

# THE CLARE CONNECTION

## The Clare Takes Big Strides in the Walk to End Alzheimer's



Fall  
Issue

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**RESIDENTS AND STAFF** of The Clare stepped lively in the Walk to End Alzheimer's® of the Alzheimer's Association on September 25. The Walk was the culmination of a month-long series of fundraising activities at The Clare that brought in more than \$8,500, setting a new record for this annual event.



In fact, The Clare succeeded in taking 6th place out of the other 104 Life Care Services (LCS) retirement communities that participated as fundraising teams across the country. LCS, the management company of The Clare, exclusively supports the Walk to End Alzheimer's® every year.

"We are proud of our contribution to this important cause," said Kyle Exline, Executive Director of The Clare. "More than 5 million seniors in America are living with this devastating disease, and

the impact on families and caregivers is incomprehensible."

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. In total, the Chicago Walk so far this year has raised more than one million dollars for the Alzheimer's Association.

Joanne Malleta, Director of Resident Health Services, and Michael Plowman, Director of Human Resources, were staff co-chairs of this year's fundraising team. Activities at The Clare included a silent auction, a cookout, ice cream social, games, and competitions.

"In the last four years," said Malleta, "we've raised more than \$27,000 for this important cause. The generosity of the residents is overwhelming."

"We're already thinking about how we can set a new record next year!" Plowman said. ●

*Photo courtesy of Alzheimer's Association, Greater Illinois Chapter*

# A Letter from Kyle



## HUMAN CONNECTION IS KEY

**WHEN WE TALK** about benefits of residency at The Clare, we tend to talk about our incomparable location and the long list of amenities we offer: fine and casual dining, wellness programs and services, transportation, maintenance, activities and events, security, housekeeping, concierge services, on-site healthcare, and more.

Yet one of the most common questions I get from people interested in moving in is simply “What is the one best thing about living at The Clare?”

My answer is always, “Our people.” And by that I mean not only our residents, but also our staff members. We have an amazing group of people here who make The Clare a wonderful place to live and work. With more than 300 residents in both independent living and in The Terraces, and more than 200 employees, we have a bustling, dynamic community.

Most importantly, our community is built on strong and supportive relationships and a true spirit of camaraderie and connection.

I mention this because as more studies are done on successful aging, it has become clear that socialization is key. A recent study indicated that seniors who got at least three hours of socialization each day reported an increase in happiness and contentment.

Other studies show that older adults who have strong social networks live longer and healthier lives—and may even have better cognitive performance. Research confirms over and over again that participation in meaningful activities and maintaining close relationships contribute greatly to one’s quality of life.

I’m proud that we are dedicated to creating a social environment here that can have such a powerful impact. We do this by offering an extensive array of Life Enrichment programming, events, and activities, of course, and also through niche groups like support groups, the Friars, the Newcomers’ Club, and the new Gold Coast chorus; through our various religious services; through our group exercise and fitness classes; our bridge and other card games, book club, mahjong, and more. Dining services also contributes immensely to the collegial atmosphere and social opportunities at The Clare with daily breakfasts in the Abbey (including the group table), dining in the Bistro and Grafton, themed dinners, Happy Hours, and special events. And two of the social highlights of the year that brought residents and staff together were the Dragon Boat races and fundraising for the Alzheimer’s Association. And that’s not even the entire list!

I would encourage you to keep an eye out on the monthly calendar, the weekly *Clarity* newsletter, and our Odyssey intranet for upcoming activities and make a point to try something new or different. It’s a great way to stretch your mind and also grow your social connections. Our Hospitality Committee is always hard at work welcoming new residents. You too can help contribute to our spirit of community by inviting new residents to lunch or dinner, or even a get-to-know you cup of coffee.

There’s nothing I enjoy more than talking to residents and finding out about their lives and walking through the dining room or attending a social event and hearing laughter, seeing residents chatting, moving around the room, telling the stories of their day and what’s coming up—whether it’s a visit from a friend or family; a new creative work in progress; plans for an upcoming trip; a volunteer commitment; the achievement of a milestone. The social support here can also mean stopping by The Terraces to check in on a neighbor, being a Resident-to-Resident Helper...or just sharing a friendly smile. As resident Carol Laque has said, “The power of community here is exponential.”

I would guess that if someone asked you, “What is the one best thing about living at The Clare?” You would probably say, like I do, “It’s our people.”

The community and connection at The Clare is truly a gift for us all. ●

**Kyle Exline**

*Executive Director*



**THE CLARE**

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Your Way*

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*The Clare Connection*  
is produced quarterly.

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# NEWS from your COUNCIL & COMMITTEES

## THE RESIDENT ADVISORY COUNCIL



Sheila Rock, RAC President

**Sheila Rock**, President of the Resident Advisory Council (RAC), reports that the Council has been involved with a variety of activities that are keeping all the committee members very busy.

### Art Room Update

A committee was formed for the purpose of collecting resident input on the development of the Art Room. The committee included several residents who had served on the Construction Subcommittee, as well as resident artists (and we are fortunate to have so many talented residents!).

Sheila reports, "These committee members were of immense help in defining what would be needed to best serve the residents who would be using an Art Room for their work. In several instances, their recommendations actually saved The Clare money by their choices of lighting and furnishings." Plans for the Art Room are expected to be finalized before the end of the year with the renovation starting during the first quarter of 2017.

## Fire Wardens

**Suzanne Turner, Sally Kinnamon** and **Sheila Rock** have been working on securing Fire Wardens for all the floors of The Clare. At this time, there are two volunteers for each floor. **Bert Cohn** and The Clare's security chief, **Mark McCarville**, are rewriting the Fire Warden responsibilities and the Fire Drill Response Plan which will improve the safety and understanding by all residents of what to do in case of a fire. Several meetings will be held for all the Fire Wardens in the near future.

## Administrative Updates

With the increase in the number of residents, it is difficult to keep up with all the activity occurring at The Clare. All residents and welcome and encouraged to attend the monthly Resident Council meeting, which is held in the Oxford Room on the first Tuesday of the month. There is always an opportunity to ask questions and make comments after the business part of the meeting has concluded.

We also encourage everyone to read the weekly *Clarity*, the monthly *Clarion* newsletter, check your cubbies at least weekly, use *Odyssey*, and of course read the quarterly *The Clare Connection* to keep up with all the activity of The Clare.

Sheila adds, "It was with great sadness to learn that **Emily Garba**, Administrator, will be leaving The Clare.

Emily has made a wonderful difference in the lives of both staff and residents. We wish her well on this new journey. She will be sorely missed by all who have had the pleasure of working with her."

## MARKETING AND COMMUNICATIONS COMMITTEE



Dorothy Pirovano, Chair

**Dorothy Pirovano**, Chair of the Marketing and Communications Committee, reports that her team is increasingly focusing on improving communications with residents. With only about 45 percent of residents using *Odyssey* (The Clare's intranet site) to learn about activities and announcements, the need to find other means to communicate is important. *As a reminder: There is a screen in the mail room that links directly to Odyssey and can be used by anyone interested in checking updates.*

Responding to a request by residents to help them remain in touch with Clare information while they are away for weeks and sometimes months at a time, the committee surveyed more than 40 people who had their mail forwarded

or held by the concierge last year. Each was asked what could be done to help keep them in the loop while away. The result is a new process: Residents will be asked to fill out a form when they request their mail be held or forwarded and indicate if they would like Clare publications (e.g. *Clarity*, *Clare Connections*, announcements placed in the cubbies, etc.) to be collected and provided to them with their mail. It's anticipated that the new system will be in place before people begin to leave for "snowbird" locations out of state.

Dorothy welcomes resident questions and suggestions about issues residents would like discussed by the members of the Marketing and Communications Committee.

## DINING COMMITTEE



Chris Lyon, Chair

The Dining Committee, chaired by **Chris Lyon**, has been very busy over the last quarter, advising on how best to survive the construction currently underway in the Grafton. Fortunately the weather

Continued on next page

cooperated through September, allowing many residents to enjoy the beautiful outdoor space of the Bistro.

Speaking of the Bistro, Chris reports that “we’re anxiously awaiting the completion of the dining survey hand delivered to all residents. We are hoping to get a good response so we can see what residents like and what could be improved upon in both the food and service categories. The results will be published in an upcoming issue of the *Clarion*.”

The winner of the drawing to have a family favorite recipe prepared as a daily special will be announced at a Town Hall meeting.

The Next Big Thing: Stay tuned for information on the Second Annual Cookie Exchange!

### HEALTH AND WELLNESS COMMITTEE



**Linda Chinn, Chair**

The Clare Resident Health and Wellness Committee (formerly the Terraces Committee) has spent the last several months learning about the activities of the Director of Resident Health

Services, The Wellness Center, and the Athletic Center, as well as receiving updates on The Terraces at The Clare. The Committee will be working to provide updated information to enhance resident awareness of these health services. *See the Wellness Center update on the following page for the latest news on the services and staff of the Wellness Center.*

### THE CLARE CHARITABLE FOUNDATION



**Kevin McGirr, Foundation President**

The Clare Charitable Foundation is an Illinois not-for-profit corporation created in 2011 by a group of Clare residents. The Foundation provides educational assistance to Clare employees; and since the Clare has a strict no-tipping policy, the Foundation also established a Holiday Fund to provide year-end gifts to hourly and part-time staff.

**Kevin McGirr**, President of The Clare Foundation, has announced that letters to residents about contributing to this year’s Holiday Fund were distributed on November 1. ●



### TRAVEL GROUP

The Clare’s new Travel Group has finalized plans for its first trip: 8 days, 7 nights in Jekyll Island, Savannah, Hilton Head, and Charleston. A group of residents is set to go on April 13, 2017. The Travel Group will now turn its attention to planning a trip in late summer/early autumn.

One potential idea is a tour of the National Parks. It was the 100th anniversary of the National Parks Service in 2016 so this would launch its second century! Another possibility is a trip to Stratford for the Shakespeare Festival. For information on the Travel Group, contact **Chris Lyon**. ●

### THE NEW CLARE PASSPORT RELEASED - LAUNCHED WITH AN AMAZING RACE!



In September, Clare residents received a new reference publication: The Clare’s Friends & Neighbors Passport. The Passport serves as a guide to discounts, special offers, and resources that enhance the benefits of residency at The Clare.

In conjunction with the release of the Passport and Healthy Aging Week, residents joined in on a local scavenger hunt “Amazing Race” that took them around the local area to visit a number of the businesses and institutions that are part of The Clare’s Friends & Neighbors program. The teams braved a rainy day, figured out clues, completed challenges, and ended up at the Café de Architectes at the Sofitel Hotel for a celebratory lunch. ●



**The winning team of the Amazing Race: Joanne Malleta, Carol Mellor, Dee Lyne and guest, and Marilyn and Robert Day.**

# Wellness Center Update

**BY LINDA CHINN**

In the course of the last two years, the Wellness Center has continually expanded its services. The nursing staff has grown from one part-time nurse to one full-time nurse and two part-time nurses. The Center, which is located on the 16th floor of The Clare, is open from 9 am – 3 pm, Monday through Friday, and soon to include weekends. A nurse can be contacted after hours seven days a week by phone. After-hour calls are forwarded to an off-site on-call nurse.

The Clare's Wellness Center is headed up by **Colleen Habing, R.N.**, Wellness Nurse Navigator, and staffed by Colleen, as well as **Jennifer Stepney, R.N.**, and **Carrie Flick, R.N.**

Preventive care available in the Wellness Center includes providing instruction and information on new diagnoses, coordinating care for Independent Living patients who have a stay on The Terraces, supporting residents pre- and post-operation or procedures, follow up on residents in the hospital, well-being checks, instruction on how to take medications, and identifying other healthcare resources a resident might need or want. Hands-on care includes vital sign checks (blood pressure, etc.), assistance putting on support hose, wound care management, flu shots, TB tests, and coordinating with

physicians on medications. “Jennifer, Carrie, and I love our work in The Wellness Center,” says Colleen. “No day is the same and we greatly enjoy getting to know and helping The Clare residents and super-agers!”

**Joanne Malleta**, Director of Resident Health Services, and Colleen's Wellness Center team work very closely together to assure residents' needs are met and their safety is assured. They meet with Independent Living residents who may be in need of some assistance, develop a care plan, and identify additional resources that may be necessary. They work with security to ensure follow-up on falls and other incidents, and Wellness Center nurses check on residents who are discharged from the hospital or The Terraces. They also help plan for care for a spouse at home when the caregiver is hospitalized or otherwise unavailable. Colleen also works with Health at Home, a home health agency, to access additional services not provided directly by the Wellness Center nurses.

In addition to the on-site nurses, several health professionals visit the Wellness Center on a regular basis making access to care easier. Currently, these professionals include an audiologist, dentist, podiatrist, wound care nurse, and neuropsychologist.

The Wellness Center is one of the busiest places at The Clare. In September 2016, 475 residents took advantage of its services, and in October, there were more than 500 visits! By adding nursing staff, the Center has been able to keep up with its ever-increasing volume of visitors.

A Concierge Doctor, Patrick Gallagher, has been identified for interested Clare residents. He comes highly recommended by The Terrace's medical director as well as his current Clare patients.

As you can see, we have a wonderful resource in the Wellness Center that makes our lives here at the Clare more comfortable, secure, and as worry free as possible. ●

## WELLNESS CENTER TEAM



Colleen Habing, R.N., Wellness Nurse Navigator



Jennifer Stepney, R.N.



Carrie Flick, R.N.



Joanne Malleta, Director of Resident Health Services

# RESIDENT NEWS

## POET CAROL LAQUE TO RELEASE NEW BOOK



Carol Feiser Laque

Resident poet **Carol Feiser Laque** will be releasing a new collection of poetry entitled *Mother of Pearl*. During her career, Laque was a professor of English at the University of Cincinnati and Xavier University and was recognized with the Cincinnati Writer's Project Lifetime Achievement Award for Contributions to the Arts. Carol writes, "My poetry originates at Midnight Noon in the Silent Music of the Mind where Imagination is the Monarch of Reality. Carol will be reading from her book at an upcoming event Watch *Clarity* for more information."



Book cover art by Arnold Edmondson

## BLOCK PARTY ON 31!

In October, the residents of the 31st floor held their third "block party" of the year.



Becky Davidson

"Our fully occupied floor includes two married couples, one single man, and five single women—ten friendly folk in all," said **Becky Davidson**, a 31st floor resident who has hosted two of the block party cocktail hours. **Jan McDermott** hosted the first block party event for the floor.

"It's wonderful to socialize with your neighbors," said Becky. "We all love to get together and want to try to do so about four times a year.

After cocktails at home, we all go on to the Grafton for dinner."

Be on the lookout for future "block parties" coming to The Clare!

## CLARE UNIVERSITY SERIES HIGHLIGHT RESIDENT STORIES

In August and September, residents were treated to a four-part lecture series called "Clare University," which featured eight Clare residents sharing their professional and personal stories.

## MARKETING EVENT FEATURES CLARE RESIDENTS

On October 26, eight Clare residents shared their stories about deciding to move to The Clare. The program, entitled "Moving Narratives," was presented to an audience of individuals currently exploring future residency.

On the panel were **Elizabeth** and **Bill Conley**, **Jim Rocks**, **Sally Kinnamon**, **Jim Morton**, **Dorothy Pirovano**, **Bob Spieler**, and **Joy Hammer**.

Residents who would be interested in participating in future panels or volunteering in other ways should contact Lynne Lukas in the Sales & Marketing Department. ●

MOVING NARRATIVES  
FROM RESIDENTS OF THE CLARE.

Resident Panel Event  
Wednesday, October 26  
at 1:30pm

The first program included **Jay Tunney**, who discussed the story behind his book *The Prizefighter and the Playwright*, and the relationship between Tunney's father, prizefighter Gene Tunney, and playwright George Bernard Shaw. In addition, the late **Marilou von Ferstel** told the riveting tale of her journey into politics, including being elected the first female alderman in Chicago.

Volunteerism was the focus of the second program. In her talk entitled "Forty Years in the Desert," **Carlotta Maher** told of her work in Iraq, Turkey, and Egypt as Assistant to the Director of the Epigraphic Survey in Luxor Egypt, a program pioneered by The Oriental Institute of Chicago, where she remains active. (See a Resident Profile article featuring Carlotta on page 12.) **Robert Spieler** discussed his 25+ years of dedicated experience and rewards as a volunteer with the Field Museum of Natural History, the Museum of Science & Industry, and the Peggy Notebaert Nature Museum.

Residents in the legal profession headlined the third program. **Colonel Roger Darley** spoke of his experiences as a prosecutor during the Vietnam War and as General Court-Marital Trial Judge. U.S. District Judge **Bill Hart** traced his path from his Army service in Korea to the prosecution of federal criminal cases, including an appearance on "60 Minutes."

In the last program of the series, architecture took center stage. **Rebecca Dixon**, a docent for the Chicago Architecture Foundation (CAF), described her journey to find "the perfect hobby," which includes leading more than seven different architectural tours. **Suzanne Morgan**, architect and Sacred Space Ambassador for the Parliament of the World's Religions, discussed her work and commitment to broaden and deepen people's understanding religions through architecture.

### RESIDENT DIRECTORY UPDATES

Residents can keep up to date with profiles of new Clare residents by checking out the main copy of the Resident Directory in the library on the 19th floor. New residents' profile pages are placed in the library when their pages are completed. If you have your own personal copy of the directory, remember to check the library periodically for updates to add to your binder.

### RESIDENTS FEATURED ON WBEZ'S MORNING EDITION

WBEZ reporter Shannon Heffernan visited The Clare during the Cubs post-season to talk to residents about their lifelong love of Chicago's Northside team. Included in the radio spot were residents **Barbara Bernard, Tom and Joanne Daly, Sally Kinnamon, and Joyce Saxon**. The piece aired on throughout the day on October 27. ●

### REHABILITATION ACCOLADES

Positive feedback is always great to receive and share. We recently received this letter of appreciation from a rehabilitation patient at The Clare. (Reprinted with permission.)

*Dear Mr. Exline,  
Please allow me to express gratitude for the care received during my recent experience as a patient at The Clare.*

*As a healthcare professional, you know the foundational elements to any hope for a successful recovery are maintaining the patient's positive mental attitude and providing first-class care. The Clare transcends perfection in both of these fundamental areas.*

*I was blessed when Amy Klem expedited my admission to The Clare. Your facility inspired optimism. Your staff reinforced that outlook and made it reality.*

*Under the guidance of Marina, the nursing staff was terrific. In particular, Mia (RN) and Alex and Janet (CNAs) were exceptionally competent and compassionate. The chef and Amy, the dietitian, should apply for a Michelin star rating. Led by Monica, Mike (physical therapist) and Ginetta (occupational therapist) accelerated my rehabilitation with their effective therapy. Mallory seamlessly coordinated my stay at The Clare and transition home.*

*Anyone who needs rehabilitation has the best chance of recovery at The Clare. Thankfully, I found The Clare and salute your leadership for making it the best rehabilitation facility in Chicago.*

*Sincerely,  
Frances Manis ●*



Mae Rhodes recently traveled to Assisi, Italy, with her family. She's pictured here with her grandson Travers Rhodes (left), and son Ed Rhodes.

# Halloween at The Clare!



Joanne Celewycz as a jellyfish



Joy Hammer as Dorothy—and Toto too!



Edith Schragr



Faye Stern received Best Costume honor as the Queen of Hearts.



Several Clare residents were in the nursing and healthcare professions. Pictured left to right: Lois Gallagher, Dee Lyne, Sally Kinnamon, Elizabeth Aaron, Elizabeth Conley, and Kathryn Brown.



Nancy Lee Spilove as Mary Poppins



Linda and Bob Brooks



Tom and Joanne Daly as crosstown rivals.

# Historic Season for the Cubs!



Jean Bendorf and Pat Tiernan celebrate a win.



Residents gathered on the 53rd floor for a series of viewing parties and enjoyed hot dogs and other ballpark fare. Front row: Sara Aversa, Joanne and Tom Day. Back row: Jan McDermott, son Bill McDermott, Dee Lyne, and Nancy Vincent (see below right.)



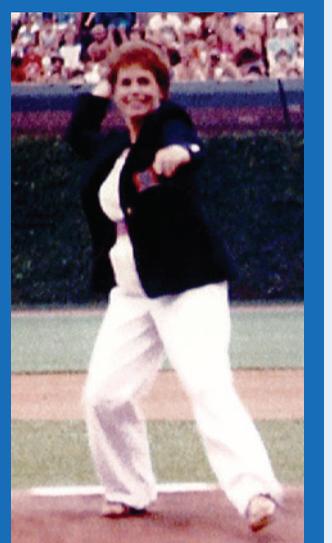
The W displayed proudly in front of The Clare.



Surprise, worry, wonder, and cheers all at once!



Bill McHugh and Joyce Saxon.



Cub memories included resident Nancy Whitehurst Vincent recalling the day she threw out the first pitch at Wrigley Field on July 12, 1985. The ball bounced only once before getting to catcher Jody Davis.



Guest Diana Fleming and Sally Kinnamon survived the drama!

# around **THE CLARE**



Herman and Heather Ebner



Jim Stack and Karol Mellor



Rod Sippy at the Bistro



The new and larger Clare bus has arrived!



A group of residents, including Bob Schwartz and Linda and Bob Brooks, took advantage of the view to watch the Chicago Air Show



Jim Morton and Joy Hammer at Hawaiian Happy Hour



Polly Sippy and Betty Grady at the SOAR Farmers Market

## A BEAUTIFUL DAY FOR A TRIP TO LAKE GENEVA



Jeane Bertsh



Beverly Rodgers and Florence Norstrom



Marilyn Perno and Joy McDevitt



Marilyn Schmitt and Jacquie Brave (front); Barbara Bernard and Anne Scott

# RESIDENT PROFILES

## THE CARLSONS— CHANGING LIVES OF CHILDREN THROUGH VOLUNTEERING

**“THE FOUNDATION** of every state is the education of its youth.” This is Roger Carlson’s favorite quote.

He adds, “It’s as true now as it was when it was first stated in 327 B.C. by the Greek philosopher, Diogenes.”

The Carlsons moved to The Clare only last year, but they have lived in the area for 25 years.

In those early years in the neighborhood, two of Roger and Ginny’s neighbors, Joanne Alter and Marion Stone, recognized the disparity between where they lived and Cabrini Green Housing, which was only blocks away and then one of the city’s most expansive public housing projects. Alter and Stone wanted to make a difference, especially in the education of children. So they went to the principal at the local elementary school, Richard E. Byrd Academy, where they knew overcrowded classrooms were a problem and asked what they could do to help. Soon they were volunteering their time at the school reading to and mentoring students. In 1991, they recruited some friends—including **Roger** and **Ginny Carlson**—to help. The result? Working In The Schools (WITS) was founded.

Ginny started volunteering by working with 36 children

in Manierre Elementary’s 6th grade class. “It was a very challenging, but also a very rewarding time,” says Ginny, who became one of the original board members of WITS. Ginny soon recruited her husband to be on the board. They needed someone in finance, and Roger was the perfect fit. He spent his career as a financial advisor.

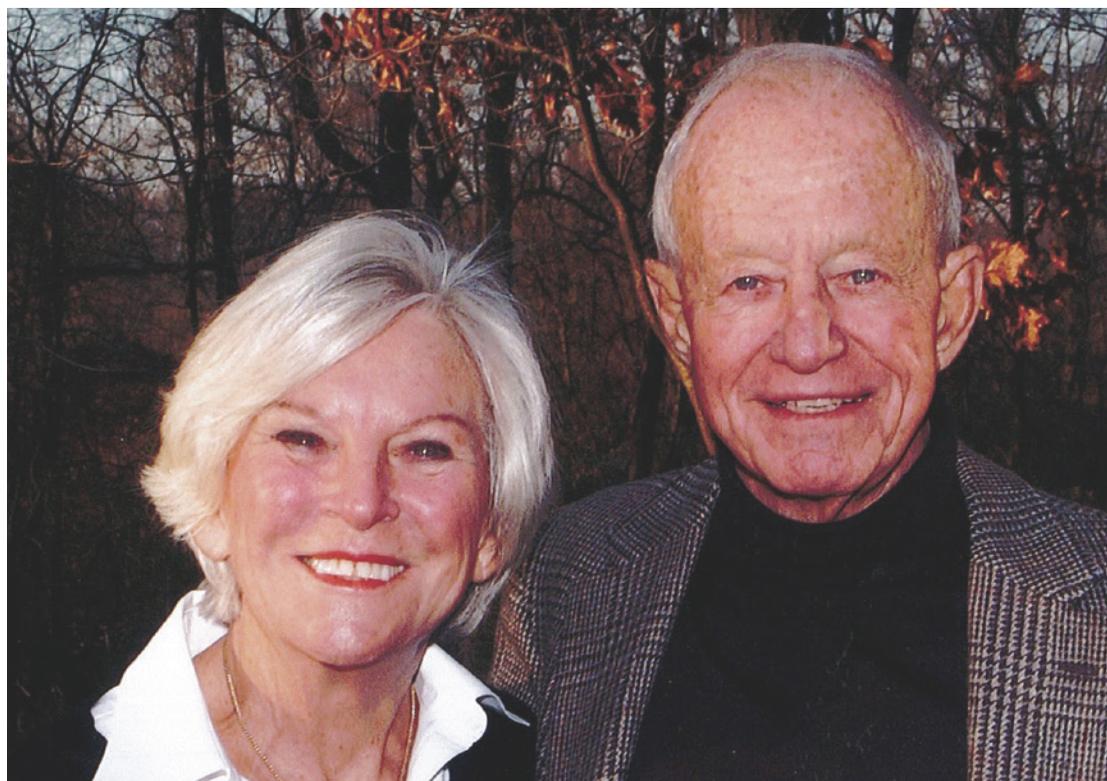
Roger was instrumental in helping the WITS’ programs grow. It was his idea to have his business colleagues donate time during their lunch hours to read to students in the classroom. Eventually, this developed into an after-school program where students would go “from the classroom to the board room.” They would be provided transportation to the corporate offices of some

of the volunteers so that they could be tutored in an office environment.

“It was the first time these students had seen this side of the business world,” Roger recalls. “It was a real eye-opener for many of the kids. They learned that if they continued with their education, they, too could be working in an office like this. It was one of those ‘light bulb’ moments for many of the kids. And now 95 percent of the children we come in contact with say, ‘We are going to go to college.’”

Roger and Ginny have many stories of the connections

It was one of those ‘light bulb’ moments for many of the kids. And now 95 percent of the children we come in contact with say, ‘We are going to go to college.’”



Ginny and Roger Carlson

## CARLOTTA MAHER: THE CLARE'S JEWEL OF THE NILE



Carlotta Maher

**CARLOTTA MAHER** grew up on the Upper West Side of Manhattan. As an only child she was always finding creative ways to keep herself entertained. After school and on weekends Carlotta would walk across Central Park to the Metropolitan Museum to see the exhibits. "It was always Egypt," Carlotta says. She recalls feeling a special connection to the exhibits that kept her going back, so much so that "I even taught myself a few hieroglyphs." Little did she know how that experience would eventually lead to finding her true vocation.

Today, Carlotta Maher is celebrating 50 years of volunteering her time and talents to the Oriental Institute, the University of Chicago's Research Center for Ancient Near Eastern Studies and its Museum. Over the years, she became the Head of the Volunteers, a Conservator in Iraq and earned the title of Assistant to the Director working out of the institute's permanent facility, Chicago House, in Luxor, Egypt.

Continued on next page

they've made with students over the years. Ginny recalls one day early in the program when she was walking down the hall of the school and a student took her hand and walked by her side. It was a sixth grader who said, "I got it, I got it. I finally understand fractions! I can't wait to go home and tell my mom!"

"It was so rewarding," Ginny says, "I just happened to be the lucky person who was there to share that exciting moment with him."

Roger tells his favorite story of a student named Kevin who was tutored by one of his colleagues, Brian Hickey. "The student was about 11 years old and really bonded with Brian." When the program ended for the summer, the student really missed his time with Brian. The following week, Kevin appeared in Brian's office. "Kevin rode his bike all the way from his home by U.S. Cellular Field to our office building downtown. He made his way up to the 51st floor, found Brian and asked, 'Can you still help me?'" They continued to work together all summer. Years later, Kevin reconnected with Brian to share what was going on in his life. Kevin had earned his GED, had become a minister at a church and wanted to show Brian his first sermon. Kevin left Brian with this message, "You saved my life."

It is these stories that make volunteering with WITS worthwhile. Ginny reflects, "Are we the answer? No. Are we part of the answer? Yes. We have been a dedicated group for 25 years. It has been our dream to make the children's world a better place."

In the course of those years, WITS has grown tremendously. The organization now has nearly 1,800 volunteers working with 8,000 elementary students each year in more than 90 Chicago public schools.

Since the Carlsons moved to The Clare last year, they have inspired 20 Clare residents to volunteer for WITS as well—and that number continues to grow.

WITS has been a resounding success, and Roger and Ginny continue to play an important role in the rewarding work WITS does. In fact, in November at the annual WITS fundraiser, they will be honored for their years of service along with all of the other original board members.

A very big and heartfelt congratulations to the Carlsons and WITS for making a difference in so many children's lives.

For anyone who is interested in finding out more about WITS or volunteering for one of their programs, go to [www.witschicago.org](http://www.witschicago.org). ●

The museum knows what a gem they have in Carlotta.

Fearless, fun and adventurous, Carlotta was always pushing the envelope, defying expectations. After receiving a scholarship to Radcliffe, she met with her freshman advisor. "I told him that I was interested in chemistry," Carlotta recalls. "He said to me, 'Girls can't do science.' So I did it just to spite him." And it's fortunate she did. Her freshman year was the first year women at Radcliffe took classes with men at Harvard and at 9 a.m. on the first day of classes, she met her husband. That was 1951. They have been together since.

Pushing the envelope again, Carlotta found a job working with a geneticist at Children's Hospital in Chicago. "I read his book on biochemical genetics and all his formulas were wrong," she states boldly. "I went to him and said 'You need an editor.' He was a genius, but he scribbled his notes on yellow legal pads late at night. He needed help." She was hired on the spot.

Eventually she wanted a job that was less stressful. As luck would have it, she saw an ad from the Oriental Institute for their first-ever training of volunteers. "I fell in love," she says wistfully. "I walked into the museum and the memories of childhood all came back and I knew this is what I was meant to do."

Soon she was asked to be a part of an expedition to Nippur, Iraq a desert site south of Baghdad. Of the many adventures she had in Iraq, one stands out as most memorable. "I was a conservator. I was way out doing a survey, very far from camp, on my own. I had a 10-meter circle where I had to pick up everything I could find." Playing a tape of singer Thelma Houston to help pass the time while she worked (it was the '70s after all), she stumbled upon her most valuable discovery. "I found a little statue of a female figure in clay. It may have been a household deity, but I believe it was a doll that a little girl played with." The doll likely dates back to around 2,300 B.C. "Of course, I couldn't take it with me." So what happened to the artifact? "It's likely in the basement of a museum in Baghdad," Carlotta smiles.

After years of trips to Iraq, surveying numerous sites, sleeping in tents and learning Arabic (which she still retains to this day), the expedition was shut down due to the Iran-Iraq War. Carlotta was then asked to join the Institute's permanent expedition in Luxor, Egypt. Suddenly, the uncomfortable tents (with no plumbing or running water) were replaced with a more luxurious three-



**Carlotta in the field.**

acre complex of buildings with 27 modern bathrooms, all of which were built by Rockefeller money in 1931. She soon became a master fundraiser and earned the title, Assistant to the Director. "My card still says that," Carlotta states proudly.

A highlight of her time in Egypt was meeting then First Lady, Hillary Clinton, and her daughter, Chelsea. "I was in charge of the Clintons' luncheon at Chicago House. It was a very big deal. We had to cope with Egyptian authorities jostling for position to welcome her. There were snipers in our bedrooms, a huge amount of security, you name it. It was quite wild." But under Carlotta's watch, it all went off without a hitch.

She realized the impact she was making when she was shopping one day at the Suq (Souk), the open-air market in Luxor where she ran into an American tourist. "She told me that she heard

about an American woman living in Luxor working on an excavation site and how interesting it was. I suddenly realized she was talking about me!"

Carlotta doesn't travel to Egypt much anymore. But she is still very active with museum and takes pride escorting her fellow Clare residents to the museum for tours. She continues to volunteer her time giving talks and working on the visiting committee. And the museum knows what a gem they have in Carlotta. She is one of just two of the original volunteers still working at the museum, was the first recipient of the James Henry Breasted Medallion for service to Near Eastern Archaeology, and will be recognized along with all the other volunteers at a special celebration in December.

She's not just a gem. You might call Carlotta The Clare's "Jewel of the Nile." ●

# The Gold Coast Encore Chorale at The Clare

## CHORAL SINGING FOR OLDER ADULTS BUILDS COMMUNITY AND JOY

**“THE INITIAL SUCCESS** of our Chicago-area Encore Chorales is incredibly gratifying and exciting,” said **Jonathan Miller**, the artistic director and conductor of Encore Chorale groups that began this summer in Hyde Park, Evanston, and in Chicago’s Gold Coast. “Working with the Gold Coast Chorale at The Clare is an absolute delight.”

The new Gold Coast Chorale began a six-week pilot program in June, and included 40 singers from The Clare and members of Skyline Village and Fourth Presbyterian’s Center for Life & Learning. The group took on the task of learning a repertoire of five eclectic, challenging pieces and performed at The Clare on July 29 and then again on August 11 at Fourth Presbyterian’s Buchanan Chapel, bringing together 70 singers from all the local groups.

“Singers include those who have sung their entire lives,

those who are getting back to singing after a break of a few or many years, and those brand new to the adventure of choral singing,” said Miller. There is no audition required for participation in the group. “This is an open invitation to sing, build community, and experience the fun of performance.”

The new Chorale is part of Encore Creativity for Older Adults, a Washington DC-based national initiative that is dedicated to providing adults aged 55 and older with professionally conducted programs. Founder and artistic director Jeanne Kelly created the program as a result of landmark research known as The Creativity and Aging Study, which examined the impact of professionally conducted participatory arts programs on the physical and mental health and social functioning of older adults. The study was led by the late internationally renowned gerontologist Dr.

Gene Cohen, Director of the Center on Aging, Health and Humanities at George Washington University.

The results of the study were striking: Community-based arts programs point to “true health promotion and disease prevention effects.”

Miller has been connected to the Encore Creativity program in the nation’s capital for five years, and when he learned of their affiliate program, he and his wife Sandy, each of whom recently lost a parent, decided to bring Encore to the Chicago area to give older adults here the opportunity to stretch, grow, and be part of the community that choral singing creates.

“If you enjoy singing, you will love this!” said **Dorothy Pirovano**, a Clare resident who sang with the summer session and rejoined for the fall session. Phyllis Mitzen, president of Skyline Village and another chorale member said, “Everyone can sing.



**Artistic Director Jonathan Miller**

Being a part of creating music with a chorale makes your heart soar!”

After the summer pilot program, a fall session started at The Clare on September 12. The group is now hard at work learning four-part harmonies for a collection of holiday music. The Chorale’s holiday concert will be held at The Clare on Monday, December 19.

Miller says, “I do my best to make the experience enjoyable while also guiding the group toward musical excellence. We hope to see more and more residents of The Clare take advantage of the program.”

The winter session will begin in January, and all Clare residents are invited to join. The more, the merrier! Registration details will be forthcoming. For more information on the Encore initiative in general, go to [www.encore.illinois.org](http://www.encore.illinois.org). ●



After their debut performance at The Clare, the Gold Coast Chorale came together with the other Chicago-area Chorales for a concert at Buchanan Chapel of Fourth Presbyterian Church.

# DEPARTMENT UPDATES

## RESIDENT REFERRAL PROGRAM

“We are excited to invite residents to participate in our Resident Referral Program,” says **Lynne Lukas**, Director of Sales & Marketing.



Lynne Lukas

With this program, if a resident refers a friend to The Clare and the friend moves in, both the friend and the resident receive a generous credit on their monthly statement. Referrals must be age-qualified and must not have previously inquired with the Sales & Marketing Department about living at The Clare.

For information on the program, contact Sales & Marketing at 312.784.8015 or stop by Suite 2101 to pick up a referral form. ●

## LIFE ENRICHMENT ACTIVITIES

“The late summer and early fall months at The Clare have been packed with fun, adventure, and vibrant living!” says **Lori Griffin**, Director of Life Enrichment.



Lori Griffin

“The Clare University program was a roaring success. Many residents also took part in a day of exploring Lake Geneva, and the weather cooperated beautifully. Adventures continued into Active Aging Week in September with a successful Goodwill Donation Drive and an Amazing Race scavenger hunt, and most recently, we welcomed fall with an Oktoberfest celebration.”

The Life Enrichment team is happy to welcome back **Clinton Belton** as a driver. ●

## SOFT OPENING DOOR CLOSURES INSTALLED

**Frank Buchberger**, Director of Plant Operations, reports that heavy duty door closures and hinges are in the process of being replaced with soft opening door closures and hinges in all public area, including restrooms, locker rooms, sauna, and meeting room doors. The soft hinges make doors easier to open.



Frank Buchberger

Resident response has been very favorable. ●



**Emmanuelle Schott**, Director of Environmental Services, planned a week of events, including group dining for her team during International Housekeeping Appreciation Week.

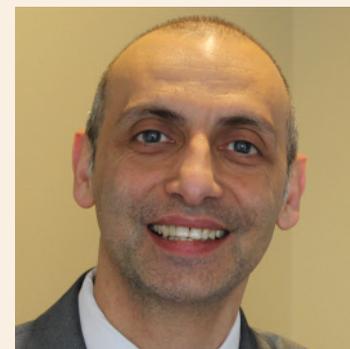
## NEW HOUSEKEEPING SCHEDULE

**Emily Garba**, Administrator, announces that the housekeeping schedule has been rearranged to reduce housekeeper travel time between floors. The plan is for the housekeepers to use the extra time to maintain the common spaces on each floor assigned. Meet-and-greet gatherings were scheduled with the housekeepers and their assigned residents to get acquainted. The new schedule took effect in October. ●

## NEW IN DINING

**Francesco Tardio**, Director of Dining Services, reports the following enhancements in dining:

**Casual themed buffets:** Every Thursday, there is a casual themed dining buffet in the Abbey on the 53rd floor, featuring selections such as a baked potato bar.



Francesco Tardio

**Fine dining events:** Due to the positive resident response to the rollout of fine dining events in the Abbey, these dinners with wine pairings will continue.

**Speed lunches:** Speed lunches are now available in the Bistro. Residents order a soup or salad, entrée, and dessert, and all are served at one time.

**Self-checkout:** Residents can pick up items from the Bistro Marketplace and complete self-checkout cards rather than wait in line to complete their transactions.

**Holiday gift items:** The Bistro Marketplace will be stocking gift items during the upcoming holiday season to help residents with last-minute purchases. ●