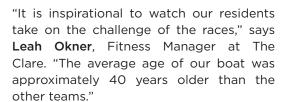
THE CLARE CONNECTION

The Clare Residents Compete in Chicago Dragon Boat Race

SURROUNDED by elite groups, fire departments and corporate crews, onlookers might not have suspected that residents of The Clare, a luxury senior living community in Chicago's Gold Coast, were about to race along the south branch of the Chicago River.

And yet, The Clare was one of 32 teams competing in the 18th Annual Dragon Boat Race for Literacy on June 23 at Ping Tom Memorial Park in Chinatown – and the oldest team, at that.



But age didn't prevent The Clare Crewsaders from giving their all.



The Clare Crewsaders

"Residents enjoy competing in the Dragon Boat Races because they have the mindset of, 'Why not us?' says **Lori Griffin**, Director of Life Enrichment at The Clare. "They are not held back by the perceived boundaries of aging."

Six weeks prior to the race, Leah began training with the residents. Half of the practice focused on balance training, as entering and exiting the boat can be a challenge, given its curved bottom and thin beams that rowers have to step over in order to take their seat.



Before the Chicago Dragon Boat Race began on the Chicago River

"Just getting in and out of the Dragon Boat was a feat in itself," says Clare resident **Sheila Rock**.

Each team consists of 20 members: 18 paddlers, one drummer and one flag catcher. The paddlers row to the beat of the drummer, while the flag catcher pulls a flag positioned in the water at the finish line. This is why the other half of The Clare's practice sessions were geared toward strength training and timing.

On the day of the race, The Clare Crewsaders first competed in a time trial race, registering a time of 2:02. In the team's second race, their boat crossed the finish line in a time of 1:53, beating their previous time by 9 seconds.

"Going into the Dragon Boat Race, safety and fun were our top two goals - and we certainly accomplished those," Lori says. "Being in the Dragon Boat Race as a team of older adults challenges people's perception on aging. And while we may not have been the fastest team, the day was a huge success!"

Being supported and encouraged by family, friends and fellow residents cheering the team on only added to the experience.

"The Dragon Boat Race was another super activity that The Clare sponsors to keep us socially engaged, physically fit and active," says Clare resident **Anne van Amerongen**. "Although The Clare did not bring home a medal, many laughs were had by all, and each one of the paddlers exerted their maximum effort."



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Letter from Kyle

Progress on 2018 Goals

IT IS HARD TO BELIEVE, but we are more than half way through 2018. Each year, we set community goals for what we want to accomplish in the months ahead. At this point, it is beneficial to take a fresh look at what we have we completed and what we are still working on.

Employee Satisfaction

One of our biggest goals in 2018 is focusing on our employee morale and development. We want The Clare to be the employer of choice in the industry and in Chicago. Year over year, we continue to see reduced employee turnover and increased tenure. Keeping high-quality employees allows us to be more efficient and provide better service to the residents. This year, we made it a priority to promote internal candidates when positions open within different departments. In the past few months, we have promoted nearly a dozen employees into supervisory positions or lead roles.

What's more, we are also currently working on developing a Leadership Academy for staff to learn more about The Clare and other business skills. We hope this will help to keep fostering future leaders of The Clare.

Lastly, the residents have pitched in tremendously. Every year, they put together an Employee Appreciation Breakfast to show their gratitude for all that our staff does. The Clare Foundation also continues to support employees and their families in going to school and handing out end-of-year gifts to hourly employees. These acts of kindness are significant drivers of employee satisfaction. Thank you!

Renovations

It would not be a normal year at The Clare without some work being done to fix up common spaces. We originally planned to renovate The Lounge Bar on the 17th floor, but we have since decided to delay that project until the beginning of 2019. However, we have moved forward with work in The Terraces. Two additional private rooms are being added to the 10th and 12th floors to increase our capacity in skilled nursing. This project will be finished in the next month, and we then look to replace the flooring on all of the skilled nursing floors.



Suzanne Turner, Sheila Rock, Kay Hart, Camille Tracer and Happy Pross serve the staff at the 2018 Employee Appreciation Breakfast.

100% Occupancy

Nearly six years ago, The Clare was sold to our current owners, Senior Care Development, LLC. At the time of the sale, The Clare was at 34% occupancy. A major milestone for us was to reach 100% occupied. From day one, it has been a focus for our entire team. This year, we hit 97% occupied, and we anticipate hitting the elusive 100% before the end of the year. Currently, we have approximately 370 residents living at The Clare with nearly 230 staff members. We are incredibly proud of the community we have become and are grateful to serve our residents and staff.

Overall, I would say we are making significant progress on the goals we created at the start of 2018. We look forward to what the rest of the year has in store! ©

KL Edin

KYLE EXLINE, Executive Director



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News from Your Council & Committees



Health and Wellness Committee SHEILA ROCK, Chair

THE HEALTH AND WELLNESS COMMITTEE The Health and Wellness Committee continues to encourage Independent Living residents to become more informed about The Terraces. We decided to start with our own committee. In July, our meeting included a tour of The Terraces.

We first met **Amy Klem**, the Terraces Transition Manager, who provided us with information distributed to everyone who spends time on The Terraces. The handout contained a brief description of Skilled Nursing and Assisted Living, frequently asked questions, details about Medicare coverage in 2018 and biographical information about **Dr. Lee Lindquist**, who is Medical Director at The Clare.

The committee then toured an Assisted Living floor with **Emily Delaney**, Assisted Living Manager, who explained that most residents plan their own daily activities. From there, we visited the 13th floor, which serves as the Memory Care floor. **Nikki Gamble**, Life Enrichment Manager, explained that unlike Assisted Living floors, staff urges residents to leave their rooms and participate in planned activities.

We continued to the 11th floor, one of the three Skilled Nursing floors in The Terraces, where we saw a typical room, the dining room and the Physical Therapy Department. Finally, **Jae Mukoyama**, The Clare's Dietician, met us on the 10th floor to discuss weekly menus and answer numerous questions about the preparation, distribution and food choices available to the residents in The Terraces.

Overall, it was a very good experience for the committee members. We learned how various areas of The Terraces function, and we agree that all residents would benefit from similar tours. We would also like to encourage residents who have questions about The Terraces to seek out the appropriate staff to receive accurate information. \odot



Resident Advisory Council CHRIS LYON, RAC President

THE ANNUAL RESIDENT ADVISORY COUNCIL meeting was held in May, with highlights including the election to fill the three vacant director positions and the subsequent election of officers.

The residents that will serve on the Council until next May and their specific responsibilities are: Linda Chinn (Chairperson of Hospitality Committee); John Clum (Chairperson of Life Enrichment Committee), John Kern (Director); Christine Lyon (President and Chairperson of Finance Committee); Ken Mullin (Chairperson of Facilities Committee), Dorothy Pirovano (Chairperson of Marketing and Communications Committee), Happy Pross (Vice President), Sheila Rock (Secretary and Chairperson of Health and Wellness Committee) and Suzanne Turner (Chairperson of Dining Committee).

Feel free to stop any of us if you have questions on how things work here at The Clare, and please attend our monthly meetings, held at 3pm on the first Tuesday of each month in the Oxford Room. Hope to see you soon!



Marketing and Communications Committee

THE MARKETING AND COMMUNICATIONS COMMITTEE has come up with two easy ways to help kids: Collect pull tabs from cans and Box Tops for Education. Enlist your family and friends to help!

Wiggle off the pull tabs from pop, pet food, soup and more, and toss them in the flowered collection boxes in the Fitness Center, Library and the credenza outside the Chapel. We will donate them to Lurie Children's Hospital to benefit the Ronald McDonald House. The donation boxes are dedicated to the memory of resident **Edith Schrager**, who collected the tabs for many years.

You'll find distinctive Box Top coupons on hundreds of General Mills products – Ziploc bags, Kleenex boxes, Scott towels, cereals and more. Go to www.boxtops4education. com for a list or products or to download coupons. The coupons are donated to McClellan Elementary School, where residents read with kindergarten students. Each coupon is worth 10 cents for the school.

We hope you consider donating these items for such great causes! ${\color{olive} \bigcirc}$



Former Nurses Honored with Appreciation Tea Party

The Clare nursing staff honored residents who served as nurses throughout their careers with an Appreciation Tea Party in celebration of National Nurses Week.



Lois Gallagher and Catherine Keebler



Sheila Rock and Rita Bakewell



From left to right: Pat Terry, Joanne Celewycz, Susan Youdovin, Charlie Shulkin, Virginia Wolff, Marilyn Schmitt, Jeanne Aronson, Adele Wexler, Director of Life Enrichment Lori Griffin, Martha Wiltsie and Fitness Manager Leah Okner

The Clare Celebrates National Senior Health and Fitness Day

Residents of The Clare took a stroll along the Chicago Riverwalk in June to celebrate National Senior Health and Fitness Day. ©



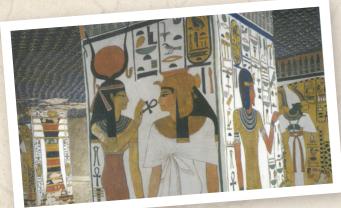
Residents Venture to Wicker Park

Clare residents spent the day exploring Chicago's Wicker Park neighborhood in July, exploring shops and restaurants curated and recommended by neighborhood local Director of Life Enrichment Lori Griffin.



Becky Davidson Travels to Abu Simbel to View Ramesses II Temples

BECKY DAVIDSON traveled from Luxor to Abu Simbel along the Nile River in March 2017 to view the temples built by Ramesses II in the 1200s B.C. Ramesses ruled over a period of great conquest and prosperity and used his reign to construct huge monuments to his own glorification.



Postcard photo of paintings inside Ramesses 11 temples The four statues of the pharaoh guarding the entrance to the temple are 65

feet tall. Originally painted in brilliant colors, they are now pale beige, having been sand blasted by the desert for 3,000 years. Ramesses also built an adjoining temple for his first and favorite wife, Nefertari. This entrance is flanked by six 30-foot-tall

statues of both Ramesses and Nefertari, unique because wives are usually depicted much smaller than their royal husbands. Inside are glorious, colorful paintings that were well protected from the ravages of sand and sun.

"As impressive as the temples are, it is the 3,000 year old paintings on the temple walls that most captivated me," Becky says.

O



Becky Davidson in front of a temple built by Ramesses 11



Statues of Ramesses 11 and Nefertari

Ebners Take High-Speed Ferry Across Lake Michigan

HERMAN AND HEATHER EBNER recently took a road trip to Milwaukee, where they explored the Milwaukee Art Museum, the Pabst Mansion, the Pfister Hotel and more. They then hopped aboard the Lake Express high-speed ferry to cross Lake Michigan and arrive in Muskegon, Michigan, covering more than 80 miles in two and a half hours. Here, their road trip continued, as they went on to Grand Rapids to tour the Frederik Meijer Gardens & Sculpture Park and Holland for the charming Dutch downtown area. The Ebners finished up their trip in South Haven on the shores of Lake Michigan.



Postcard photo of the Lake Express



Postcard photo of the Milwaukee Art Museum



Postcard photo of the Lake Express in Milwaukee.



Artist Profile

Sara Rini Aversa: Art Revolves Around Us

EVERY ASPECT of Clare resident Sara Rini Aversa's life and career has been touched by art in some way, shape or form.



Sara Rini Aversa

Beginning in high school, Sara enrolled in art classes, working with silk screen, oil paints, watercolor and more to explore her creativity. After she graduated in 1950, her parents supported her dream of pursuing interior design, and she began attending Ruth VanSickle Ford's Chicago Academy of Fine Arts. She went on to work for John M. Smyth Company, a former

Chicago furniture firm. When she married in 1954, Sara and her husband led their lives according to art.

"We were always in the fields of expanding in art," she says.

As she raised seven children, Sara continued with her passion of interior design. Art drove Sara to help her husband in the beauty business, and it was the impetus behind the couple opening their clothing store Aversa in 1970, working with textiles and pulling looks together.

Through it all, life afforded Sara countless rewarding experiences with art. Pregnant with her youngest son, she took an encaustic course at the University of St. Francis in Joliet. In 1998, she began taking watercolor classes, and it quickly became her favorite way to express creativity, though it's not without its challenges

"Watercolor is probably one of the hardest mediums to work in, because once it's on paper, it's hard to change," Sara says.

With these studies, Sara had many opportunities to travel and paint on location, in scenic spots like Cinque Terre in Italy, Sintra in Portugal and other areas of Europe. In fact, inspiration for most of her works comes from photographs



"These aren't experiences that some body's going to gift you," Sara says. "It's hard work and growth and taking chances."



Clarity



Turtle Creek

taken on her trips around the world. One watercolor titled "Fog in London" happens to be her favorite that she's painted.

"These aren't experiences that somebody's going to gift you," Sara says. "It's hard work and growth and taking chances."

Over the years, Sara passed art on to her children and grandchildren. She and her husband introduced their interest in theatre and art collecting to their kids. Two of her sons and a daughter-in-law continue to run the Aversa business, with a store open in Milwaukee. Another son is a chef, and two daughters work as stylists at high-end stores in Chicago. One daughter took after Sara to become an interior designer, and another is involved with jewelry design and fashion. Sara even gave watercolors she's worked on over the years to all 12 of her grandchildren.

"I feel that everyone excels at art and is an artist in some form," Sara says. "Art is an expression of life, love, beauty and spiritual being."

In elementary school, Sara may not have agreed with this perspective. She recalls an instance as a first- or second-



Fog in London



Ladybug

grader when she asked a classmate to finish a drawing for her when she thought she couldn't do it herself.

But a lot has changed since then. Not only has Sara incorporated art into her day-to-day life, but she also finds different ways to share her artwork, specifically in exhibitions at The Clare.

Currently, Sara believes art exists in everything she sees and does.

"Art revolves around me every day," she says. "Talking to a new person, sharing a cup of tea - that's all art. I don't think it just has to be on a piece of paper."



Resident Profile

Jack Jennings:

Washington Insider Shares Experiences in Education and Politics

GROWING UP and going to school in Chicago, Clare resident John "Jack" Jennings wasn't entirely sure what his future would entail.

Jack attended the Archbishop Quigley Preparatory Seminary during his teenage years, a school administered by the Roman Catholic Archdiocese of Chicago that was geared toward men considering the priesthood. After deciding this wasn't the path for him, he studied at Loyola University Chicago, where he was involved in the Young Democrats of America. Throughout his college years, as well as his time at the Northwestern University School of Law, he networked with congressmen and also served as a precinct captain in the city's 41st ward.

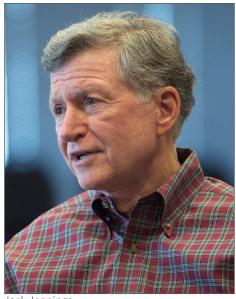
At the age of 24, Jack graduated with a law degree, and he didn't know what he was going to do. So when the late Congressman Roman Pucinski offered Jack a job as subcommittee staff director for the U.S. House of Representatives' Committee on Education and Labor, he agreed.

"It was not pre planned," he says. "Like for many people, it was happenstance."

So the day after he was sworn into the bar, in 1967, he headed to Washington, D.C. And that was the beginning of a 50-plus-year career in politics and education policy.

Working on Capitol Hill

Over the course of 27 years, Jack advanced from a subcommittee staff director to general counsel for the U.S. House of Representatives' Committee



Jack Jennings

on Education and Labor. He dealt with three different committee chairmen, set up hearings, drafted legislation and led negotiations. He helped to expand funding for the schools, to improve education opportunities for children with disabilities and to forbid discrimination in education against females through Title IX.

"I never liked politics just for the mechanics of it," Jack says. "I liked it because I could do something to help people. In Congress, I was handling bills that were helping people to help themselves by getting more education."

Early on, Jack learned the importance of bipartisanship in getting bills passed, and he refused to hold meetings unless both Democrats and Republicans were present. He came to understand that alliances change, as do people's opinions. He also realized all knowledge doesn't exist in one party, and no group possesses all truth.

"I went from being a very partisan Democrat when I first went to Washington to believing that a bipartisan approach was far preferable," Jack says. "The broader the coalition you create with people with all types of views, the stronger the legislation will be."

Of course, bipartisanship wasn't always possible. During Jack's 27 years on Capitol Hill, there were times when bipartisanship simply wasn't on the table. Still, there were far more major successes than losses.

"No major education bill went through that I wasn't at the table negotiating," Jack says. "And in my 27 years there, we didn't lose any major bill that we sponsored."

Founding a Think Tank

By the end of 1994, Jack was ready to move on from Congress. He fielded job offers from law firms, universities and other organizations, but he decided instead he wanted to launch his own think tank.

"I had always been bothered that people couldn't agree on basic facts," Jack says.

And so the Center on Education Policy was born in 1995, a nonpartisan, nonprofit education research organization. It was tough going from the start, as both the budget and the staff were quite small.



Jack Jennings with his fellow Center on Education Policy researchers and his partner Steve Molinari at Jack's retirement party in 2011



Jack Jennings with former President Jimmy Carter

Even so, Jack made it his mission to produce objective, fact-based reports. Since his staff had extensive experience in Washington, they were well aware of the education issues that could arise and were poised to conduct thorough and accurate research.

"Half of something is producing a good product," Jack says. "The other half is selling it, and you can't do one without the other."

So promote their reports they did. The center worked with the likes of The New York Times, the Washington Post and the Associated Press to get information out, and many of the reports issued then proved quite influential in the discussion around education.

After former U.S. President George W. Bush's No Child Left Behind Act passed, the center set out to explore its progress in the first year by surveying all 50 states about its implementation, as well as dozens of local school districts. The research was released within a year of the law being signed.

"I knew that would be a blockbuster." Jack says. "And it established our reputation of being fast, accurate and relevant."

Despite their commitment to truthful, unbiased work, however, Jack and his team realized that leaders would use the reports to further their own ends. An ironic instance involved later No Child Left Behind research. One such report produced by the center found that mandatory testing in reading and math as required by the law caused other subjects to be slighted. Another demonstrated that student scores were increasing on state tests, but not as much on national tests.

"Both were accurate, but President Bush took the latter and said it showed success, and his Secretary of Education took the former and said the results were a bunch of malarkey," Jack says. "We could not stop people from using our reports for their own purposes, but even that brought additional attention to our research."

After Jack retired in 2012, the Center on Education Policy became associated with George Washington University, which helps it to raise money. In 2015, the Harvard Education Press published Jack's book, Presidents, Congress and the Public Schools. This summer, Harvard and the University of Tokyo will release a Japanese translation of that book with a new chapter updating the issues, and in September, the Kappan magazine will publish this new chapter in English.



Jack Jennings with late Congressman Carl D. Perkins and key aide Bill Gaul

Now, in August 2017, Jack returned to Chicago, where he now lives at The Clare with his husband. Steve Molinari. He is less and less involved in politics and education policy, though he does write the occasional article and takes to Twitter to offer commentary on current issues.

"The problem now for the country is, how do you improve education for everybody?" Jack says. "It's very hard to do in a country like this, where everything is so localized." ②







A year after the completion of renovations, a variety of classes are now offered for Clare residents in The Studio, from encaustic monotype to watercolor painting.



Sue Buchanan creates a scenic view during watercolor class.



Doris Harris works on her encaustic monotype piece.



Thank you to Sally Park, Becky Davidson and Heather Ebner for submitting photos and news for this edition of The Clare Connection. Submissions are always welcome!

Sally Park sketches a scene before beginning to paint during watercolor class with instructor Fran Vail.



Sue Berger drafts a bird during a beginner and intermediate drawing class with instructor Fran Vail.



Bea Lehman gets started on her watercolor painting.



Sally Kinnamon sketches a boat during a beginner and intermediate drawing class with instructor Fran Vail.

Marlene Bailey paints the background of her watercolor piece



The Clare Crewsaders competed in the 2018 Chicago Dragon Boat Race for Literacy in June at Ping Tom Park in Chinatown.



The Clare Crewsaders row to the starting line for their first race.



Linda Chinn, Nancy Vincent, John Clum and Anne van Amerongen



The Clare Crewsaders return to the dock after their first race.



Terraces Transitions Manager Amy Klem, Sheila Rock and Fitness Manager Leah Okner



The Clare Crewsaders receive instructions prior to their first race.



Sheila Rock, Harlean Barth, Karol Moller and Sue Lopatka



The Clare Crewsaders begin to disembark after their first race.

Garden



Suzanne Turner, Sara Rini Aversa and Karol Moller



LaDonna Whitmer and Beverly Rodgers



Barb Arsenault and Kelly Tunney



Bob and Joan Arzbaecher



Bob and Linda Brooks



Christine Colnon, Cecilia Samans, Barbara Bernard and Alice Schultz



Kathryn Brown, Mary Ellen Streit and Connie Singer



Sally Park and Carolyn Levin



Sally Kinnamon, Joanne Daly, Linda Chinn, Chris Lyon and Sallie McBride



Virginia Wolff, Martha Wiltsie and Sallie McBride Carol Mellor and Shirley Mullin





The Clare Garden Club: Carol Mellor, Nancy Niemi, Nancy Lee Spilove, Martha Wiltsie, LaDonna Whitmer, Beverly Rodgers, Sallie McBride, Shirley Mullin, Suzanne Turner, Virginia Wolff and Marilyn Day (not pictured: Shirley Jackson)

Department Updates

Business Office Updates Residents on Finance Contacts



Dan Rogers

DAN ROGERS, Area Director of Finance, offers a reminder about who to contact with billing inquiries and ways to handle monthly payments:

"As I split my time between The Clare and Monarch Landing, it is a perfect time to remind you where to go with billing inquiries. I can always be reached via email or by phone. While you are always welcome to stop by, making an

appointment will ensure you can meet with me. Otherwise, Anne Chimienti, Senior Accountant, is on site five days a week and handles questions related to billing, including dining dollars. Patricia Germino, Health Care Biller, is on site two days a week, typically Monday and Thursday. She can help with any health center billing questions, as well as Independent Living if Anne and I are not available.

Another note: You can set up recurring monthly payments taken directly from your preferred account. If you would like to take advantage of this feature and remove one task from your monthly to-do list, please see any of the Finance team members for the necessary form. Of course, checks are always welcome and can be delivered to the green rent box on the 9th floor or to the Finance team." \odot

Human Resources Touts Employee Advancement



Michael Plowman

MICHAEL PLOWMAN, Director of Human Resources, congratulates employees on climbing the ladder at The Clare:

"These days, you'd be hard-pressed to find a human resources leader who isn't talking about employee engagement. Here at The Clare, we know improving engagement starts with our people and their desire to

participate, be involved and make a difference.

With that said, we'd like to recognize some of our employees who are continuing to climb the ladder here at The Clare:

Katie Alberson, Life Enrichment Assistant to Sales and Marketing Assistant; Jeandieu Akouete, Steward to Housekeeping Tech III; Tiffany Thomas, Certified Nursing Assistant to Front Desk Receptionist; Oliva Kenady, Front Desk Receptionist to Front Desk Supervisor; Emily Timmons, Life Enrichment Assistant to Life Enrichment Lead; Anne Chimienti, Accounting Assistant to Senior Accountant; Sylvia Grigsby, Housekeeping Tech III to Housekeeping Supervisor; Emily Delaney, Social Worker to Assisted Living Manager; Shanette Wells, Driver to Lead Driver; Sharon Hill, Cook to Dietary Aid Supervisor; Brian Beech, Cook to Lead Cook; Claire Flori, Staff RN to Clinical Liaison; and Mallory Patera, Social Worker to Senior Case Manager.

We couldn't be prouder to offer these opportunities to move up within The Clare organization and celebrate the commitment and engagement of our employees."

Output

Description:

Summer Programs at The Clare



Lori Griffin

LORI GRIFFIN, Director of Life Enrichment, describes another busy summer at The Clare:

"The Clare summer is in full swing with some resident favorites as well as new adventures. Once again, The Clare is the exclusive media sponsor of the 2018 Rush Hour Concerts at St. James Cathedral, where residents enjoy

preferred seating each Tuesday evening for the weekly concert series. In addition, many residents continue to enjoy the Grant Park Music Festival performances with Clare bus transportation on Wednesdays and Fridays.

After rescheduling due to rain, the Garden Club hosted their annual Garden Party on The Terrace on the 9th floor, complete with a steel drummer, hors d'oeuvres and summer drinks. Clare residents also celebrated National Senior Health and Fitness Day with a Goodwill Donation Drive and a walk along Chicago's Riverwalk.

New to the summer scene at The Clare was a three-week lecture series led entitled Silent Film Masterpieces, as well as a Summer Wine Tasting hosted by **Francesco Tardio**, Director of Dining Services.

The Studio remains busy with drawing and watercolor classes, workshops and a beading open studio. What's more, The Gallery exhibit was renewed for summer thanks to the wonderful work and curation of Clare residents Shirley Mullin, Ken Mullin and Beverly Rodgers."