:00 Rise & Shine 11:00 Walk to Dine 2:00 BINGO 3:30 Travel Time 5-7 Holiday Cards/Crafts	29 10:00 Rise & Shine 11:00 Current Events 1:00 Walking for Strength 2:00 Spa Time 4-6 Guided Meditation	30 10:00 Circle of Friends 2020 Trivia 2:00 New Years Eve Champagne Toast/Shrimp Hors d' oeuvres	31 New Year's Eve 10:00 Rise & Shine Chinese Food for Lunch 11:00 New Year Resolutions 2:00 Holiday Movie	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Tomorrow is the first blank page of a 365 page book. Write a good one. —Brad Paisley</p> </div>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Coffee & Donut Cart 2:30 BINGO	2 10:00 Advent Taize Prayer Service-Chapel 1:30 Clements	3 10:00 Men's Group 1:30 Bowling	4 10:00 Shopping Tree Lighting & Book Club Chapel 1:30 BINGO 	5
6 2 nd Sunday of Advent 4:00 Communion Chapel	7 11:00 Chair Yoga with Mary	8 10:00 Coffee & Donut Cart 1:30 BINGO 	9 10:00 Advent Taize Prayer Service Chapel 1:30 Horse Racing	10 Hanukkah Begins 10:00 Men's Group 1:30 Bowling 2:00 Ecumenical Lighting of the Menorah - Chapel	11 10:00 Shopping 10:00 Advent Book Club - Chapel 1:30 BUNCO 3:00 Menorah Lighting	12 3:00 Menorah Lighting
13 3 rd Sunday of Advent 3:00 Menorah Lighting 4:00 Communion Chapel	14 11:00 Chair Yoga with Mary 3:00 Menorah Lighting 	15 10:00 Coffee & Donut Cart 1:30 BINGO 3:00 Menorah Lighting	16 10:00 Advent Taize Prayer Service Chapel 1:30 Trivia 3:00 Menorah Lighting	17 10:00 Men's Group 1:30 Bowling 3:00 Menorah Lighting	18 10:00 Shopping 10:00 Advent Book Club 2:00 Pie Time Delivery	19
20 4 th Sunday of Advent 4:00 Communion Chapel	21 Winter Begins 11:00 Chair Yoga with Mary 3:00 Menorah Lighting	22 10:00 Coffee & Donut Cart 1:30 BINGO 3:00 Menorah Lighting	23 12:00 Christmas Service Chapel 1:30 Horse Racing	24 10:00 Men's Group	25 Christmas 	26 Kwanzaa Begins 
27 4:00 Communion Chapel 	28 11:00 Chair Yoga with Mary	29 10:00 Coffee & Donut Cart 1:30 BINGO 	30 Chaplain Off 10:00 Job Lot 1:30 Bowling	31 New Year's Day Chaplain Off 10:00 Men's Group 2:00 Champagne Toast 	<i>May the new year bring you peace, love and happiness!</i> The John Clarke Retirement Center	