



# John Clarke

SENIOR LIVING

**TRUSTWORTHY - RESPONSIVE - UNITY - SERVICE - THRIVING**



Dear John Clarke Community,

Happy Spring!

It's off to a chilly start but I am hopeful that by the end of the month, the sun will shine warmly upon our faces, and we can start to spend more time outside!

Reconstruction from the flood last June is coming to an end and we are so happy to have our displaced tenants back and welcoming many new ones. Please join me in making them a part of our wonderful community.

The Activity Room on the first floor of the apartment building should be ready for use by the end of the month. We are very pleased to have a new, accessible bathroom and a small kitchenette.

The windows of the nursing center will be replaced late this spring and summer and we are in the process of raising funds to obtain new windows for the entire community over the year as we know that they are all in need of replacement.

We are very blessed that COVID has subsided, but we continue to follow the Rhode Island Department of Health's regulations as they pertain to visitation, personal protective equipment, and vaccine mandates for staff.

Warm Regards,

Joan M. Woods, CEO

## **Chef's Corner**

### **Maple Glazed Ham and Cheddar Muffins**

#### **Ingredients:**

- 2 cups flour
- ¼ cup sugar
- 1 tsp. baking powder
- 1 tsp. baking soda

- ½ tsp. salt ½ tsp. pepper
- 1 lg. egg
- ¼ cup melted butter
- 1 cup milk
- 1/3 cup honey
- 1 ½ chopped ham
- 1 cup shredded cheddar cheese

The Glaze:

- tsp. melted unsalted butter
- tsp. brown sugar
- tsp. maple syrup

Directions:

Preheat oven to 350

Grease a non-stick 12 cup muffin pan. Whisk all dry ingredients until well blended. In a separate bowl whisk milk, egg, melted butter and honey then fold in the ham and cheese. Scoop into muffin cups until almost full. Bake for 20 minutes or until golden brown. Let muffins sit for 10 minutes then remove and place on wire rack above a cookie sheet to catch drippings. In a small bowl whisk all glaze ingredients and drizzle on top of muffins.

This is a great recipe to use up your left-over Easter ham. Happy Easter!

Enjoy, Chef Scott



## Easter Basket Raffle

Tickets are \$5 each or 5 for \$20\*

Festive Basket for Adults



Oyster Bay Sauvignon Blanc  
Oyster Bay Pinot Noir  
Josh Cellars Prosecco Rose  
Flower Printed Glasses

\$25 Gift Certificate to  
Le Bec Sucre  
Sweet Treats  
Cheese Board

Winner will be chosen April 14th



\*tickets can be purchased at  
reception

# PALM SUNDAY



**Sunday, April 10th**

Palm Sunday is the Christian holiday that occurs on the Sunday before Easter. This celebration commemorates Jesus' triumphal entry into Jerusalem, mentioned in each of the four Gospels. Jesus entered the city knowing He would be tried and crucified and welcomed His fate to rise from the grave and save us from sin! Palm Sunday marks the beginning of Holy Week the remembrance of Jesus' last days to the cross.



May God bless us all on this  
**Good Friday!**

**Friday, April 15th**



**Saturday, April 16th**





Sunday, April 17<sup>th</sup>

## The History of Earth Day

On April 22<sup>nd</sup>, 20 million Americans participated, with a goal of a healthy, sustainable environment. Denis Hayes, the national coordinator, and his youthful staff organized massive coast-to-coast rallies. Thousands of colleges and universities organized protests against the deterioration of the environment. Groups that had been fighting against oil spill, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, common values mobilizing 200 million people in 141 countries and lifting the status of environmental issues onto the world stage.



## Spring Allergy Season has Sprung

The primary spring allergy trigger is pollen. Trees, grasses and even some weeds release tiny grains into the air to fertilize other plants. When they get into the nose of someone who is allergic, they can trigger the body's defenses. Spring allergies usually last from

early March and can last through May.

Allergies can cause a variety of unpleasant symptoms including respiratory symptoms, headaches, water eyes, sneezing and runny nose. You may also have digestive upsets, fatigue, or drowsiness to mention a few.

Staying indoors when pollen counts are high, as well as keeping well hydrated can help. Some over-the-counter remedies like antihistamines, decongestants and nasal sprays can help. Some natural remedies include cleansing your nose, managing stress and some say apple cider vinegar may also help with seasonal allergies.

Of course, please discuss taking any over-the-counter medications with your doctor first.



**Madeline Millin, April 1<sup>st</sup>**

**Pam Maxson, April 4<sup>th</sup>**

**Maryellen Fitzpatrick, April 9<sup>th</sup>**

**Dwight Purcell, April 13<sup>th</sup>**

**Nicole Sexton, April 19<sup>th</sup>**

**Lila Mullen, April 21<sup>st</sup>**

**Eva Snizek, April 24<sup>th</sup>**

**Robin Botelho, April 28<sup>th</sup>**



**Janielle Kenlocke, CNA**

**Brittney Martin, CNA**

**Emma Kane, CNA**

**Deborah Bush, CNA**



## **Support John Clarke**

**Write Us a Review** As a five-star rated facility we are proud of the care we provide. Our nurses truly go above and beyond for our residents, our housekeeping department never stops, dietary never hesitates to honor a special request and our recreation department keeps our residents entertained and engaged. A Google or Facebook review can go a long way.

**Volunteer** Like all strong non-profits we rely on exceptional volunteers to complete our mission and a volunteer board to lead John Clarke. To learn

more about how can volunteer to read, play board games, or visit with residents contact Robin Hannon at [rhannon@johnclarkeseniorliving.org](mailto:rhannon@johnclarkeseniorliving.org).

**Follow Us** Follow us on **Instagram**, **Facebook** and **LinkedIn**. Like, share, comment and save our posts. A few clicks can make a big impact.

# Come Share Your Passion Volunteer Today



John Clarke  
SENIOR LIVING



## Save The Date!

**Sunday, July 17th. John Clarke is having a Polo Party at Newport Polo All Charity Day. More information to come.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <h1>April 2022</h1> <h2>JOHN CLARKE NURSING CENTER</h2> </div>						<div> 1  10:30 Rosary  11:00 Hymn Sing  1:00 Courtyard  2:00 Entertainment w/Manny Brando  3:30-5 Mix &amp; Mingle  <i>All Fools' Day</i> </div>
<div> 3  10:30 Hymn Sing  Sunday News  2:00 Bottoms Up Games  3:30-5 Snackivity </div>	<div> 4  10:30 Rise &amp; Shine  11:00 Walk to Dine  1:00 Courtyard  2:00 BINGO  3:30 In2L Roulette </div>	<div> 5  10:30 Chair Yoga w/Rebecca  11:00 Card Games  2:00 Spring Craft  3:30 Mix &amp; Mingle </div>	<div> 6  10:30 Rise &amp; Shine  11:00 PET VISIT W/ ENZO  1:00 COURTYARD  <b>2:00 RESIDENT COUNCIL</b>  3:00 Social Hour </div>	<div> 7  10:30 Coffee Hour  Men's Group  11:00 Fall Prevention  2:00 Lottery Bingo  3:00 Bible Study  3:30-5 News &amp; Views </div>	<div> 8  10:30 Rosary  11:00 Hymn Sing  1:00 Courtyard  <b>2:00 SPA TIME W/ DULCE</b>  3:30-5 Mix &amp; Mingle </div>	<div> 9  10:00 Manicures  11:00 Mix &amp; Mingle  2:00 Bingo  3:30 Small Groups  Sensory 1:1  <i>Ramadan Begins</i> </div>
<div> 10  10:30 Hymn Sing  Sunday News  2:00 Bottoms Up Games  3:30-5 Snackivity  <i>Palm Sunday</i> </div>	<div> 11  10:30 Rise &amp; Shine  11:00 Walk to Dine  1:00 Courtyard  2:00 BINGO  3:30 In2L Travel time </div>	<div> 12  10:30 Chair Yoga w/Rebecca  11:00 Sing a Long  <b>2:00 Entertainment Silver Tops</b>  3:30 Social Hour </div>	<div> 13  10:30 Rise &amp; Shine  11:00 PET VISIT W/ ENZO  11:00 Catholic Mass  1:00 COURTYARD  2:00 Bowling  3:30 Craft </div>	<div> 14  10:30 Coffee Hour  Men's Group  <b>2:00 VAN RIDE</b>  <b>3:00 Bible Study</b>  3:30-5 News &amp; Views  <b>EASTER BAKE SALE</b> 😊 </div>	<div> 15  <b>EASTER EGG HUNT</b>  10:30 Rosary  11:00 Hymn Sing  1:00 Courtyard  <b>2:00 OPENING DAY RED SOX/ TWINS</b>  3:30-5 Mix &amp; Mingle  <i>Passover Begins</i> </div>	<div> 16  10:00 Manicures  11:00 Mix &amp; Mingle  2:00 Bingo  3:30 Small Groups  Sensory 1:1 </div>
<div> 17  10:30 Hymn Sing  Sunday News  2:00 Bottoms Up Games  3:30-5 Snackivity  <i>Easter Sunday</i> </div>	<div> 18  10:30 Rise &amp; Shine  11:00 Walk to Dine  1:00 Courtyard  2:00 BINGO  3:30 In2L Casino Games </div>	<div> 19  10:30 Chair Yoga w/Rebecca  11:00 Sing a Long  <b>2:00 VAN RIDE</b>  3:30 Mix &amp; Mingle  <b>UNIFORM STORE IN CHAPEL</b> </div>	<div> 20  10:30 Rise &amp; Shine  11:00 PET VISIT W/ ENZO  1:00 COURTYARD  2:00 Horse Racing  3:30 Social Hour </div>	<div> 21  10:30 Coffee Hour  Men's Group  <b>11:00 DINE IN</b>  2:00 Bible Study  3:30-5 News &amp; Views </div>	<div> 22  10:30 Rosary  11:00 Hymn Sing  1:00 Courtyard  2:00 Dig it!  Gardening  3:30-5 Mix &amp; Mingle  <i>Earth Day</i> </div>	<div> 23  10:00 Manicures  11:00 Mix &amp; Mingle  2:00 Bingo  3:30 Small Groups  Sensory 1:1 </div>
<div> 24  10:30 Hymn Sing  Sunday News  2:00 Bottoms Up Games  3:30-5 Snackivity  <i>Easter Sunday</i> </div>	<div> 25  10:30 Rise &amp; Shine  11:00 Walk to Dine  1:00 Courtyard  2:00 BINGO  <b>FIVE WISHES IL</b>  3:30 In2L Trivia </div>	<div> 26  10:30 Chair Yoga w/Rebecca  11:00 Sing a Long  <b>2:00 MEMORIAL SERVICE/ BEACON</b>  3:30 Social Hour  <b>MOVIE NIGHT</b> </div>	<div> 1  10:30 Rise &amp; Shine  11:00 PET VISIT W/ ENZO  1:00 COURTYARD  2:00 VAN RIDE  3:30 Finish the Phrase </div>	<div> 27  10:30 Coffee Hour  Men's Group  11:00 Courtyard  2:00 Garden time  3:00 Bible Study  3:30-5 News &amp; Views  <b>HARTLEY PIES DELIVERY</b> </div>	<div> 28  10:30 Rosary  11:00 Hymn Sing  1:00 Courtyard  2:00 Entertainment w/ Bobby B  3:30-5 Mix &amp; Mingle  <i>Arbor Day</i> </div>	<div> 29  10:00 Manicures  11:00 Mix &amp; Mingle  2:00 Bingo  3:30 Small Groups  Sensory 1:1 </div>
<div> 30  10:30 Hymn Sing  Sunday News  2:00 Bottoms Up Games  3:30-5 Snackivity </div>	<div> 31  10:30 Rise &amp; Shine  11:00 Walk to Dine  1:00 Courtyard  2:00 BINGO  3:30 In2L Trivia </div>	<div> 32  10:30 Chair Yoga w/Rebecca  11:00 Sing a Long  <b>2:00 VAN RIDE</b>  3:30 Mix &amp; Mingle </div>	<div> 33  10:30 Rise &amp; Shine  11:00 PET VISIT W/ ENZO  1:00 COURTYARD  2:00 VAN RIDE  3:30 Finish the Phrase </div>	<div> 34  10:30 Coffee Hour  Men's Group  11:00 Courtyard  2:00 Garden time  3:00 Bible Study  3:30-5 News &amp; Views  <b>HARTLEY PIES DELIVERY</b> </div>	<div> 35  10:30 Rosary  11:00 Hymn Sing  1:00 Courtyard  2:00 Entertainment w/ Bobby B  3:30-5 Mix &amp; Mingle </div>	<div> 36  10:00 Manicures  11:00 Mix &amp; Mingle  2:00 Bingo  3:30 Small Groups  Sensory 1:1 </div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <h1>April 2022</h1> <h2>Retirement Center</h2> </div>						<div> 1  10:00 Shopping  10:30 Rosary and Hymns  <b>2:00 Music with Manny Brandao</b>  <i>All Fools' Day</i> </div>
<div> 3  10:30 Hymns in the Chapel </div>	<div> 4  11:00 Yoga with Mary  2:00 Bowling </div>	<div> 5  10:00 Walmart  2:00 Bingo! </div>	<div> 6  10:00 Coffee Hour  2:00 BP Checks </div>	<div> 7  10:30 Men's Group  2:00 Lottery Ticket Bingo with NC  3:00 Bible Study </div>	<div> 8  10:00 Shopping  10:30 Rosary and Hymns  2:00 Financial Friday with Bank Newport  <b>Soup Sale</b>  <i>Good Friday</i> </div>	<div> 9  2:00 Scrabble  <i>Ramadan Begins</i> </div>
<div> 10  10:30 Hymns in the Chapel  <i>Palm Sunday</i> </div>	<div> 11  11:00 Yoga with Mary  2:00 Healthy Nutrition with Toni </div>	<div> 12  <b>9:00 Breakfast At IHOP</b>  2:00 Music with The Silver Tops </div>	<div> 13  10:00 Coffee Hour  <b>11:00 Catholic Mass</b>  2:00 Bingo! </div>	<div> 14  10:30 Men's Group  <b>Easter Bake Sale!</b>  3:00 Bible Study  Holy Thursday </div>	<div> 15  10:00 Shopping  10:30 Rosary and Hymns  <b>Red Sox Home Opening Day!</b>  <i>Passover Begins</i> </div>	<div> 16  2:00 Scrabble </div>
<div> 17  10:30 Hymns in the Chapel  <i>Easter Sunday</i> </div>	<div> 18  11:00 Yoga with Mary  <b>Order and Pay for Hartley Meat Pies</b>  2:00 Horse Racing </div>	<div> 19  Uniform Store in the Chapel  <b>11:30 Lunch at Portas da Cidade</b>  2:00 Bingo! </div>	<div> 20  10:00 Coffee Hour  2:00 Christmas Tree Shop </div>	<div> 21  10:30 Men's Group  <b>1:30 Tenant Meeting</b>  3:00 Bible Study </div>	<div> 22  10:00 Shopping  10:30 Rosary and Hymns  <b>Soup Sale</b>  <i>Earth Day</i> </div>	<div> 23  2:00 Scrabble </div>
<div> 24  10:30 Hymns in the Chapel  <i>Easter Sunday</i> </div>	<div> 25  11:00 Yoga with Mary  <b>2:00 5 Wishes with Beacon Hospice (Chapel)</b> </div>	<div> 26  11:00 IT Talk With Trevor  <b>2:00 Memorial Service</b>  6:00 Movie Night </div>	<div> 27  10:00 Coffee Hour  2:00 Bingo! </div>	<div> 28  10:30 Men's Group  <b>Hartley Meat Pie Delivery</b>  3:00 Bible Study </div>	<div> 29  10:00 Shopping  10:30 Rosary and Hymns  <b>2:00 Music with Bobby B</b>  <i>Arbor Day</i> </div>	<div> 30  2:00 Scrabble </div>

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