



John Clarke

SENIOR LIVING

Trustworthy Responsive Unity Service Thriving

*We are committed to Improving the lives we serve with respect
compassion and kindness.*

Dear John Clarke Community,

Please join me in welcoming our new Director of Nursing, Emily Kane, RN. Emily has many years of leadership experience in long term and post-acute care. We are thrilled to have her join our team.



At the end of November, the state will be conducting its annual satisfaction surveys for residents and families. Your feedback is very important to us so we will be reaching out to you to ensure that you receive a survey and if you have any questions. We use the information we receive to ensure that we are providing the best possible care and services with compassion and kindness.

Medicare Open Enrollment is now open. I would like remind you that John Clarke does NOT have a contract with Aetna or United Healthcare. We cannot provide covered skilled services to patients who have Aetna Medicare Advantage or United Medicare Advantage. NOW is the time that you can enroll into a new plan. If you have ANY questions, please contact the Business Office.

If you are a family/friend of a Nursing Center resident and have or wish to have a non-employee assist with the care and support of your loved one, please make sure that you see me, our Social Worker or Director of Nursing. Care must be provided by our staff members unless we have a contract with a non-employee. Please let me know if you have any questions about this.

Gratitude. November is the month of Gratitude, and I would be remiss if I did not take a moment to thank our Families for entrusting us with the care of their loved ones, our Donors who have been so generous in supporting our wonderful community, our Volunteers who make our center so joyful, and most especially, our Staff whose compassion and kindness are the foundation of all we do.

Have a wonderful Thanksgiving!



Chaplains Corner

Gratitude

Two small words can mean so much when they come from our heart. “Thank you” expresses our gratitude to God and others for the acts of kindness shown to us.

When we take time today to say thank you, we foster an attitude of appreciation for the provisions and care we receive. November is one of the months that remind us of all we should be thankful for.

The Bible guides us to rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus. 1Th.5:16-18

I would like to end with a quote from Pastor Rick Warren “In happy moments, PRAISE GOD. In difficult moments, SEEK GOD. In quiet moments, WORSHIP GOD. In painful moments, TRUST GOD. Every moment, THANK GOD.”

I would like to personally thank every staff member of John Clarke Senior Living Center for the love and care they give daily.

“May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.”

Jim Davis
Chaplain/Pastor JCSLC



From the Kitchen

Harvest Apple Bread

Ingredients:

$\frac{3}{4}$ c Brown sugar

$\frac{1}{4}$ c Sugar

$\frac{1}{2}$ 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

Preparing:

1. Preheat oven to 350
2. Grease 9 x 5 loaf pan or 12 muffins cups
3. Mix brown sugar and spices set aside
4. Using an electric mixer beat sugar and butter until well creamed.
5. Beat in eggs one at a time add vanilla until fully mixed
6. In a separate bowl mix flour, baking powder, baking soda and salt then add to creamed butter add milk into batter until well incorporated
7. 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.

8. Bake for 35 to 45 until a toothpick comes out clean

Enjoy!
Chef Scott



Honoring our Veterans on November 11th

Tom Brokaw wasn't exaggerating when referring to Americans in World War II as the "Greatest Generation." Here at John Clarke Senior Living we are privileged to be among many Veterans of this generation and the next. Our Veterans have served from WWII, Korean War, and Vietnam War Eras. We also have three Veterans on our staff. This month we honor Veterans, remember their sacrifices, and care for their seen and unseen wounds.

Independent Living

Philip Amaral, Air Force
Clifton Brownell, Marines
Michael Kane, Army
Martin Lynch, Navy
Arthur Plymesser, Army
John Hunt, Navy
Robert Van Hof, Army
Kenneth Williams, Navy
Richard Williams, Navy
Tony Chatowsky, Navy

Nursing Center

Manuel Nicolau, Navy
Roland Bouchard, Army
Roland Bouchard, Army
Doug Smith, Navy
Jeramiah Ryan, Coast Guard
Martin Lynch, Navy
Raymond Oehrtmann, Navy

Staff

Doreen Machado, Army
Chris Pine, National Guard



Done Driving

Last month I stopped driving and celebrated my 84th birthday. I had been proclaiming for several years that I would quit driving the year I turned 85 and before I became another "elderly driver slams into beauty shop/strip mall" story. It was a close call.

Arriving home from a round of errands I pulled into a handicap spot at my Senior Living apartment complex. I was certain the car was completely stopped and in park. Apparently not. Before I unbuckled my seat belt, my Mini cooper jumped the curb, headed to our building. Fortunately, I steered and stopped the car before there was any damage to the property, the Mini, me or anyone else. Certain as I was of a Mini mechanical failure, the dealer assured me there were no issues with the car and no damages to it. As an elderly driver alone in a one car incident, there is only one logical conclusion, I must have done something wrong, but I don't know what. The car has been examined as has been the driver; the mystery remains.

I'm telling my story because of the completely unexpected responses to my announcement that I have chosen to stop driving. On the expected side, my son and daughter applaud my decision to move up my time frame. Almost everywhere else, the decision is derided as unnecessary and premature. Virtually every elderly driver, from the man who returned my Mini from the dealer to my neighbors here at Senior Living, to collage friends has encouraged me to keep driving just as they are.

In chatting about the decision, I raise the following issues:

Am I going to be a better driver 10 months from now at 85 than I am at 84?

Is my hearing, eyesight, and response time going to improve in the next 10 months?

Is the risk of a stroke or heart attack behind the wheel likely to lessen as one ages?

Are those bicyclists wearing dark clothes and riding bikes without headlights going to be more visible?

And, in the greater Newport, RI area where I live care the tourists glued to their phones ever going to pay attention to the traffic?

Also, my fellow tenants defend their continued driving because they only drive locally, never on the highway, just to church, the grocery store, the library so there's no great risk. My accident and moment of truth happened in the parking lot! Had a neighbor been on the sidewalk in front of my car, a terrible tragedy would have ensued.

Fortunately, I took the advice I received more than 30 years ago, "Move before you have to" and live in a senior community that offers services. Transport is available for medical appointments and grocery shopping. Meals can be had on an ad hoc basis in the attached nursing center dining room. Outings and activities are regularly on offer. The challenge for me (and others like me) as a fiercely independent woman is learning to graciously and patiently adjust to a more dependent life.

Lastly, if I were younger I would launch a campaign to address the age issue and driver license renewal. In Rhode Island at age 80+ I was able to renew my license online! At age 16 in Pennsylvania my high school provided a full semester of driver education before we took the driving test. Surely a road test is reasonable for elderly drivers? At what age, 75? 80? How often? I'm sure the insurance industry and AAA would have data to inform this issue.

In the meantime, you should feel safer that there is one less elderly, slightly impaired

old lady behind the wheel.

VL Butterworth

10/20/24



Julia Forster, Activity Aide

Nathan Stonge, Activity Aide

Aaron Ames, Cook

Emily Kane, Director of Nursing



Victor Cortes, November 1st

Charlene Eggeman, November 2nd

Kiara Beltre, Louise Sullivan, November 3rd

Aaron Ames and Kiaralee Aponte, November 4th

Roland Bouchard, November 5th

Shawn Lull, November 8th

Lorraine Proulx, November 9th

David Brown, November 10th

Robert Mullen, November 12th

Shirley Viveiros, Christine Murphy, November 15th

Veronica Enel, November 16th

Carolyn Alvarnas, November 18th

Emma Virgadamo, November 20th

Ana Fabian Diaz, November 21st

Lucille Leblanc, November 23rd

Restcom Peabody, November 26th

Gary Dugan, November 30th

**This day is just as special as you are special to us.
Wishing you a great birthday to remember for the coming year!**

FESTIVAL OF TREES

After Thanksgiving, please come and pick out a Christmas Tree to decorate with, or for, your loved one. JC Departments also.

These trees will be placed outside your loved one's window for them to enjoy this holiday season!


The trees will be approximately 6' tall. Lights (LED) are certainly welcome.

Let's help make this holiday season extra special for them ~

If you have any questions, please call Activities at 401-324-0706.



Check out what we have going on for residents this month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">November 2024</h1> <h2 style="margin: 0;">JOHN CLARKE NURSING CENTER</h2>					10:00 Catholic Mass Fr. Hiep Nguyen 11:00 Hymn Sing 2:00 Chris Waters 3:30 Mix and Mingle/ Blackjack	10:00 Mom's and Munchkins 2:00 Bingo 3:30 Mix and Mingle
10:30 Hymn Sing 11:00 Catholic Mass 2:00 Bowling 3:30 Snackitivity <small>Daylight Saving Time Ends</small>	10:00 Music in Motion 11:00 IN2L Fun 2:00 Bingo 3:30 Uno Cards 6:00 Time w/ Nathan	10:30 Resident Council 11:00 Resident Food Committee Meeting 2:00 Games/Beth 3:30 Cribbage w/Ray 6:00 Music w/Nathan	10:00 Coffee And Conversation 11:00 Trivia 2:00 Starr's Holiday Show! 3:30 Bible Study w/Chaplain Jim 6:00 Story Time	10:00 Coffee Hour Ma's Donuts Hairdresser 2:00 VAN RIDE 3:30 Bible Study w/ Rev. Smothers	10:00 Rosary 11:00 Catholic Mass 2:00 Doug B 3:30 Mix and Mingle/ Blackjack	10:00 Mom's and Munchkins 2:00 Bingo 3:30 Mix and Mingle
10:30 Hymn Sing 11:00 Catholic Mass 2:00 Bowling 3:30 Snackitivity	10:00 Music in Motion 11:00 Veterans Prays w/Chaplain Jim 2:00 Bingo 3:30 Bottoms up 6:00 Time w/ Nathan <small>Veterans Day Remembrance Day (Canada)</small>	10:00 Circle of Friends 11:00 Daily Chronicles 2:00 Newport Art Museum Visit 3:30 Cribbage w/Ray 6:00 Music w/Nathan	10:00 Coffee And Conversation 11:00 Brain Games 2:00 Cooking Class 3:30 Bible Study w/Chaplain Jim 6:00 Story Time	10:00 Coffee Hour Ma's Donuts Hairdresser 2:00 Van Ride Monthly BDay Party Oct/Nov 3:30 Bible Study	10:00 Rosary 11:00 Catholic Mass 2:00 Men's Group 3:30 Mix and Mingle/ Blackjack	10:00 Mom's and Munchkins 2:00 Bingo 3:30 Mix and Mingle
10:30 Hymn Sing 11:00 Catholic Mass 2:00 Bowling 3:30 Snackitivity	10:00 Music in Motion 11:00 IN2L Fun 2:00 Bingo 3:30 Uno Cards 6:00 Time w/ Nathan	10:00 Circle of Friends 11:00 Daily Chronicles 2:00 Lorraine's Dance Team 3:30 Cribbage w/Ray 6:00 Music w/Nathan	10:00 Coffee And Conversation 11:00 Trivia 2:00 Van Ride 3:30 Bible Study w/Chaplain Jim 6:00 Story Time HAPPY 107 EV	10:00 Coffee Hour Ma's Donuts Hairdresser 10-3 JEWELRY SHOW \$5.00 3:30 Bible Study w/ Rev. Smothers	10:00 Rosary 11:00 Catholic Mass 2:00 Rebecca Pink 3:30 Mix and Mingle/ Blackjack	10:00 Mom's and Munchkins 2:00 Bingo 3:30 Mix and Mingle
10:30 Sunday Service w/ Chaplain Jim 2:00 Entertainment Bob Trembley 3:30 Mix and Mingle	10:00 Music in Motion 11:00 IN2L Fun 2:00 Bingo 3:30 Bottoms Up 6:00 Time w/ Nathan	10:00 Circle of Friends 11:00 Daily Chronicles 2:00 Christine Wilbur Sing a Long 3:30 Cribbage w/Ray 6:00 Music w/Nathan	10:00 Coffee And Conversation 11:00 Brain Games 2:00 Floral Design w/ Sally Grubber 3:30 Bible Study w/ Chaplain Jim 6:00 Story Time	MACY'S DAY PARADE 10:00 Coffee Hour Ma's Donuts 2:00 Afternoon w/ Leon <small>Thanksgiving Day (US)</small>	10:00 Rosary 11:00 Catholic Mass 2:00 Toni & Pat 3:30 Mix and Mingle/Blackjack	10:00 Mom's and Munchkins 2:00 Bingo 3:30 Mix and Mingle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">November 2024</h1>					10:00 Catholic Mass 10:00 Shopping w/Shawn 2:00 Music Chris Waters <small>Deal (India)</small>	2:00 Game time-activity room
<small>Daylight Saving Time Ends</small>	2:00 BINGO W/PAT	11:00 Prays and praise w/Chaplain Jim 2:00 Newport Narrated Tour (must sign up) 3:30 Cribbage w/Ray	10:00 Coffee/Donuts 10:45 Chair Movement w/Sheryl 2:00 Starr's Holiday Show 3:30 Bible Study w/Chaplain Jim	9:30 Breakfast at IHOP 3:00 Bible Study w/Rev Smothers	10:00 Shopping w/Shawn 2:00 Music Doug Botelho Soup Delivery	2:00 Game time-activity room
10:00 Veteran's Service w/Chaplain Jim 2:00 BINGO W/PAT <small>Veterans Day Remembrance Day (Canada)</small>	11:00 Prays and praise w/Chaplain Jim 1:30 MPD - SCAM SAFETY 3:30 Cribbage w/Ray	10:00 Coffee/Donuts 10:45 Chair Movement w/Sheryl 3:30 Bible Study w/Chaplain Jim	9:30 Breakfast at Foodworks 3:00 Bible Study w/Rev Smothers	10:00 Shopping w/Shawn 2:00 Men's Group	2:00 Game time-activity room	
10:00 Craft w/Elin (must sign up) 2:00 BINGO W/PAT	11:00 Prays and praise w/Chaplain Jim 2:00 Lorraine's Dance Team 3:30 Cribbage w/Ray	10:00 Coffee/Donuts 10:45 Chair Movement w/Sheryl 3:30 Bible Study w/Chaplain Jim	10-3 Jewelry Show \$5.00 1:30-Library Tour (sign up) 3:00 Bible Study w/Rev Smothers	10:00 Shopping w/Shawn 2:00 Music Rebecca Pink Soup Delivery	2:00 Game time-activity room	
10:30 Thanksgiving Service w/Chaplain Jim 2:00 Music Bob Trembley	2:00 BINGO W/PAT	11:00 Prays and praise w/Chaplain Jim 1:30 IT education w/Library staff (Q&A) 2:00 Christine Wilbur Sing a Long 3:30 Cribbage w/Ray	10:00 Coffee/Donuts 10:45 Chair Movement w/Sheryl 2:00 Floral Design w/Sally Grubber 3:30 Bible Study w/Chaplain Jim	HAPPY THANKSGIVING!! Macy's Day Parade 2:00 Music w/Leon <small>Thanksgiving Day (US)</small>	10:00 Shopping w/Shawn 2:00 Music Toni and Pat	2:00 Game time-activity room



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

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