



# John Clarke

## SENIOR LIVING

July 1, 2021

TRUSTWORTHY

RESPONSIVE

UNITY

SERVICE

THRIVING

Dear John Clarke Community,

I am thrilled to announce that Karen Piacentini has recently joined our Board of Directors. Karen is a former executive at United Health Care and her expertise in health care and as a board advisor will greatly benefit John Clarke Senior Living. Please see her full bio in this newsletter.

I am delighted to report that we have applied for and received several grants this month. We are grateful to the following organizations for their generous support of our John Clarke Senior Living:

The Champlain Foundation: \$90,000 for roof replacement.

The Fred M. Roddy Foundation: \$13,844 for the purchase of mechanical lifts and specialized chairs.

Newport Fed Bank: \$4,000 staff support from The Schwartz Center for Compassionate Care.

The van Beuren Charitable Foundation: \$3,750 for Diversity and Inclusivity Training.

John Clarke Senior Living is a charitable, non-profit, 501c(3) organization. Most of our revenue comes from the State of RI and pays only about ninety cents for every dollar we spend. We rely on support from our donors to provide capital for meaningful physical plant, programing, and educational opportunities. Please consider us when thinking of making your charitable donations.

I want to thank the residents of the Independent Living community for their patience and fortitude during the flood that occurred on the 19<sup>th</sup>. We had a sprinkler main break at about 7:30pm on Saturday that was discovered about a half hour later. Nine apartments have been evacuated and several more were affected. The recreation room, laundry room, corridors and foyer will all be under construction as well. It will take several weeks to repair the damage and we will continue to rely on everyone's tolerance and patience while we restore the building.

We have many exciting activities planned this month so be sure to check out the calendar.

Warm Regards,

Joan M. Woods, CEO



Independence Day is a federal holiday in the United States commemorating the Declaration of Independence of the United States, on July 4, 1776. The Continental Congress declared that the thirteen American colonies were no longer subject to the monarch of Britain, King George III, and were now united, free, and independent states. The Congress had voted to declare independence two days earlier, on July 2, but it was not declared until July 4th.

“HE MAKES  
ME MELT LIKE  
A POPSICLE ON  
THE FOURTH  
OF JULY.”

*Darla from 'The Little Rascals'*

PureWow





## Meet our Board Member Karen Piacentini

Former Healthcare Executive – Optum/UHC, Board Advisor, Board Member

Karen is a dynamic, results-driven health care executive with 30 years of health plan management experience. Her experience includes senior management P&L positions leading medical and specialty care network strategy, development, contracting and provider service; clinical and staff model operations; government programs and product development.

As a Senior Vice President at Optum, Karen ensured that Optum and UHC aligned goals and strategies and strengthened the \$50 Billion relationship between Optum and all UHC segments, driving growth and optimizing the performance of the enterprise. As the strategic partner with UHC Employer & Individual segment, she was part of the UHC E&I Executive leadership, representing Optum, and drove more than \$200 Million in incremental savings and \$50 Million in revenue, annually.

Prior to transitioning to Optum, Karen led UHC Product Strategy for all Employer segments and drove an innovation pipeline of over 45 new products annually. While at UHC Karen created and led the Network Solutions team focused on data driven development and execution of provider network strategy for National Accounts resulting in improved network competitiveness; innovative solutions including physician designations based on quality and efficiency; growth and retention of over 9 million lives.

As an executive leader at UHG, Karen played a critical role in the development of UHG's culture and the reinforcement of its values and was a Culture Facilitator.

Prior to joining UnitedHealth Group, Karen held executive positions with Cigna, Columbia University and Prudential.

Karen is a Senior Advisor for TripleTree Capital Partners and an Advisor to healthcare technology companies including Bright Therapeutics, Inc. and Wellth where she is instrumental in the rollout of their platform through payers. Prior to its recapitalization in 2020, Karen was a Board Member of Rethink Autism, Inc. which puts clinical best practice treatment solutions for children with development disabilities such as autism in the hands of parents, clinicians, and educators. Karen has also served on the Board of Directors for Partnership with Children, a non-profit organization that provides early intervention, preventive services and counseling to at-risk children and youth in New York City.

A Phi Beta Kappa graduate of Scripps College in Claremont, California, Karen received her MBA from the Marshall School, University of Southern California, and holds an Executive Leadership Certificate from Wharton.



## Chaplain's Corner

The Apostle Paul taught the church, “Let us consider how to provoke one another to love and good deeds, not neglecting to meet together as some is the habit of some, but encouraging one another...” (Hebrews 10:24). Friends, our community has experienced pandemic and now flood together. Some would say these are Biblical events. While that may be true, what we have learned here at John Clarke Senior Living is how to build community – especially when things are hard.

During the recent flood in the Independent Living portion of the building (when a sprinkler pipe broke) the community building skills we learned through Covid were apparent in our response. Our residents responded quickly helping one another, contacting the appropriate agencies, and notifying our leadership team. Most importantly, residents, first responders and our staff worked collaboratively to make sure every resident was safe. Many residents needed to be relocated to a nearby hotel which was successfully accomplished by a whole team effort. The process of moving residents to safe housing while the apartments are renovated, and the building is repaired has been an inspiring sight.

In the middle of that momentous task, life continues at John Clarke. We continue to provoke one another to love and good deed and encouraging one another. One morning there was a case of freshly picked strawberries waiting in my office. Our Chaplain's Cupboard community food shelf continues to regenerate itself daily. Pies and goodies are baked and shared among neighbors. Memorials are still planned and observed. And, the return of summer concerts and outdoor activities has blossomed this year as residents are able to gather safely outside.

The act of continuing to meet with each other, weekly worship and study, our newcomers' welcome events, summer concerts, coffee hours are the scaffolding that builds relationships in communities. These activities are anchors to our hope in each other as we provoke one another to love and good deeds while encouraging one another. May God continue to be with our community and continue to provoke us to love – even when events are difficult.

In Peace, Chaplain Ray



The Recreation Department is collecting new or slightly used gifts for our Resident Auctions and Bingo. Please call or see Robin if you would like to donate anything for these events. All donations are greatly appreciated!





Kimberly Dougherty  
Assistant Director of Nursing  
Tracy Dasilva, CNA  
Jonaya Escobar, CNA

**RETIREMENT CENTER TOWN HALL MEETING**

The next Town Hall Meeting is on Thursday, July 22nd.

Time will be 1-1:30 in the Chapel

Hope to see you there!







Congratulations to the June Whatever It Takes Award Winner, Skylynn Paiva!

Skylynn Paiva has been a valuable member of the Food Service Department for over 3 years. She is a delightful, smiling presence in both the dining room and the kitchen. Skylnn recently earned her Food Service Manager's Certification and is training to be a chef. She takes pride in providing quality meal service and is a wonderful asset to the John Clarke Senior Living Community.

Congratulations to Keisha White for passing her CNA exam!



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.

## Massage Therapy Services

We are pleased to announce that we will be offering Massage Therapy Services on Mondays and Wednesdays in the Salon (if needed). Becky Ellsworth, BS, HSC, BCMT, CPT-NCSF, is Board-Certified Massage Therapist as well as being certified in clinical oncology massage. These services are open to staff and residents. Massages range from \$50.00 for a 30-minute massage to \$170 for a 120-minute massage. If you would like to make an appointment, please contact Becky at 401-206-1438 or [beckyellsworth@gmail.com](mailto:beckyellsworth@gmail.com)



Tom Miner, July 1st

Ralph Kaull, July 5th

Cynthia Smothers, July 7th

Joan Woods, July 8th

Mary Gallant, Edalene Menzi, David Nelson and James Cabral, July 11th

Prucia Francis, July 13th

Joy Connell, July 18th

Phyllis Sherman, July 19th

Mercedes Villanueva-Rodrigues, July 20th

Kathleen Vierra, July 21st

Daysha Dutra, July 23rd

Roxann Press, July 24th

Carol Marshall, Lori Lacerda and Bill Efthimiades, July 25th



## The Maui Wowie Burger



If you got a briquette style BBQ, break it out and get the coals going for this treat. If not, a gas grill will work just fine.

### Ingredients:

- 2 lbs. Ground beef/chuck/sirloin 80/20
- 1 pack sweet Hawaiian burger roll
- Tsp. Salt and pepper
- Tsp. Ground ginger
- ½ c. Soy sauce
- ½ c. Teriyaki sauce
- Tsp. brown sugar
- 1 small yellow onion diced super fine almost minced
- 1 red onion sliced semi thick
- 4pc. sandwich slice cheddar cheese
- 1 can or fresh pineapple rings

### Directions:

Mix Soy, Teriyaki, ginger, salt, pepper and brown sugar and split in 2 bowls. Pour the pineapples in one bowl and set aside. Add the minced onions and beef to the other bowl and mix up with your hands. Make 4 patties with a thumb dimple in the middle of each (helps to cook evenly). Grill the burgers to your preferred temperature and grill up the pineapples and sliced onion as well, the pineapples will not take long about a minute each side. Toast the rolls and build the build the Maui Wowie- bottom bun, burger, sliced red onion, cheese and then the pineapple.

Happy 4<sup>th</sup> of July, enjoy!

Chef Scott, Food Service Director





## Summer Safety Tips for Seniors

How to help older adults stay healthy when it's hot outside

The summer months are a time of fun, adventure and relaxation for many, but they can also be a source of stress for older adults and their caregivers. As we age, our physiology changes in ways that boost sensitivity to summer's heat, humidity and sun exposure. In fact, more than 80% of heat-related deaths occur in people over 60. In addition to physiological factors like reduced sensitivity to thirst, poor circulation and higher incidence of chronic conditions, seniors are especially vulnerable to heat-related illnesses to social isolation.

Thankfully, you can help your loved ones enjoy the season and stay in top health—with these tips:

**Boost hydration:** To prevent dehydration, drink plenty of water, Gatorade or Pedialyte before heading outdoors and throughout any time spent in the sun.

**Slather on sunblock and dress for success:** The fatty layer below our skin gets thinner with age making seniors more sensitive to the dehydrating effects of sun exposure.

Purchase a sunscreen with at least 30 SPF and broad-spectrum protection from both UVA and UVB rays.

**Keep medications up to date and properly stored:** Many medications degrade at temperatures over 86° F, making them less effective.

**Prevent trips and falls:** Uneven patio pavers, outdoor rugs, slippery pool decks and sandy beaches can all cause seniors to lose their balance. Plus, some chronic conditions, like low blood pressure, can cause dizziness, leading to falls.

**Stay in touch:** Ultimately, summer calls for being especially vigilant in looking out for your older loved one. Check in by phone at least once a day, especially if there are power outages due to a storm or heat wave.

# This was the year 1944

## Cost of Living in 1943

Average cost of a new house \$3,450.00

Average wages per year \$2,400.00

Minimum wage 0.30 which is equivalent to \$4.43 in 2020 dollars

Gallon of gas \$ .15

Movie Ticket \$ .32

Time Magazine's Man of the Year was Dwight D. Eisenhower



## What Happened in 1944

- US Life Expectancy: Males: 63.6 years, Females: 66.8 years
- Mary Babnik Brown became the first woman to have her hair used in crosshairs for military aircraft bombsights. The hair had to fit strict criteria such as being blonde, over 22 inches long and never been treated with chemicals or hot irons.
- President Roosevelt is elected to a fourth term in the United States, becoming the only person to ever do so. His fourth term does not last long however, as he died during the next year in April of 1945.
- Popular musician and band leader Glenn Miller is reported missing while on his way to perform for the troops in Paris.
- Indian independence leader Mahatma Gandhi is released from prison.



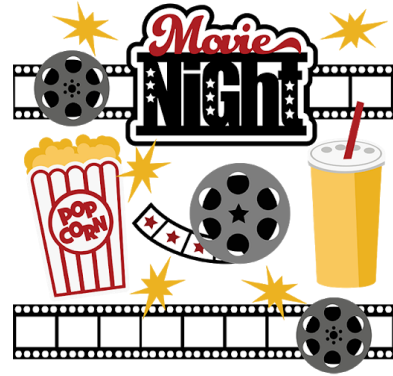
## MUSIC

Paper Dolls , The Mills Brothers

Swinging on a Star, Bing Cosby

I'll Walk Alone, Dina Shore

Shoo Shoo Baby, The Andrew Sisters



A Canterbury Tale

Arsenic and Old Lace

Double Indemnity

Gaslight

## SPORTS

St. Louis Cardinals won the World Series

Green Bay Packers were the NFL Champions

Montreal Canadiens are the Stanley Cup Champions

US Open Golf was not played due to WWII

Pensive won the Kentucky Derby

## POP CULTURE

Zip codes weren't used until 1963 but the idea was first introduced in 1944

Smokey Bear was created in 1944 in response to the WWII Japanese submarine attacks on Santa Barbara, CA near Los Padres National Forest. This attack caused a growing fear of incendiary shells causing massive wildfires and disastrous loss of life.

The unknown Hero: Capt. James Martin Stag, President Eisenhower's Chief Meteorologist, made the decision to delay the Allies' invasion of Normandy from June 5th to June 6th due to weather conditions. It was "The most important weather forecast of all time."

Billie Thomas, who played Buckwheat in the 1930s Little Rascals, went on to the Army and was awarded the National Defense Service Medal and Good Conduct Medal. He never acted again.