



# John Clarke

## SENIOR LIVING

Trustworthy Responsive Unity Service Thriving

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

October 2024

Happy Fall!

I am delighted with our new pergola on our patio, and I hope that many of you have had a chance to enjoy it along with our putting green, new bocce court walking paths and gardens!

Please join me in welcoming a new staff member here at John Clarke. Colleen McGrath is our new Philanthropy Director. Her bio is highlighted later in this edition.



This month is packed with great recreational programming including a Pumpkin Spooketacular and our annual costume contest.

Warm Regards,

Joan M. Woods, CEO

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## Chaplains Corner

The Ants Go Marching

As we enter this Harvest season, I was surprised to come across this lesson we can learn from ants. It's amazing that one of God's smallest creatures can become one of His great



teachers. Let's look at the following metaphor of the ant.

A-Attitude of Initiative, Ants don't need a commander to tell them to get started.

N-Nature of Integrity, Ants work faithfully and need no outside accountability to keep them doing right.

T- Thirst for industry, Ants work hard and will replace their anthill when it gets ruined.

S- Source of Insight, Ants store provisions in summer.

Ecc.3:1 There is a time for everything. And a season for every activity under the heavens:

I hope you all enjoy this next season of Autumn as God paints the landscape in beautiful colors.

Jim Davis  
Chaplain JCSLC



## From the Kitchen

### PUMPKIN BREAD

#### Ingredients:

1 cup canned pumpkin puree  
1/2 cup vegetable oil  
1-1/3 cups white sugar  
2 eggs  
1-1/2 cups and 1 tablespoon all-purpose flour  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cloves

#### Directions:

1. Preheat the oven to 350 degrees F grease and flour 3 small loaf pans.
2. In a large bowl, mix together the pumpkin, oil, sugar, and eggs. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the pumpkin mixture until well blended. Divide the batter evenly between the prepared pans.
3. Bake in preheated oven for 30 minutes. The top of the loaf should spring back when lightly pressed.



**Mary McElroy, October 2nd**

**Evelyn Lynch, October 4th**

**Teresa Hanos, October 5th**

**John Gianetis, October 9th**

**Ana Castro, October 13th**

**Katherine Pitzer, October 16th**

**Kim Dougherty, October 17th**

**Mary Sherman, October 18th**

**Jenna Cabeca, October 22nd**

**Ronnie Michael, October 26th**

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

# Welcome NEW STAFF



Charlene Eggeman,  
Senior Living Program Coordinator



Valarie Murphy,  
RN



Colleen McGrath,  
Director of Philanthropy



Mary Riley,  
Dietary Aid



Colleen is a native Newporter who grew up working in her family's business McGrath Clambakes which her brother now owns. She spent the first chapter of her career in New York City overseeing special projects and events in magazine publishing. After returning to Newport, she was hired as the executive director of Friends of Ballard Park and successfully activated the site by creating popular signature events like the Ballard Park Pumpkin Tour, Movies on the Rocks, the Mad Hatter Iced Tea Party, and the Illuminated Garden. She collaborated with community partners and volunteers to introduce educational field trips for children and turned the site into a well-used nature preserve and community resource. When the organization closed, she relocated to Palm

Springs, CA and honed her fundraising skills as director of development at the Mojave Desert Land Trust. In 2022, she returned to Aquidneck Island and authored weekly columns for *Newport This Week* and consulted on fundraising campaigns and marketing projects for area nonprofits and businesses.



# FALL PHILANTHROPY UPDATE

*Thank you to all our generous supporters!*

In September, we collected **\$2,130.00** in donations to enhance our services and offerings to continue our mission of improving the lives we serve with respect, compassion, and kindness!

**WELCOME TO COLLEEN MCGRATH!**  
**DIRECTOR OF DEVELOPMENT**



**JOIN THE JOHN CLARKE TEAM  
AT THE CITIZEN'S PELL BRIDGE  
RUN ON OCTOBER 20, 2024!**

**Sign Up at [www.pellbridgerun.com](http://www.pellbridgerun.com)**  
**Contact us if interested in volunteers, we need 4!**

**John Clarke Senior Living** is excited to be a beneficiary of the 2024 **Citizens Bank Pell Bridge Run**. As a charitable partner, **John Clarke Senior Living** will receive a donation from the race. There are two ways you can participate and support **John Clarke Senior Living**:

**Walk or Run on Oct. 20!**

Each bib purchase supports *our mission to enhance the lives of those we serve with respect, compassion, and kindness*. The event begins in Jamestown, RI, and takes participants over the



Claiborne Pell Bridge with breathtaking views of Newport Harbor. The race finishes in downtown Newport. Whether you walk or run, join us for this inspiring 4-mile journey and make a difference! Cost is \$60 per person. **When registering, please indicate your team as John Clarke Senior Living.**

## Register for the Pell Bridge Run

### Volunteer:

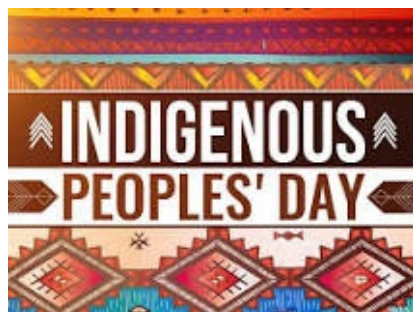
Volunteers are needed at Registration on the days prior to the event and the morning of the event. Volunteers must be 16 or older.

A few hours of your time will make an impact on the lives of older adults.

Interested in volunteering? Reach out to Brianna at [bmedeiros@johnclarkeseniorliving.org](mailto:bmedeiros@johnclarkeseniorliving.org) to lend a hand, even if you're not participating in the race!



Columbus Day is a national holiday in many countries of the Americas and elsewhere, and a federal holiday in the United States, which officially celebrates the anniversary of Christopher Columbus's arrival in the Americas. Columbus went ashore at Guanahani, an island in the Bahamas, on October 12, 1492.



Indigenous Peoples' Day is a holiday in the United States that celebrates and honors indigenous American people and commemorates their histories and cultures. It is celebrated across the United States on the second Monday in October.

Don't leave anything for later.  
 Later, the coffee gets cold.  
 Later, you lose interest.  
 Later, the day turns into night.  
 Later, people grow up.  
 Later, people grow old.  
 Later, life goes by.  
 Later, you regret not doing something...  
 When you had the chance.


Life is a fleeting dance, a delicate balance of moments that unfold before us, never to return in quite the same way again.

Regret is a bitter pill to swallow, a weight that bears down upon the soul with the burden of missed chances and unspoken words.

So, let us not leave anything for later. Let us seize the moments as they come, with hearts open and arms outstretched to embrace the possibilities that lie before us. For in the end, it is not the things we did that we regret, but the things we left undone, the words left unspoken, the dreams left unfulfilled.

— Before the Coffee Gets Cold is a 2015 novel by Toshikazu Kawaguchi

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 2024</b>		10:00 Circle of Friends 11:00 IN2L games <b>2:00 Resident Council/ Games</b> 3:30 Cribbage w/Ray Mind & Body	<b>2</b> <b>Apple Cider Day</b> 10:00 Coffee and Conversation 11:00 Word games 2:00 Bowling 3:30 BIBLE STUDY <small>Rosh Hashanah Begins</small>	<b>3</b> 10:00 Coffee Hour Ma's Donuts <b>2:00 Van Ride Leaf peeping</b> 6-7 Music hour	<b>4</b> 10:00 Rosary Courtyard Time 2:00 Music w/ Ron Valcourt 3:30 Blackjack w/Jackie	<b>5</b> 10:00 Mom's and Munchkins 2:00 Bingo 3:30 Snacktivity
<b>6</b> 10:30 Hymn Sing 11:00 Catholic Mass (Chan 6) 2:00 Spa Time W/ Dulce 3:30 Mix and Mingle	<b>7</b> 10:00 Fun w/Flowers 11:00 Thoughts w/Chaplain Jim 2:00 Bingo 3:30 Color me Calm	<b>8</b> 10:00 Circle of Friends 11:00 IN2L games 1:30 Sing w/Bob 2:00 Newport Art Museum to visit 3:30 Cribbage w/Ray Mind and Body	<b>9</b> 10:00 Coffee and Conversation 11:00 Word games 2:00 Fun w/Pumkin 3:30 Bible Study 6-7 Art w/Nathan	<b>10</b> 10:30 Coffee Hour Ma's Donuts 2:00 Apple Social 6-7 Music hour	<b>11</b> 10:00 Rosary 2:00 Music w/ Chris Waters 3:30 Blackjack w/Jackie <b>Breast Cancer Awareness Wear Pink Day!!!</b> <small>Yom Kippur Begins</small>	<b>12</b> 10:00 Music in Motion 2:00 Bingo 3:30 Mind & Body
<b>13</b> 10:30 Hymn Sing 11:00 Catholic Mass (Chan 6) 2:00 Matinee Movie Pergola Time 3:30 Mix and Mingle	<b>14</b> 10:00 Fun w/Flowers 11:00 Thoughts w/Chaplain Jim 2:00 Bingo 3:30 Color me Calm <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	<b>15</b> 10:00 Circle of Friends 11:00 IN2L games 2:00 Fun w/Pumpkins 3:30 Cribbage/Ray 6-7 Mind and Body	<b>16</b> 10:00 Coffee and Conversation 11:00 Word games 2:00 Bowling 3:30 Bible Study 6-7 Art w/Nathan <small>Sukkot Begins</small>	<b>17</b> 10:00 Coffee Hour Ma's Donuts <b>11:30-2 Field Trip Men's Group ELKS</b> 3:30 Fall Trivia 6-7 Music hour	<b>18</b> 10:30 Catholic Mass 2:00 Music w/ Tony & Pat 3:30 Blackjack W/Jackie 6-7 Mind & Body	<b>19</b> 10:00 Mom's and Munchkins 2:00 Bingo 3:30 Snacktivity
<b>20</b> <b>10:30 Sunday Service W/Jim</b> 2:00 Spa Time W/Dulce 3:30 Mix and Mingle	<b>21</b> 10:00 Fun w/Flowers 11:00 Thoughts w/Chaplain Jim 2:00 Bingo 3:30 Color me Calm 6-7 Vespers	<b>22</b> 10:00 Circle of Friends 11:00 IN2L games 2:00 Mystery Ride 3:30 Cribbage W/Ray <b>6-8 MOVIE NITE</b>	<b>23</b> 10:00 Coffee and Conversation 11:00 Word games 2:00 <b>Honeymooners Lynch Family</b> 3:30 Bible Study 6-7 Art w/Nathan	<b>24</b> 10:00 Coffee Hour Ma's Donuts 2:00 Visit to Newport Art Museum 6-7 Music hour <small>Benchar Torah Begins</small>	<b>25</b> <b>BAKE SALE</b> 10:00 Rosary 2:00 Music w/ Bobby B 3:30 Blackjack W/ Jackie 6-7 Mind & Body	<b>26</b> 10:00 Music in Motion 2:00 Bingo 3:30 Mind & Body
<b>27</b> 10:30 Hymn Sing 11:00 Catholic Mass (Chan 6) 2:00 Movie/ Pergola Time 3:30 Mix and Mingle	<b>28</b> 10:00 Fun w/Flowers 11:00 Thoughts w/Chaplain Jim 2:00 Bingo 3:30 Color me Calm 6-7 Vespers	<b>29</b> 10:00 Circle of Friends 11:00 IN2L games 2:00 Hiedi/ Bell Class 6-7 Mind and Body	<b>30</b> 10:00 Coffee and Conversation 11:00 Word games 2:00 Bowling 3:30 Bible Study 6-7 Art w/Nathan	<b>31</b> 10:00 Coffee Hour Ma's Donuts <b>2:00 Halloween Social Costume contest</b> 6-7 Music hour <small>Halloween</small>	<b>JOHN CLARKE NURSING CENTER</b> 	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>October 2024</div>		<div>11:00 Prays and Praise w/Chaplain JIM</div> <div>2:30 Games w/Charlene</div>	<div>10:00 Self-Serve Coffee/Donuts</div> <div>3:30 Bible Study</div> <div>Rosh Hashanah Begins</div>	<div>10:00 Exercise w/ Charlene</div> <div>3:00 Meet and Greet. Pizza Party w/Charlene</div>	<div>10:00 Shopping w/Shawn</div> <div>2:00 Music w/Ron Valcourt</div>	
<div>2:00 BINGO W/ PAT</div>		<div>11:00 Prays and Praise w/Chaplain Jim</div> <div>2:00 Paint Class Sign up please</div>	<div>10:00 Self-Serve Coffee/Donuts</div> <div>11:00 Healthy Eating/VNS</div> <div>3:30 Bible Study</div>	<div>11:30 Fieldstones Lunch Outing Please sign up !</div>	<div>10:00 Shopping w/Shawn</div> <div>2:00 Music w/ Chris Waters</div> <div>Yom Kippur Begins</div>	
<div>2:00 BINGO W/ PAT</div> <div>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</div>		<div>9:30 Breakfast Atlantic Grill Must sign up !</div> <div>11:00 Prays and Praise w/Chaplain Jim</div>	<div>10:00 Self-Serve Coffee/Donuts</div> <div>3:30 Bible Study</div> <div>Simchat Begins</div>	<div>1:30 TOWN HALL MEETING</div>	<div>10:00 Shopping w/Shawn</div> <div>10:30 Catholic Mass FR Hemp</div> <div>2:00 Music w/Tony &amp; Pat</div>	
<div>10:30 SUNDAY SERVICE W/ CHAPLAIN JIM</div>	<div>Pumpkin Patch Decorations in Activity Room</div> <div>2:00 BINGO W/PAT</div>	<div>11:00 Prays and Praise w/ Chaplain Jim</div> <div>6-8 Movie Night MDR/ Popcorn</div>	<div>10:00 Self-Serve Coffee/Donuts</div> <div>2:00 Honeymooner's w/ Lynch Family</div> <div>3:30 Bible Study</div> <div>Simchat Torah Begins</div>	<div>2:00pm Visit to Newport Art Museum Must sign up</div> <div>Simchat Torah Begins</div>	<div>Bake Sale !!</div> <div>10:00 Shopping w/Shawn</div> <div>2:00 Music w/ Bobby B</div> <div>Soup Delivery</div>	
<div>2:00 BINGO W/ PAT</div> <div>Pumpkins due for Contest !!!</div>		<div>11:00 Prays and Praise w/Chaplain Jim</div> <div>Pumkin Parade TBA</div>	<div>10:00 Self-Serve Coffee/ Donuts</div> <div>2:00 Reading Labels/ VNS</div> <div>3:30 Bible Study</div> <div>Halloween</div>	<div>10:00 Exercise w/Charlene</div> <div>2:00 Halloween Social Costume Contest</div> <div>Halloween</div>	<div>JOHN CLARKE SENIOR LIVING INDEPENDANT LIVING</div>	



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

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