



John Clarke

SENIOR LIVING

Trustworthy Responsive Unity Service Thriving

Improving the lives we serve with respect compassion and kindness



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Dear John Clarke
Community,

Spring officially
arrives this
month! Despite
the recent snow
and cold, I can
feel the changes
coming our way. I
look with
anticipation to
greener fields, warmer air, cheerful
flowers, and renewed energy.



Here at John Clarke, we think a lot
about wellness as you might expect.
The fundamental basis of our work is to
improve the lives we serve.

We recently posted this quote from
Jimmy Carter on our social media's
Mindful Mondays:

***"I have one life and one chance to
make it count for something... My
faith demands that I do whatever I
can, wherever I am, whenever I can,
for as long as I can with whatever I
have to try to make a difference."***

You, our residents, staff, volunteers,
families, friends, supporters, donors,
and our advisors, are all partners in this
work we do to make a difference. Some
of you may not be on site each day but
your gifts are essential to our success
and, truly, to our residents. It is a
statement of fact that we could not do
this work without you. John Clarke
personifies caring in action and

collective effort.

I thank you, and encourage you to continue to share in our mission and vision.

Thank you for all you do to make a difference!

Warm Regards,
Joan M. Woods, CEO



**Planned
Giving
Seminar
and Lunch
March
15th at John
Clarke**



11:30 am

**Presented by Joe Marion
Estate Planning Attorney and
John Clarke Board Member**

Did you know a traditional IRA offers tax-advantages to save money over many years and have an income stream in retirement? Many of you who have a traditional IRA should know that your accounts can also be used in two ways to maximize charitable impact and minimize taxes. Join us at John Clarke on March 15th at 11:30 for a lunch and learn with Board Member Joe Marion. RSVP to Beth Finnegan bfinnegan@johnclarkeseniorliving.org or 401.324.7180 by March 13th.



Please take a moment to welcome our new Chaplin, Jim Davis. Chaplin Jim's office hours will be Monday's 10-12 in addition to other times throughout the month.

Please congratulate Rebecca Leib, one of our fabulous CMT's. Rebecca has passed her final Med Surg and will be graduating as an LPN on June 28th at 7pm!



Congratulations to Kaitlin, our HR Director, her husband Justin and big brother Harrison on their new family member Graham!



Save the Date...

We are already dreaming of summer and that means Newport Polo All Charity Day. John Clarke will be back on Sunday, July 16th with our second annual Polo, Prosecco and Silent Auction.

We hope to make the silent auction even bigger this year. Please consider donation to the silent auction.

Gift baskets, wine, experiences and anything else you think would make a great item to bid on. Contact Beth at bfinnegan@johnclarkeseniiorliving.org.



Happy Birthday to our
John Clarke Family
Members Celebrating this
Month!

Philip Amaral, March 1st

Kenneth Williams, March 2nd

Molly Mullen, March 3rd

Journey Dupont, March 4th

Lisa da Costa, March 5th

Florence Chatowsky and Debbie Bush, March 8th

Randy Whitehead, March 13th

Bertha Gagnon, March 15th

Kaitlyn Parascandolo and Wilfredo Guinguing, March 17th

Scott Hahn, March 18th

Casper Roos, March 21st

Peyton Lynas, March 25th

Vanessa Gould, March 30th

Lilly Carter, March 31st



Attention Resident Families

Our housekeeping department is coming across quite a bit of unlabeled laundry. Please be sure to give any personal items brought into John Clarke to laundry to label. We also have belongings inventory sheets at reception. Feel free to have a look at the lost and found the next time you visit. Labeling all belongings helps to prevent missing items.



From the Kitchen

Chili

Ingredients:

- 4 tablespoons olive oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 poblano pepper, diced
- 2 jalapenos, seeded and diced
- 1 green pepper diced
- 2 ½ pounds lean ground beef
- ¼ cup red wine vinegar
- 2 beef bouillon cubes
- ½ can beer (drink the rest)
- 6oz coffee
- 1 28 ounce can crushed tomatoes
- 1 can diced tomatoes
- 1 large can tomato paste
- ½ cup white wine
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 tablespoon brown sugar
- 1 tablespoon chipotle powder or red pepper
- 1 ½ teaspoons smoked paprika
- 1 teaspoon salt
- 1 teaspoon cocoa powder
- ½ teaspoon ground black pepper

Directions:

In a Dutch oven sauté with the oil all peppers and onions until translucent. In a separate pan brown the beef then add the beer, red wine vinegar and beef bouillon then simmer for about 5 minutes. Add the beef mixture to the Dutch oven and all other ingredients except the beans, simmer and stir occasionally for about an hour and a half then

add the beans. Simmer and stir until the desired consistency is reached. Add salt and pepper to taste. Best when topped with cheddar cheese and a dollop of sour cream.

Enjoy, Chef Scott

NEW FEATURE... MEET YOUR NEIGHBOR

Our John Clarke apartment building is full of folks who have led interesting, adventurous, and productive lives. This new feature will profile residents who agree to share their stories with our community. Hopefully you will discover common interests and unexpected connections with your neighbors. You may be surprised at the accomplishments and histories of your fellow residents.



MEET YOUR NEIGHBOR... ROXANN PRESS

Roxann, who came to John Clarke in 2007, was born and raised an only child in Rochester, NY in 1931. She received her professional training in X-ray and Radiation Treatment at Strong Memorial Hospital, an affiliate of the University of Rochester. Roxann left upstate New York for the Bright Lights of the big city where she eventually became Chief Technician

at the Hospital for Special Surgery and later Beth Israel Hospital.

New York is where she met and married “the sweetest man ever,” dentist, Dr. Robert Press. A long and happy marriage ended with his death in 1996 at age 86.

The Presses came to know Newport through regular vacations to Block Island and stays at the Hotel Viking. When ready to retire from their city jobs and Westchester County home, they decided to move to RI.

In “retirement” Roxann became a tour guide for the Preservation Society mansions (she knows them all) and a volunteer at the Potter League for Animals for 25 years. At the Potter League she found her current constant companion, Java, a black rescue cat she has nurtured for 4 years.

New adventures followed Dr. Press’s sad death, with the opportunity for international travel. Roxann traveled fearlessly alone or with tour groups and especially treasures her trips to England and Iceland.

Now she is limited to local outings frequently dining out at Newport’s fine restaurants with friends. She laments the lack of a good Chinese restaurant.

As for John Clarke with an atmosphere she describes as “homey and friendly” she notes, “I love life at John Clarke; I hope to leave in a box.”

We are ready for spring. Check out what we have going on for residents this month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2023 <i>Retirement Center</i>			1 10:00 Coffee Hour 11:30 Episcopal Communion 3:30 Bible Study w/Chaplain Jim in Nursing Center	2 3:00 Bible Study	3 10:00 Shopping 10:30 Rosary & Hymns 2:00 Music with Chris Waters	4 2:00 Bingo with Pat
5 10:30 Hymns in the Chapel	6 10:00 Matter of Balance Class <i>Purin Begins</i>	7 10:00 Walmart 2:00 Donna's Dancers	8 10:00 Coffee Hour 2:00 Bingo! 3:30 Bible Study w/Chaplain Jim in Nursing Center	9 11:00 Lunch at Olive Garden 2:00 Music with Tony & Pat 3:00 Bible Study	10 10:00 Shopping 10:30 Rosary & Hymns 2:00 Blood Pressure Checks Soup Sale	11
12 10:30 Hymns in the Chapel <i>Daylight Saving Time Begins</i>	13 10:00 Matter of Balance Class 3:30 Vespers <i>hello SPRING</i> <i>Spring Begins</i>	14 10:00 Dave's Market 2:00 Music with the Hibernians	15 10:00 Coffee Hour 11:30 Legacy Giving Seminar and Lunch 2:00 Bingo! 3:30 Bible Study w/Chaplain Jim in Nursing Center <i>Rosaries Begins</i>	16 11:00 Catholic Mass 1:30 Tenant Meeting 2:00 Music with Dave Manuel 3:00 Bible Study <i>St. Patrick's Day</i>	17 10:00 Shopping 10:30 Rosary & Hymns Soup Sale	18
19 10:30 Hymns in the Chapel	20 10:00 Matter of Balance Class	21 2:00 Bingo!	22 10:00 Coffee Hour 3:30 Bible Study w/Chaplain Jim in Nursing Center	23 2:00 Garden Club Meeting 3:00 Bible Study 6:00 Movie Night	24 10:00 Shopping 10:30 Rosary & Hymns Soup Sale	25
26 10:30 Hymns in the Chapel	27 10:00 Matter of Balance Class 3:30 Vespers	28 9:00 Breakfast at IHOP 2:00 Bowling	29 10:00 Coffee Hour 2:00 Bingo! 3:30 Bible Study w/Chaplain Jim in Nursing Center	30 3:00 Bible Study	31 10:00 Shopping 10:30 Rosary & Hymns 2:00 Music with Bobby B	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2023 JOHN CLARKE NURSING CENTER Office hours w/Chaplain Jim Monday 10-12			1 10:00 Circle of Friends 11:00 Price was right (1960'S) 2:00 Resident Council/Bowling 3:30 Bible Study w/ Chaplain Jim	2 10:00 Coffee Hour Ma's Donuts 2:00 Van Ride 3:00 Bible Study 3:30-5 Short Stories	3 10:00 Rosary Hymn Sing 1:00 1:1 visit 2:00 Entertainment Chris Waters 3:30-5 Small Groups	4 10:00 Trivia Manicures 11:00 Walk to Dine 2:00 BINGO Sensory BDR 3:30-5 movie
5 10:30 Hymn Sing 2:00 Games 3:30 Snackivity Sunday Movie	6 10:00 Rise & Shine 11:00 Pet Visits w/Stella 2:00 Bingo 3:30 Vespers w/ Starr <i>Purin Begins</i>	7 10:00 Daily Chronicles w/Beth 11:00 Sensory 2:00 Donna's Dancers 3:30-5 Danny Odell	8 10:00 Circle of Friends 11:00 Irish Word Games 2:00 Shamrock Craft w/Beth 3:30 Bible Study	9 10:00 Coffee Hour Ma's Donuts 2:00 ENTERTAINMENT Toni & Pat 3:00 Bible Study 3:30-5 Short Stories	10 10:00 Rosary Hymn Sing 1:00 1:1 visit 2:00 Spa Time w/ Dulce 3:30-5 Small Groups	11 10:00 Drums Alive 11:00 Walk to Dine 2:00 BINGO Sensory BDR 3:30-5 Music in Memory
12 10:30 Hymn Sing 11:00 Sunday Service W/ Chaplain Jim 2:00 Games 3:30 Snackivity <i>Daylight Saving Time Begins</i>	13 10:00 Rise & Shine 11:00 Pet Visits w/Stella 2:00 BINGO 3:30 Danny Odell In concert <i>Spring Begins</i>	14 10:00 Daily Chronicles w/Beth 11:00 Sensory 2:00 Hibernian Men to Sing 3:30-5 Chicken Soup for soul	15 10:00 Circle of Friends 11:00 Rise and Shine 2:00 Van Ride 3:30 Bible Study w/ Chaplain Jim <i>Rosaries Begins</i>	16 10:00 Coffee Hour Ma's Donuts 2:00 Happy Hour w/ Dave Manuel 3:00 Bible Study 3:30-5 Short Stories	17 10:00 Rosary Hymn Sing 1:00 1:1 visit 2:00 St. Patrick Social Hour 3:30-5 Small Groups <i>St. Patrick's Day</i>	18 10:00 Trivia Manicures 11:00 Walk to Dine 2:00 BINGO Sensory BDR 3:30-5 Music in Memory
19 10:30 Hymn Sing 2:00 Games 3:30 Snackivity Sunday Movie	20 10:00 Rise & Shine 11:00 Pet Visits w/Stella 2:00 BINGO 3:30 Vespers W/Starr <i>Spring Begins</i>	21 10:00 Daily Chronicles w/Beth 11:00 Sensory 2:00 Bowling w/Bill 3:30-5 Danny Odell	22 10:00 Circle of Friends 11:00 Rise and Shine 2:00 Van Ride 3:30 Bible Study w/ Chaplain Jim <i>Rosaries Begins</i>	23 10:00 Coffee Hour Ma's Donuts 2:00 Cooking w/class 3:00 Bible Study 3:30-5 Short Stories MOVIE NIGHT	24 10:00 Rosary Hymn Sing 1:00 1:1 visit 2:00 Men's Group w/ Pizza and Beer 3:30-5 Small Groups	25 10:00 Trivia Manicures 11:00 Walk to Dine 2:00 BINGO Sensory BDR 3:30-5 Music in Memory
26 10:30 Hymn Sing 2:00 Games 3:30 Snackivity Sunday Movie Time	27 10:00 Rise & Shine 11:00 Pet Visits w/Stella 2:00 BINGO 3:30 Danny Odell In concert	28 10:00 Daily Chronicles w/Beth 11:00 Sensory 2:00 Van Ride 3:30-5 Finish the phrase	29 10:00 Circle of Friends 11:00 Rise and Shine 2:00 HIGH TEA SOCIAL 3:30 Bible Study w/ Chaplain Jim	30 10:00 Coffee Hour Ma's Donuts 2:00 Bowling w/Bill 3:00 Bible Study 3:30-5 Short Stories	31 10:00 Rosary Hymn Sing 1:00 1:1 visit 2:00 Entertainment w/Bobby B 3:30-5 Small Groups	10:00 Trivia Manicures 11:00 Walk to Dine 2:00 BINGO Sensory BDR 3:30-5 Music in Memory



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

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