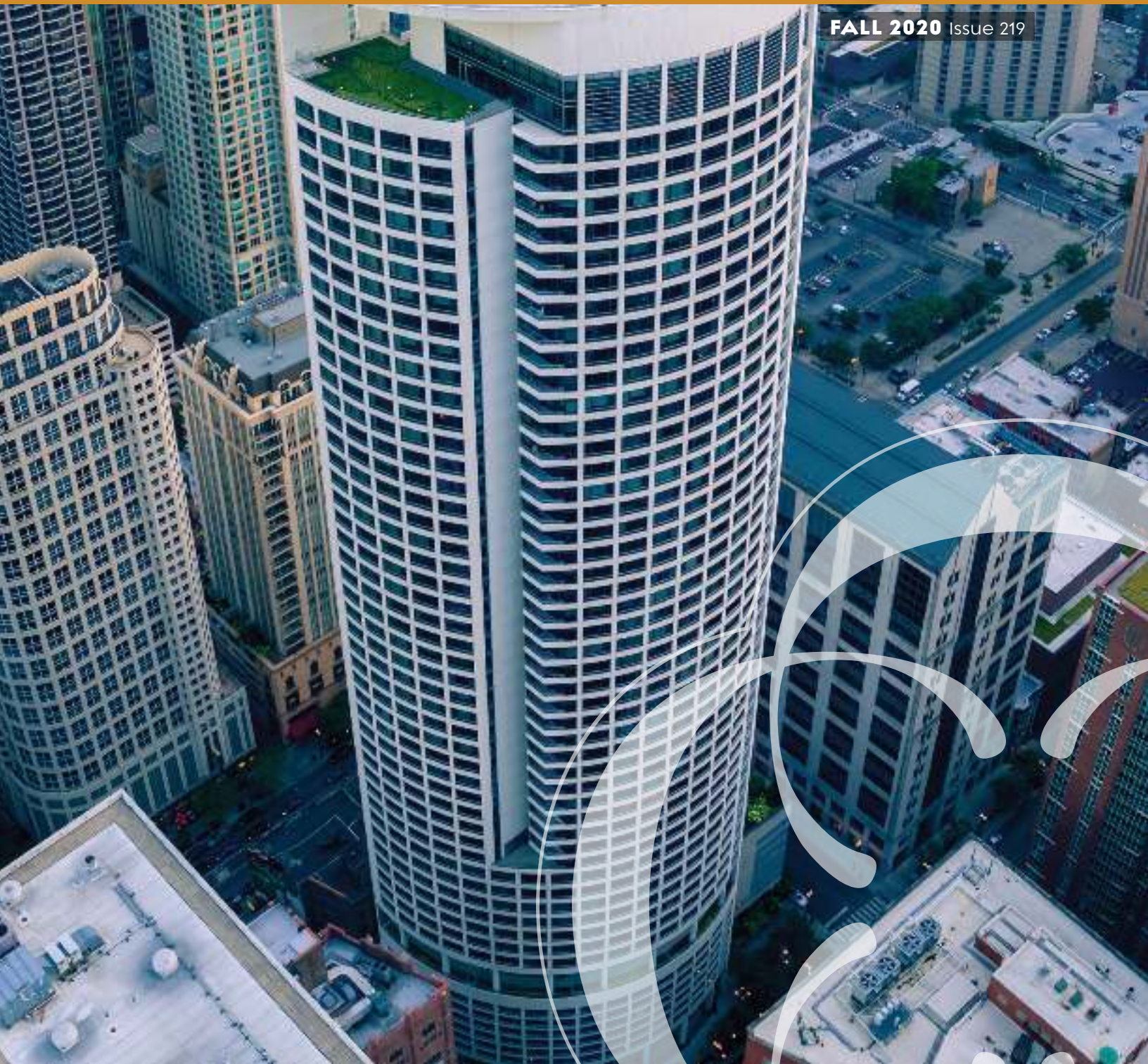




THE CLARE

CONNECTION

FALL 2020 Issue 219





Kyle Exline, Executive Director



THE CLARE

Gold Coast Retirement Living Your Way

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Positivity and Gratitude

As we approach the holiday season, I find myself feeling a sense of relief that 2020 is almost over! Between COVID-19, social unrest and an election cycle, it seems like constant negativity in the air. As I reflect on the year, I want to share some positivity and gratitude with you.

Our Employees

When COVID-19 came into our lives, our employees never once wavered. They showed up each day ready to work and help however they could. The persistence of our employees is inspiring, and I am extremely grateful to them. A few highlights of their perseverance include:

- Our employees sorting mail every day for four months as USPS declined to enter our building.
- The Dining Services team converting three fully operational restaurants into delivery service, complete with a mobile bar cart.
- The Resident Experience team transforming our robust calendar of in-person activities into very popular zoom programming.
- Our Security and Front Desk team standing tall to protect our building during a night of civil unrest.
- Our nurses and CNAs, who are true heroes, keeping our residents safe.
- Employees enduring weekly COVID tests and the constant ups and downs of closings, reopenings and service changes, never knowing what they might encounter at work each day.

Our Residents

Since the onset of COVID-19, our residents have been eager to help. They always want to be part of the solution, and this year, they stepped up in very significant ways:

- Through The Clare Foundation, residents raised \$108,000 for our employees, which The Clare then matched. The funds were used as a bonus for employees to support them and acknowledge their extraordinary efforts.

- The Foundation also initiated a new program to provide \$300 to employees who need laptops, as their children have been faced with the challenges of virtual schooling.

- Residents have distributed countless positive notes, uplifting comments and overall good spirits that help us all to smile behind our masks.

- Residents' willingness to support mask-wearing and other restrictions has promoted overall health and safety at The Clare.

Our Future

In a normal year, many of us look forward to a lavish vacation or a relatively meaningless object we have set our sights on. In turn, we take for granted the little things that actually tend to be very important parts of our lives. Here is what I am looking forward to when we return to some semblance of normal:

- Thursday Happy Hour at The Clare - One of my favorite things to do is walk around and chat with residents as they enjoy a drink.
- The Clare Art Gallery Receptions - Seeing our residents' artwork is truly inspiring. The Gallery has also transformed the 19th-floor hallways into one of the best spots in all of The Clare.
- All Staff Lunches - Once a month, we would host a free lunch for all employees, filled with lots of laughs and good will.
- Small-Scale Problems - Last but not least, I look forward to worrying about things that, in the grand scheme, don't matter much at all!

I am very optimistic about what's ahead for The Clare. We are prepared for anything that comes our way. Despite the hardships of this year, it's nice to reflect on the positive moments, and I hope this encourages you to do the same. The holidays ahead are going to be different, but let's continue to spread cheer, share joy and smile behind our masks. ☺

NEWS FROM YOUR COUNCILS & COMMITTEES



Health and Wellness Committee

Mark Schwartz | Chair

The Health and Wellness Committee has instituted a program for the exchange of Durable Medical Equipment (DME), meant to help residents with a need and those with the right device to connect. Items requested in the exchange include 4-wheeled, 3-wheeled and 2-wheeled walkers; motorized scooters; wheelchairs; transfer chairs; and adjustable canes.

Our committee, together with the Dining Committee, is also beginning interviews with Independent Living Residents who have spent time in The Terraces. We plan to organize comments and present them to Terraces management. ☺



Marketing and Communications Committee

Harlean Barth | Chair

The Marketing and Communications Committee is excited about the innovative efforts of Sales and Marketing Director **Lynne Lukas** and her team. In a resident testimonial video, **Betsy Kennedy** relays her wonderful experiences at The Clare, presenting a personal view of her experience living here in recent months. In another video, resident **Adina Sella** tells of her decision in choosing The Clare. These have been very successful in helping people who are trying to decide if The Clare is right for them.

The latest Marketing brochure features the following phrase: "Luxury one-bedroom apartments summed up in a single word - ONE-derful!" The brochure has been one of the most successful to date!

Remember to keep saving your Box Tops for Education coupons, as well as your pull tabs from cans. We will return to collecting them as soon as possible. ☺



Dining Committee

Suzanne Chapple | Chair

The Dining Committee serves as the channel between Dining Services and residents. Our membership ranges from long-time to brand-new Clare residents, all ready to support the community. We are exploring ways to enliven dining in these days of pickup and delivery by improving menu choices, variety, responsiveness, healthfulness and, of course, deliciousness. We place dining notes in The Clarion and Clarity newsletters to provide news and information and to elicit input. Our ongoing effort to improve offerings in the Marketplace is underway! As always, we are listening, so don't hesitate to provide your feedback! ☺



Hospitality Committee

Gail Margolis | Chair

The Hospitality Committee continues to provide personal mentoring of new residents and develop activities to increase interaction among neighbors. During the current COVID-19 pandemic, our initiatives have been affected by limitations around in-person interaction.

Despite restrictions, we still seek ways to welcome new residents to the community. We sponsored a "Newcomers Zoom" in conjunction with a Thursday morning Coffee Hour, which we will do again. We also plan to host a meeting solely for new residents in the future.

We appreciate your thoughts and feedback about how we might engage new residents during this most challenging period. ☺



Resident Advisory Council

John Clum | RAC President

The Resident Advisory Council and its committees continue to meet during the COVID-19 pandemic. While the RAC still meets via Zoom, some committees have held socially distanced in-person meetings. I am happy to say that under their current leadership, the committees are more actively seeking feedback from residents and are working on new initiatives. Please remember that the RAC and all committees welcome resident input, so feel free to offer comments, questions or suggestions to committee chairs, RAC Secretary **Dorothy Pirovano** or myself.

The best way to keep up-to-date with RAC activities is to tune into the monthly meeting held on the first Tuesday at 3pm via Zoom. ☺



The Clare Charitable Foundation

Dave Andersen | President

The Clare Charitable Foundation provides grants for employees and their children for educational costs. Normally, computers are specifically excluded from these grants, but 2020 has presented a shift from using computers for fun and enrichment to being a necessary part of virtual learning at all levels.

In response, the Foundation initiated a program for employees and their children to provide grants of up to \$300 to go toward the purchase of a computer for online education. As of October 28, we have distributed 25 grants - 11 for employees themselves and 14 for children of employees. This program will end December 31. ☺

RESIDENT
NEWS



Resident Carol Laque submitted this photo to an art show titled "Art in the Time of Corona," an SOS Art Group online art exhibit of responses to the COVID-19 pandemic. She included the following poem with her photo submission.

*To sew by hand for grandma
with one needle and one thread
stitched her loving to my prayers
each night as they are said. ☉*



Residents Joanne Celewycz and Jerry Talen tied the knot! The two were married on September 26 at St. John Berchmans Church in Logan Square, with Father Pat Marshall presiding over the ceremony and 19 family members in attendance. ☉



Residents Linda and Bob Brooks filled out their mail-in ballots ahead of Election Day and submitted them at a secure drop box at an early voting site near The Clare. ☉

Clare residents wore pink on October 15 to honor National Breast Cancer Awareness Month and emphasize the importance of research, awareness, education and early detection. ☺



Vivien Lee, Barb Arsenault, Bob Arzbaeher, Fitness Manager Emily Buxton and Anne Kern



Betsy Kennedy, Joyce Saxon and Fitness Manager Emily Buxton



Bea Lehman, Marlene Bailey, Roberta Weisberg, Mary Ellen Streit, Edith DeMar, Susan Youdovin, Harlean Barth, Joanne Celewycz, ML Karth and Karen Banbidi



John Buchanan, Sue Buchanan, Barbara Bernard, Linda Brooks, Bob Brooks, Sally Park, Linda Chinn, Sally Kinnamon, Beverly Rodgers and Shirley Mullin

Supporting Our Neighbors: Residents of The Clare Commit to Dining Local

The Clare's location in Chicago's famed Gold Coast neighborhood has been a significant benefit for residents since the building opened in 2008.

Inside The Clare, luxurious amenities and high-end apartments provide residents with an unparalleled living experience. Step outside, and they have access to some of Chicago's best shops, restaurants, entertainment, and more, all within walking distance.

Unfortunately, the COVID-19 pandemic has affected far more than the way The Clare operates. It has also had a tremendous impact on neighborhood businesses, which residents have come to love and cherish.

Restaurants, in particular, saw three times the job losses of any other industry just two months into the pandemic, according to Forbes. Now, they must contend with limited dine-in capacities, a struggle especially as Chicago winter approaches and outdoor seating becomes even more sparing.

That's why residents of The Clare find it more important than ever to step up and support their favorite locales.

"When we move to The Clare, we hope to be here for many years," resident **Betsy Kennedy** says. "And hopefully, if we support our local businesses, they'll still be here as we age."

Betsy's go-to restaurants in the neighborhood are Bistronomic, a contemporary French Bistro; and Mozzarella Store, a Neapolitan pizzeria and café. When the weather allows, she eats out about once a week, made possible by outdoor patio seating and proper precautions at both locations.

"The service at these places is outstanding," Betsy says. "And I always feel safe and comfortable."

Residents **Mark and Sally Schwartz** also frequent Bistronomic regularly, so when the lockdown took effect in March and restaurants were forced to suspend in-person dining, they pledged their continuous support of the restaurant.

"When they began takeout, we ordered once a week from their yummy three-course family meals," Sally says. "Laurence, the kind wife of Chef Martial Noguier, personally delivered our food to the Front Desk."

Mild Chicago weather throughout the fall permitted Mark and Sally to walk the couple blocks to dine outside at Bistronomic as restrictions loosened slightly. However things unfold moving forward, the couple will keep incorporating the restaurant into their weekly meal plans.



Photo courtesy of NoMI



Photo courtesy of Bistronomic

“Our support of these businesses is critical, not only for their income but for maintaining the vibrancy of the neighborhood.” ~Pat Terry



Photo courtesy of Tempo

properly spaced out and always wearing masks. So far, they've enjoyed meals at Tempo, Bistronomic, LYFE Kitchen, and the dining options at Sofitel, as well as takeout orders from 3rd Coast Café. They also celebrated their anniversary at NoMI, which they say was very accommodating of current protocols.

As residents have made clear, providing these restaurants with business is as important for The Clare as it is for the restaurants themselves.

“We picked The Clare because of all the things to do in the neighborhood,” Pat says. “Our support of these businesses is critical, not only for their income but for maintaining the vibrancy of the neighborhood.” ☺

“We expect to continue to support Bistronomic through this winter, even if we have to go back to takeout,” Sally says.

Resident **Chris Lyon** ventured back into the neighborhood, as well, stopping at RL Chicago after a leisurely walk to sip a glass of wine and read a good book or shopping for her own groceries at Potash Market rather than ordering them for delivery. She also met friends for dinner at the restaurants on Rush Street, where the road is closed to cars and bikers to expand the dining venues' seating capacities.

“It's almost like being in Europe,” Chris says.

For Chris, supporting the shops and restaurants that surround The Clare is her contribution to keeping them in the neighborhood.

“Walking around and seeing how many places are boarded up, I get concerned some of those businesses will never come back,” Chris says.

Residents **Pat and Cliff Terry** feel similarly, which is why they have frequented many local restaurants for dine-in,

pickup and delivery. They're very careful when making plans, checking that the restaurants offer seating that is



Photo courtesy of Big Shoulders Coffee

Crepes Day at The Clare



*Sue Brown and
Lillian Scommegna*



Joanne and Tom Daly



Heather Ebner

Gotta B Crepes set up shop at the corner of Rush and Pearson to provide residents and employees with a sweet treat to brighten their days! 🍩



Linda Shakno



Walter Melion and John Clum



Carolyn Driscoll and Vivien Lee



Dave Andersen

An Outdoor Affair



Phyllis Berning and Marilyn Schmitt



Linda Chinn and Betsy Kennedy



Rebecca Dixon and Barbara Bernard

Residents enjoyed the last of the warm Chicago weather with alfajores and steak chimichurri sliders while taking in the sounds of Argentine guitarist Guillermo Paolisso. ☺



Greta Flory, Arlene Johner and Sallie McBride

MYSTERY WALK

Current circumstances have prevented The Clare from sending residents on famed Mystery Trips, where they sign up without knowing where they're going until they arrive. Instead, The Clare arranged a Mystery Walk, in which residents solved clues that led them to locations in the neighborhood. At each stop, they collected items for a picnic in The Abbey! ☺



Betsy Kennedy, Linda Brooks and Bob Brooks



Anne van Amerongen, Anne Scott and Roberta Weisberg



Linda Brooks, Bob Brooks and Anne Scott



Marlene Bailey, Sally Kinnamon and Karol Moller



A New Approach to Fitness at The Clare

Wellness and fitness are crucial components of the overall resident lifestyle at The Clare. So, when in-person group classes were canceled and the Fitness Center and Pool closed in early March in response to COVID-19, keeping residents active was of paramount concern.

With each restriction implemented, The Clare's fitness team never wavered. They stepped up to the challenge, creating innovative ways to keep residents engaged and moving.

"Once COVID-19 hit, we started to figure out what we can do and change to make sure our residents did not miss a beat," Fitness Manager **Emily Buxton** says. "We took maybe three days off, and then we were right back into a routine."

Early COVID Challenges

The first step was reinstating a regular fitness schedule. Thanks to The Clare's in-house channel, Emily began teaching live in front of a camera, and residents tuned in daily to follow along from the comfort and safety of their apartments. They could check out sanitized equipment to use for their workouts, as well.

"We wanted to make sure that we're offering the same caliber of classes that we were before," Emily says.

Since the onset of the pandemic, residents **Jack Jennings** and **Steve Molinari** have tuned in to the fitness classes from the comfort of their apartment. They appreciate the variety of exercises and stretches, as well as the set schedule they can follow.

"We look forward to it as the start of our day," Steve says. "We call it 'Emily at 9,' and it really grounds us."

Resident **Frank Caravette** also regularly attends the fitness classes via his

television, and he especially appreciates the convenience. He keeps up with a personal trainer twice a week, along with physical therapy, but he took up the classes amid the pandemic when the Fitness Center closed initially.

"If I don't exercise, I slow down," Frank says. "The exercise becomes important for that reason."

Given that Emily would usually interact with and check in on residents as they took her classes or went to the Fitness Center, another important step was figuring out how to engage with residents. She delivered handouts with exercises and promoted games like Healthy Habits BINGO, where she would call out a square at the end of each class to gauge how active residents were.

Most important, though, was simply connecting.



Laurel Blau uses a machine during a personal training session.

"We made bi-weekly phone calls to every single resident to ask them how they were doing and if they needed anything, even if it wasn't fitness-related," Emily says. "Many of the residents were lonely, and there were times where we have had to be that voice of encouragement, saying, 'We will get through this. Just hang tight. Whatever you need, we are here to support you.'"



Frank Caravette stretches during a personal training session

The first few weeks were the hardest, by far, Emily says. But creativity and dedication drove engagement. Throughout the month of May, she celebrated Themed Fridays, in which she would dress up for different decades and teach a dance as part of that day's class. She distributed flower growing kits to give residents something to take care of while they also took care of themselves. And she promoted challenges that encouraged residents to be competitive with each other and with themselves.

"We did a sit-to-stand challenge, for example, and we had more participation than we ever have in previous years," Emily says. "You won't find the programs we offer outside of The Clare."

Reopening The Clare

In recent months, The Clare has slowly loosened certain restrictions put in place in the early days of COVID-19. Small groups of residents can attend in-person classes, which are still broadcast through The Clare's in-house channel, as well. Masks are required, and participants are encouraged to use their own exercise equipment. Pleasant Chicago weather has allowed residents to enjoy the likes of Tai Chi in the park, too.

Resident **ML Karth** has been an avid participant in fitness classes since they restarted, joining daily strength and cardio sessions as well as weekly Tai Chi, now available for small groups indoors. The offerings are wonderful,



ML Karth attends an in-person exercise class at The Clare.

she says, and they're keeping her moving despite these difficult times.

"Otherwise, I'd sit like a log!" she jokes.

The Fitness Center and Pool have also reopened with rules and regulations in place. Only four people are allowed in the Fitness Center at a time, and just one person can exercise in the Pool at a time. In both locations, frequent sanitation occurs, and reservations must be made in order to take advantage of the amenities.

"Residents are appreciative of these protocols, because they know that if we have COVID-19 cases, everything can go backwards," Emily says.

Personal training has continued throughout the pandemic, typically taking place one-on-one in resident

apartments and now in the Fitness Center, as well. Over the months, the number of residents partaking in personal training has increased significantly as they sought out new ways to get active.

Resident **Laurel Blau**, for example, started personal training with The Clare at the end of March. Now, she spends three afternoons in the Pool and two afternoons in the Fitness Center in an effort to maintain her health.

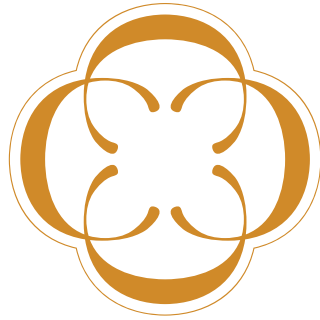
"I think exercise is the most important thing you can do to maintain wellness," Laurel says.

Everything has been an adjustment, and flexibility has been key in providing residents with wellness and fitness programming throughout these unprecedented times. Overall, residents of The Clare have continued to reap the benefits of an on-site fitness team, all while remaining healthy and safe.

"I could not speak any more highly about what has happened here at The Clare to make sure that our residents are able to live as fully as pre-COVID," Emily says. "We have done everything we possibly can to keep our residents safe, and we will continue to do that as long as necessary." ☺



ML Karth, Anne Kern, Vivien Lee, Steve Molinari and Jack Jennings participate in Tai Chi in the Park, sponsored by The Clare.



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