



John Clarke  
SENIOR LIVING

## October 2021 Newsletter

Trustworthy Responsive Unity Service Thrive

Dear John Clarke Community,

The air is getting crisp, and our community is teeming with fall activities! Of note this month, we will be having a Sip and Paint event, soup sales will recommence, a bake sale and our annual pumpkin decorating contest. Please see the recreation calendars to for all our events.



Community Health - We anticipate getting instructions from the Department of Health regarding COVID boosters for our residents and staff. We are blessed that our community has remained relatively COVID free and are grateful to all for following recommended infection prevention protocols and getting vaccinated!

October is Breast Cancer Awareness Month, and we are having a month-long fundraiser for Breast Cancer Awareness. Every Wednesday will be "On Wednesdays Wear Pink Day" with at \$2.00 donation. Please join us in supporting this great cause.

I am thrilled to see our new awnings adorn the front of the retirement center. We are very grateful to all that donated to help us improve our curb appeal and to provide needed shade for the west facing apartments. I would also like to express our sincere appreciation to the Champlin Foundation for their very generous donation that enabled us to replace the roof of the retirement community.

November is our Satisfaction Survey Month. We will be requesting staff, residents, and families to complete surveys to provide us with feedback on how we are doing. Please keep an eye out for more information about completing these

important surveys for us!

Warm Regards,

Joan M. Woods

## Board Member Spotlight Rachel Carpenter



**Rachel** recently retired, after 36 years, from her position as an Associate Professor/Library Faculty of the James P. Adams Library at Rhode Island College (RIC).

She was the library faculty liaison to the College's Schools of Nursing and Social Work. She was a longtime member of, and twice served as president of the Association of Rhode Island Health Sciences Librarians. A lifelong resident of Rhode Island, Rachel has served on the board of directors of the JCSL since September of 2014.

During 2020, Rachel collaborated with Age-Friendly RI on a grant from the National Network of Libraries of Medicine/New England Region to create an information resource geared towards Rhode Island's senior population related to improving one's brain health. The "Learning Your Way to a Healthy Brain" guide brings together freely accessible internet, public library, and federal and state resources on Food & Nutrition, Physical Movement & Activity, Sleep & Relaxation, Learning & Memory, and other "good health" topics. Rachel enjoys reading, traveling, singing and playing guitar, live theater and more.

## Chaplain's Corner

The prophet Isaiah writes, "Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides you, who acts on behalf of those who wait for



him.” And Paul’s first letter to the church in Corinth affirms, “What no eye has seen, what no ear has heard, and what no human mind has conceived — the things God has prepared for those who love him.” What the prophet and the evangelist are teaching us in this wisdom is that things may seem impossibly difficult right now. We cannot see what is coming and it is more than we can possibly imagine. There is no foreboding in this prophecy but there is great promise. Something wonderful is about to happen.

Something we haven’t even thought of yet!

We are going through an incredibly difficult time right now. Everyone is. We have experienced major upheavals in our staff. We experienced major grief and loss over the summer. We are all worried about the possibility of another wave of pandemic here at John Clarke, across the state, and across the nation. We’re worried for ourselves, our residents and families and loved ones across the country. We cannot imagine the trauma of going through another shut down. Many have left healthcare work altogether because the idea of another wave of covid is too overwhelming to go through again. We have a national healthcare worker shortage. And, Lord!, WE ARE TIRED!

What we’re experiencing is clinically called Post Traumatic Stress. Our leadership team is partnering with the Schwartz Center for Compassionate Healthcare thanks to a few generous grants which will enable us to better support our staff as we heal from the stress of the past nearly two years. Trauma informed Spiritual Care, leadership, management, and team support will equip our staff to engage in better self-care, interdisciplinary dialogue, and process the events we’ve experienced as a team. The resulting goal is post traumatic growth and resilience. The plans God has for us is something that we cannot yet see or imagine! Yet, I know good things are coming.

One good thing: Chaplain Ray has been called as Acting Associate Pastor of Barrington Congregation Church in Barrington Rhode Island (the White Bridge Church). She will still be our full-time chaplain and she will be with the church part time. Sunday afternoon Communion services will continue at 4:00pm in the Chapel but Chaplain Ray will be at the church on Sunday mornings.

No Eye has seen, no ear has heard, no heart has imagined, what God has prepared for those who love Him! Amen!!



### Remembering our Name Rev. Dr. John Clarke, of Newport

John Clarke (October 8, 1609 - April 20, 1676) was a medical doctor, Baptist minister, co-founder of the colony of Rhode Island and author of its charter, and a leading advocate of religious freedom in the Americas. During the devastating events of King Phillips War (1675-1678), the Rhode Island General Assembly sought the counsel of 16 prominent citizens of the colony, one of whom was John Clarke. Dr. Clarke's church in Newport is now known as the "United Baptist Church, John Clarke Memorial, of Newport."



### Chef's Corner

#### Harvest Apple Bread



#### Ingredients:

- ¾ c Brown sugar
- ¼ c Sugar
- ½ tsp salt
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground cloves
- ½ c unsalted softened butter
- 1 ½ tsp vanilla extract
- 2 large eggs
- 1 ½ c all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda

½ c milk

2 small fresh apples chopped you get from either your tree the neighbor's tree or a local orchid

Preparing:

1. Preheat oven to 350 and grease 9 x 5 loaf pan
2. Mix brown sugar and spices set aside
3. Using an electric mixer beat sugar and butter until well creamed.
4. Beat in eggs one at a time add vanilla until fully mixed
5. In a separate bowl mix flour, baking powder, baking soda and salt then add to creamed butter add milk into batter until well incorporated
6. Pour half the batter into the loaf pan and swirl in half the brown sugar spice mix and half the apples add the other half of batter and swirl in the other half of the brown sugar spice mix and the other half of apples. Make sure apples aren't sticking out because they will burn.
7. Bake for 35 to 45 until a tooth pick comes out clean  
Serve for breakfast with a nice cup of joe or have as a midnight snack with a cup of milk.

Chef Scott, Food Service Director

**For urgent after hours maintenance issues, please call our new**

**EMERGENCY MAINTENANCE TELEPHONE NUMBER**

**401-324-5841**

**For all routine maintenance issues, please continue to fill out the  
Maintenance Request Slips located outside the Activity Room.**



**Congratulations to the  
September Whatever It Takes Award Winner**





**Colleen Dutra, Teresa Hanos, and Joe Walker, October 5th**

**Thomas Harris, October 10th**

**Peter Krones, October 11th**

**Katherine Pitzer, October 16**

**Kim Dougherty, October 17th**

**Mary Sherman, October 18th**

**Chaplin Ray, October 31st**

### **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)



### **SHOUT OUT**

**If you witness an employee going above and beyond, give them a Shout Out! Our new Shout Out Board is located right outside the front**

office. We want to recognize how fabulous our staff is so please feel free to “Shout Out”!

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Visitation will continue to be 11-4 daily. For everyone's safety, you will not be allowed into the facility out of this time frame. If you can not come within that time frame, you must call the Activity Department at 401-846-0743 ext. 131 to schedule an appointment.

For the health and safety of our residents and staff please remember to wear a mask and hold off on your visit if you are experiencing symptoms.

Thank you in advance for you cooperation!



Louise Sullivan, RN

Kiara Beltre, CNA

Taylor Gallagher, RN

Santasia Ford, CMT

Susan Belanger, CNA

Kristen Quintel, CMT

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ON  
WEDNESDAYS  
WE WEAR  
PINK



John Clarke  
SENIOR LIVING

JOHN CLARKE IS RAISING  
MONEY FOR BREAST CANCER  
DURING THE MONTH OF  
OCTOBER!

PAY \$2 AND WEAR PINK EVERY  
WEDNESDAY.



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|--|---|--|---|--|
| <h1>October 2021</h1> <h2>JOHN CLARKE NURSING CENTER</h2>           |   |  |   |  | 10:00 Rosary<br>11:00 Hymn Sing<br>1:00 Sensory<br>2:00 Bible Study<br>2:00 Gift Shop Cart<br>3:30 1:1 visit            | 10:00 Manicures<br>10:00 Courtyard<br>2:00 Games<br>W/ Pam   |
| 10:30 Zoom Church<br>2:00 BINGO<br>4:00 COMMUNION<br>W Chaplain Ray | 10:00 Rise and Shine<br>11:00 Floral Arranging<br>1:30 Walking Club<br>2:00 BINGO<br>3:30 Travel Trivia   | 10:00 Rise & Shine<br>11:00 Walk to Dine<br>2:00 Bowling<br>3:30 -5 Travel Club<br>BY BUSS                       | 10:00 Exercise<br>11:00 News & Views<br>2:00 <b>RESIDENT COUNCIL</b><br>3-4 Karaoke<br>W/ Big AL or Sing a Long                     | 10:00 Coffee Hour<br>10:00 Men's Group<br>11:00 Courtyard<br>2:00 <b>Leaf peeping</b><br>4-5 Evening Prayer<br>Chapel /Hymn Sing | 10:00 Rosary<br>11:00 Hymn Sing<br>1:00 Sensory<br><b>ENTERTAINMENT</b><br>2:00 <b>Toni &amp; Pat</b><br>3:30 1:1 visit | 10:00 Manicures<br>10:00 Courtyard<br>2:00 Games<br>W/ Dulce |
| 10:30 Zoom Church<br>2:00 BINGO<br>4:00 COMMUNION<br>W Chaplain Ray | 10:00 Rise and Shine<br>11:00 News & Views<br>1:30 Walking Club<br>2:00 BINGO<br>3:30 Travel/ In2L<br><small>Columbus Day (US)<br/>Indigenous Peoples' Day<br/>Thanksgiving Canada</small>    | 10:00 Rise & Shine<br>11:00 Walk to Dine<br>2:00 Bowling<br>3:30 Snackivity<br>IN2L FUN                          | 9:30 Morning Prayer<br>10:00 Exercise<br>11:00 News & Views<br>2:00 <b>Word Games</b><br>3:30-5 Karaoke<br>W/ Big AL or Sing a long | 10:00 Coffee Hour<br>10:00 Men's Group<br>11:00 Catholic Mass<br>1:30 <b>PAINT PARTY</b><br>4-5 Evening Prayer<br>Chapel         | 10:00 Rosary<br>11:00 Hymn Sing<br>1:00 Sensory<br>2:00 Bible Study<br>2:00 Gift Shop<br><b>BAKE SALE !!!</b>           | 10:00 Manicures<br>10:00 Courtyard<br>2:00 Games<br>W/ Pam   |
| 10:30 Zoom Church<br>2:00 BINGO<br>4:00 COMMUNION<br>W Chaplain Ray | 10:00 Rise and Shine<br>11:00 News & Views<br>1:30 Walking Club<br>2:00 BINGO<br>3:30 Floral Arranging  | 10:00 Rise & Shine<br>11:00 Walk to Dine<br>2:00 Bowling<br>3:30-5 Snackivity<br>Travel Club<br>In2L Time        | 9:30 Morning Prayer<br>10:00 Exercise<br>11:00 News & Views<br>2:00 <b>Van Ride</b><br>3:30-5 Karaoke<br>W/ Big AL or Sing a long   | 10:00 Coffee Hour<br>10:00 Men's Group<br>11:00 Courtyard<br>2:00 Bottoms Up<br><b>PAINT PARTY</b><br><b>STAFF 5-7PM</b>         | 10:00 Rosary<br>11:00 Hymn Sing<br>1:00 Sensory<br><b>ENTERTAINMENT</b><br><b>CHRIS WATERS</b><br>3:30 1:1 visit        | 10:00 Manicures<br>10:00 Courtyard<br>2:00 Games<br>W/ Pam   |
| 10:30 Zoom Church<br>2:00 BINGO<br>4:00 COMMUNION<br>W Chaplain Ray | 10:00 Rise and Shine<br>11:00 News & Views<br>1:30 Walking Club<br>2:00 BINGO<br>3:30 Floral Arranging  | 10:00 Rise & Shine<br>11:30 <b>DINE IN</b><br>2:00 Bowling<br>3:30 1:1 Visits<br>4-5 Travel Club<br>Walking tour | 10:00 Exercise<br>11:00 News & Views<br>2:30 Crafts<br>w/Pumpkins<br>3:30-5 Karaoke<br>W/ Big AL or Sing A Long                     | 10:00 Coffee Hour<br>10:00 Men's Group<br>11:00 Courtyard<br>2:00 Van Ride<br><b>6:00-8:00 SCARY MOVIE NITE !!</b>               | 10:00 Rosary<br>11:00 Hymn Sing<br>1:00 Sensory<br><b>2:00 Costume Party/ Halloween</b><br>3:30 1:1 visit               | 10:00 Manicures<br>10:00 Courtyard<br>2:00 Games<br>W/ Pam   |
| 10:30 Zoom Church<br>2:00 BINGO<br>4:00 COMMUNION<br>W Chaplain Ray | <b>SPECIAL EVENTS: PAINT PARTY 10/14, 10/21 BAKE SALE 10/15, PUMPKIN CONTEST 10/22, MOVIE NIGHT 10/28, COSTUME CONTEST 10/29</b><br><b>WEAR PINK EVERY WEDNESDAY TO SUPPORT BREAST CANCER</b> |  |   |  |   |  |

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday                              |
|--|--|---|---|---|--|---------------------------------------|
| <h1>October 2021</h1> <h2>JOHN CLARKE RETIREMENT CENTER</h2> |  |   |   |   | 10:00 Rosary<br>10:00 Shopping<br>11:00 Hymn Sing<br>2:00 Bingo<br>4:00 Porch Party  | 12:00 Scrabble<br>8:00 Prayer Service |
| 4:00 Communion<br>In the Chapel                              | 11:00 Yoga with Mary in the Chapel   | 10:00 Walmart<br>2:00 Bingo!  | 9:30 Morning Prayer<br>10:00 Coffee Hour on the porch               | 10:00 Men's Group<br>2:00 Bible Study   | 10:00 Rosary<br>10:00 Shopping<br>11:00 Hymn Sing<br>2:00 Tony & Pat in the Courtyard<br><b>Soup Sale!</b>                       | 2:00 Scrabble<br>8:00 Prayer Service  |
| 4:00 Communion<br>In the Chapel                              | 11:00 Yoga with Mary<br>2:00 <b>Blood Pressure Checks</b><br><small>Columbus Day (US)<br/>Indigenous Peoples' Day<br/>Thanksgiving Canada</small>  | 2:00 Sing Along with Christa<br>2:00 Bingo!<br>4:00 Classical Piano Music with Lori (MDR) | 9:30 Morning Prayer<br>10:00 Coffee Hour on the porch               | 10:00 Men's Group<br>11:00 Catholic Mass<br>1:30 <b>Flu shot clinic</b><br>1:30 Paint Party | <b>BAKE SALE!!</b><br>10:00 Rosary<br>10:00 Shopping<br>11:00 Hymn Sing<br>2:00 Chris Waters on the lawn                         | 2:00 Scrabble<br>8:00 Prayer Service  |
| 4:00 Communion<br>In the Chapel                              | 11:00 Yoga with Mary   | 11:00 Lunch at Richard's Pub<br>2:00 <b>IT Talk with Trevor</b>                           | 9:30 Morning Prayer<br>10:00 Coffee Hour on the porch<br>2:00 Bingo | 10:00 Men's Group<br>11:00 <b>MPD Officer Scam Prevention</b><br>1:30 Town Hall             | 10:00 Rosary<br>10:00 Shopping<br>11:00 Hymn Sing<br>2:00 Chris Waters in the Courtyard<br>4:00 Porch Party<br><b>Soup Sale!</b> | 2:00 Scrabble<br>8:00 Prayer Service  |
| 4:00 Communion<br>In the Chapel                              | 11:00 Yoga with Mary<br>2:00 Meet & Greet  | 2:00 Sing Along with Christa<br>2:00 Open Enrollment Event                                | 9:30 Morning Prayer<br>10:00 Coffee Hour on the porch               | 10:00 Men's Group<br>2:00 Bible Study<br>6-8 <b>SCARY MOVIE NIGHT!</b>                      | 10:00 Rosary<br>10:00 Shopping<br>11:00 Hymn Sing<br>2:00 Halloween Costume Party<br>4:00 Porch Party                            | 2:00 Scrabble<br>8:00 Prayer Service  |
| 4:00 Communion<br>In the Chapel                              | <b>SPECIAL EVENTS: Paint Party 10/14 at 1:30; Bake Sale (NC Lobby) 10/15; Pumpkin Contest 10/22; Movie Night 10/28; Costume Contest 10/29.</b><br><b>Soup Sales Return! 8<sup>th</sup> and 22<sup>nd</sup></b> |   |   |   |  |                                       |

Support John Clarke when you shop Amazon!

The holidays are quickly approaching. Please keep John Clarke Senior Living in mind when you shop Amazon by designating us as your charity of choice with Amazon Smile.

[Click here to designate and support](#)



Charitable donations provide positivity and a spirit of giving during a time of grief. You can honor your loved one's memory with a financial contribution to our community by mailing a donation to The John Clarke Retirement Center, 600 Valley Road, Middletown, RI 02842. You can also [click here](#) to donate online through our website. All donations are valued and appreciated (and tax deductible).

John Clarke Senior Living



The John Clarke Retirement Center | 600 Valley Road, Middletown, RI 02842

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