



The John Clarke Retirement Center

March 1, 2021 Newsletter

RESPECT

COMPASSION

QUALITY

CARING

Dear John Clarke Community,

I am longing to see the daffodils and crocuses this year and now we will have a very special way to see Spring! We have partnered with the Own Valley Health Campus in Indiana and The Indiana University (IU) Therapeutic Recreation students to help us “Trace Spring” across the United States. Why trace spring? We have been in isolation for many months and need to get outside our 4 walls! This project takes us into the world of many who have experienced the same thing we have for almost a year and we need to stimulate our minds with something new! We will be joining centers across the US to share in the joy of Spring. Anticipation is heightened as residents receive messages and photos from other facilities! It is an eye-opening connection, as we in Rhode Island don’t know what is going on in California or Maine, but we will soon! Keep an eye on our Facebook page for updates on this wonderful project.

Thanks to all for your patience while our plumbing is upgraded in the retirement community. I know it is challenging to have water shut off for any period of time, but we are very glad that we won’t be experiencing leaks going forward.

We are very grateful and feel very blessed that our small community has had very little COVID-19 during the last year and that our residents and staff are all healthy. We continue to remain vigilant, however and follow all state and federal infection control guidelines. We eagerly await the days when we can openly welcome visitors without appointments, personal protective equipment and barriers!

Warm Regards,

Joan



Help Us Make History | 401Gives

Have you dreamed of making history? Of course, we all have. And now we have a chance to be a part of Rhode Island's day of giving - an opportunity to unite our community around causes in which we truly believe and help nonprofit organizations connect to the larger community.

We need your help! Please join our campaign and help us reach our goal of \$5,000 and 50 donors! We need you to tell your friends and family members about the important work we do and ask them to join us in helping to make a difference.

Get ready to give! On April 1st, starting at 12AM on April 1, visit www.401Gives.org and make a donation to us and/or to any of the great participating nonprofit organizations in Rhode Island. All giving will end at 5:59AM on April 2, so make sure to get your gift in on time!

Questions? If you have any questions or would like more information, let us know. Thank you in advance for your generosity to [John Clarke Retirement Center](#)!

“Giving is just not about making a donation, it is about making a difference.”

- Kathy Calvin, CEO

President United Nations Foundation



Family Zoom Meeting
Thursday, February 25th at 1:30

The link will be sent via our
Voice Friend Notification System



Meet the Board's Secretary

David Maine, a member of Warwick Central Baptist Church, has been on the Board of Directors since the early 1990's. During this board tenure, he has served as Vice President, President, and is currently serving as Secretary. Dave's grandparents, Raymond and Dorothy Maine lived in the retirement apartments at John Clarke for a time in the 1980's and remembers how happy they were living at John Clarke. Serving on the Board is a way of giving back to the RI Baptist Community he has been part of for so long.

Dave has worked at the James P. Adams Library at Rhode Island College for over thirty-six years where he is the Library Facilities Supervisor, responsible for a number of public services such as printing and copying as well as managing the library's stack collection of circulating print materials. In his job at the library, he also is responsible for the library mail operations and helps to supervise a large contingent of student employees at various public service desks in the building.

A long time Boston sports fan, Dave enjoys many sports but especially baseball, basketball and football. Another passion is music as he enjoys many styles including classical, jazz, folk and Celtic to name a few.

Dave and his wife Lisa have been married for thirty four years and love to travel when they are able. Some of their favorite trips have been visiting many National Parks out West as well as trips to Ireland and Northern Ireland. They look forward to doing more travelling in the future, perhaps to California wine country, Scotland, England and mainland Europe.



RETIREMENT CENTER TOWN HALL MEETINGS

Joan has started monthly Town Hall Meeting. The next one is on Thursday, March 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.

Hope to see you there!



Chaplain's Corner

Lenten Morning Prayer

God, our liberator,

Free us from the chains of selfishness

And the false idols of materialism.

Move us to show regard for the lowly,

Advocate for the voiceless,

And rescue victims from their oppressors.

Remove the grind of poverty

by opening our hearts and minds to your Gospel message to love our neighbor.

Awaken our desires with the gifts of your Spirit,

so your justice may be fulfilled.

In Christ, we make this prayer.

~William Purcell, '86, '92 MDiv, Notre Dame University Center for Social Concerns

As we draw close to the Spiritual simplicity and humility of Lent, I am reminded of this Scripture:

“Come, you who are blessed by my Father, take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry, and you gave me something to eat. I was thirsty and you gave me something to drink. I was a stranger and you invited me in. I needed clothes and you clothed me. I was sick and you looked after me. I was in prison and you came to visit me” from Matthew 25.

It is clear to see our work as frontline caregivers in this text from the Gospel. This is the heart of our mission to love our neighbors and care for our community with dignity, compassion, and respect. The Lenten prayer (above) comes from the campus of Notre Dame University where staff and students published a book of prayers through the Office of Campus Ministry

in 2010. The work of a Chaplain, whether in a care facility, campus or prison, is to be a Spiritual and Moral presence through difficult times. One of the tools of the trade is keeping our Liturgical traditions; remembering to mind the cycle of the church year. These annual cycles help keep us grounded in rituals that remind us that God is with us—past, present, and future—even through challenging times. And prayer is the binding thread that sews the seemingly separate events and people together.

There are times in our caregiving when providing food, drink, hospitality, clothing, and visitation is the most visceral way to show our love to one another. And there are other times, when the physical presence is not possible, when prayer is the MOST we can do. Throughout the pandemic, we have not always been together in physical ways providing food, drink, hospitality, clothing and visitation and in those difficult times of distanced relations our best offering is the gift of prayer.

Friends and family, continue to pray for our residents. As we gain access to vaccination and navigate our next phases of community, pray for advocacy for the voiceless, food for the hungry, drink for the thirsty, invitation to the stranger, clothing to the needy, care for the sick and visitation. In Christ, we make this prayer.

Racquel R. Ray, MDiv
Chaplain

Online Activities

The American Baptist Church of Rhode Island is offering weekly Lenten Devotionals on-line. Subscribe to the weekly email at Elder Care Ministries <http://eldercare.abcori.org/lenten-resources.html>

Age Friendly Rhode Island is offering a Virtual Community Center! The site is loaded with activities for seniors that are safe and socially distant. Engage online at [Age-Friendly Rhode Island | Ways to support Rhode Islanders as they age \(agefriendlyri.org\)](http://Age-Friendly Rhode Island | Ways to support Rhode Islanders as they age (agefriendlyri.org))

In Person Activities

Fireside Chats with the Chaplain. Thursdays 2-4, Chaplain's Office. Come sit by the 'fire' and have a chat. Warm beverages provided! (excluding Thursday March 25th due to Memorial Service)

Bible Study. Fridays 2-3, Chapel. A wonderful way to wind down the week. This is a casual conversation about scripture and how it impacts us. Books provided. All denominations and biblical knowledge levels welcome!

Communion Service. Sundays 3:15pm in Nursing Center, 4pm in the Chapel. Ecumenical service is welcoming to all denominations. Service includes prayer, scripture, short homily. Covid-safe individually wrapped, sterile, single use, Communion elements are distributed with safety protocols in place.

Memorial Service. Thursday March 25, 10am Chapel, 2pm Nursing Center. Join Chaplain and Staff as we remember those we have lost over the past few months. Also available via Zoom.
rroy@jcrcri.org

March Birthdays to Celebrate!

Philip Amaral, March 1st

Kenneth Williams, March 2nd

Molly Mullen, March 3rd

Lisa DaCosta, March 5th

John Peterson, March 8th

Randy Whitehead, March 13th

Mary McCoin and Wilfredo Guinguing, March 17th

Scott Hahn, March 18th

Casper Roos, March 21st

Peyton Lynas, March 25th

Sunni Freitas, March 26th

Molly Roberts and Frank Medeiros, March 29th

Vanessa Gould, March 30th

Lily Carter, March 31st





WHATEVER IT TAKES WINNER

Our February Whatever It Takes Winner is Courtney Clarke! Courtney works in our Activity Department was chosen by her peers for always being hardworking, caring and delightful to our residents, family and staff. She's been a wonderful addition to our John Clarke Family! Thank you Courtney!

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 continues! Please call Robin Hannon our Activities Director to schedule a visit, facetime or Skype visit at 401-324-7076.



Please welcome Vanessa Gould, Dietary Aide to John Clarke!



Corn Chowder



Ingredients

1-quart heavy cream

2 bags 12-16oz frozen corn or 6 trimmed ears

2 quarts whole milk

2 and 1/2 sticks butter

4oz all-purpose flour

2 tbsp. concentrated chicken base (paste)

1 can chicken stock

½ pound bacon

2 roasted red peppers diced

half a bunch celery diced

1 yellow onion diced

Salt and pepper

2 tsp. ground thyme

2 tsp. ground sage

2 tsp. paprika

Directions

Set oven to broil

In a stock pot fry bacon on medium heat until brown remove and set aside bacon. Add celery, onions pinch pepper pinch salt, 1 tsp sage, 1 tsp. thyme 1 tsp. paprika sauté until translucent then add the roasted red peppers and continue to sauté scraping all the fond from the bacon to add flavor. Set aside all the cooked vegetables. On a cookie sheet spread out the corn and top with a ½ stick melted butter pinch of salt and pinch of pepper and broil in oven until lightly roasted about 2min, this brings out the natural sweetness of the corn as well as adding a bit of smokiness to the soup set the corn aside. Go back to your trusty stock pot and let's make some roux. Melt 2 sticks of butter and whisk in the flour depending on how smokey or dark you want your chowder is how long you cook the roux I prefer a slight brown color roux. Slowly add the whole milk and continue to whisk as it thickens slowly add more milk then add the heavy cream until you reach your desired thickness. Add all of your veggies you set aside as well as the rest of your sage, thyme, paprika, chicken paste and add salt and pepper to taste. Simmer and stir occasionally on low to med heat for 30 to 40m if the soup is too thick you can add some of the chicken stock. While the soup simmers enjoy the bacon, you set aside with a glass of your favorite wine as a celebration of a job well done.



How to Lose Pandemic Weight When Weight Gain Is Cause for Concern

The average weight gain during the COVID-19 pandemic has been 3-15 pounds.

This is due to many factors:

- Less movement
- More snacking and convenience foods. Many are also trying to support local businesses by eating more takeout meals.
- More stress, which means an increase in stress-eating, binge-eating and disordered eating.
- Derailed routines. Some gyms are closed or have limited hours and services, and some people now have a “commute” that is just steps away in another room at home.

How Your Body Gains Weight

To understand pandemic weight gain, it’s important to understand your metabolism, or your body’s process of converting the calories you eat into energy.

If you eat more calories than you burn daily, you will gain weight. If you eat fewer calories than you burn daily, you will lose weight.

Your basal metabolic rate is the number of calories your body needs to maintain vital organs and basic life functions like breathing, cell production, circulating your blood and processing the food you eat. Your body burns most of its calories this way.

How to Lose Pandemic Weight

- Control what you can to get back to a healthy lifestyle.
- Track your food intake
- Wear a fitness Tracker
- Burn more calories than you consume

Stay Accountable and Motivated!

February Highlights

We have a very fun and active February. Here are a few of our celebration pictures!



The JCRC Community would like to thank Linda Zagaglia-Gutierrez and her husband Cisco for helping us celebrate Mardi Gras in full Louisiana fashion.

They baked the residents a homemade King Cake along with providing us the history of the cake and Mardi Gras individual treat boxes for all the residents.

They also supplied the residents with individual craft supplies to build Mardi Gras floats! It was amazing to see the creativity in each float design. It was so much fun decorating and sharing our floats!

Thanks for all of your generosity and inspiring s to use our imaginations!



We also continued vaccinating the staff and began the vaccination process in the Retirement Center side!



Joe, Scott and Mercedes!



Nurse Robert, from Newport Hospital, arriving with the vaccines



Pat!



Big Al, Clara and Juanita!

This was the year 1940

Cost of Living in 1939

Average cost of a new house \$3,920.00

Average wages per year \$1,725.00

Gallon of gas \$.11

Average cost of a new car \$850.00

Men's suit \$24.50

Sealey Mattress \$38.00

President of the United States

Franklin D. Roosevelt

Vice President

John Nance Garner

Time Magazine's Man of the Year

Winston Churchill

World War II

The Forties were dominated by World War II, and after a long period of Economic Recession throughout the world, starting with Wall Street Crash in 1929 and through most of the 30's, the world would be a different place after the 2nd world war ended. As so often happens during war technological advances in technology that is seen to provide some advantage jump in leaps and bounds the 40's provide some of the best examples.

America helped fund the war by issuing War Savings Bonds, for each \$75.00.

American's invested 10 years late they would pay out \$100.00.

The first ever use of a Nuclear Bomb during wartime when the US bombed Hiroshima and Nagasaki in Japan.

Major advancements in radar to help with tracking Enemy aircraft which after the war changed the aviation industry.

The improvements in the use of Jet Engines.

The use of unmanned rockets as weapon (V2) to carry bombs.

Mans inhumanity to Man exceeded anything preceding with the use of concentration camps as part of "The Holocaust" the name applied to the systematic state-sponsored persecution and genocide of the Jews.

Popular Culture News



The late 30's and The War in the 40's changed many things and one of those was how black sportsmen became popular heroes and paved the way for future generations, these included Joe Louis (Boxer), Jesse Owens (Runner) and Jackie Robinson (Baseball Player).

Some of the most well known movie stars of the forties were Clark Gable, Bob Hope, Bing Crosby, Humphrey Bogart, Abbot and Costello, Gary Cooper, Spencer Tracy and James Cagney.

Rhythm and Blues music becomes popular and the beginnings of Rock and Roll.

SPORTING CHANGES IN THE 40'S

Baseball:

Baseball stars are quick to join the forces and fight for their country. Following the end of World War II, Jackie Robinson signed a contract to play first base for the Brooklyn Dodgers, breaking the color barrier in baseball.

Basketball:

Other leagues created earlier fall by the wayside and the National Basketball Association NBA come to the fore

Association Football (Soccer)

The famous Latin goal call is first heard, when Brazilian radio announcer Rebelo Jr. shouts (GOOOOOOOOOOOOOOOOAL) during a soccer match.

American Football:

Notre Dame / Fighting Irish win four championships. The platoons introduced using different players for offense and defense.

Ice Hockey:

Rocket Richard, the center red line introduced the first All-Star Ice Hockey Game.



Saint Patrick's Day

Wednesday, March 17th

Saint Patrick's Day is in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs.

Saint Patrick's Day has many symbols and traditions, from shamrocks and leprechaun, to green beer and Corned Beef and Cabbage. Saint Patrick's Day parades are popular in many cities around the U.S. Interestingly, the first St. Patrick's Day parade did not take place in Ireland. It took place in New York City in 1762.

Are you Irish, me lads and me lassies?! Well, the saying goes everyone is a little Irish on Saint Patrick's Day.

Erin Go Braugh is perhaps the most common Irish term you will hear. It means "Ireland Forever"

Did you know? Over 34 million Americans are of Irish descent. That's almost nine times the population of Ireland!

May the wind be always at your back.

May a rainbow be certain to follow each rain.

May the rain fall softly upon your fields. And the sun shine warm upon your face.

Top of the mornin' to you...(and the rest of the day to 'me self!)

May there always be work for you to do.

May your purse always hold a coin or two.

May the sun always shine on your windowpane.

May God fill your heart with gladness to cheer you.

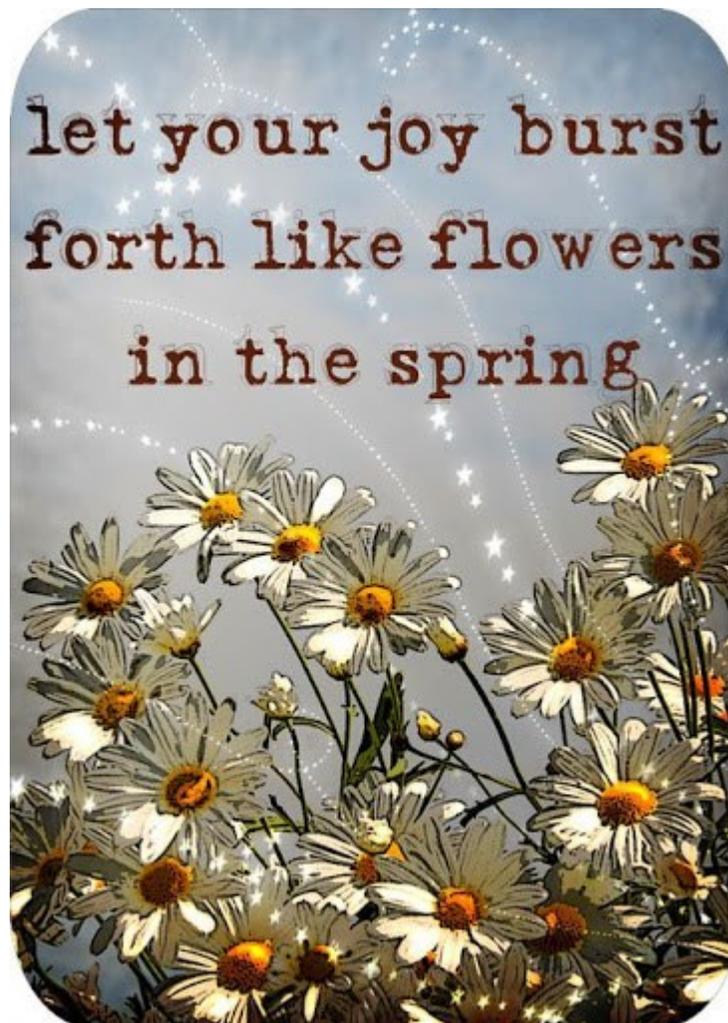


Sunday, March 14th

Daylight Savings Time Begins!

Daylight Savings Time begins in 2021 on Sunday, March 14th, when clocks will spring forward one hour and we lose an hour of sleep overnight.

Though it's been staying light out a little later each day since the Winter Solstice on December 21st, the big change will occur at 2:00am on March 14th with the shift to Daylight Savings Time. The sun will set at around 6:03pm in New Jersey on March 13th and the following day sunset is at 7:04pm.



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.

