



John Clarke

SENIOR LIVING

September 2025

TRUSTWORTHY

RESPONSIVE

UNITY

SERVICE

THRIVING

Dear John Clarke Community,

The first part of our Nursing Center renovations is nearing completion this month. New doors, lighting, handrails and a wall protection system will be installed over the next few weeks and finally, new flooring. Concurrently, the new generator will be installed out by the garage. This will involve trenching across the driveway and may cause some disruption to the traffic flow.

We deeply appreciate your patience with these disruptions – particularly the securing of the front door. The renovations to the ceilings have compromised the effectiveness of the system to prevent residents from inadvertently wandering out. We are actively working on a new door and entry security system and will update you as soon as possible.

Please check out the calendar full of fun fall activities that our recreation department has put together this month!



Warm Regards,

Joan M. Woods, CEO



Chaplain's Corner

Better Together



We may not express it enough, but we are very grateful for all our staff at John Clarke Senior Living Center. One of the ways we would like to support them is through a program called Schwartz Rounds.

Our time together is to support one another by fostering an emotionally compassionate environment with care for each other. Daily, the caregivers perform countless tasks to care for our residents. Now we would like to provide care for them.

On October 7th at 2:30pm, we will host our first Schwartz Rounds in the Chapel. This is open to all staff. Please consider coming as we believe each of us will benefit from the experiences that will be shared.

Looking forward to our time together.

Jim Davis
Pastor/Chaplain JCSLC



Self-Care Awareness Month

A time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others' needs before our own and it is crucial to remember that we cannot fill another cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our well-being, self-care can be more than that.

Self-care knows no boundaries. It is something that everyone, without any exclusions, can benefit from practicing daily. True self-care is not self-centered

nor selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself, and saying yes or no...guilt-free.

Use the month of September to make self-care a part of your daily routine - practice being good to yourself. It can be as simple as a conscious breath in the morning or as luxurious as time away from the pressures of everyday life. The kindness we show towards ourselves will manifest into a kinder world.

September is Healthy Aging Month

Healthy Aging Month was launched in 1992 as part of the National Healthy Aging Campaign. It aims to inspire adults to focus on their health and life goals in a positive and realistic way. The month emphasizes that it is never too late to reinvent oneself, whether through new lifestyle habits, personal growth, or career changes.

Healthy Aging Month is observed every **September** to promote awareness about the physical and mental health of older adults, particularly those aged 45 and above. It encourages individuals to engage in activities that enhance their well-being, including physical, mental, social, and financial health. The month serves as a reminder that as we age, our bodies and minds change, and it aims to inspire adults to lead active lifestyles and pursue fun physical activities. Various events and activities are organized to highlight innovations in healthy aging and to encourage independence as people grow older.





We are grateful that **John Clarke Senior Living** is a 501(c)(3) nonprofit organization which allows us to accept charitable contributions that directly support vital programs and transformative projects – including the much-needed renovations to our beloved building which opened in 1980. A heartfelt thanks to everyone who donated in August!

General Support

Linda Ludvick

Fidelity Charitable designated by
James M. Meikle and Nancy A. Meikle*

Activity Fund

Lorraine Winthrop

In Honor of Marilyn Timperley

Mark Timperley

In Memory of Jan Ludwig

Bradford Wyman

Gertrude Santos

In Memory of Margie Silvia

Cheryl A. Michaud



State of Rhode Island grant secured by Representative Marvin Abney (shown in photo above with CEO Joan Woods and Recreation Director Robin Hannon).

In Memory of Eulalia Curtis

Katherine Behan
Fredlin Bennett
Pat Brady
Clifton Brownell
Virginia Dionne
Kristin Emory
Maureen Greichen
Leslie Hogan
Robert Kempenaar
Cheryl A. Michaud
Katherine Pelson
Debra Souza
Mindy & Stanley Wachtenheim
Valerie Wynn

In Honor of John Bagwill

Andrea Breyer

In Honor of Joan Woods

Elizabeth Hyder

GRANTS

Funding for a Stryker Beds at The Nursing Center

Warren Alpert Foundation

Funding for a new commercial stove in The Nursing Center

Carter Family Charitable Trust

Funding for Music & Movies

Polo & Prosecco donation

Claudia Sweeney





Family Style Chicken Pot Pie



Ingredients:

- 1/2 stick unsalted soften butter
- 2 medium carrots peeled and chopped
- 2 stalks chopped celery
- 1 small onion chopped
- 1/4 cup flour
- 1 cup chicken stock
- 1 cup milk
- 1 tsp Thyme
- 1 tsp Sage
- 1/2 tsp. salt
- 1 tsp. pepper
- 4 cups cooked and chopped chicken (1 de-boned 3-5lb roaster chicken)
- 1 cup frozen peas
- 1 cup frozen green beans
- 1 package readymade biscuits or homemade if you got the time

Directions:

1. Heat oven to 375°. In a large saucepan melt 1/2 the butter over medium heat. Add celery, carrots, onion, sage and thyme cook until tender.
2. Stir in flour until blended; gradually stir in stock and milk. Bring to a slight boil, stirring constantly, cook and stir until slightly thickened then stir in chicken, peas, green beans salt and pepper, cook until bubbly. Transfer to a greased 9x 13-in. baking dish.
3. Top mixture with biscuits, butter top of biscuits and bake for 15-20 minutes or until golden brown

Enjoy, Chef Scott



John Hunt, September 1st

Claudia Scommegna Sept 4th

Aliza Little, September 6th

Gary Hahn, September 8th

Cheri Michaud, September 9th

Chris Pine, September 10th

Kyiesha Williams, September 11th

Brenda Jones, September 12th

Marie King, September 13th

Robert Fontain, September 14th

Antonio McDowell, Sept 15th

William Beimier, September 18th

Robin Hannon, September 19th

Richard Williams, September 20th

Eunice Whitlock, September 22nd

Diane Dutra and Connor Mullen, September 23rd

Gisela Ghattas, September 26th

Judith Blakeley and Cindy Macioci, September 29th

Jennifer Dupont, Anastasia Miller September 30th



Chore du Jour

How much today will you multi-task?

Hilarious to me that you should ask.

We old folks, both women and men

No longer follow that multi-task trend.

Each day when I wake,

I pick one task to undertake.

A shower in the early morning

or a walk outdoors as the day is waning?

Shall I make pudding with tapioca?

or watch the birds while I sit on the sofa?

Shall I pay the bills; they're almost due,

but where's the checkbook? I haven't a clue.

Maybe I'll drive the car to the beach?

or use my energy to peel a peach.

Most every day I've made my bed

and put away the books I've read.

Puzzles, crosswords and jigsaw

always manage me to enthrall.

I read my newspaper cover to cover,

the Wall Street Journal is like no other.

My daily nap is not an option,
it's a must to keep my normal function.

I used to wonder, as maybe you do,
How old folks manage to get the days through.

With bodies impaired in some way or other,
multi-tasking would be an impossible bother.

Instead I chose one chore du jour,
Happy I am that I need not do more

VL Butterworth 3/12/2025



Our Activities Department has an immediate opening. If you or know an individual who might be interested. Please see Robin in Activities or call. 401-847-0743.



The day **honors nearly 3,000 lives lost** in the **9/11 terrorist attacks**. Officially known as the **September 11 National Day of Service and Remembrance**, it is a time for Americans to pay tribute to victims and recognize the bravery of first responders.

Across the country, schools hold remembrance assemblies, workplaces observe moments of silence, and communities host candlelight services. It symbolizes not only mourning but also the unity, resilience, and national strength that emerged after 9/11.

Therefore, it makes it a deeply meaningful day of reflection and service for all Americans.





The first day of fall is Monday, September 22, 2025. The same day as the autumn equinox in the Northern Hemisphere.

After the autumn equinox, nights grow progressively longer than days through the last day of fall, or December 21 this year. Fall ends when we reach the shortest day of the year, the winter solstice.



Hurricane Safety Tips

While forecasting methods and tools are improving year after year, people are still at great risk to tropical storms and hurricanes because they continue to build along the coastline. Below is a basic understanding of hurricanes and tropical storms. Also, to provide helpful information that will assist you in preparing for these storms.

Here is a list of helpful hints that you can use before hurricane season, when a watch or warning is issued, before, during and after a tropical storm, or hurricane strikes your area.

PRE-SEASON PREPARATION

- Enter the season prepared.
- Know all evacuation routes if you live close to the coast.
- Have proper tools, supplies, and a first aid kit.
- Have plenty of batteries and flashlights.
- Always have plenty of non-perishable foods on hand.

WHEN A WATCH OR WARNING IS ISSUED

- Leave low lying areas.
- Secure outside objects.
- If called to evacuate, do so immediately.

BEFORE THE STORM

- Make sure all your tools, supplies, and first aid kit is available for use.
- Have plenty of food and water.

DURING THE STORM

- Stay in a secure room.
- Stay away from windows.
- Do not use the phone, or candles.
- Remain indoors when the eye moves over your area because the storm will resume shortly.

AFTER THE STORM

- Make sure that all is definitely clear outside, and the storm has completely passed before going out.
- Report downed power lines, and stay away from them.
- Use stored water and food.
- Be patient. Things will take a while before they get back to normal.





*September
national days
word search
printable
from Always
the Holidays*

S G U A C Y A D T O I R T A P
T E R Y A D R E N N I D V T I
Y A H A D E Y A D Y L I M A F
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**PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY**

**PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY**

**VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY**