

The John Clarke Retirement Center

January 1, 2021 Newsletter

RESPECT

COMPASSION

QUALITY

CARING

Dear John Clarke Community,

Happy New Year! I am so grateful to leave 2020 behind and look forward to a year in which the COVID-19 vaccine is abundant and we can get back to our normal lives!

Whether you spent time with family, friends, or just a good book, I hope each of you all had a wonderful holiday.

January represents fresh start. It's a time to reflect, practice gratitude, and focus on opportunity, which is why it has always been one of my favorite months of the year.

While it seemed at times that things were constantly changing in 2020, as I reflect on the big picture, I am actually struck by how much resiliency **and** positivity there was here at John Clarke. We have been challenged beyond compare with heroic efforts to keep the community COVID free. The arrival of the vaccine. I truly look forward to the day when we can welcome family, friends, visitors and entertainers back in without reservations. I'd like to encourage you to make sure you're signed up for our newsletter and that you're following us on social media so you don't miss updates like these.

On that note, I'd like to close today's update with a direct request: we want to know what information matters to you. What kind of topics are valuable? What do you want to see more of? Where can we help you the most? Please send us your suggestions!

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@jcrcri.org to join our list.



Meet our Treasurer, Peter Chatellier

This month we would like to highlight our Treasurer, Peter Chatellier. Peter is a retired CPA and partner of Marcum LLP, a national public accounting firm. A graduate of Brown University with a degree in economics. Peter served on active duty as a naval officer before starting his public accounting career, and eventually his own firm. As Managing Partner, he lead his company during periods of growth and merger.

Throughout his career, Peter serviced on the boards of many professional and non-profit organizations. His roles include Past President of the Rhode Society of Certified Public Accountants, Northern Rhode Island Chamber of Commerce, and the Urban League of Rhode Island, and Past Treasurer of the Providence Public Library.

During his thirty years as a member of the John Clarke Retirement Center Board, he has served as President and currently services as Treasurer.

Peter lives in Cranston with Peg, his wife of 51 years. They have two adult children who live in Massachusetts and Indonesia.



Family Zoom Meeting Thursday, January 28th 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, January 21st.** 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.



CMS Nursing Home Compare Five-Star Ratings of Nursing

Provider Rating Report for November/December 2020

Overall Quality	Health Inspection	Quality Measures	Staffing	RN Staffing
*****	*****	*****	*****	*****

The Five-Star ratings provided above will be displayed for your nursing home on the Nursing Home Compare (NHC) website on or around December 2, 2020. The health inspection rating is based on health inspections conducted on or before March 3, 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 second calendar quarter of



Please welcome our new employees!

Kiaralee Aponte, CAN

Shania Molilna, CNA

Keisha White, CNA

Barbara Renick, Receptionist

Cindy Macioci, Bookkeeper



WHATEVER IT TAKES WINNER

Congratulations to our October Whatever It Takes Winner, **Katherine Mairs!** Kathy was nominated by her peers for being both clinically competent and a compassionate RN. Kathy goes above and beyond to care for both the residents physical and psychosocial well being. She brings cheer and joy to the residents and staff by always participating in fun activities which brings smiles to the faces of all. Over Christmas she decorated some resident's room who she felt needed some Christmas cheer. Kathy often volunteers to help in any way she can to make a difference in the lives of all. Thank you Katherine!



January Birthdays to Celebrate!

Robert Blanchard and Vivian Nolan, January 20th

Janet Johnson, January 25th

Grace Furtado, Susan Pitts and Gentle Guinguing, January 4th

Keisha White, January 7th

Jason Amaral, January 13th

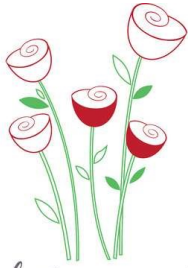
Carollyne Killackey, January 19th

Shantel Levene, January 22nd

Steve Reid, January 27th

Jinyamar Ramos, January 28th





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.

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.

"You'll never get bored when you try something new.

There's really no limit to what you can do."

Dr. Seuss



November and December Highlights

We had a very busy holiday season here at John Clarke. From Thanksgiving turkeys and pies to crazy pajama day, an ugly sweater day and a gingerbread house decorating contest. Not to mention our festive “Holiday Express” was able to take several trips to visit resident families!



Tara, Chaplain Ray, Robin and Scott



Tara and Dru



Rob, Molly, Kathleen, Libby, Kathleen and Daysha



Paul and Lisa



Dru, Gentle and Libby



Courtney, Dulche, Robin & Pam



1st Place Winner!
1st Shift Nursing!







From Our Chef's Table
Chef Scott Hahn

BEEF STEW



INGREDIENTS

2 pounds cubed beef stew meat	½ teaspoon ground black pepper
3 tablespoons vegetable oil	3 large potatoes, peeled and cubed
4 cubes beef bouillon, crumbled	4 carrots, cut into 1-inch pieces
4 cups of water	4 stalks celery, cut into 1-inch pieces
1 teaspoon dried rosemary	1 large onion, chopped
1 teaspoon dried parsley	2 teaspoons cold water
2 teaspoons cornstarch	

DIRECTIONS

- Add the oil to a Dutch Oven, or a large, heavy-bottom pot.
- Cook the beef in batches over medium heat until brown. Ensure to cook on all sides and move to a plate while cooking the rest. Be careful not to overcrowd the pot.
- When the beef is all browned, dissolve the beef bouillon in hot water and then add to the pot.
- Carefully place the beef back into the pot, with the liquid and seasonings.
- Bring everything to a boil before reducing the heat to a low simmer and covering with the lid.
- Leave the beef to simmer for an hour, checking occasionally and stirring to prevent anything from sticking.
- While the beef cooks, wash, peel, and cut your vegetables. Be careful not to cut them too small, so that they keep their form after cooking.
- In a small bowl, make a “slurry” using the cornstarch and 2 teaspoons of water. Mix it thoroughly until totally smooth.
- After an hour, add in the vegetables and slurry, stirring everything through.
- Cover the pot and let simmer for another hour, stirring occasionally.
- Serve in a big bowl with crusty French bread.

This was the year 1938

Cost of Living in 1938

Average cost of a new house \$3,900.00

Average wages per year \$1,730.00

Gallon of gas 10 cents

Average cost of a new car \$763.00

President of the United States

Franklin D. Roosevelt

Vice President

John Nance Garner



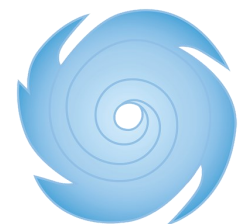
*Orson Welles's radio adaptation of *The War of the Worlds* is broadcast, causing mass panic in the eastern United States.

*The RMS Queen Mary breaks the record for the fastest passenger liner to cross the Atlantic Ocean during August of 1938

*The National Foundation for Infantile Paralysis, later known as the March of Dimes, was founded on January 3rd.

*The Great New England Hurricane began as a tropical cyclone near the Cape Verde Islands in early September. It turned into a hurricane, which was officially unnamed, around September 9th and September 10th. The U.S. Weather Bureau was warned that the storm was spotted in the Caribbean around September 16th and was expected to hit Florida. On September 19th it made an unexpected change of course and headed up parallel the Eastern United States and Atlantic Coast. The Great New England Hurricane made landfall as a Category 3 storm near Long Island, New York at about 2:30pm on September 21st. There was little to no warning from the U.S. Weather Bureau with sustained winds of 120 MPH, about 15 ft. storm surges, and 40—50 ft. waves.

The storm continued to batter the New England region, hitting southern Connecticut, New York City, Massachusetts, Rhode Island and New Jersey and was considered the worst storm to hit the region during the 20th Century. As the storm reached Canada, it finally dissipated and was officially over by September 23rd. As a result of the hurricane, around 700 people died, over 1,700 people were injured, 8,900 buildings were destroyed, 3,300 boats were destroyed, and a total of about \$620 million worth of damage was done to the region.





Born This Year

Evel Kinevel

Kenny Rogers

Christopher Lloyd

Natalie Wood

Popular Culture

- ♦ Action Comics Issues the first Superman comic.
- ♦ Orson Welles' radio adaptation of The War of the Worlds is broadcast causing mass panic in the eastern United States.
- ♦ Adolf Hitler is Time Magazine's "Man of the Year" (as most influential during the course of the year, not as 'best' man of the year)



Popular Films

Snow White and the Seven Dwarfs

Boys Town, starring Spencer Tracy and Mickey Rooney

Jezebel, starring Bette Davis



Chaplain's Corner

Throughout this season a phrase from Charles Dickens' *A Christmas Carol* has stuck with me. A phrase used to describe Belle, Scrooge's former fiancé as "a spring-time in the haggard winter of his life" (Dickens, 1843). As a congregant health care community we are prepared for any scenario. But, we also embraced the joy in each day, in each activity and each celebration. As we held onto Advent and Christmas traditions (in new and safe ways) we realized that the core message in the Nativity story is unchanging. Emmanuel, God is With Us. Jesus, the Light of the World broke forth into the haggard winter, bringing spring.

In June, our book clubs read *In the Bleak Midwinter* by Julia Spencer-Fleming (Spencer-Fleming, 2002). In June, I wondered if we would still be struggling with the pandemic in winter? Or, if in winter we would be looking back to the difficulties of June and processing the trauma? As we continue to face the current challenging times the lyrics from the title hymn have also resonated with me throughout the season:

***In the Bleak Midwinter* (1872)**

Lyrics by Christina Geogina Rossetti (1830-1894); Music by Gustav Holst (1874-1934)

In the bleak midwinter, frosty wind made moan,
Earth stood hard as iron, water like a stone;
Snow had fallen, snow on snow, snow on snow,
In the bleak midwinter, long ago.

Our God, heaven cannot hold him, nor earth sustain'
Heaven and earth shall flee away when he comes to reign;
In the bleak midwinter a stable place sufficed
The Lord God incarnate, Jesus Christ.

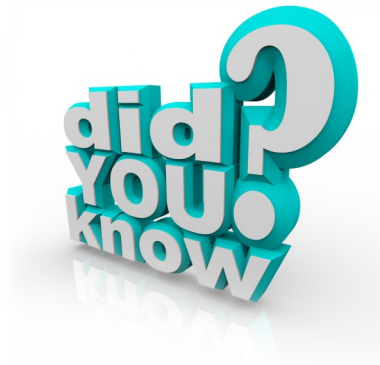
Angels and archangels may have gathered there,
Cherubim and seraphim thronged the air;
But his mother, in her maiden bliss,
Worshipped the beloved with a kiss.

What can I give him, poor as I am?
If I were a shepherd, I would bring a lamb;
If I were a wise man, I would do my part;
Yet what I can I give him: give him my heart.

What I have experienced so far this winter is that the members of our community have each done their part. In the role of the midwinter wise men, each has offered their own gifts; what they have to offer. Some have offered gifts of companionship, correspondence and cards, treats and goodies, warmth and comforts. The season brought the traditional unchanging Good News of the Nativity story in the midst of the bleak midwinter. The darkest days brought the brightest lights of friendship!

As we look toward the New Year, new season, we look with anticipation toward the 'springtime in the haggard winter' of this difficult time. We have hope as we await the coming vaccine and the eventual resulting benefits rippling throughout our community. Though *The Old Farmer's Almanac 2021 edition* (Thomas, 2021) is predicting a long winter with snow through March, we have much work to do. Our sustaining love of Christ and one another shall bring us a springtime in this haggard winter and each doing our part shall sustain our community.

Racquel R. Ray, MDiv
Chaplain



Did you know...Using a baby to signify the New Year is a New Year tradition that began in Greece around 600BC?

Did you know...Auld Lang Syne means time gone by?

Did you know...Father Time is a personification of time?

Did you know...three of the most popular New Years resolutions are, get out of debt, lose weight and develop a healthy habit.

