



John Clarke

SENIOR LIVING

TRUSTWORTHY - RESPONSIVE - UNITY - SERVICE - THRIVING



Dear John Clarke Community,

Warm, summer salutations! We have several events planned this month to celebrate the season. Please see our recreation calendars for details on the Beach Concert Series, winery trips and many more.

I am thrilled to see the effect the new windows are having on our building! The commercial look is fading, and a more home-like appearance is emerging. The contractors should be finishing up with the nursing center project this month. We have submitted numerous grant applications to replace the windows and siding of the retirement center and are hopeful that we will have a whole new look to our community this time next year.

I am pleased to announce that John Clarke has partnered with the Institute for Healthcare Improvement (IHI), and the John A. Hartford Foundation to become recognized as an Age-Friendly Health System. We are embarking on establishing the 4M's Framework for the Care of Older Adults. Age-Friendly Health Systems is a movement of thousands of health care facilities committed to ensuring that all older adults receive evidence-based care. IHI recognizes hospitals, including Newport Hospital, physician practices, care clinics, and nursing homes that have committed to practicing 4Ms care. You may learn more about this movement at AFHS@ihi.org.

Our Prosecco and Polo event last month was a huge success! I am very grateful for the hard work and effort that our team put in to pull this wonderful event together. Beth Finnegan, our Marketing and Development Coordinator was able to procure amazing donations from businesses around the Island for our silent auction and our Food Service Director, Scott Hahn really pulled out all the stops with the hors d'oeuvres. John Clarke Senior Living is a small organization, and every donation is put to good use to improve our community and the care and services that we provide to our tenants and residents. Thank You to all who supported us!

Warm Regards,

Joan M. Woods, MS, NHA, CPHQ
Chief Executive Officer

Stuffed Zucchini Boats

As requested from one of our apartment residents, Florence, here is a great recipe for zucchini and cherry tomatoes you pick from the garden.

4 large zucchinis
12 halved cherry tomatoes
1 lb. ground sweet Italian sausage or chorizo
Tbsp. Italian seasoning
Pinch salt and pepper
1 small diced green pepper
1 small diced red pepper
1 small diced yellow onion
1/4c milk
1 cup breadcrumbs
1 large egg
1 tbsp. butter

Directions:

Preheat oven to 375

Sauté butter, peppers, onions, and Italian sausage set aside

Halve, de-seed and scoop out the long way all the zucchini creating “zucchini boats” leaving a small amount of the inside about 1/2 of an inch. Place on cookie pan.

Pour the milk into the peppers, onions and sausage add the egg, breadcrumbs Italian seasoning, salt and pepper mix until fully incorporated then gently fold in the halved cherry tomatoes.

Stuff the boats and bake until golden brown approximately 20 minutes.

Enjoy!

Chef Scott, Food Service Director



Busy and fun July at John Clarke



National Immunization Awareness Month



August is National Immunization Awareness Month. Older adults tend to have weaker immune systems; thus, Senior Citizens are more likely to develop infectious diseases. A lower protective immune response also means the vaccines are less effective for older adults. In some cases, a higher dose vaccine is available for people over the age of 65. Talk to your doctor about which vaccine is right for you. Above all, Seniors should get the annual flu shot. Americans over the age of 65 are the most susceptible to complications from the influenza virus (the flu). The vast majority (70 to 85 percent) of flu-related deaths occur in the 65 and older population. Likewise, older adults make up the majority of hospitalizations due to complications from the flu.

**NATIONAL SENIOR CITIZENS DAY!
SUNDAY, AUGUST 21ST**

**Take an elder to lunch for National Senior Citizens Day and Reminisce about
Summertime**

Visit farmers markets and pick produce to make a health meal

Reminisce about canning and freezing foods

Plan and go on a picnic

Press some flowers

Visit various gardens and take pictures of the flowers in bloom.



August Raffle!

Help Us Purchase New Furniture for the
Quiet Room



Two Bru Mate
Hopsulators

One 12 pack of Spindriff
Spiked

Fabric Tote Bag

(Total value \$75)

Tickets \$5 each or
5 for \$20
winner chosen August 31st



Tickets are available at reception



Kathleen Bronson, and Elizabeth Seveney, August 2nd

Barbara Yedlowski, August 6th

Patricia Adams, August 11th

Helen Howard, August 12th

Fernella Smith, August 14th

Mary Ann Gawalt, August 15th

Doreen Machado, August 19th

Emma Kane, August 22nd

Jacqueline Santos Pineda, August 23rd

Raymond Nesbitt, August 26th

Edward Hogan, August 28th

Darlene Galkowski, and Norma Stinson, August 29th

Ruth Barker, August 31st



If you witness an employee going above and beyond, give them a Shout Out! Our 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"!

Our Shout Outs are read to our staff during our Monthly Staff Meeting and then put in the employee's personnel file.

Last month we had 17 Shout Outs!



Thank you to everyone who joined us for Polo and Prosecco last month. It was such a beautiful evening and so great to have the support of so many friends of John Clarke. We are so appreciative of the businesses who donated to our silent auction and to Macray's Seafood for donating the Del's Lemonade. It takes a village and ours is one of the best!



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@johnclarkeseniiorliving.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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Exercise w/Rebecca PET VISIT/ STELLA 11:00 Corn Shuckers 2:00 Bowling 3:30 BEACH CONCERT	2 10:30 Circle of Friends/ Exercise 11:00 Weed & Water 2:00 Roulette Wheel 3:30 Root Beer Floats WEAR TYE DYE	3 10:30 Coffee Hour 11:00 Courtyard 2:00 Resident Council 3:00 Bible Study 4-5 News & Views	4 10:30 Rosary Hymn Sing 1:00 Sensory 2:00 Entertainment w/ Doug Botelho 4-5 Small Groups	5 10:00 MANICURES COURTYARD GARDEN TIME 2:00 BINGO SENSORY
7 10:30 Hymn Sing 2:00 Games or Courtyard w/Pam	8 10:30 Rise & Shine Courtyard Time 2:00 BINGO 3:30 Small Groups VICTORY DAY (VJDAY)	9 10:30 Exercise w/Rebecca 11:00 Pet visit Stella COOKOUT FOR ALL!! 2:00 Bowling 3:30 BEACH CONCERT Down City	10 10:30 Circle of Friends/ Exercise 11:00 Weed & Water 2:00 Ice Cream Social 3:30 Mix and Mingle	11 10:30 Coffee Hour 11:00 Courtyard 2:00 Elvis week 3:00 Bible Study 4-5 News & Views	12 10:30 Rosary Hymn Sing 1:00 Sensory 2:00 Entertainment Toni & Pat 4-5 Small Groups	13 10:00 MANICURES COURTYARD GARDEN TIME 2:00 BINGO SENSORY
14 10:30 Hymn Sing 2:00 Games or Courtyard w/Pam	15 10:30 Rise & Shine Courtyard Time 2:00 BINGO 3:30 Vespers	16 10:30 Exercise/Rebecca 11:00 Pet Visit Stella 2:00 VAN RIDE Robin's Beach 3:30 Mix & Mingle	17 10:30 Circle of Friends/Exercise 11:00 Weed & Water 2:00 Wiener Roast 3:30 Mix & Mingle	18 10:30 Coffee Hour 11:00 Catholic Mass 2:00 BOWLING 3:00 Bible Study 4-5 News & Views	19 10:30 Rosary Hymn Sing 1:00 Sensory 2:00 ENTERTAINMENT W/ CHRIS WATERS 4-5 Small Groups	20 10:00 MANICURES COURTYARD GARDEN TIME 2:00 BINGO SENSORY
21 10:30 Hymn Sing 2:00 Games or Courtyard w/Pam	22 10:30 Rise & Shine Courtyard Time 2:00 BINGO 3:30 Small Groups	23 10:30 Exercise w/Rebecca 11:00 Pet Visit Stella DINE IN MUST SIGN UP 2:00 Casino time 3:30 Senior Smiles	24 10:30 Circle of Friends/ Exercise 11:00 Weed & Water 1:00 Sensory 2:00 Pete's Ice Cream Truck for All 4-5 Small Groups	25 10:30 Coffee Hour 11:00 Courtyard 2:00 VAN RIDE 3:00 Bible Study 4-5 News & Views	26 10:30 Rosary Hymn Sing 1:00 Sensory 2:00 Spa Time 4-5 Small Groups	27 10:00 MANICURES COURTYARD GARDEN TIME 2:00 BINGO SENSORY
28 10:30 Hymn Sing 2:00 Games or Courtyard w/Pam	29 10:30 Rise & Shine Courtyard Time 2:00 BINGO 3:30 Vespers	30 10:30 Exercise w/Rebecca 11:00 Pet visit Stella 2:00 Van Ride 3:30 Senior Smiles	31 10:30 Circle of Friends/ Exercise 11:00 Weed & Water 2:00 Go Fly a Kite 3:30 Mix & Mingle STAFF SALAD BAR !!!	<h1>August 2022</h1> JOHN CLARKE NURSING CENTER		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 Yoga with Mary	2 2:00 Bingo 4:30 Beach Concert	3 10:00 Coffee Hour 12:30 Wine Tasting	4 National Cookie Day – cookies for sale in the lobby (3 for \$1) 3:00 Bible Study	5 10:00 Shopping 10:30 Rosary & Hymns 2:00 Music with Doug Botelho 4:00 Porch Party	6
7 10:30 Hymns in the Chapel	8 11:00 Yoga with Mary VJ Day Holiday	9 10:00 Dave's Market 2:00 Bingo 4:30 Beach Concert	10 10:00 Coffee Hour 2:00 Van Ride and Ice Cream	11 11:30 Lunch at Siam Square 3:00 Bible Study	12 10:00 Shopping 10:30 Rosary & Hymns 2:00 Music with Tony & Pat 4:00 Porch Party	13
14 10:30 Hymns in the Chapel	15 11:00 Yoga with Mary 3:30 Afternoon Vespers	16 9:00 Breakfast at IHOP 2:00 Bingo	17 10:00 Coffee Hour 2:00 Blood pressure checks 3:30 Weiner Roast in the courtyard	18 11:00 Catholic Mass 1:30 Tenant Meeting 3:00 Bible Study	19 10:00 Shopping 10:30 Rosary & Hymns 2:00 Music with Chris Waters 4:00 Porch Party	20
21 10:30 Hymns in the Chapel	22 11:00 Yoga with Mary 2:00 Dollar Store	23 1:30 Tiverton Casino	24 10:00 Coffee Hour 2:00 Ice Cream Truck in the NC parking lot!	25 2:00 Bingo 3:00 Bible Study	26 10:00 Shopping 10:30 Rosary & Hymns 4:00 Porch Party	27
28 10:30 Hymns in the Chapel	29 11:00 Yoga with Mary 3:30 Afternoon Vespers	30 2:00 Bingo	31 10:00 Coffee Hour 2:00 Grand ReOpening of the Activities Room!	<h1>August 2022</h1> Retirement Center		

Come Share Your Passion

Volunteer Today



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

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