



# John Clarke

SENIOR LIVING

TRUSTWORTHY - RESPONSIVE - UNITY - SERVICE - THRIVING

April 2025



Dear John Clarke Community,

I came to the realization the other day that April marks my fifth year at John Clarke and I began to reflect on the truly amazing changes that have occurred.

My start date was delayed a week because I needed to quarantine due to the recent announcement of a worldwide Coronavirus 19 pandemic. All visitation was prohibited, there was constant scrubbing of every surface with antibacterial cleaners, mandatory twice per week testing of all staff began, federal infection control surveys and staff who tested positive had to stay out of work for fourteen days or more. Personal Protective Equipment (PPE) was in such a short supply, we resorted to disposable rain-gear for a period of time! Despite the horror of what was happening in the outside world, John Clarke's residents remained relatively free from the disease, and we were able to create many moments of joy with hallway bingo, distance dining, and outdoor entertainment.

In 2021, our board set out on a course of self-reflection and strategic planning. Our name was changed to reflect the three services we offer; our Mission, Vision and Values were aligned, and we became determined to be the best provider in our community. Our board and senior leaders became educated on philanthropic performance, and we began to earnestly fundraise. To date, we are very grateful to have received over \$1.3 million dollars in grants and donations. These gifts allow us to improve and maintain our physical plant, implement creative programming for our residents and obtain much needed equipment.

Our Pursuit of Excellence continues as we maintain higher than state and national benchmarks in our inspection performance, clinical measures, and retention metrics, our business outcomes and our satisfaction scores. We were a finalist for the Newport County Chamber of Commerce Business Excellence Award this year and Our Nursing Leadership team received a Letter of Achievement from the Center for Medicare and Medicaid (CMS) Quality Innovation Network and Quality Improvement Organization for participating in

and completing the IPRO QIN-QIO CMS Quality Improvement Initiative to optimize Infection Prevention and Control practices throughout the organization.

These outstanding successes do not come without the extraordinary efforts of every member of our team. We have worked very hard to ensure that the Team that we have built is one of industry experts who have a foundation in providing kind, compassionate, and respectful service.

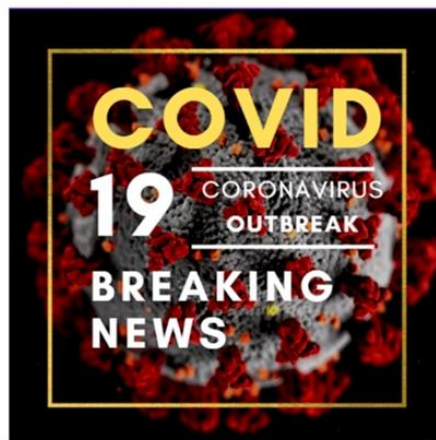
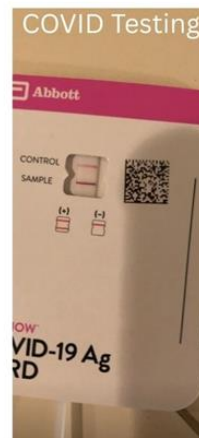
Our work is hard. Our work is necessary. Our work is meaningful.

I am grateful.

Warm Regards,

*Joan M. Woods, CEO*

## Looking Back 5 Years to Spring 2020





Spring is here and the birds can depend on Mother Nature for their daily meals. Please don't fill bird feeders with birdseed. Suet is acceptable and has less waste to attract unwanted rodents.



## CHAPLAINS CORNER



### Understanding God Through Nature

People often ask why the date of Easter changes from year to year. The best way to describe this is the date is based on what is called the Paschal full moon.

The Farmer's Almanac states the following.

“Easter in 2025 falls on Sunday, April 20, a few Sundays later than it did the previous year. The lunar calendar determines the date of Easter, which always falls on the “first Sunday after the Paschal full moon, which is the first full moon that occurs on or after the March or spring equinox,” The word "paschal" originates from the Hebrew word "pesach," meaning "Passover," which commemorates the Israelites' liberation from slavery in Egypt.



The Passover involved the sacrifice of a lamb, whose blood was used to mark the doors of Jewish homes, ensuring that the "death angel" would "pass over" them.

Christians see Jesus as the "Paschal Lamb," whose death and resurrection are seen as a fulfillment of the Passover's symbolism. Just as the blood of the Passover lamb protected the Israelites, Jesus's sacrifice is seen as providing redemption and liberation from sin and death for humanity.

I would like to encourage you, whatever your beliefs may be, to explore for yourself what do I believe? Why do I believe it? And can I trust what I believe?

I hope each of you enjoy this season of Spring.

Jim Davis  
Pastor/Chaplain JCSLC



**John Clarke Senior Living** offers a myriad of support to older adults. The staff in our Nursing Center provide exceptional nursing, rehabilitative, and end-of-life care to 100 people annually.

Our 50 Apartments present a lively and connected community environment that is enhanced by activities like movie nights, live concerts, visits to the Colonial Dining Room, and coffee hours.

We appreciate the donations you give to support our efforts to make life more vibrant and to provide quality, compassionate care. Each dollar you give helps older adults to:

- recover after a health crisis whether it is a stroke, hip surgery, or heart attack.
- live in a supported community where they can receive the medical support they need.
- remain connected and participate in a variety of activities like coffee hours, card games, Bible study, Memory Bell Therapy, concerts, and more that they enjoy.
- live independently but also come together for healthy meals in our dining room.
- continue to celebrate important milestones in life like birthdays and holidays through the festivities that our activities departments plan.

## **Will you support our efforts with a donation?**

A **heartfelt thanks** to the following who donated in March:

### **Activity Fund Donations In Memory of Bertha Gagnon**

Victoria Garcia  
Elise G. La Parle Garcia  
David and Lisa Maine

Corrigan Financial

### **In-Kind Donation Cathy Seibold**

**Activity Fund Donations  
In Memory of Clara Motter**  
Cornelia Albertus

### **General Support Donations**

Cynthia Hart  
Diane Mederos  
John Thorpe

**John Clarke Senior Living** is a 501 (c)(3) nonprofit organization that can accept donations to fund projects and programs. John Clarke Senior Living's EIN # is 05-0382511.



Begins at sunset, Saturday, April 12<sup>th</sup>

*Palm  
Sunday*

**Palm Sunday April 13<sup>th</sup>**

**Good Friday, April 18<sup>th</sup>**



*Happy Easter*

May it be filled with lots of love, joy and chocolate! May you and your family be blessed as you celebrate the true meaning of Easter, from the reflection of Good Friday to the joy of Easter Sunday and the promise of eternal life.

Wishing you a great Easter.



## CHEF'S CORNER

### Sourdough 1:2:3

So, the recipe for sourdough is as simple as 1:2:3. 1 part starter, 2 parts water and 3 parts flour.....or is it?

A few months back I decided to go on my Sourdough journey and yes, it was a journey of many failures, lessons learned but ultimately good foundation was built. I thought I did my due diligence, read plenty of different recipes and techniques on the process and honestly, I thought it would be simple, I was wrong, then again is anything good ever easy?



Day 1. Filled with childlike excitement and curiosity I dove in headfirst. I got basic supplies needed to create the starter, mason jar, bread flour, and a scale. I measured equal parts (150g) tap water and bread flour then mixed it in the mason jar placed it in my oven on off of course to start the fermentation process, easy right?

Day 2. 24 hours later I started the feeding process, discarding half of the starter and adding another 150g of water and flour. This will continue until Day 3-4 with no active fermentation.

Day 5. I did a little more research as to why the fermentation has not started. I thought I found the problem, "it's too cold" luckily, I have a proofing setting on my oven, I set it and was excited to see the starter bubble.

Day 6. Still no action, now a bit of frustration is kicking in. In desperation I decided to just add spring water because Chlorinated tap water slows the fermentation process and flour without discarding, kept it warm overnight and hoped for the best.

Day 7. I wake up and begrudgingly look in the oven and to my surprise bubbles and a slight rise ACTION finally! I repeated Day 6. And within 8 hours my starter was ready, but it was 10pm and the next process is the actual bread making which takes another 4 hours of proofing and stretching. I decided to take that on in the am, bad Idea!

Day 8. I took the starter out of the oven, there were still many bubbles but shrunk back down I figured it was still bubbly and active so why not give it a whirl? I did the simple equation 1:2:3 (100g,200g,300g) fired up the KitchenAid and formed a nice dough ball. Then I started proofing. First hour the dough is supposed to double in size, it did not. I waited another hour, still nothing, at this point I know the yeast was not active and the sourdough is now flatbread. I went ahead and continued to do the stretch and roll process every 30 minutes for 4 hours and cooked it in a loaf pan on 450f for 10 minutes, dropped the temperature to 375 and continued to cook for 20 minutes with little rise. The not so sourdough turned torpedo roll was tasty but kind of "bittersweet". I was not going to give up and realized, use the starter when it doubled and make sure you are in the window. I fed my starter right before bed and prayed when I got up the starter would be alive.

Day 9. Back at it, I peered in my oven and amazingly it had doubled in size. I opened the lid, and it was fully active! I proceeded to do the 1:2:3. The starter floated as it should in the water, so I repeated day 8 process with a successful double rise during proofing but

instead of cooking the dough I decided to summon the last of my patience and put it in the fridge for a 24-hour cold proof.

I came to realize during this journey it is about science using the right formula creating a proper equation that works depending on multiple physical and environmental factors.

Day 10. The cold proof gave it a little more size. I lined my cutting board with parchment paper, dumped the dough out and brought it back to the ball shape. While the dough is resting, placed my Dutch oven in the oven on 500f for 30 minutes. I then score the top of the dough, dropped the temperature to 450 place the parchment paper and dough in the Dutch oven put the lid on and cooked for 20 minutes, took the lid off and it looked like sourdough! Continued to cook for another 15 minutes with my probe thermometer set at 210f. The sourdough came out as a golden-brown masterpiece. I sliced and buttered it then enjoyed it with my family. It was not the best sourdough I have ever had but the small victory was sweet not sour.

I suggest if you take this feat on proceed with patience, determination and oh yes science.

Enjoy,

Chef turned scientist, Scott

[shahn@johnclarkeseniorliving.org](mailto:shahn@johnclarkeseniorliving.org)

## The History of Earth Day

**On April 22<sup>nd</sup>, 20 million Americans participated, with a goal of a healthy, sustainable environment. Denis Hayes, the national coordinator, and his youthful staff organized massive coast-to-coast rallies.**

**Thousands of colleges and universities organized protest against the deterioration of the environment. Groups that had been fighting against oil spill, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, common values mobilizing 200 million people in 141 countries and lifting the status of environmental issues onto the world stage.**



## Spring Allergy Season has Sprung



The primary spring allergy trigger is pollen. Trees, grasses and even some weeds release tiny grains into the air to fertilize other plants. When they get into the nose of someone who is allergic, they can trigger the body's defenses. Spring allergies usually last from early March and can last through May.

Allergies can cause a variety of unpleasant symptoms including respiratory symptoms, headaches, water eyes, sneezing and runny nose. You may also have digestive upsets, fatigue, or drowsiness to mention a few.

Staying indoors when pollen counts are high, as well as keeping well hydrated can help. Some over-the-counter remedies like antihistamines, decongestants and nasal sprays can help. Some natural remedies include cleansing your nose, managing stress and some say apple cider vinegar may also help with seasonal allergies.

Of course, please discuss taking any over-the-counter medications with your doctor first.



# BAKE SALE

**Friday, April 18<sup>th</sup>**

**10am to 3pm**

**Proceeds benefit Activities for Residents**





**Donna Oehrtmann, April 2nd**

**Joseph Flood, April 6th**

**Kate Riegel, April 9th**

**Nicole Sexton, April 19th**

**Clara Soriano, April 20th**

**Lila Mullen, April 21st**

**Jeremiah Ryan, April 22nd**

**Robin Botelho, April 28th**



## NURSING HOME CRUISE

Never, no nursing home care was her loud cry;  
No, never for me, I would rather die.

They'll take all my money, the family gets none  
It'll be all gone when that Home is finally done.

But, Mom, you are missing the point  
A nursing home is not just a dying place joint.

Like being at sea in the grand cruise ship  
Your life on board can be a fine trip.

The cost of your stay, like the price of a cruise  
Is inclusive of all the things you might use.

Your housing, free from worries of roof repairs,  
You, free from a fall while climbing the stairs.

No mops, no dust rags, no sweeper, no broom,  
The housekeeper changes your sheets, cleans your room.

Your meals now prepared by professional cooks  
not by you from grungy and stained old books.

Exercise, there's a place to do it  
Beauty shop, I'll show you to it.

No more the boredom of each and every empty day,  
Instead there's entertainment, excursions, and games to play.

And If, alas, you should take a tumble,  
the medical team will not let you crumble.

So, please reconsider your negative view and position  
And welcome the nursing home cruise transition.

VL BUTTERWORTH  
3/25/2025



**April Rise**  
**by Laurie Lee**

If ever I saw blessing in the air  
I see it now in this still early day  
Where lemon-green the vaporous morning drips  
Wet sunlight on the powder of my eye.

Blown bubble-film of blue, the sky wraps round  
Weeds of warm light whose every root and rod  
Splutters with soapy green, and all the world  
Sweats with the bead of summer in its bud.

If ever I heard blessing it is there  
Where birds in trees that shoals and shadows are  
Splash with their hidden wings and drops of  
sound  
Break on my ears their crests of throbbing air.

Pure in the haze the emerald sun dilates,  
The lips of sparrows milk the mossy stones,  
While white as water by the lake a girl  
Swims her green hand among the gathered  
swans.

Now, as the almond burns its smoking wick,  
Dropping small flames to light the candled grass;  
Now, as my low blood scales its second chance,  
If ever world were blessed, now it is.

# Easter Word Search



Basket

Bonnet

Bunny

Candy

Chicks

Chocolate

Daffodil

Decorate

Ducks



Dye

Easter

Egg Hunt

Eggs

Family

Flowers

Grass

Happy

Jellybeans

Lily

Parade

Peeps

Rabbit

Spring

Sunday

Tradition

Tulips

