



John Clarke

SENIOR LIVING

TRUSTWORTHY - RESPONSIVE - UNITY - SERVICE - THRIVING

February 5, 2025

Dear John Clarke Community,

I am thrilled to report that our Home Health was recently Accredited by the Accreditation Commission for Health Care with zero deficiencies. Our Home Health agency was established to provide support services for tenants of the Apartments at John Clarke. These services include light housekeeping, assistance with bathing, light meal preparation and companion services. Charlene Eggeman, RN, our Senior Living Program Coordinator, has been vital to the success of the process and a champion for the care provided to the clients.

We are very appreciative of the companions that are hired privately by some families but want to make sure that physical care is only provided by staff at John Clarke. Our staff ensure that each resident's physician orders, and plan of care are followed as directed. If you have any questions about this, please reach out me or Katherine Finnegan-Walker, Director of Social Services.

Warm Regards,

Joan M. Woods, CEO

[Waking In Winter](#)

I can taste the tin of the sky -- the real tin thing.
Winter dawn is the color of metal,
The trees stiffen into place like burnt nerves.
All night I have dreamed of destruction, annihilations --
An assembly-line of cut throats, and you and I
Inching off in the gray Chevrolet, drinking the green

Poison of stilled lawns, the little clapboard gravestones,
Noiseless, on rubber wheels, on the way to the sea resort.

How the balconies echoed! How the sun lit up
The skulls, the unbuckled bones facing the view!
Space! Space! The bed linen was giving out entirely.
Cot legs melted in terrible attitudes, and the nurses --
Each nurse patched her soul to a wound and disappeared.
The deathly guests had not been satisfied
With the rooms, or the smiles, or the beautiful rubber plants,
Or the sea, Hushing their peeled sense like Old Mother Morphia.

Sylvia Plath

Chaplain's Corner

What The World Needs Now



The Bible is a book that expresses God's love for us through His Son Jesus. God is love and He showed His love for us by sending His one and only Son into the world as an atoning sacrifice for our sins. Since God so loved us, we also ought to love one another. God has given us a description of what love is.

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing but rejoices with the truth. ⁷Love bears all things, believes all things, hopes all things, endures all things.

It sounds like an easy formula to practice but as we look around us the world seems to lack love for one another. My challenge is to let this love begin with each of us, starting with our families' friends and communities.

Jesus said people will know that we have a relationship with Him by our love for others and He calls us to love even those that may not love us in return.

My prayer is that we receive God's love and grace to us by believing and receiving Jesus into our lives. Two greatest commands to love God and to love others.

Jim Davis
Chaplain JCSLC.

(Some thoughts expressed were adapted from the NIV Bible)



Chef's Corner

Red Wine Braised Chicken

Ingredients:

- Small bunch fresh thyme
- 1 Bay leaf
- 3 fresh sage leaves
- Small bunch fresh parsley
- 3 slices bacon chopped
- 4 bone-in chicken thighs, legs or quarters (skin on) your choice
- Tsp. Kosher salt
- Tsp. black pepper
- 4 medium size chopped carrots
- 4 stalks chopped celery
- 1 large yellow onion chopped
- 2 minced garlic cloves
- 1 cup fresh sliced white mushrooms or baby portabellas
- 1 cup pearl onions
- Tsp. flour
- Small can tomato paste
- 1 1/2 cup Pinot Noir or any dry red
- 1 can of chicken stock

Directions:

Tie all herbs together with cooking twine.

In a large mixing bowl add chicken, red wine and chicken stock. While chicken is marinating in a large Dutch oven over medium high heat sauté bacon until brown then remove bacon and half the grease set aside. Add chicken thighs skin down reserve the marinade. Cook both sides to golden brown (note the chicken does not need to be completely cooked) Remove chicken and set aside. Add the onions, celery, garlic salt and pepper and carrots cook for about 5 minutes until golden then add a little more bacon grease if needed, mushrooms and pearl onions continue to stir and cook until mushrooms and pearl onions are soft. Move all veggies to one side of the Dutch oven and add the tomato paste, flour and cook about 5 minutes or until fragrant and darken. Add half the marinade and scrape all the bits from the bottom of the pan. Add the herbs the remaining marinade and the chicken bring to a boil then drop temperature to a low

simmer. Simmer and stir occasionally for 30-45 minutes or until chicken is at an internal temp of 165. Remove herbs and serve.

This dish can be served over rice or with a fresh baked baguet.

The Independent Living side is looking for new, or gently used new, games. Such as, Sorry, Trouble, Rummikbu, Clue, Play nine, Uno and such.

Any donations can be given to Charlene.

Thank you.



Thea Dayola, February 3rd

Marjorie Foster February 6th

Carol Corona and Dino Christy, February 7th

Eleanor Sherman, February 14th

Joe Ponte, February 22nd

Dena Serino, February 23rd

Carlyne Benkhart, February 24th



Emma Chase, Dietary Aide



US Presidents

Find all of the US President names. The names can be up, down, forward, backward, or diagonal.



ADAMS
ARTHUR
BUCHANAN
BUSH
CARTER
CLEVELAND
CLINTON
COOLIDGE
EISENHOWER
FILLMORE

FORD
GARFIELD
GRANT
HARDING
HARRISON
HAYES
HOOVER
JACKSON
JEFFERSON
JOHNSON

KENNEDY
LINCOLN
MADISON
MCKINLEY
MONROE
OBAMA
PIERCE
POLK
REAGAN

ROOSEVELT
TAFT
TAYLOR
TRUMAN
TYLER
VAN BUREN
WASHINGTON
WILSON