



January 1, 2025

TRUSTWORTHY

RESPONSIVE

UNITY

SERVICE

THRIVING

Dear John Clarke Community,

We are looking forward to a bright, fulfilling year at John Clarke in 2025!

Our renovation of the nursing center will begin this winter and will include infrastructure updates to our electrical, life safety and HVAC systems in addition to a new call light system and some modernization of our common areas and nurse's station. Our longer-term goals are to continue to renovate the resident rooms and the dining room.

The Rhode Island Department of Health has informed all congregate care living communities that emergency rooms across the state are seeing a rapid increase in flu, RSV and COVID cases. In order to prevent outbreaks in our very vulnerable population, you can help by:

- Washing/Sanitizing your hands frequently
- Refrain from visiting when not feeling 100%
- Wearing a mask when visiting during high flu/COVID/RSV season
- Vaccinate!

John Clarke has 5 Excellence Teams focused on ensuring compliance with regulations and industry standards as well as establishing short- and long-range improvement goals. Our Goals for 2025 are:

Clinical Excellence:

- Improve Rehospitalization Rates to better than industry benchmarks
- Improve our Weight Loss Quality Measure Indicator to better than industry benchmarks
- Improve our Falls Quality Measure Indicator to better than industry benchmarks.

Customer Excellence:

- Improve/maintain our Resident, Family and Short Stay customer overall satisfaction to better than industry benchmarks

Staff Excellence:

- Maintain lower than benchmark direct care turnover

Business Excellence:

- Achieve/maintain 95% occupancy

Safety Excellence:

- Maintain 0 lost time incidents

Updates can be found throughout the year on our “In Pursuit of Excellence” bulletin board in the main hall.

Happy New Year!

Joan M. Woods, CEO

“And now we welcome the new year. Full of things that have never been.”
— Rainer Maria Rilke

CHAPLAIN'S CORNER



Great Is Your Faithfulness

As we start this new year, I would like to encourage each of you with a scripture from a book in the Bible called Lamentations. Lamentations was written by a prophet named Jeremiah. His heart was heavy for the people of Israel as they would face difficult times. Jeremiah had to warn them but also wanted to remind them of the following truth.

Lamentations 3:21-24 (ESV)

But this I call to mind, and therefore I have hope:

The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.

“The Lord is my portion,” says my soul, “therefore I will hope in him.”

In this New Year my prayer for you is that each morning as you start your day remember we can have hope because of the Lord’s love for us. Remember that we can start each day in a fresh way because His mercies are new every day. God’s faithfulness to us is great and this should give us hope for our day and our life on earth.

I pray that you will trust in God in this New Year of 2025. Please let me know if I can help you in any way.

The Lord blesses and keeps you now and always.

Jim Davis
Chaplain JCSL

January 20, 2025



Martin Luther King Day, often abbreviated as MLK Day, is a federal holiday in the United States that honors the civil rights leader and activist, Dr. Martin Luther King Jr. It is observed on the third Monday of January each year, close to Dr. King’s birthday on January 15th. The holiday serves as a time for reflection, community service, and the celebration of Dr. King’s contributions to the civil rights movement.

Farmer's Almanac January Weather Prediction

Let It Snow!

Farmers' Almanac winter weather forecast calls for a season of rapid-fire storms that will bring both rain and snow, with little downtime in between. Brace yourself for a Wet Winter Whirlwind! Here is everything you need to know about the extended weather forecast, including an important winter weather advisory.

Wet Winter Whirlwind

The astronomical start of winter begins with the winter solstice on Saturday, December 21, 2014. This winter, La Nina, which refers to the periodic cooling of ocean surface temperatures in the central and eastern equatorial Pacific, is expected to develop and hang on through the season. Considering the effect La Nina has on the weather, along with our long-standing formula, we anticipate the winter of 2024-25 will be wet and cold for most locations



Chef's Corner

Portuguese Soup



Ingredients

- 2 tbsp butter
- 1 lg. chopped onion
- Smoked ham hock
- 1-pound Diced chourico links
- 1 small head cabbage, chopped
- 1/2 pound chopped Kale
- 6 Yukon gold potatoes or russets, peeled and cubed
- 2 (15 ounce) cans kidney beans
- 1qt can beef stock
- 1qt chicken stock
- 1qt water
- 1 Bay leaf
- 2 teaspoons garlic powder
- 2 teaspoons ground black pepper

Directions:

In a large pot over medium heat, cook onions in butter until just tender. Stir in chourico and cook 3-5 minutes. Place ham hock, cabbage, kale, stock and water in the pot. Add bay leaf, garlic powder, pepper. Bring to a boil, then reduce heat and slightly simmer 1 1/2 hours add water or stock as needed. Add beans and potatoes and continue to cook for 1 1/2 hours add water or stock as needed. Remove ham hock, bay leaves and serve with warm crusty bread.

Enjoy, Chef Scott



The following soups will be available for purchase in January:

Butternut Squash Soup 1/3/2025

Corn Chowder 1/17/2025

Minestrone 1/31/2025

Please fill out the slips located in the RC Dining Room the week of the purchase.

The cost is \$5.00 for a pint and \$8.00 for a quart.

This fee will be charged to your room.



Grace Furtado and **Gentle Guinguing**, January 4th

David Mitchell, January 6th

Marialyn Riley and **Keisha White**, January 7th

Jason Amaral, January 13th

Shantel Levene, January 22nd

Edith Anthony, January 26th

Steve Reid, January 27th

Beth Snow-Tait, January 30th

“A birthday is a time to
reflect on the year gone by,
but to also set your goals
for the upcoming year.”

Catherine Pulsifer



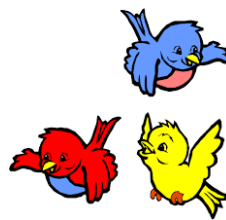
Tips from Good Housekeeping on New Year's Resolutions

New Year's resolutions have long been a way to take stock of what's truly important in our lives, allowing us to pause and reflect on the year behind us, as well as plan for the year ahead. If living through a global pandemic has taught us anything, it's that we shouldn't take health and wellness for granted. In 2023, improving your body, mind *and* soul is a great way to organize your long-term goals for the new year.

Focusing on your health and well-being doesn't have to translate to starting a new diet or workout plan, though. You can set your sights on taking charge of your mental health, finally optimizing a better sleep routine or diving headfirst into reclaiming your space (wave goodbye to messy closets and disastrous bathrooms).

Start here to create a list of attainable New Year's resolutions that allow you to make healthier lifestyle tweaks every day. You'll kick off the year with a stronger, well-nourished body and an enriched mind if you adopt any of these daily habits. Our resolutions can help you calm down, ease stress and anxiety and help tame the crazy ebb and flow of daily life.

Keep your new resolutions by using a planner to help you stay on track, checking off daily fitness goals and tackling frequent decluttering tasks. This year, it's time to put you first!



NEW YEARS EVE AT JOHN CLARKE SENIOR LIVING



CREATIVE CORNER

As I Grow Old

As I grow Old and begin to crumble,
Give me grace, Lord, not to grumble.

As eyes grow dim and cataracts expand,
Let me give thanks for the help at hand.

As hearing jokes and chatter is now a strain,
Make me thankful for a still functioning brain.

As fingers and toes both get bent,
I'm thankful for the Nifty Nabber someone sent.

As diving my Mini becomes problematic,
Teach me quitting need not be traumatic.

As for the fading sense of smell and taste,
Let me rejoice in the return of my waist.

Should I at last become completely dependent,
Let me remember to bless and thank each aide and attendant.

VL Butterworth

12/7/2024

New Year's Word Search

J A N U A R Y F R I E N A C E
F R I E N D S Y A S R I L A H
N E Y S E R T I E M O W B L C
B S I L Y F A E N E I Y A E O
N O C R N V N V E Y D L B N U
A L D C L O C K L T I E Y D N
R U V E W M I D N I G H T A T
V T O A S T W S N O L Y I R D
G I A N I N G S E V E U A R O
C O N F E T T I T M I N G S W
R N O L C E L E B R A T I O N
A J A N U E L V E I M K E R A
Y P A R T Y H A A P Y S E V W
N E W Y E A R C L O K S O R Y
S H A P P Y E B A L L R E S O

BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE

FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST

