

## *The John Clarke Retirement Center* *February 1, 2021 Newsletter*

RESPECT

COMPASSION

QUALITY

CARING

Dear John Clarke Community,

I am grateful that the new year is off to a healthy start. We have had minimal COVID-19 cases and the nursing center staff and residents have received their vaccinations. We are eagerly awaiting and advocating for the retirement community residents to receive theirs.

We are working on two capital projects at the moment. One is an extensive plumbing project in the retirement community that will replace all the main water pipes. The other project is a roofing project for the south side of the retirement community that is just coming to an end. We are very grateful for the grant from the Champlain Foundation that will help pay for the plumbing project.

Please join me in welcoming our new Business Office Director, Bill Efthimiades, who is replacing Carolyn Moy. Carolyn will be dearly missed and we wish her the best with her new endeavors.

Warm Regards,

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.

## Meet our Finance Committee Chairperson



This month we would like to highlight our Finance Committee Chairperson, Robert Butzier. Bob is a retired bank Vice President with a career spanning over 35 years of corporate trustee workouts for RI Hospital Trust National Bank, State Street Bank and US Bank. His career has been spent representing bondholders as Trustee in major corporate bankruptcies and bond defaults, negotiating with debtors and creditor groups towards reorganization. He has been a member of the John Clarke Board for 20 years, currently serving as Investment

Chair.

Bob is a 1996 graduate of the University of Rhode Island earning a Bachelor of Science degree in Business Administration and the Williams College School of Banking. He and his wife, Judy have been married for 54 years and have 3 grown children and 4 grandchildren. Bob is active in his local church community having been past Moderator and Trustee Board Chair and is currently chair of the Deacons Board. He recently retired from close to 30 years of working with senior high youth as a church schoolteacher and youth advisor.



## Family Zoom Meeting

Thursday, February 25th 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. The next one is on Thursday, February 18th. 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.

# Welcome To Our TEAM

Please welcome our new employees!

Molly Roberts, CNA

Cheyneicka Frazier, CNA

Daisy Medina Diaz CNA

Christine Murphy, RN

Danielle Donahue, CNA

Mary McCain, Unit Secretary

Bill Efthimiades, Business Office Director

*your tango*

**ALONE WE CAN  
DO SO LITTLE;  
TOGETHER WE CAN  
DO SO MUCH.**

HELEN KELLER





### WHATEVER IT TAKES WINNER

Congratulations to our January Whatever It Takes Winner, **Chris Pine!** Chris was nominated by his co-workers, including the entire community for going above and beyond in addition to helping out when and where ever possible. Always with a song and a smile. Thanks Chris!

### February Birthdays to Celebrate!

**Marjorie Foster and Shaun Perez, February 6th**

**Kaitlin Ferreira, February 7th**

**Rebecca Leib, February 11th**

**Alice Jones and Eleanor Sherman February 14th**

**Joe Ponte, February 22nd**

**Dru Boiani and Dena Serino, February 23rd**

**Lillian Defusco, February 24th**

**Carol Radion, February 26th**

**Katherine Mairs, February 27**



Happy Valentine's Day!

All of us here at John Clarke would sincerely like to thank you for all you do for us. Thanks to your support, we can continue to provide respect, compassion, quality caring to all of our community.

*"There is only one happiness in life:  
to love and be loved."*



### 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.

**Limited visitation has begun! Please call Robin Hannon our Activities Director to schedule a visit, facetime or Skype visit at 401-846-0743 Ext. 131.**



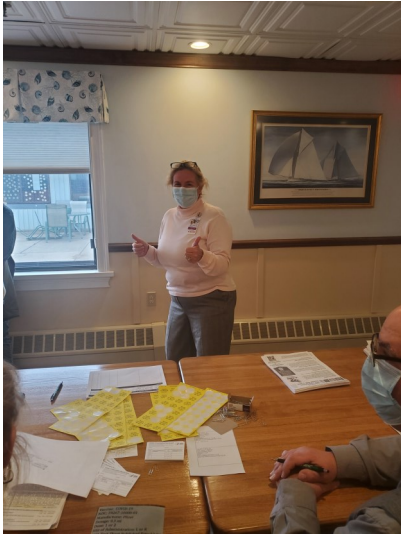
We are proud to be a Smoke-Free Community. Smoking is not allowed on the property.

You must leave the property to smoke.



## January Highlights

And away we go.....John Clarke Nursing Center received their first round of Covid 19 vaccine!



## Building Maintenance Update

As you all are aware, there is a lot of maintenance activity going on throughout the community.

Undergoing construction is never fun but it sure will be worth it in the long run.

Thank you all for your patience and understanding.



It is a new year and this is the time most people re-evaluate life style goals for the new year. One of the biggest areas that people target are their eating habits. A healthy diet is not about strict limits, staying unrealistically thin or depriving yourself of what you enjoy. It is about feeling good about yourself, having more energy and improving your health.

The cornerstone of a healthy diet is replacing processed foods with real food whenever possible. Eating food as close as possible to the way nature makes it. This can make a big difference in the way you look and feel.

**Protein:** Gives you energy to get up and go- while supporting mood and cognitive function. Ensuring your body gets the essential protein it needs is helpful.

**Fat:** Not all fat is the same. There are bad fats that can wreck your diet and increase risk of disease. Good fats protect your brain and heart. Healthy fats such as omega-3s can help support your physical and emotional health.

**Fiber-** Eating foods high in dietary fiber (nuts, grains, veggies, fruits and beans) can help you stay regular and lower your risk of disease such as stroke and diabetes.

**Carbohydrates:** This is your body's main source of energy. Most should come from complex, redefined carbs (veggies, whole grains, fruit) rather than sugars and refined carbs. Cutting back on white bread, pastries and starches can prevent spikes in blood sugar, and changes to your mood and energy.

Healthy dieting doesn't have to be all or nothing approach. Make a few small changes at a time and keep your goal achievable. Keep it simple to set yourself up for success!!

# From Our Chef's Table

## RED VELVET CAKE



### Ingredients:

#### Ingredients for the romantic red velvet cake

- 2 and 2/3 cups cake flour (spooned & leveled)
- 1/4 cup natural unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup unsalted butter softened to room temperature
- 1 and 3/4 cups granulated sugar
- 2 large eggs room temperature
- 1/2 cup canola or vegetable oil
- 1 bottle liquid red food color
- 2 teaspoons pure vanilla extract
- 1 teaspoon distilled white vinegar
- 1 and 1/3 cups buttermilk room temperature

#### Ingredients for the cream cheese frosting:

- 12 ounces cream cheese softened
- 3/4 cup unsalted butter softened to room temperature
- 3 cups powdered sugar
- 1 and 1/2 teaspoons pure vanilla extract

### Instructions

#### Create the heartwarming cake

Preheat oven to 350°F. Spray two 9-inch cake pans well with nonstick cooking spray, line the bottoms of the pans with parchment paper, and set aside.

In a large mixing bowl, whisk together the cake flour, cocoa powder, baking soda, and salt. Then sift the dry ingredients to remove any lumps of cocoa powder. Set aside.

In the bowl of a stand mixer fitted with the paddle attachment, or in a large mixing bowl using an electric mixer, cream together the butter and sugar on medium speed for 4-5 minutes. Add the eggs and mix until fully combined, then mix in the oil, red food color, vanilla extract, and vinegar stopping to scrape down the sides of the bowl as needed.

Mix in the dry ingredients in three additions alternating with the buttermilk, starting and ending with the dry ingredients. Make sure to mix each addition until just combined and be careful not to over mix the batter.

Evenly distribute the cake batter between the two prepared cake pans and spread the batter around into one even layer. Tap the pans on the counter 2-3 times to remove any air bubbles from the cakes.



Bake at 350°F for 28-32 minutes or until a toothpick inserted into the center of the cakes comes out clean. Carefully remove from the oven and place on a wire rack to cool in the pans for 15-20 minutes. Then, carefully remove the cakes from the cake pans and place on the wire rack to cool completely.

### Whip up the frosting

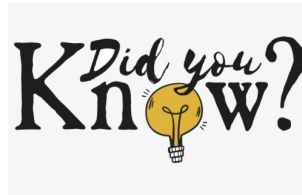
In the bowl of a stand mixer fitted with the paddle attachment, or in a large mixing bowl using an electric mixer, beat the cream cheese until smooth. Add the butter and mix for about 30-60 seconds until well combined and smooth.

Mix in the powdered sugar and vanilla extract and continue mixing until fully combined, scraping down the sides of the bowl as needed.

### Build a thing of beauty

Level the tops of each cake with a knife or cake leveler. Place one of the cake layers on a cake stand or plate, top with a layer of frosting, and smooth it out into one even layer. Place the second layer on top, then use the remaining frosting to frost the top and sides of the cake. Share with the one you love and Happy Valentine's Day.

-Chef Scott

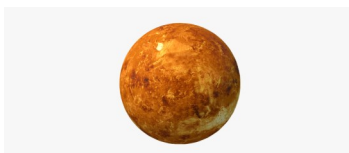


Fast food restaurants use yellow, red and orange because that stimulates hunger.

The dot on the top of the letter i is called a tittle.



Venus is the only planet that rotates clockwise.



# This was the year 1939

## Cost of Living in 1939

Average cost of a new house \$4,000.00

Average wages per year \$1,368.00

Gallon of gas \$ .10

Average cost of a new car \$750.00

Loaf of bread \$ .09

Gallon of milk \$ .23

## President of the United States

Franklin D. Roosevelt

## Vice President

John Nance Garner

## Time Magazine's Man of the Year

Joseph Stalin

## The Great Goldfish Swallowing Craze of 1939 Never Really Ended

In 1939, a freshman named [Lothrop Withington, Jr.](#), reportedly bragged to his friends that he had once eaten a live fish. So, they bet him 10 bucks he couldn't do it again. Like most young college students would, he took the challenge.

The moment of truth came on March 3, within the hallowed halls of Harvard. Standing in front of a crowd of grinning classmates and at least one Boston reporter, Withington dropped an ill-fated 3-inch goldfish into his mouth, gave a couple chews and swallowed. "The scales," [he later remarked](#), "caught a bit on my throat as it went down."



## Born This Year

Lee Majors, Actor, Six Million Dollar Man

Lily Tomlin, Actress

Tina Turner, Rock Star

Ralph Lauren, Fashion Designer

Siegfried Fischbacher, Magician

# Popular Culture News



In 1939 the New York Times predicted that the television would fail because the average American family would not have enough time to sit around watching it.

The current world record holder for the world's oldest dog was Bluey, who lived from 1910 to 1939 and died at the age of 29 years and 5 months.

Bob Feller pitched a game against the White Sox on Mother's Day 1939 with his family in attendance. One of his pitches was fouled off into the seats, into the face of his own mother right above the right eye, resulting in her needing seven stitches. Feller went on to win the game.

## SPORTS CHAMPIONS

World Series Champions: New York Yankees



NFL Champs: Green Bay Packers

Stanley Cup Champs: Boston Bruins

U.S. Open Golf: Byron Nelson

U.S. Tennis (Men/Ladies): Bobby Riggs/Alice Marble

Wimbledon (Men/Women): Bobby Riggs

NCAA Football Champions: Texas A&M

NCAA Basketball Champions: Oregon

Kentucky Derby Winner: Johnstown

Boston Marathon Winner: Ellison Brown Time: 2:28:51





## Chaplain's Corner

I recall last year my seminary classmates joked that last Lent was the “Lentiest Lent” they had ever seen. As our field work internships were cancelled, senior trip to Canterbury England cancelled, campus closed, and Commencement cancelled, we went our separate ways without a ceremony or goodbyes. Each emerging minister called to their own new role alone. I felt called to be alongside this community through the COVID pandemic. To accompany seniors in the uncertainty of this past year and beyond.

I feel that we haven't really left last Lent. Remember many churches closed to in-person worship during Lent and many did not celebrate Easter. We seem to still be, Spiritually, in the liminal space of Holy Saturday still waiting for the sunrise of Easter morning. Over the year, we have been witness to such unbearable suffering that it seems even the early itself would cry out.

We have all been directly effected and affected by the COVID 19 virus. At the beginning of the virus, we prayed for one John Clarke family who had a relative who had been exposed to the virus. Throughout the year, the virus has come closer and closer in increasing numbers. It has directly effected members of the community. Those of us who have not contracted the virus are living with the weekly stress of the testing results, the worry over loved ones, and the dread of knowing the danger we face. Our recent first day of vaccinations was a day of mixed emotions. I was both relieved to be among one of the world's privileged first few to receive the first dose and keenly aware of that privilege. I am keenly aware that my children and spouse do not have such privilege. I am sorry that our independent residents are also still waiting for their vaccinations. I join with in the many ways the world is grieving.

Lent is traditionally a season of prayer, scripture reading, and sacrificial giving. I wonder if our nations has any energy left for one more prayer, another page of scripture, or giving up anything else?! Haven't we all had a year's worth of Lent already?!

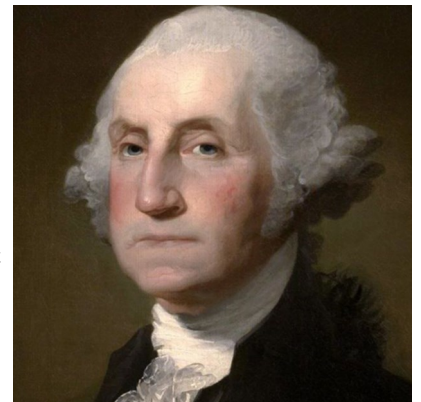
This year, during the 40 days of Lent from February 17th to Easter on April 4th (Sundays are excluded from the 40-day count) I plan to NOT give up anything. Instead, I plan on sharing with others the gift of time. In that light please join me for Ashes to Go in the Chapel on February 17th from 8am-10am. And for Soup to Go every Friday afternoon in the Chapel Kitchen from 3pm-4pm through Lent.

Fireside Chats with the Chaplain will continue on Thursday afternoons in the Chaplain's office. Friday afternoon Bible Study continues. You will see new program inspired by the participating in the regular Sunday afternoon Chapel Communion Services, Chaplain's Closet, will offer shelf stable food essential for any resident who needs it for any reason. Lastly, I will be starting an Independent Resident Advisory Council to address the needs of these community members. I pray that YOU will share the gifts of YOUR time with ME.

Racquel R. Ray, MDiv  
Chaplain

## Presidents' Day

Presidents' Day is a federal holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. Presidents, past and present.



## Washington as Poet

A poem written by Washington that's known to survive is a creation of a teenage boy frustrated in love. The poem appears in a 6 x 3 1/4 inch notebook Washington used as a diary during his time as part of a surveying expedition for Lord Thomas Fairfax in Virginia's Northern Neck.

*"From your bright sparkling Eyes, I was undone, Rays, you have, more transparent than the sun, Admits its glory in the rising Day, None can you equal in your bright array; Constant in your calm and unspotted Mind; Equal to all, but will none Prove kind, So knowing, seldom one so Young, you'll Find Ah! Woe's me that I should Love Pains I feel; Xerxes that great, was't free from Cupids Dart, And all the greatest Heroes, felt the smart."*