

THE CLARE CONNECTION



Summer
Issue

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The Clare “Crewsaders” Race for a Cause and Building Community

WITH A SPIRIT of collegiality and camaraderie, residents and staff of The Clare participated in the 16th Annual Dragon Boat Race for Literacy, hosted by the Chicago Chinatown Chamber of Commerce. The event took place at Ping Tom Memorial Park on Saturday, June 25.

Thirty dragon boat race teams competed in the event, which was held on the south branch of the Chicago River. The Clare Crewsaders were noticeably in a different age group compared to other teams—and they received boatloads of encouragement from their cheering section of fellow-residents, friends, family, and crowd of on-lookers.

Participation in this year’s Dragon Boat Race was an idea conceived by Clare resident **Ralph Niebling**. “Last year, The Clare Pace-makers, our Saturday walking group, went to Ping Tom Park to see what the races were all



A beautiful day to race on the Chicago River

CONTINUED ON PAGE 10



The Clare Crewsaders and their cheering squad

A Letter from Kyle



GROWING OCCUPANCY

AS THE SUMMER is heating up, so is The Clare marketing team. We are quickly closing in on 80 percent occupancy, or 196 apartments out of 245.

Occupancy at The Clare has nearly doubled in the last three years! There has been a lot of hard work and teamwork both by residents and staff to make this happen. Even with the recent success, we have to stay focused on selling the remaining apartments and getting to 100 percent occupied.

“Occupancy at The Clare has nearly doubled in the last three years!”

As you are probably aware, we are currently sold out of two-bedrooms and larger apartments. Therefore, we are spending all our efforts on marketing our one-bedroom apartments. So that you can share information about our one-bedroom apartments, the one-bedroom entry fee starts at \$275,000 with monthly service fees starting at \$3,200/month. That starting fee increases with larger floor plans and for higher floors with more desirable views. To obtain a Life Care contract at that price point is an incredible value. If you get questions from friends about The Clare, please drop their names to our marketing team. They will be happy to assist.

GRAFTON RENOVATION

The Clare will once again be under construction starting this September. Our beloved Grafton will be getting a face lift with new carpeting, lighting, wall coverings, window treatments, and art. The same team that completed the other renovated spaces will be completing The Grafton project.

Part of the renovation will also enhance our back-of-the-house storage areas. As more residents have moved in and our Grafton menu has expanded, we are running out of places to store food. The renovation will include a state-of-the-art storage system that will double our storage capacity, and we'll also be adding an additional walk-in cooler.

Renovation plans are still being worked out. Once we have an official timeline, I will communicate the details. The Grafton will be closed for three to four months. During that time, we will be utilizing The Ambassador lounge to supplement The Bistro for dinner.

GRATITUDE AND APPRECIATION



Chris Lyon, Beatrice Jones, and Sally Kinnamon



Robert Day, Jim Stack, and Zarko Horvat

Finally, I want to thank all the residents who participated in the Employee Appreciation Brunch. Our staff really enjoy getting to take the time to interact with you all and sample your home-cooked food. Some even came back a few times for extra helpings! I hear time and again from our staff that the best part of their jobs is working for residents like you. Thank you for making a difference.

And a big thank you to everyone who participated in the Dragon Boat Races! What a testament to the power of vision, teamwork, collaboration, and having fun.

Every day, we see extraordinary connections between the residents and staff at The Clare. Together, we are building an outstanding team. ●

Kyle Exline

Executive Director



THE CLARE

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NEWS from your COUNCIL & COMMITTEES

THE RESIDENT ADVISORY COUNCIL

Sheila Rock, President of the Resident Advisory Council (RAC), reports that the committees have been very busy with their assigned activities.



Sheila Rock, President

The Construction Subcommittee will soon be reinstated as plans are moving forward for the “freshening up” of the Grafton and work on the kitchen area. There will be some work on the 19th floor but plans for that have not been finalized. Stay tuned!

The RAC is also working on increasing the number of fire wardens here at The Clare. More information on this initiative will also be forthcoming.

Sheila also has met with Abbie Fassnacht, the President of the Resident Advisory Council of The Admiral at the Lake. “We hope to continue to meet and get to know each other,” said Sheila, “as there is much we have in common being ‘city folks.’”

NEWLY NAMED HEALTH AND WELLNESS COMMITTEE



Linda Chinn, Chair

On June 7, 2016, the name of The Terraces Committee was changed to The Clare Health and Wellness Committee.

Linda Chinn, chair of The Terraces Committee, reports that the new name of the committee reflects the full scope of services offered to Independent Living residents as well as to residents on The Terraces. The composition of the committee includes not only representation from The Terraces, but also the Wellness Center, the Athletic Club, and Resident Health Services.

Some residents move here in robust health and need only the Athletic Club and wellness programs to maintain that level of health. The Wellness Center provides preventive care, hands-on care, and coordination of care for those needing additional assistance. Others need more extensive assistance at The Terraces, either on a temporary basis while recovering from surgery, medical emergency, or similar situation, or on a permanent basis because of more extensive needs with daily activities or illness. On The Terraces, residents have

access to skilled nursing; memory care; assisted living; physical, occupational and speech therapies; and activities designed to make lives as normal as possible.

The committee’s overall goal is to provide a vehicle for residents’ suggestions, questions, and concerns about the continuum of services available at the Clare and information on how to access and transition from one service to another.

LIFE ENRICHMENT COMMITTEE



Joyce Saxon, Chair

Joyce Saxon, Chair of the Life Enrichment Committee, reports, “Although most Chicago venues have lost their private Lyric Opera speakers to highlight the new Lyric season, The Clare has not. We shall continue to offer residents free previews of all eight operas for the upcoming season.” Kudos to Joyce for this exclusive program.

The preview sessions are scheduled at 4 pm on the following Mondays this fall and winter:

September 19, Das Rheingold; October 3, Lucia di Lammermoor; October 24, Les Troyens; November 7, Don Quijotte; December 5, Magic Flute; January 16, Norma; January 30, Carmen;

and February 13, Eugene Onegin.

Speakers have not been selected yet; however, they will continue to be knowledgeable and entertaining. Joyce reminds everyone that you may invite friends and neighbors to these very special talks.

DINING COMMITTEE



Chris Lyon, Chair

Chris Lyon, chair of the Dining Committee, and all members of that group extend a warm “thank you” to the residents who made the annual Employee Appreciation Brunch on June 28th a rousing success.

“Whether you made something, bought something, contributed money (checks and cash totaling \$860), or contributed your ‘sweat equity’ to set up, serve, and clean up, it all went into making it the best brunch yet,” says Chris. “The \$251.54 left over will be contributed to the Clare Charitable Foundation to be placed in the employee tuition assistance fund. It’s such a good feeling to be able to give back one day to the employees who make every one of our days a pleasure to live here.”

Well done! ●

RESIDENT NEWS

TUNNEY TALKS

On August 7, **Jay Tunney**, entrepreneur and author, appeared on WGN Radio's "After Hours with Rick Kogan" show. Kogan interviewed Jay about his 23-year career in Asia and his life as a writer.



Jay Tunney

Tunney is the author of *The Prizefighter and the Playwright*, *Gene Tunney and Bernard Shaw*, which explores the friendship between those two famous and compelling men of the twentieth century.

He will also be speaking at The Clare on Monday, August 22. In addition to talking about his book, he'll show a film clip of two Tunney championship fights, one from 1926 and the other from the 1927 "Long Count" fight at Soldier Field, which drew 140,000 people.

Jay's wife, Kelly Tunney, who is a journalist, will also be participating in the program.

CLARE RESIDENTS JOIN THE NEW ENCORE GOLD COAST CHORALE

The Clare hosted rehearsals for a six-week pilot program of the Encore Creativity choral music program this summer. Encore is dedicated to providing an engaging artistic environment for older adults, regardless of experience or ability.

Under the professional direction of Jonathan Miller, members of the Chorale learned five challenging pieces of music and performed at The

Clare on July 29 and will perform again on August 11 at Fourth Presbyterian in a regional Encore concert.

In addition to residents of The Clare, the group included members of the Center for Life & Learning and Skyline Village.

Hats off to the singers from The Clare for being a part of this special program:

Robert Arzbaecher
Bing Cady
Virginia Carlson
Joanne Celewycz

Marilyn Cohen
Elizabeth Conley
Marilyn Day
Robert Day
Sally Kinnamon
Carol Laque
Dee Lyne
Trudy Mack
Dorothy Pirovano
Marilyn Schmitt
Emma Talen
Gerald Talen
Nancy Vincent

The fall session for the Chorale will begin rehearsals at The Clare on Sept. 12. Sign up at the concierge desk.



Artistic Director Jonathan Miller and the new Encore Gold Coast Chorale made their debut performance at The Clare.

SAXON RECEIVES COFFEY AWARD AT LOYOLA FOUNDERS' DINNER

Joyce Saxon (MUNC '49) was honored on June 18 with the prestigious Coffey Award at Loyola University's annual Founders' Dinner. The award honors the vision of those who created Loyola in accordance with its mission to offer a transformative education in the Jesuit tradition.

Joyce was chosen because she has been "a pioneer for women, one whose professional career shattered the glass ceiling at the executive level in the advertising industry, demonstrating the

power of a Mundelein College education and the determination of its graduates."

The Coffey Award is named for M. Justitia Coffey, BVM, the first president of Mundelein College. The award honors an alumna for her leadership in the community, accomplishments in industry, and service to others.

During the event on Loyola's Lake Shore campus, more than 800 attendees viewed a videotaped interview with Joyce, which was filmed here at The Clare. To watch the video, go to: <http://www.luc.edu/founders/2016/videos/saxon.shtml>.



Jan Sisler (left), Director for the Gannon Center for Women and Leadership, who presented the Coffey Award, and Joyce Saxon. (Photo: Steve Becker. Permission by Loyola University.)

RON KINNAMON INDUCTED INTO NATIONAL YMCA HALL OF FAME



Ron Kinnamon

Ron Kinnamon received one of the highest honors bestowed upon an individual in the YMCA: He was inducted into the National YMCA Hall of Fame. This posthumous recognition was made at the organization's National General Assembly held in July.

The Hall of Fame recognizes individuals who have devoted their lives to strengthening community and demonstrated extraordinary leadership, always encouraging and nurturing others around them to develop their true potential in spirit, mind, and body.

"Ron considered his work with the YMCA his *mission*, not

a job or a career," said his wife Sally. "He would have been thrilled and humbled by this recognition." In the 173 years of the YMCA's existence in the U.S., only 128 people have been selected for the honor.

Ron became a camper at age 11 and worked up to assistant camp director. In 1955, he was chosen to attend the World Council of YMCAs in Paris, and his commitment to camping and the YMCA never flagged. He served Ys in Dallas, Miami, Atlanta, and San Francisco and completed his career with Y-USA as assistant national executive, responsible for YMCA program development.

His 1,500-page resource, *Family Focus*, had an enormous impact on developing family programming for local YMCAs around the country. He received both the F. William Stahl Award, which recognized his published work, and the Y-USA Legends of Camping Award, which identifies him as just that: a legend. ●

SUBMIT YOUR RESIDENT NEWS AND PHOTOS

Residents are invited to submit their Resident News stories and photos for "Around the Clare."

All submissions should be made via email to Gloria Bowman, Director of Business Development, at gbowman@theclare.com.

The deadline for the fall issue is OCTOBER 1.

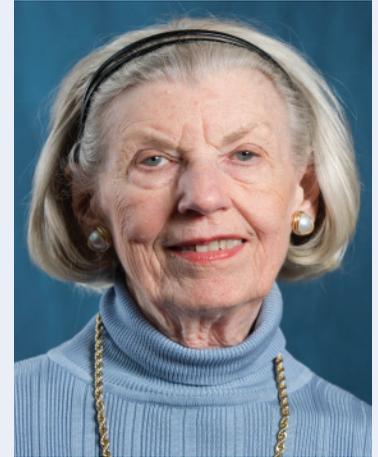
around **THE CLARE**



Carlotta Maher and Heather Ebner in the Bistro.



Sharon Hart enjoys a Garden Party on the 9th floor terrace. Bob Brooks and Nancy Niemi are also pictured.



Correction: Jan McDermott was incorrectly identified in the spring issue of *The Clare Connection*.



Sheila Rock (center) proudly displays her Instagram photography class certificate. Lori Griffin, Director of Life Enrichment, (left) and instructor Meka Hemmons (right) offered the class to show residents how to use one of the hottest and easiest ways to share photos on social media.



Karol Moller and Ron Orbaugh take a break and enjoy freshly popped popcorn.



A green roof was installed over the Bistro on the 9th floor.



Clare artists Catherine Keebler, Sally Kinnamon, Jim Stack, and Nancy Lee Spilove at the spring art show.



Dr. Elizabeth Grady helps out in the sponsor tent at the SOAR Farmers' Market at the Museum of Contemporary Art.



Wendy Nixon was one of many Clare artists who exhibited at the spring art show.



Jean Bensdorf and Art Silver at Happy Hour.



Intrepid resident Mae Rhodes takes a spin on an ATV with her son Dr. Harker Rhodes on his farm in New Hampshire.



Residents Gayle Keefer, Michael Fain, and LaDonna Whitmer congratulate Francesco Tardio, Director of Dining Services, on receiving his American citizenship.



Residents, special guests, and friends from the Osher Lifelong Learning Institute (OLLI) and the Center for Lifelong Learning enjoyed a concert from a unique perspective, onstage at the Pritzker Pavilion in Millennium Park.



Polly Sippy talks to artist Diane Simpson at the Museum of Contemporary Art. Simpson, an artist of international acclaim, provided a personal tour of her exhibit "Window Dressing" to Clare residents.

RESIDENTPROFILE

BOB SPIELER AND HIS SECRETS TO SUPERAGING

“**SUPERAGER**” is a relatively new term that describes adults over 80 years of age who remain actively engaged in life. By that definition, The Clare is populated with SuperAgers...and resident **Bob Spieler** is certainly one of them.

This amazing, 87-year-young man is as sharp, fit, and active as someone half his age. What’s his secret? For Spieler, it’s a combination of staying active, being part of a vibrant community, and volunteering.

Spieler has strong roots in the Chicago area. He was born and raised in the Northside neighborhoods of Lakeview and Logan Square, attended the University of Illinois, received his Master’s from Northwestern University, and spent his entire career as an engineer in and around Chicago where he raised a son and two daughters.

A relatively new resident at The Clare, Spieler says, “I should have moved here earlier!”

“But I wasn’t smart enough,” he says jokingly. Before choosing The Clare, He looked at communities in other cities including Seattle and Las Vegas. Climate-wise those places may sound more appealing, but Spieler notes, “I’m a Chicagoan through and through. This is where I belong.”

When asked what sealed the deal in choosing The Clare,

Spieler says that, first and foremost, it was because The Clare is a CCRC (Continuing Care Retirement Community). “It’s also very important to me to have a good workout facility,” Spieler says enthusiastically, “and The Clare really delivers in that department.” Another great perk he points out is the concierge service. He is thrilled to be able to utilize the transportation service provided to bring him back and forth to his most meaningful vocation: volunteering.

Spieler has a long history of volunteering. He was just recognized by the Field Museum for 25 years of service, and in October he will be recognized by the Museum of Science and Industry, again for



Robert Spieler



Bob and students at the Pawnee Earth Lodge at the Field Museum of Natural History

“What’s Spieler’s secret? It’s a combination of staying active, being part of a vibrant community, and volunteering.”

25 years of service. He also worked as a docent for eight years at the Peggy Notebaert Nature Museum in the Butterfly Haven that houses 1,000 butterflies where he was well versed on the more than 40 species that resided there. “They miss me. I know they miss me, those butterflies,” he says with his trademark sly wit.

Spieler was able to start volunteering due to his flexible work schedule. He was fortunate enough to have five weeks of vacation with his company when he was working. Instead of traveling or relaxing as most people would do, he chose to spread out his time off so he could volunteer. “I was able to take my vacation piece-meal, a couple of hours at a time, and that gave me the ability to leave work early and get to the museums.”

At the Field Museum, he educates the public about Native Americans. He works in the Pawnee Earth Lodge where school groups come in every 45 minutes, and he explains to the students how Native Americans lived. He loves to teach children about a culture they may know little about. “It’s very edifying when you strike a spark in some child who asks probing questions. You can see it in

their eyes. Hopefully, I help encourage an interest that will continue into that young person’s life.”

Volunteering at the Museum of Science and Industry was a natural fit, “because it paralleled with my background as an engineer,” Spieler acknowledges. Though he spent many years on the floor as a docent for numerous exhibits, he now works in “The Think Tank” where he puts his years of accumulated knowledge to the test answering letters, emails, and phone calls about the museum’s past and present exhibits.

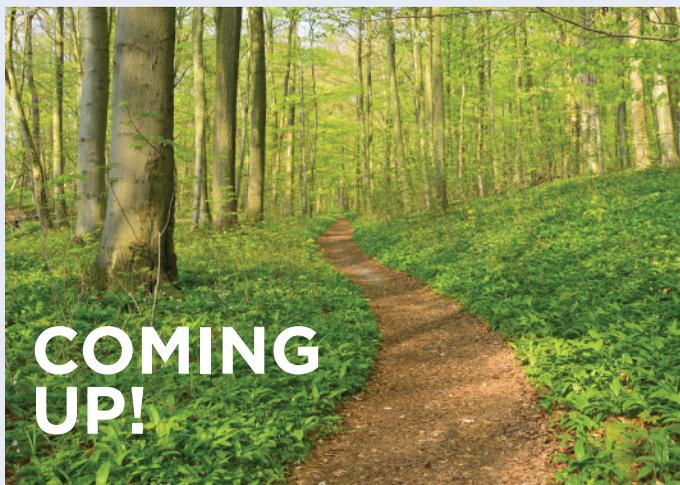
One thing he really loves about the Museum of Science and Industry is the history of the building itself. “I wish I lived in 1893, so I could have attended the Columbian Exhibition,” Spieler states passionately. The museum is really the last surviving building from the exhibition. It was originally the Palace of Fine Arts, where art from 40 countries around the world was displayed. It was a grand exhibit that wowed everyone from the moment they arrived. Spieler’s eyes light up as he says, “You didn’t walk in the front door of the Palace; you were rowed in on a gondola!”

It’s clear to see Spieler’s passion for sharing his knowledge with the world. It’s what keeps him young and gives him purpose. He plans on volunteering for years to come.

He’ll be happy to show you around if you stop by to see

him. He volunteers at the Museum of Science and Industry on Tuesdays, and at The Field Museum on Thursdays.

You might even pick up a few of his secrets to SuperAging. ●



THE CLARE UNIVERSITY SERIES

Because residents of The Clare have so many fascinating career stories to tell, the Life Enrichment Department has created a series of programs called The Clare University, based on the highly successful program developed by the Sales & Marketing Department. Each program will feature residents sharing highlights of their professional journeys. The preliminary schedule is as follows:

Monday, August 22, 2 pm

Marilou von Ferstel – An Accidental Alderman
Jay Tunney – Writing *The Prizefighter and the Playwright*, *Gene Tunney and Bernard Shaw*

Wednesday, August 31, 4 pm

Roger Darley and **Bill Hart** – Life in the Law Profession

Wednesday, September 7, 4 pm

Carlotta Maher – Forty Years in the Desert (as an Egyptologist)

Wednesday, September 21, at 4 pm

Rebecca Dixon – Sacred Spaces in the Loop
Suzanne Morgan – Architect and Peacemaker

Always check your printed monthly calendar, the weekly *CLARITY* newsletter, and online Odyssey postings for program and event updates. ●

THE CLARE “CREWSADERS” RACE FOR A CAUSE AND BUILDING COMMUNITY continued

about,” said Niebling. “When I first mentioned to my walking group friends that I thought we should enter the race the following year, they told me I was crazy. But after walking five miles back to The Clare that day, I had them convinced that we could do it.”



Ralph Niebling, Crewsaders “visionary”

This year, Niebling turned his vision into reality. “The whole event was such a success. We had both residents and staff rowing and a crew of people who came out to watch us. I am delighted with the outcome.”

“Participation in the race started out as a resident-driven idea that grew into a community-wide and community-building event,” said **Executive Director Kyle Exline**. “It was an amazing opportunity for both the staff and residents to forge new relationships and engage with one another on a new level.”

Each rowing team was comprised of a total of 20 members, which included 18 paddlers, 1 drummer, and 1 flag catcher. Paddlers rowed to the drum beat and the flag catchers were in charge of grabbing the flags at the finish line. Collaboration and commitment were definitely required. “We participated in two heats,” said **Bing Cady**, resident and team drummer. “We may not have won, but there was a great showing of teamwork and enthusiasm!”

Lori Griffin, the Life Enrichment Director at The Clare, is responsible for creating programs and special events at The Clare that include lectures, musical performances, outings, film screenings, book clubs, discussion groups, bridge and other games, themed dinners, and everything in between. “So much goes on both inside and outside of The Clare for the residents here,” said Griffin.

“The Dragon Boat Races were definitely a unique addition to our activity lineup. The creation of The Clare Crewsaders is a perfect example that aging doesn’t mean you have to stop trying new things and aging certainly doesn’t have to be boring!” ●



Onlookers at Ping Tom Memorial Park



The race is on!



Bing Cady on the drum

Clare **FEATURED ARTIST** DORIS HARRIS

EVER SINCE Doris Harris was a young girl, she found great fulfillment in her long-time hobby: photography.

Born and raised in Chicago, Doris has spent much of her time seeking out Chicago's natural and man-made beauty as subjects for her stunning photographs.

As a teenager, Doris would go to Grant Park with her girlfriends and spend the day taking pictures. Her interest only grew from there. Her talent flourished when she met her husband, who was an ac-

complished amateur photographer. He bought Doris her first Nikon camera. She soon started taking classes and eventually joined the St. Mark Camera Club.

The subjects of Doris' photographs are varied, but you will find one thing missing from them. "Most of my photographs do not have people in them. They feature nature, flowers, animals, old buildings. Any images that catch my attention."

Many of her photos were taken during her adventures



traveling around the United States, and she also found a number of beautiful spots right here in the Chicago area that sparked her creative eye in places such as Ravinia, the Botanic Garden, and the Lake Katherine Nature Center in Palos Heights. With some regret she says, "I take very few photos now because of the iPhone and iPad. I have very little interest in taking pictures on those devices." She misses the shape and weight of the old

cameras. Handling those was a skill to be developed and honed.

Doris has accumulated boxes full of framed and mounted photographs from her years as an amateur photographer. Her work is displayed at The Clare when she is the featured "Artist of the Month."

Doris smiles proudly, "Each year I'm asked to display something, so until I run out of photographs, I'll have something to contribute." ●



Doris Harris

DEPARTMENT UPDATES

WELCOME NEW STAFF



Tony Bravo

Tony Bravo has joined the Dining Services Department as manager of the Bistro. He has an extensive background in the hospitality industry including fine dining and special events. “Tony brings an outstanding sense of professionalism to The Clare,” says **Francesco Tardio, Director of Dining Services**. “He will be a great addition to our team.”



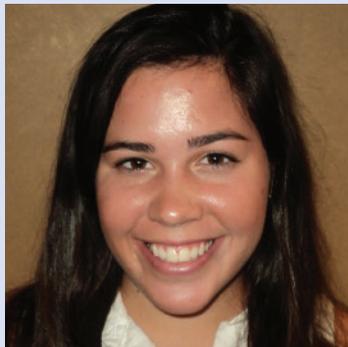
Olivia Kenady

Olivia Kenady has joined the Life Enrichment Department as front desk staff. “Her kind personality and exceptional customer skills make her a great fit for The Clare,” says **Lori Griffin, Director of Life Enrichment**.



Mallory Patera

Mallory Patera has joined The Terraces team as social worker for skilled care. Mallory attended Loyola University for her Bachelor’s and UIC for her Master’s in Social work. When she is not at work, she loves to read, knit, watch movies, and bake. If you ask her nicely, she may even play the violin for you!



Emily Delaney

Emily Delaney, who has received her Master’s in Social Work from Loyola, has taken on the role of social work assistant, splitting her time between skilled care and assisted living. Emily is an avid traveler and can still do the handsprings and standing back tucks she learned from her days as a gymnast and cheerleader.

PROMOTION IN SALES & MARKETING



Cathy Milano

“I am pleased to announce the promotion of **Cathy Milano** to the position of Senior Residency Counselor at The Clare,” says **Lynn Lukas, Director of Sales & Marketing**. “Cathy has been a dedicated employee, consistently exceeding sales goals and building the reputation of The Clare as a premier Life Care community.”

TO YOUR HEALTH!



Joanne Malleta



Colleen Habing

Joanne Malleta, Director of Resident Health Services, and **Colleen Habing, RN**, with The Clare’s Wellness Center are excited to announce a new name for their monthly wellness gathering: To Your Health!

More than a year ago, Joanne and Colleen launched a discussion series on a variety of wellness topics—from balance to audiology. “We’re so pleased that the program has evolved and taken on a new name,” said Joanne. “We hope to keep providing meaningful information that positively impacts residents’ lives.”

During the last quarter, they invited The Clare’s team of therapists to participate in discussions about the benefits of physical, occupational, and speech therapies. As a result, independent living residents are taking additional advantage of therapy appointments, which can be done in the comfort of their own homes or at the 9th floor Clare Athletic Club. The therapists and residents agree: It is never too late for wellness! ●