

THE CLARE CONNECTION

The Clare Raises Record Total in Walk to End Alzheimer's

THE CLARE IS AT IT AGAIN. For the third straight year, residents and staff of The Clare set a record for donations to the Alzheimer's Association leading up to the Walk to End Alzheimer's on September 24.

This year's fundraising total, though, far surpasses records from previous years.

Following a month of events including a silent auction, a barbecue and various raffles, The Clare officially tallied a donation of \$10,890 for the Alzheimer's Association. This total exceeds the community's \$10,000 goal and last year's donation of \$8,097.

Since 2013, The Clare has donated approximately \$37,500 to the Alzheimer's Association.

"We are so ecstatic about exceeding our goal," says **Joanne Malleta**, Director of Resident Health Services and co-chair of this year's fundraising team. "I have to admit, I wasn't sure we would make it to \$10,000."



Residents check out the items available at The Clare's Silent Auction Happy Hour and add their change to designated jars to send one director on a climb to the 53rd floor.

As The Clare was nearing \$10,000, Joanne posted the amount raised thus far on Odyssey, The Clare's online resident portal. After seeing this, a resident came to her with a check for \$200 so that The Clare could reach its fundraising goal.

"That is the generosity we have here at The Clare," Joanne says.

The annual Walk to End Alzheimer's takes place in 600 cities across the country and is the world's largest event aimed at raising awareness and funds for Alzheimer's care, support and research. Chicago's walk alone brought in \$1 million for the cause.

"This year's event was tremendously successful," says **Michael Plowman**, Director of Human Resources and co-chair of this year's fundraising team. "We can't wait to see what more The Clare can do for the Alzheimer's Association next year." 🍷



Members of The Clare staff and their families participate in Chicago's Walk to End Alzheimer's on September 24.



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Letter from Kyle

We Heard You

I WANT TO THANK YOU for your feedback on our most recent resident satisfaction survey. As you know, we conduct this survey every two years to collect data on what is working well in our community and find out where we need to improve. This year's survey was very successful and showed tremendous progress in many categories. Naturally, we spend time celebrating positive scores, but we are also focused on addressing certain concerns you identified on the survey. I wanted to share some highlights of what we are doing to continue to exceed your expectations.

Food and Beverage

Our Food and Beverage team received solid scores and posted significant improvements from previous surveys. However, this year's survey indicated our menu needs to change more frequently and feature a greater variety of options. Director of Dining Services **Francesco Tardio**, Executive Chef **Hagop Hagopian** and the Dining Committee have come together to brainstorm solutions and came up with a couple of innovative ideas. A few weeks ago, you might have noticed a new menu that includes both a dietician and resident selection. We are also rotating items more frequently with the goal of keeping the menu fresh. In these ways, among others, we're seeking to keep you satisfied with your dining choices here at The Clare.



The Bistro at The Clare

Transportation

Demand for our transportation program continues to increase. We have two town cars and a bus, and these vehicles have not been enough to keep up with resident requests for rides. As a result, we partnered with Lyft to provide on-demand transportation for medical appointments. In September alone, over 350 rides were completed with Lyft. This has allowed us to extend hours for our town cars and offer more trips on the bus, including new routes to several stores on Thursdays.

Environmental Services

While Environmental Services scored relatively strong in this year's resident satisfaction survey, there were still comments related to common area cleanliness we want to address. In some parts of the building, the carpet needs to be replaced, and the Ambassador Lounge is scheduled for a makeover next spring. At the beginning of 2018, we are also adding a Housekeeping Supervisor to support Director of Environmental Services **Emmanuelle Schott** and her team. This individual will be responsible for quality checks to ensure we are keeping common areas as clean as possible. We want you to be proud of where you live, and we sincerely hope these efforts will ensure that you always are.

These are just a few of the items we are working on following this year's resident satisfaction survey results. Of course, please continue to keep us informed of any concerns or ideas so we can better serve you. Thank you for your support! ☺

KYLE EXLINE, Executive Director



THE CLARE

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Retirement Living
Your Way

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News from Your Council & Committees



Health and Wellness Committee

SHEILA ROCK, Chair

IT HAS BEEN A BUSY FEW MONTHS for the Health and Wellness Committee! This fall, Life Enrichment Manager **Nikki Gamble** paired Clare residents with 17 Loyola students taking a course titled "Aging in America." Students and residents will spend 20 hours together during the fall semester. The hope is that both groups will learn and gain a great deal from each other during this time.

There have also been a few presentations at The Clare related to health and wellness. In October, independent living residents learned about advance care planning options, and a November discussion revolved around the difference between palliative care and hospice.

Plus, The Terraces welcomed a new dietician, Jae Mukoyama, MS, RD, LDN. We wish him well in his career at The Clare! ☺



Dining Committee

HAPPY PROSS, Chair

THE DINING COMMITTEE is gearing up for the fall/holiday season. Director of Dining Services **Francesco Tardio** is looking to restart the ever-popular themed buffets on the 53rd floor. The Thanksgiving Brunch menu is complete, and plans are also in the works to hold the annual Holiday Cookie Exchange in early December. Dust off your recipes and cookie sheets and look for an announcement in the next few weeks.

One interesting factoid reported by Francesco: The Clare's kitchen served a mind-boggling 22,000 meals in September. That is a LOT of cooking!

We on the Dining Committee are always interested in your feedback. If you have a compliment or a criticism, be sure to let us know. You can email me at happypross@gmail.com whenever something comes up. ☺



Resident Advisory Council

CHRIS LYON, RAC President

IT WAS A BUSY SUMMER here at the Clare, and it has been an even busier autumn. So many wonderful new people that have joined our community, and the Marketing Committee reports there are now fewer than 10 apartments available for sale. With so many move-ins, the Hospitality Committee has assigned mentors to all new residents to assist with the assimilation process.

The Finance Committee will be meeting with our owners in mid-November to review third-quarter results and to get a sneak peak at the 2018 budget. This will be our first indication of how our assessments will increase next year, a topic always of great interest to us all.

Meanwhile, the Fall Art Exhibition was a huge success. Who knew we had so many talented artists at the Clare? The Life Enrichment Committee is also exploring the possibility of offering more evening events. This is a request that came out of the recently completed resident satisfaction survey.

The Facilities Committee is always busy, and members are happy to report that pool and spa repairs are finally complete. The next big project will be looking at ways to improve the humidification system for the common areas of the building. You'll be hearing more of this in the future.

A few other items of note: this year's Alzheimer's fundraiser was the most successful to be sponsored by The Clare to date. Residents contributed over \$10,000, exceeding the goal set at the beginning of the event. Additionally, I had the opportunity to meet with the resident council presidents of three other life plan communities in the area, and it was interesting to see how we share many of the same problems.

Looking forward to 2018, the Council wishes you all continued good health and the happiest of holidays! ☺

The Clare Charitable Foundation

CHRIS LYON, Interim President

NOW IN ITS 6TH YEAR, The Clare Charitable Foundation, an Illinois not-for-profit corporation, maintains its mission to support, recognize and reward employees at The Clare for their hard work and commitment. The Foundation does so by providing additional educational opportunities and yearly awards for loyal service and exceptional professionalism via two programs: the Scholarship Fund and the annual Employee Holiday Fund.

The latter is supported by residents, their families and friends to express gratitude to hourly full-time and part-time staff. This year's donation drive for the Employee Holiday Fund is slated to begin in early November and end in early December. ☺

Resident News

John Flanagan Establishes Professorship at Northwestern

CLARE RESIDENT and Northwestern University alumnus **John Flanagan** recently established the Neil J. Stone, MD, Professorship at the Feinberg School of Medicine in honor of his longtime physician Dr. Neil J. Stone. John has been one of Dr. Stone's patients for over 40 years, and he has generously supported Northwestern University with numerous gifts for the same time period. This professorship was created in the Division of Cardiology within the Department of Medicine.



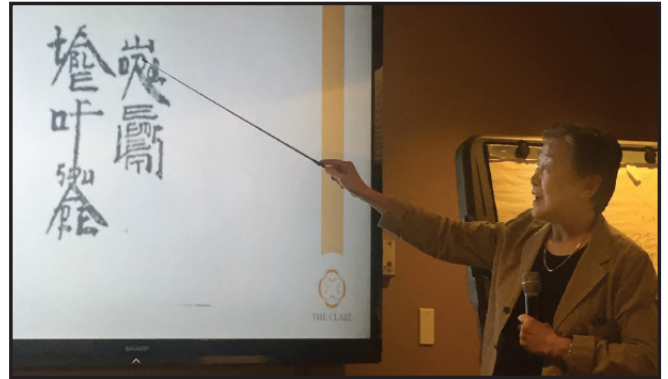
John Flanagan poses with Dr. Neil Stone (left) and Dr. Clyde Yancy, chief of the Division of Cardiology. Photo courtesy of Northwestern University.



Florence Norstrom, Beverly Rodgers and Martha Wiltsie take an open air tram tour at the Morton Arboretum in Lisle.

Vivien Lee Presents at Clare University

IN AUGUST, **Vivien Lee** presented on contemporary Chinese artist Xu Bing for the latest installment of Clare University. She discussed his 1994 installation piece, Square Word Calligraphy, which combines the language traditions of East and West, attempts to make the Chinese language more accessible and shares the pleasures of calligraphy.



Vivien Lee presents on contemporary Chinese artist Xu Bing and his concept of Square Word Calligraphy.

John Clum Discusses *Hamilton: An American Musical*



John Clum

John Clum, Clare resident, Professor Emeritus and former chair of the Duke University Department of Theater Studies, gave a presentation about the place of *Hamilton: An American Musical* in the history of musical theater and the history of American popular music. John has written books and essays on the musical. Residents also had the opportunity to attend *Hamilton* in September at the CIBC Theatre (formerly the PrivateBank Theatre).



The Clare Pacemakers, The Clare's fast-paced, long-distance walking group, trekked from the community at Rush and Pearson to Buckingham Fountain in the center of Grant Park.

Left to right: Bill Hart, Bob Day, Margaret Wasielewski, Gail Margolis, Edna Schade, Jim Morton, Judy Darley, Marilyn Schmitt and Bob Brooks



Tiny town of Llaangollen, Wales



Ruins of Grey Abbey in Northern Ireland



Pirovanos Cruise British Isles

LARRY AND DOROTHY PIROVANO recently took a two-week cruise of the British Isles, spending the majority of the trip touring Scotland, Northern Ireland, Ireland, Wales and a bit of England. Highlights of their trip included Ben Ledi, the tallest mountain in Scotland at 3,000 feet; the ruins of Grey Abbey in Northern Ireland; and the tiny town of Llaangollen, Wales, known for hand-carved "love spoons." They also visited a pub built in the 12th century in Blanchard, Scotland and Trinity College in Dublin, Ireland.

A view along the Danube River



The Conleys pose in Budapest



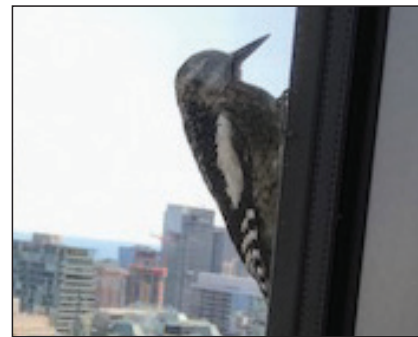
Conleys Tour Austria Along Danube River

BILL AND ELIZABETH CONLEY spent 10 days in Europe, arriving in Budapest, Hungary and cruising along the Danube River with stops in Vienna and Salzburg in Austria and Nuremberg in Germany.



The streets of Vienna

Resident Finds



Clare resident **Luise Kappe** spotted this juvenile yellow-bellied sapsucker outside of her unit.



Clare resident **Kathryn Miller** discovered a peregrine falcon on her window ledge.



Roger Carlson poses with guest David Axelrod.

Roger Carlson Invites David Axelrod to Speak at Friars' Lunch

Roger Carlson invited David Axelrod, an American political operative and analyst to speak to the Friars group at The Clare. Axelrod discussed his years working as senior adviser to former President Barack Obama and the current political climate.



Artist Profile

Wendy Nixon: With Art Comes Healing

FOR SOME, ART IS SIMPLY A HOBBY. For others, art is a way to make a living. But for Clare resident Wendy Nixon, art is a means of survival.



"My definition of peace of mind, healing and happiness is closely associated with artistic expression," Wendy says. "The older I get, the more I believe that arts, crafts and writing hold far more answers to my health issues than doctor's visits."

Wendy has had cancer for 43 years, although it went undetected for a very long time. She says she knew intuitively that something was very

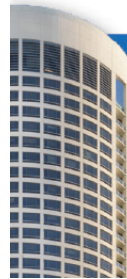
wrong, but in the days of first no mammograms and then imperfect ones, it took 15 years to finally get a diagnosis of stage 3 breast cancer.

Her diagnosis came in the midst of a 36-year career as a flight attendant. This job allowed her the time to travel the world and pursue many different artistic interests on the side, such as having a Peruvian import shop, working with an airline travel company, buying and selling estate jewelry, creating wearable art and more. Over time, she says, each hobby eventually subsides and something else takes its place.

"It was such a free life, a free existence that it gave me a great chance to explore," Wendy says.

As for art lessons, she hasn't taken many.

"I prefer the flow that happens when I don't get bogged down with too much technique," she says. "My philosophy is a bit like, 'If all else fails, read the rules!'"



It was such a free life, a free existence that it gave me a great chance to explore...

Her creativity, she believes, has led to her healing.

Ten years ago, Wendy was diagnosed with stage 4 cancer in her liver and lymph system. Her oncologist let her know this stage of cancer carries an average life expectancy of two to three years. But at her last CT scans in May, her doctor said no trace of new cancer could be found – years after her fate was seemingly sealed.

"The more I keep busy with my hands doing creative things, the more I feel that I am a survivor," Wendy says. "I think my spiritual framework, which among other things includes 25 years of work in Reiki energy healing and 16 years as a peer counselor with Y-ME National Breast Cancer Organization, plus my creativity, has been what's kept me alive."

And her creativity continues to evolve. About eight years ago, Wendy picked up watercolor painting, partially by



Flowers



Composition in Grey and Gold

chance. She and her husband spend their winters in Hawaii, and she broke her wrist a week before they left, forcing her to sit out on round after round of golf that year. Even though her right wrist was the one afflicted, she still found herself able to use a brush and create the strokes necessary for watercolor.

Now, Wendy continues with watercolor, yet she adds additional elements and textures with a collage style.

"Watercolor can be as simple or complex as one chooses, but I find my most satisfying and pleasing products are done rapidly," Wendy says. "I believe some of the best watercolor painting can be like a visual haiku - brief, deep and memorable."

Often, Wendy paints based off of haikus she writes. In one instance, a fellow Clare resident wrote a poem titled "Composition in Grey and Gold," and Wendy immediately envisioned a scene in her mind.

"Sometimes I can just be walking along and I think of something, get a visual and go from there," she says.

Moving forward, Wendy simply wants to stick with her creativity and paint when inspiration strikes.

"Just doing what I'm doing and seeing what happens is all I have in mind as far as my evolution," Wendy says. "I don't plan to be a famous artist in any way, shape or form." 🌟



Shore Path at Mauna Lani



Volcano Kilauea



Resident Profile

John Buchanan: A Life of Impact

CLARE RESIDENT JOHN BUCHANAN didn't always intend to become a pastor.

When he graduated with a degree in government, he was unsure of what came next. He took a couple of corporate interviews and sent applications into law schools. Then, a college advisor recommended the University of Chicago Divinity School.

At first, John was hesitant. *Why would I want to do that when I'm not setting out to be a minister?* he thought. But his advisor convinced him of the academic value in store, and his mind was made up.

Little did he know that this decision to come to Hyde Park with his wife, **Sue Buchanan** in 1959 would result in a 50-plus-year career as a pastor and a lasting impression on a long-standing Gold Coast church and the surrounding community.

The Early Days

Within a year of studying at the University of Chicago Divinity School, John had caught the bug. He was entranced by the world of academic religion presented to him and the discovery of scholars who were experts in their fields of theology, biblical studies, human psychology and others. His studies captured his imagination and propelled him toward ministry as a profession.

"I decided this is what I want to do with my life," he says. "There was no lightning bolt or thunder. It was a gradual process."



John Buchanan gives the Easter Benediction at Fourth Presbyterian Church in 2011

He got on track with the Presbyterian Church and registered as a candidate for ordination. He accepted a position as a student pastor at a church with a small congregation in Dyer, Indiana. He began to see the complexities of Christian faith and how it expands beyond the intellectual and theological to work directly in people's lives.

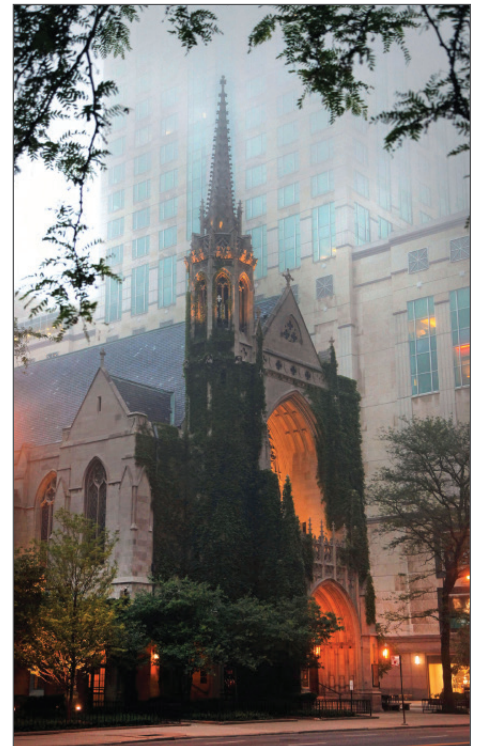
"As a very young guy, I began to realize this is a unique profession," John says. "You're manager of a small business. You're a counselor to people in stress. You have the privilege of standing with people at life's most extremes - birth and sickness and death. You're expected to do some reading and be a resident scholar, and once a week you get to stand up and talk. There's just no other job that I know of that affords you the opportunity to do all those things."

John and his family stayed in Dyer for a total of six years. He moved on to Lafayette, Indiana to serve as a pastor of a midsize suburban church for eight years. And he was called to a large, downtown church in Columbus, Ohio, where he remained for 11 years.

But Columbus wasn't where John would wrap up his career.

The Move to Chicago

Although John knew about Fourth Presbyterian Church located on Chicago's Magnificent Mile since graduate school, he never imagined working there one day. When a search committee reached out to see if he was interested in being considered as a candidate at Fourth Presbyterian, though, he immediately said yes.



Apart from the Old Water Tower complex (1871), Fourth Presbyterian Church is the oldest structure on Michigan Avenue north of the river.



The new (dedicated in 2012) Gratz Center of Fourth Presbyterian Church, as viewed from Chestnut Street, with Buchanan Chapel visible through the tall window.

Following a lengthy interview process, a nomination by the search committee and a vote from the congregation, John became Fourth Presbyterian Church's pastor in 1985.

"It has not only this central position in the city, but also a reputation for wonderful outreach programs to its neighbors," John says. "I love that – the combination of being a presence on Michigan Avenue but also deeply invested in programs to help the homeless, the children and more."

During his 26 years of service at Fourth Presbyterian, John was instrumental in many significant advancements for the church. He worked to develop mission programs and add staff so that the social service center became a full-time operation. He helped grow the church's tutoring program attendance from 150 to 500 participants. Volunteers for this program often became church members, expanding and enriching the congregation.

As the church grew, the need for more space became increasingly apparent, which led to the addition of the Gratz Center, featuring the Buchanan Chapel.

"It's hard to put into words how honored my family and I are at the decision to name the chapel," John says. "I'm very proud of the space, and very humbled more than anything else."

A Proponent for Inclusivity

One main accomplishment for John over the course of his time at Fourth Presbyterian Church was fostering interfaith outreach and relationships.

One example is the strong connection he advanced between the Chicago Sinai Congregation and Fourth Presbyterian. Not long after he started his new role in Chicago, the synagogue's rabbi requested to hold Sabbath services on Friday nights at the church, which later progressed to services for High Holy Days like Rosh Hashanah and Yom Kippur. The relationship continued to evolve to include common bible studies, retreats and seminars.

John also advocated for inclusion in the church, fighting to open ordination for positions like elders, deacons and ministers to those with different gender orientations. In 1996, John was elected as moderator of the General Assembly of the Presbyterian Church USA, which is the highest elected office. At that point, the church voted against the ordainment of gay and lesbian individuals.

The vote prompted John to organize with others in an effort to build a more inclusive, gracious and welcoming church. He went on to help form the Covenant Network of Presbyterians, which John co-moderated for several years to further this mission of inclusivity.

Years later, in 2011, the Presbyterian Church USA changed its policy to allow gay and lesbian individuals to openly serve in the church.

"It's been my interpretation of Christian faith that we need to be open and welcoming, and not because we want to be politically correct," John says.

Life After Fourth Presbyterian

In 2012, John gave his last sermon at Fourth Presbyterian Church. In 2014, he moved to The Clare and settled into retirement. And in 2016, he left his role as Editor/Publisher of Christian Century, a twice-monthly journal of religion and culture.

John and Sue continue to worship at Fourth Presbyterian, and John remains involved with Presbyterian Church USA, serving as an interim preacher at different churches as he's requested to do so.

His work is, and always will be, as important to him as it is to those around him.

"People look to the church and to religion as a way to make sense of the world that sometimes feels like it's out of control, as a place of stability and kindness in a world where that feels rare," he says. "It's a place where some values that are so critical are affirmed and lived out – justice, kindness, healing and peace." 🌈



Worshippers line up to enter Fourth Church on Easter Sunday 2017.

Jim Goubeaux, Bob Brooks, Karol Moller,
Elizabeth Conley and Linda Brooks



Around The Clare



Joyce Saxon, Marianne Mayer and Adina Sella



Gayle Keefer

Carlotta Maher

Chicago may not have been in the path of totality, but residents still enjoyed viewing **the Solar Eclipse!**

Oktoberfest Happy Hour

wouldn't be complete
without some
German beer.



Joyce Johnston and Karol Moller



Joyce Saxon



Roddie Rosenthal and Joan Green

Prost!

Director of Life Enrichment Lori Griffin serves
up German beer while donning her dirndl.



Luise Kappe



Halloween was as festive as ever at The Clare!



Tom and Joanne Daly



Virginia Wolff



Carol Laque



Sally Kinnamon



John Nixon and Bob Arzbaeher



Jim Morton and Joy Hammer



Karen Banhidi



Linda and Bob Brooks



Mary Roche



John and Wendy Nixon



Virginia Wolff, Karen Banhidi and Sally Kinnamon – first, second and third place in The Clare costume contest



Fay Stern



Thank you to Luise Kappe, Kathryn Miller and Florence Norstrom for submitting photos for this edition of The Clare Connection. Submissions are always welcome!

Resident News

Friendly Neighbors Teaches Residents About Memory Loss



Joanne Malleta

Joanne Malleta, Director of Resident Health Services, shares the success of a new Clare initiative called Friendly Neighbors, which teaches residents about memory loss, how to be good friends to those with cognitive concerns and ways to interact specifically with those who have trouble remembering:

"Friendly Neighbors gatherings take place once a month at The Clare, and they focus on simple techniques and communication tips that residents can employ to better interact with those around them who have memory issues. It's about appreciating what people are already doing, but also helping other people share so they learn what more they can do.

At each Friendly Neighbors gathering, residents are asked to share how they've been a friendly neighbor lately. We're not going to be friends with every person in the world, and that's the same with community living. But the piece that's important is how to be kind to people and how to get your point across in a kind manner." ☺

The Terraces Announces Employees in New Roles



Ashleigh Guerin

Ashleigh Guerin, Administrator of The Terraces, provides an update on staffing changes:

"There have been many staffing changes in The Terraces in the past few months. **Emily Delaney** moved into the Assisted Living Manager role from a social work position in which she worked part-time on the skilled nursing floors and part-time with assisted living residents. **Mallory Patera** has also transitioned to take on the role of Senior Case Manager, handling all of the social work needs of the skilled nursing floors. Meanwhile, **Marife Llamzon** will now serve as Clinical Support Nurse on the skilled nursing floors, and she will maintain her role as Wound Care Nurse. Her schedule includes 'off hours' and will be mostly late afternoon to evening on most days.

A new addition to The Terraces team is Jae Mukoyama, our dietician who comes to us with many years of experience in skilled nursing and clinical settings. We're excited to welcome Jae to The Clare and to see how Emily, Mallory and Marife will continue to enhance care in The Terraces!" ☺

Marketing Celebrates Successful Year at The Clare



Lynne Lukas

Lynne Lukas, Director of Marketing, thanks residents as The Clare approaches the end of the year:

"It has been an exciting year at The Clare! Our success is due to our residents that make The Clare such a special place to live. In addition to new residents from the Chicago area, The Clare has welcomed residents from cities across the country including Atlanta, Bonita Springs, New York and Washington, DC.

With only a few apartments remaining, we encourage prospective residents to contact the sales and marketing team as soon as possible. And a special thanks for the resident referrals we have received this year. Remember – friends make the best neighbors!" ☺

The Clare Provides Enriching Programming This Fall



Lori Griffin

Lori Griffin, Director of Life Enrichment, reflects on fall programming:

"Life Enrichment at The Clare finished up the summer months and started the fall with tons of fun. In September, we had *Hamilton* fever, with events including several lectures about the history of Alexander Hamilton and a presentation from Clare resident

John Clum about the history of the American musical and how the hit show fits into the timeline. At the conclusion of all the on-site learning, 60 residents and guests went to see an evening performance of *Hamilton* in Chicago.

Other highlights included a sell-out class in The Studio called Zentangle, a meditative doodling method, and a roaring Oktoberfest-themed Happy Hour on the 9th Floor Terrace." ☺

