

# THE CLARE CONNECTION

## Dining Services—Raising The Bar

**RENOWNED CHEF** Julia Child it best: “It’s fun to get together and have something good to eat at least once a day. That’s what human life is all about—*enjoying* things.”

And certainly Clare residents enjoy great food and spirited camaraderie each and every day.

The holiday season started with the unveiling of the newly renovated Grafton Dining Room on the 17th floor. The renovation included a reconfiguration of the space, as well as new wall coverings, draperies, artwork, and lighting to add an enhanced level of elegance to the atmosphere.

“We are always committed to exceeding resident expectations,” said Kyle Exline, Executive Director, “and the renovation of the Grafton did just that. It was a pleasure watching everyone’s positive reaction on opening night.”

In addition to the renovation of the physical space, Executive Chef Hagop Hagopian revamped the menu while also adding more health-conscious options and continuing daily specials. “Our dining services are incomparable,” said Kyle.



The newly renovated Grafton dining room at The Clare

experiences in all of our beautiful dining spaces,” says Francesco Tardio, Director of Dining Services. “Most importantly, the residents get to enjoy these amenities in community and friendship.”

Over the last year, renovations at The Clare included not only the Grafton, but also the expansion of the lobby, the addition of the Bistro casual dining room, and a total redo of the Abbey on the 53rd floor—all completed to enhance the daily experience of residents at The Clare.

Like Julie Child said, “That’s what human life is all about—*enjoying* things.” ●



Steve Andres, Joyce Saxon, Larry Pirovano, Bohdan and Joanne Celewycz, and Bert Cohn gather for cocktails and conversation in the lounge, with service by Jacqueline Milano.



Winter  
Issue

### CONTENTS

- 2 Letter from Kyle
- 3 Council & Committee News
- 4 Charitable Foundation
- 5 Resident News
- 7 Resident Profiles
- 10 Around The Clare
- 12 Department Updates

# A Letter from Kyle: Looking Ahead to 2017!



**WITH ANOTHER SUCCESSFUL YEAR** behind us, now is a great time to look ahead to 2017 and give a preview of what to expect at The Clare in the months ahead.

## RENOVATIONS

The past two years have been full of major renovations. We've seen complete overhauls of the lobby, Bistro, Grafton, and The Abbey, and we have had our hands full managing all the changes and projects.

In 2017 we will be able to take a deep breath as we expect to undergo only a few small renovations.

During the first half of 2017, we plan to combine the studio and screening room on the 19th floor to make a large art/creative space for our residents. The addition of this new space will add an important asset that I am sure will be taken advantage of by many.

We also plan to update the garden/green roof on the 53rd floor. This has always been a challenging area to maintain due to high winds and limited soil depth, and we are hopeful a new design will freshen up the garden space. Look for this work to begin in the spring.

## SERVICE UPGRADES

I am pleased to report that there will be several new amenities added to The Clare in the coming year.

*New EMT:* From a staffing perspective, we have added an additional 24/7 security/EMT staff member. This allows us to have two EMTs for the entire day, giving you more support and quicker response time to emergency needs.

*Expanded Wellness Clinic Hours:* We have also expanded our Wellness Clinic hours to cover the weekends, so the Clinic will now be open seven days a week to help with any minor health needs.

*Weekend Doorman:* We are also adding a weekend doorman. This position will provide support at the front desk during our busy weekends. Other departments will also see an increase in staff as more residents continue to move into The Clare.

*Dining Innovation:* The Dining program here at The Clare continues to evolve based on feedback from the residents. Late in 2016 we opened up The Lounge, which now offers full-service bar with small plates. This new amenity has been very well received, and we expect to continue to enhance our offerings in The Lounge. Now with four dining venues up and running, keep an eye out for updates from the Dining Services team regarding hours of operation.

## COMMUNITY GROWTH

Lastly, what a year of growth we had in 2016. We added nearly 55 new residents in independent living, and we anticipate adding a similar number in 2017 as we work to sell the remaining apartments. We are thrilled with the way our ever-growing community has come together. It is a pleasure to see so many new relationships and connections being made daily. The spirit of community and social vitality we have is absolutely incredible and adds so much meaning to the experience of living at The Clare.

The number of residents isn't only the number that has grown. To meet the

"When we ask our employees what they like most about being on the staff at The Clare, they consistently say, "The residents!"

needs of our population, we also added 30 full-time employees to the team in 2016 and will add a similar amount in 2017. It is great to see so many new faces living and working at The Clare!

I want to personally thank you all for the support that you continue to give The Clare and our employees. When we ask our employees what they like most about being on the staff at The Clare, they consistently say, "The residents!" We truly love working with you and striving to exceed your expectations. Here's to another great year! ●

**Kyle Exline**  
Executive Director



## THE CLARE

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# NEWS from your COUNCIL & COMMITTEES

## RESIDENT ADVISORY COUNCIL



Sheila Rock, RAC President

The past few months have kept the Resident Advisory Council (RAC) directors busy. The RAC approved the formation of two subcommittees for the operation of the soon-to-be Art Room. The subcommittees will be working under the Life Enrichment Committee. One subcommittee will oversee the organization and use of the Creative/Art Center and will also schedule the programming held in that space. The other subcommittee will oversee the exhibition of art work in the hallway and elsewhere. A survey will be distributed at an upcoming Town Hall meeting to determine the interests of the residents.

The Council also organized a Thrift Room in mid-December. The residents had the opportunity to clean out and get rid of unused items that were in good condition and bring them to Thrift Room, which was located in Apartment 2907. The donations filled the one-bedroom unit. The staff were then invited to come and choose items as they wished.

It was a great success and we are hoping to do it again in the future.

The Fire Wardens will be meeting in the first quarter. Mark McCarville, head of security and EMT, will provide instructions on the Fire Warden duties. We are most grateful to all those who have volunteered to participate as Fire Wardens, helping to ensure the safety of all the residents.

In the next few months, we will be distributing information on how to become a candidate for a position on the Resident Advisory Council and/or volunteer for the various RAC Committees. We hope many of you will consider volunteering your time and talents.

Thanks to all the residents who have attended the RAC meetings which are held on the first Tuesday of the month. Everyone is welcome.

## MARKETING AND COMMUNICATIONS COMMITTEE



Dorothy Pirovano, Chair

A new system is in place to keep you in touch with The Clare while you are out of town. If you are leaving The Clare for a period of time

and having your mail forwarded, you can now fill out a form with the concierge and indicate which internal Clare communications pieces you would like forwarded along with your mail: *Clarity* (the weekly newsletter), *The Clarion* (resident newsletter), *Clare Connections* (the quarterly newsletter)—and even items left in your cubby.

Several residents have already signed up and are taking advantage of this complimentary service to stay in touch with your home front while away.

And while we're on the subject of communicating, be sure to check that cubby of yours regularly. They are in the west end of the lobby and the drop off spot for internal communications. Don't miss anything!

The Newcomers Club continues to be a popular event. For the December gathering, every chair in the Abbey on the 53rd floor was filled. Dan Rogers, Director of Accounting, discussed the tax advantages of living at The Clare and responded to many questions. The bottom line? Have your accountant or tax preparer talk with Dan if there are any questions about what deductions can be taken. A letter to all residents is distributed that gives details on deductions.

“The holiday season at the Clare was something to see. From the festive decorations to the fabulous meals, it was a joyous celebration of life.”

## DINING COMMITTEE



Chris Lyon, Chair

The holiday season at the Clare was something to see. From the festive decorations to the fabulous meals, it was a joyous celebration of life.

Our cocktail bar opened in December and is being enjoyed by all. A coffee bar is also on its way and will be a welcome addition to our community.

Continental breakfast has been moved from the Abbey on the 53rd floor to the Ambassador Lounge on the 17th floor. The move is necessary due to the volume of residents who take advantage of breakfast service.

Continued on next page



Continued from page 3

## HEALTH AND WELLNESS COMMITTEE



Linda Chinn, Chair

Do you know why the Resident Health Services and Wellness team (Joanne Malleta, the nurses in the Wellness Clinic, and Security) want to know when you have had a fall or you are in the hospital? They aren't trying to be nosy! They want to make sure that you receive the resources that The Clare has to offer, such as a free fall assessment after a fall to see if you would benefit from any therapy services or helping you with any post-hospitalization issues that you need to stay independent.

The team is starting to use a new computer program to track incidents to identify and assess any trends or specific issues that may be occurring. Remember to get help when there is a health incident, report a fall or health concern, and let them know when you are in the hospital and when you have returned. ●



Foundation President Kevin McGirr, Directors Alice Shultz and Chris Lyon, and Treasurer Robert Day get ready for the formalities.



Harvey McCray of Plant Operations and Robert Day.



Elizabeth Conley and Michael Fame of Dining Services.

## THE CLARE CHARITABLE FOUNDATION DISTRIBUTES MORE THAN \$250,000!

**"IT'S EXTREMELY GRATIFYING** to have distributed more than \$250,000 to Clare employees," said **Kevin McGirr**, president of The Clare Foundation. "Our thanks go out to the residents and families of the Clare for their generosity to The Foundation's annual appeal for the Holiday Fund."

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

In December, Foundation President **Kevin McGirr**, Foundation Treasurer **Robert Day**, fellow-Directors **Chris Lyon** and **Alice**



Front desk staff Cassie Vaughn receives a check from Chris Lyon.

**Schultz**, and Human Resources Director **Michael Plowman** enjoyed the task of distributing checks to a standing-room only crowd of smiling staff and residents. ●



# RESIDENT NEWS



## CONGRATULATIONS, ZOE!

**Zoe Rummel** celebrated her 100-year-old birthday with a festive reception in the Ambassador Lounge. ●



## 68 YEARS AND COUNTING!

Smiles all around for **Emma and Jerry Talen** who celebrated their 68th wedding anniversary with friends, family, and champagne. ●



## VERTICAL BLOCK PARTIES COMMENCE

**Camille Tracer** reports that a new kind of “mixer” event has come to The Clare: Vertical Block Parties! A series of social hours are being organized for residents who live in the same tiers. ●



## RESIDENTS COMMIT TO STAYING WELL

**Melissa Cusick** of The Clare Athletic Club is busy year-round conducting Senior Fitness Evaluations for residents to track their cardiovascular endurance, balance, strength, and range of motion. In December, residents logged in a total of 1,573 visits to the Fitness Department. ●



Bob Schwartz



Luise Kappe



Jerry Talen

## CLARE UNIVERSITY PROGRAMS CONTINUE

**Bob Schwartz, Luise Kappe, and Jerry Talen** recently spoke at three “Clare University” programs, which feature residents talking about their passions and professions. Bob presented the story of Lerner and Loewe’s *My Fair Lady*, Luise shared “Reflections on a Career as a Mathematician,” and Jerry told his stories of “Amazing Bird Sightings from Around the World.” ●



## A TALE OF TWO CLIMBERS



**Kyle Exline**, Executive Director, met a fundraising challenge for the Walk to End Alzheimer's and climbed all 53 flights of stairs at The Clare in 8 minutes, 59 seconds, cheered on by residents and staff.



**Larry Pirovano** has been working with trainer Zach DeCoster in preparation for the 20th Annual Aon Step Up for Kids 80-story climb to the top of the Aon Center, one of Chicago's tallest buildings, which raises money for the Ann & Robert H. Lurie Children's Hospital of Chicago.



## WALK AGAINST GUN VIOLENCE

**Suzanne Turner, Marilyn Schmitt, Joanne and Tom Daly, Bill Hart and Dorothy Pirovano** (not pictured) were among the hundreds of people who participated in a silent march against gun violence on New Year's Eve Day. Marchers carried white crosses representing people lost to violent crimes. "I carried the cross of Askia Wajo, a 20-year-old woman who was killed," said Dorothy. "It was very moving." ●



## GREETINGS FROM ARIZONA

**Alex and Margaret Muster** write: *We are presently at our winter home in the foothills of the Catalinas on the outskirts of Tucson, Arizona. There is plenty of wildlife here and this photo shows a couple of our regular visitors: javelinas (pronounced havelinas). A herd of 8 - 10 show up without warning just outside our backyard wall and graze or sunbathe or sleep. They are not dangerous but not exactly friendly either: they don't like dogs and they eat plants and flowers and they can run quite fast. These two may be mother and child or maybe they are adults planning a rendezvous!* ●



## IT WAS A FUN HAPPENING!



**Jacquie Brave** writes: "Residents who had been attending Shabbat services and others

gathered together on December 24, to light the first candle for Hanukkah. It was an evening of songs, guitar playing, and camaraderie. Those who had their own Menorahs brought them, and we lit the candles for the first night together. The tables were set with Menorahs, candy, and Hanukkah cookies." Hanukkah is known as the Festival of Lights, recognizing the miracle of a single night's worth of sacred oil lasting eight days for the re-dedication of the Temple in Jerusalem. ●

# The Lesson of Ikebana: Everything Is To Be Enjoyed

## CLARE RESIDENT MARTHA WILTSIE

is a Master flower arranger who has won numerous blue ribbons and judged many garden shows around country. Her specialty is Ikebana, a centuries-old Japanese style of flower arranging. Martha has been The Clare's "Featured Artist of the Month" on several occasions and has become known for her elegant arrangements that are lessons in complex simplicity.

"I was always looking for something a little different and more challenging."

Ikebana has its origins in the Buddhist ritual of offering flowers to the spirits of the dead. By the 15th Century it had developed into an art form and today is an important part of interior design in Japanese households. There are more than 1,000 schools of different styles of Ikebana. Martha is a Master of the Ohara School. Ohara emphasizes seasonal qualities and the beauty of natural environments.

Martha surprisingly discovered Ikebana years ago when she was a young woman living in the small central Illinois city of Danville where farming was more the norm than exotic flower arranging.

"There was a gentleman who came to Danville from California named Gregory Conway. He gave a demonstration on the technique of Ikebana flower arranging," Martha recalls reliving the wonder she experienced when witnessing the technique for the first time. "I was immediately drawn to the beauty and simplicity of Ikebana." From that moment, she was hooked for life.

Martha never did get to know Conway personally, but she says emphatically, "He was my inspiration."

Martha's grandmother and mother had been avid gardeners and they influenced Martha's love of traditional gardening. However, their interest was never focused on flower design. Floral design as competitive hobby developed for Martha when she, her husband, and their two young children moved to Glen Ellyn. Then everything changed.

"I discovered Garden Clubs that had flower shows and exhibits. We lived near the Morton Arboretum. Floral design was all around me." Martha won many blue ribbons and judged many competitions over the years, but you won't hear her brag about it or show off her awards. When asked to see some of the scores of blue ribbons she's won, she dismisses the request with the wave of her hand. "Oh, I've gotten rid of all that."

During that period of her life, she never forgot Conway's demonstration and kept feeling drawn to learn more about Ikebana. "I was always looking for something a little different and more challenging." Seeing Martha's home today, it's not surprising she chose to master the art of Ikebana. Much of the décor in Martha's apartment is Japanese inspired. She connects with the minimalist nature of the Ikebana design. "I am drawn to the simplicity. It's beautiful."

But what may be most fascinating is that after years of blue ribbons in gardening shows, Martha gave all that up when focusing on Ikebana, which has become an integral part of her life. Over the years, she has traveled



Martha Wiltsie's unique holiday display contains memorabilia from her world travels.

to Japan and more to participate in Ikebana programs and shows. She has also shared her insights on Ikebana at Chicago's Art Institute as part of its lifelong learning Arts Insights program. Most recently, she traveled to Boston this fall to attend the North American Ohara Teachers Association conference.

She wants to be very clear when she says, "Ikebana is not judged, however. It's never judged. It is meant only for exhibit." When asked why, Martha responds very matter-of-factly, "Everything is to be enjoyed, not judged."

That is a life lesson Martha lives by every day: Everything is to be enjoyed, not judged. ●



# Beverly Rodgers: Reflections on Photography

**“MY LOVE AFFAIR** with photography goes back more than 40 years when slide film with its 36 pictures-per-roll limit reigned,” says Clare resident Beverly Rodgers.



**Beverly Rodgers**

“And now digital photography is even more enjoyable. The great number of images I can capture on a memory card allows me to

vary the composition and thereafter modify the pictures on my computer quite effortlessly.”

When Beverly began exploring photography as a hobby, short-term classes and joining a camera club enhanced her skill and also led to many friendships. (As a bonus, coming to The Clare renewed one of these friendships, that with fellow-resident Florence Norstrom.)

Although travel scenes were among Beverly’s initial subjects-of-choice, “My main focus now is on local nature and architecture, and Chicago offers plenty of material on these subjects.” Among her favorite places to wander with her camera are Lincoln Park and downtown. And she has taken many pictures from the windows of The Clare too.

“What I especially enjoy is going back to the same places and photographing the scenes from a new perspective and perhaps in different light.” Currently Beverly is taking a class in Art History at the nearby Center for Life and Learning to enhance her appreciation of composition and lighting even more.



**Beverly creates gifts of calendars and books from her photographs.**

A few pictures from one of her favorite groups of photographs, those from Bodie State Park in California, have been displayed at The Clare. Bodie is a former gold mining ghost town being left in a state of ‘arrested decay.’ “It’s like entering a time capsule of life more than 100 years ago, for most of the residents left suddenly without taking their possessions.”

Beverly took that series of pictures in color and then converted them to black-and-white images. “Each one of those photographs is so evocative. Each one tells a story.”

During her career as a medical editor at the American Medical Association, Beverly had to acquire and maintain a knowledge of prescription drugs. “I had to keep learning—always. I think that experience has had an impact on my photography. Learning about the subjects you are photographing often leads you to other interests—whether they are architectural styles or identification of wildflowers.” ●



**Beverly Rodgers discusses her Bodie State Park photographs with Joanne and Tom Daly at a Clare exhibit event.**

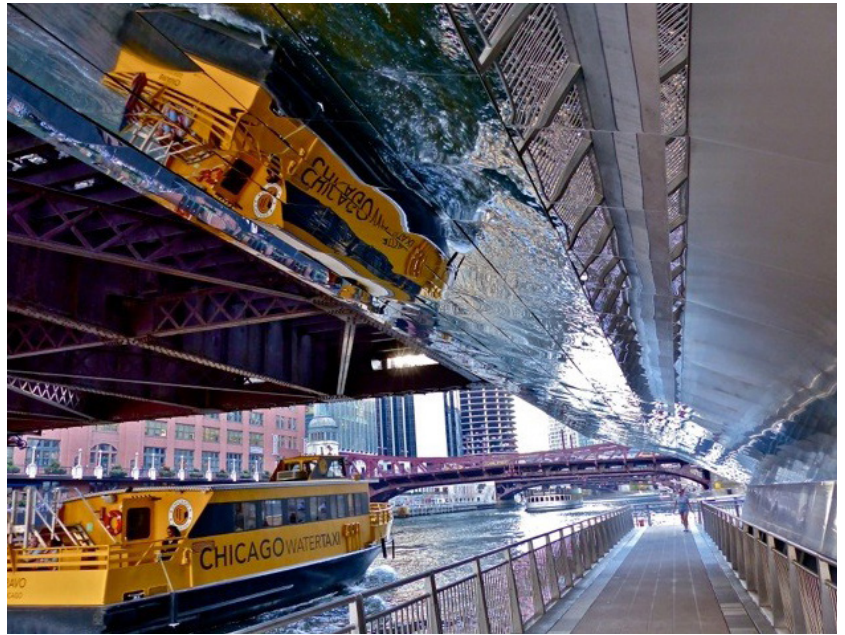


# REFLECTIONS

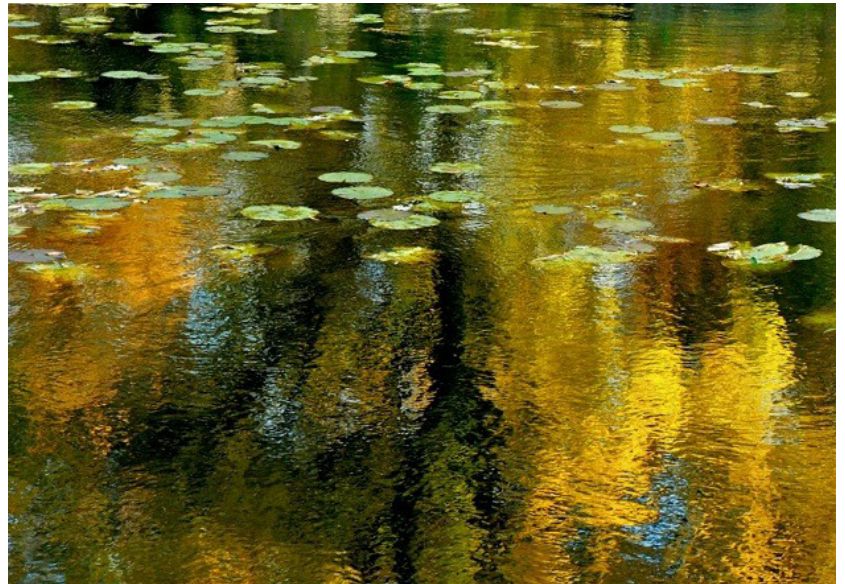
Photographs by Beverly Rodgers



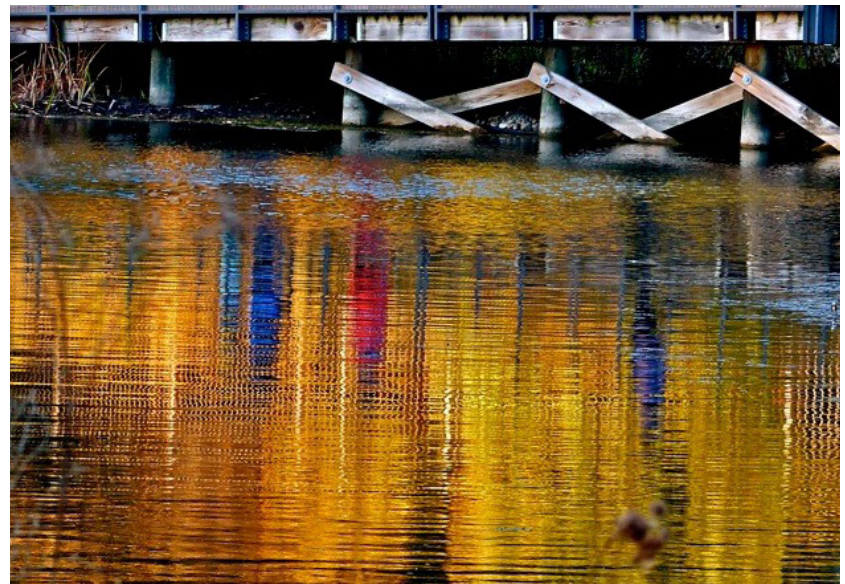
*Great Blue Heron, Lincoln Park*



*Water Taxi, Chicago Riverwalk*



*Lily Pool, Lincoln Park*



*Crossing Boardwalk at Lincoln Park*



# around **THE CLARE**



The Ambassador Lounge was packed for the holiday party.



Elf Helper Tom Daly gives Ralph Niebling some holiday cheer. Ralph has chaired the Friars' Annual Christmas Party for seven years!



Yolanda Adler



Lois Gallagher



As part of the Hospitality Committee, Kay Hart gets name badges ready for a welcome reception



John and Wendy Nixon



Kathryn Brown and Barbara Bernard enjoyed the Zoo Lights at Lincoln Park Zoo.



The Friars Men's Club Christmas party. Bert Cohn, John Buchanan, Ralph Niebling, Jerry Talen, Bob Day, Jim Stack, and Ken Mullin.





Joanne Daly and Elizabeth Aaron



Bert Cohn, Nancy Lee Spilove, and Wayne Holman enjoy cocktail hour in the Ambassador Lounge.



Mahjong players Marilyn Moltz, Alice Schultz, and Kay Hart



Enid and James Goubeaux



Several Gold Coast Chorale singers pose with Artistic Director Jonathan Miller after the group's holiday concert. Pictured are Marilyn Schmitt, Dee Lyne, Nancy Vincent, Miller, Virginia Carlson, Bing Cady, Dorothy Pirovano, staff member Gloria Bowman, Sally Kinnamon, and Phyllis Mitzen, president of Skyline Village, one of the other sponsoring organizations of the Chorale.



Pat Tiernan and Joy McDevitt



Members of the Encore Gold Coast Chorale, which includes several Clare residents, joined up with other area Encore groups for a concert at Buchanan Chapel.

## RESIDENT NEWS & PHOTO SUBMISSIONS

Thanks to Barbara Bernard, Jacquie Brave, and Dorothy Pirovano for submitting news and photographs. Submissions are always welcome!



# DEPARTMENT **UPDATES**



Ashley Guerin

## **WELCOME TO ASHLEIGH GUERIN**

In December, **Ashleigh Guerin** joined the staff as Administrator of The Clare. In that role, she oversees the operations of The Terraces. "Everyone here has been so welcoming," says Ashleigh. "I look forward to getting to know all of the residents and contributing to the success of the team."

Ashleigh completed her Bachelor's degree in Sociology and Humanities at Jacksonville University and her Master's degree in Social Work at Loyola University with a specialization in Substance Abuse Counseling.

Throughout her career, Ashleigh has worked in many different areas in the senior care industry. She started off as a social worker with a long-term care facility in Chicago. After receiving her license in Nursing Home Administration, she held the Administrator position in three different communities. She also served as the Director of Human Capital for two long-term care companies, which allowed her to focus on employee development.

In her free time, Ashleigh enjoys working out, reading, and enjoying all that Chicago has to offer—plus cheering on the Buckeyes! ●

## **YEAR-END STAFF AWARDS**

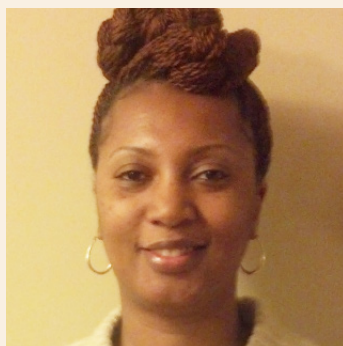
The Clare staff holiday party was filled with good food, games, prizes, and dancing—plus awards for the team members who achieved exceptional results.

### **EMPLOYEES OF THE YEAR 2016**

Given annually to one (or two) staff members who have consistently delivered over-and-above service to residents.



Rosa Castrejon - Dining Services



Angela Thorn - The Terraces

### **PERFECT ATTENDANCE 2016**

- Brian Beech**  
Dining Services
- Bernardo Brito**  
Environmental Services
- Leslie Casale**  
Dining Services
- John Farmer**  
Dining Services
- Susan Farmer**  
The Terraces
- Warlito Jaleco**  
Dining Services
- Judith Martinez**  
The Terraces

- Howa Mohamed**  
The Terraces
- Anna Okreglak**  
The Terraces
- Guadalupe Perucho**  
The Terraces
- Joy Powell**  
Front Desk
- Trinidad Sandoval**  
The Terraces
- Patrick Thomas**  
Dining Services
- Muzi Ziyavo**  
The Terraces

### **ROOKIE OF THE YEAR 2016**

Given annually to the team member who has demonstrated outstanding performance in the first year of employment.



Alejandro Lopez Vargas - The Terraces

### **MANAGER OF THE YEAR 2016**

Given annually to the staff manager who has risen to new challenges and delivered exceptional results.



Chef Hagop Hagopian - Dining Services

## **LIFE ENRICHMENT KUDOS**

The Life Enrichment team celebrated with drivers **Shanette Wells** and **Clinton Belton** as they each completed and passed their requirement to earn their CDL (commercial drivers' license) for the new bus. Congratulations are also in order to **Noel Harari**, whose research was accepted to be presented at the Midwestern Psychological Association annual conference.



Clinton Belton and Shanette Wells

## **SALES & MARKETING HAS RECORD-BREAKING YEAR**

"The marketing team would like to thank everyone for their help in exceeding our move-in and occupancy goals for 2016!" says **Lynne Lukas**, Director of Sales & Marketing. "It was a record-breaking year."



Lynne Lukas, Director of Sales & Marketing

A special shout-out goes to residents who participated in The Clare's Holiday Open House: **Sara Aversa, Sue Berger, Mary Fran Burke, Linda Chinn, Bill and Elizabeth Conley, Heather Ebner, Sally Kinnamon, Joy McDevitt, Ron Orbaugh, Mary Roche, Evie Selz, and Bob Spieler.** ●