



THE CLARE

CONNECTION

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LETTER FROM KYLE



Kyle Exline, Executive Director



THE CLARE

Gold Coast Retirement Living Your Way

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*"It has been so nice to see you back out in
the community and enjoying all that makes
The Clare so special!"*

We entered the second half of the year with renewed energy after weathering the last 18 months of the COVID-19 pandemic. However, as we are all too aware, we cannot turn a blind eye to this pandemic, especially as it evolves with new variants. While The Clare remains open and has returned to traditional services, our policies will reflect the current best practices in dealing with COVID-19 moving forward.

So far, we successfully vaccinated 85% of our community, which includes 99% of our residents. Even with this successful vaccination rate, we have decided to implement a vaccine mandate for our community. The COVID-19 vaccine has proven to be the best method to combat contracting the virus, and most importantly, preventing hospitalizations and deaths. Rolling this out is something we think is important for the safety of everyone in our community. Lastly, we will continue to adjust our mask requirements in accordance with local and federal guidelines.

Aside from COVID-19, we continue to make improvements to the community. We completed the parking garage renovation in the spring, and all materials are ordered for the upcoming Oxford Room refresh. You can expect that to begin in the next few months. Meanwhile, the Assisted Living floors in The Terraces have new carpet and lighting installed, and the Skilled Nursing floors will soon

have new furniture in resident rooms. We are also in the planning process to renovate the Wellness Center, so it will be a busy end to the year in terms of capital expense projects.

Another exciting update is that we made a significant change in the management of our therapy staff. Until now, we outsourced our therapy program to a company called TMC, which would handle all of our physical, occupational and speech therapy available for residents. As we evaluated this relationship, we felt The Clare could manage the program in-house. Therefore, effective September 1, all therapists currently employed by TMC will officially become Clare employees. Not only will this move provide a sizeable financial improvement for the department, but it will also allow for The Clare to have full control of the program. This information has been communicated to the therapists, and they are very excited to make the transition to become Clare employees.

As you can see, we have a full plate at The Clare! Thank you for all your continued support. It has been so nice to see you back out in the community and enjoying all that makes The Clare so special! ☺

Kyle Exline

NEWS FROM YOUR COUNCILS & COMMITTEES



Resident Advisory Council

John Clum | President

The Resident Advisory Council has finally left Zoom and is once again holding in-person monthly meetings at 3pm on the first Tuesday of each month in the Oxford Room. Most RAC committees have also resumed live meetings.

All committees are actively at work now that The Clare has opened up more. For example, the Hospitality Committee is welcoming and mentoring the many new residents moving in and arranging social events to bring residents together. The Dining Committee remains an important conduit for feedback to Francesco Tardio, Director of Dining Services. Meanwhile, the Green Team of the Facilities Committee is creating signage to encourage residents to recycle properly. 🌱



Dining Committee

Suzanne Chapple | Chair

The Dining Committee works closely with Dining Services, providing a channel for residents to express their wishes and concerns and to gain insight into dining operations and possibilities at The Clare. Our resident members are interested in recipes, menus, service, training, special events, catering, and more. This year, we provided support and feedback as Dining Services met the challenges of the COVID-19 lockdown and The Clare's reopening. We also organized the Employee Appreciation Lunch to thank our amazing staff, and we continue with our liaison role and publishing Dining news. Moving forward, we'll take a look behind the scenes of Dining Services to better understand the supply chain. And we're always listening, so please provide your feedback! 🌱



Hospitality Committee

Gail Margolis | Chair

The Hospitality Committee currently consists of 11 active and committed participants. We provide personal mentoring to new residents and develop activities aimed at increasing interactions of all residents within our community. Following The Clare's reopening, we have been busy assisting our new neighbors in acclimating to post-pandemic life at The Clare. They are also invited to dine with committee members and join small group meetings to socialize and learn about The Clare.

We also recently reinstated the popular Dine with New Friends dinners, which are open to all residents. Those who participate are randomly assigned to tables in both The Grafton and The Bistro, to encourage interaction among different groups of residents. Committee members are in the process of arranging additional gatherings for newcomers to be held in the coming months, as well. And please remember that we always welcome input from all of our neighbors. 🌱



Life Enrichment Committee

Becky Davidson | Chair

The Clare has reopened, and Life Enrichment opportunities have increased significantly as a result. Recent popular outings include visits to ethnic grocery stores, museum trips and various tours and exhibitions. Within The Clare, physical fitness classes remain an important part of our daily routines, and The Clare Summer Games turned out to be a wonderful event that all participants enjoyed. What's more, performances from the Chen Quartet as well as resident Roger Darley are always welcome entertainment. Overall, it is delightful to see the ways in which residents are embracing the many ways to get involved in our community. 🌱



Facilities Committee

Ken Mullin | Chair

The agenda for a typical monthly meeting of the Facilities Committee consists of updates from Plant Operations, Environmental Services and Security at The Clare. Recent topics include the refreshing the Oxford Room, upgrading the building's ventilation systems (humidity and ionization), adhering to the City of Chicago's mandated building façade rehabilitation, surveying common area furniture and more.

Additionally, there are two special interest groups associated with the Facilities Committee:

- Waste management with an emphasis on recycling is the Green Team's focus. Their current activities involve developing comprehensive signage and a recycling information communication program.
- The Garden Club is tasked with the landscaping on the Terrace on the 9th floor, the street parkway planters and the plant containers on the street-level plaza. This group also sponsors the Annual Garden Party and arranges garden site visitors for Garden Club members and Clare residents.

The total membership of the Facilities Committee and its special interest groups is 24 Independent Living residents, and their participation is greatly appreciated. 🌱

Employee Appreciation Lunch

After a hiatus due to COVID-19, residents once again put together a fabulous spread for the annual Employee Appreciation Lunch. ☺



Roberta Weisberg with employee Alexis Vargas



HD Mitchell and Dave Andersen



Joyce Johnston with employees Michael Plowman, Carmelita Williamson, Joe Tejack, Mallory Patena and Monica Rusboldt



Sheila Rock, Elizabeth Conley, ML Karth, Suzanne Chapple, Marilyn Day and Linda Chinn





Resident John Clum was inducted into the College of Fellows of American Theatre, which is considered one of the highest honors bestowed upon educators and professionals of America's educational theatre community. Congratulations, John! ☺



Residents Mary Fran Burke, Harlean Barth, Virginia Wolff and Carol Laque celebrate the Fourth of July in The Bistro. ☺

Card Making Class at The Clare

Residents Beth Mitchell and Sally Kinnamon organized and led a card making workshop throughout the month of August, demonstrating a different card style each week and teaching their neighbors at The Clare how to create them ☺



Harlean Barth, Sally Kinnamon and Roberta Weisberg



Paulette Popovich and Beth Mitchell





The Clare Summer Games

Just as athletes competed in the 2020 Tokyo Summer Olympics in Japan, so too did residents during The Clare Summer Games right here in the Gold Coast of Chicago.

Over the course of two weeks this summer, regularly scheduled group fitness classes had Olympic themes, with exercises loosely based around the sport. For instance, the schedule of events included surfing aqua aerobics, skateboarding balance, sailing chair exercises and fencing cardio. This is in addition to specialty classes and workshops such as boxing and reiki, and activities throughout the city.

The Clare Summer Games concluded with a closing ceremony to celebrate the participants and their accomplishments.



Rosemary Tegano, Rich Kaczmarek, Fitness Manager Kim Chalekian, Bill Conley, Gail Margolis, Judy Blunk and Pat Terry



*(Top) Mary Ellen Streit, Pat Terry and Elizabeth Conley
(Bottom) Larry Pirovano, Dorothy Pirovano, Judy Blunk and Susie Kealy*



Vivien Lee, Rosemary Tegano and Arlene Ghiron



Beth Mitchell



Jo-Ann Michalak, Harlean Barth, Roberta Weisberg, Lise Lawson, Rich Kaczmarek, Bill Conley and Sally Park



Bill Conley



Pat Terry, Beth Mitchell and Vivien Lee



Rosemary Tegano and her dog, Honey



Gail Margolis



Reiki Workshop at The Clare



Jo-Ann Michalak



Elizabeth Aaron, Harlean Barth, Jo-Ann Michalak and Roberta Weisberg



Vivien Lee, Karol Moller, Linda Shakno and Ruth Nelson



Larry Pirovano, Dorothy Pirovano and Rich Kaczmarek



Sue and Wayne Vantluka

AROUND
THE CLARE

Christmas in July

Emily Delaney (Director of Resident Experience) and Michael Plowman (Director of Human Resources/Vacation Santa)

Baby, it's WARM outside! Since the holidays looked a bit different in 2020, The Clare celebrated Christmas in July with carolers, sugar cookies and Vacation Santa!

Joanne Celewycz

Beverly Rodgers, Eileen Donnelly, Mary Roche, Harlean Barth, Mary Ellen Streit and Karen Banhidi

Harlean Barth

Jeanne Aronson, Becky Davidson and ML Karth

Joy McDevitt and Marilyn Perno

Joan Green

Sally Kinnamon, Sheila Rock, Sue Lopatka, Julia Munoz, Joan Green and Paulette Popivich

Tom Michalak, Jo-Ann Michalak, Betsy Kennedy and Fran Spiegel

Linda Brooks, Bob Brooks, Skip Welfeld, Frankie Welfeld, Joe Bosco and Sally Park



Jo-Ann Michalak, Tom Michalak, Sara Aversa, Rich Pincus, Greta Flory and Marcia Spector



Barbara Greenwood



Sue Lopatka, Andy Poznanski, Leon Diamon and Dorothy Pirovano



Joy McDewitt, Cecilia Samans, Barbara Bernard, Kathryn Brown, Robbe Buescher and Sue Brown



Julia Munoz



The Clare Garden Club: Claudia Boatright, Roberta Weisberg, Dorothy Pirovano, Joyce Johnston, Beverly Rodgers, Virginia Wolff, Heather Ebner, Jan Linn, Suzanne Turner and Carolyn Driscoll



Elizabeth Conley and Anne van Amerongen



Carole Timmerman, Julia Munoz, Sally Park, Anne Scott and Fran Spiegel



Audrey Gould, Russ Hyman and Edith DeMar

A Return to Vibrancy at The Clare

After a year that completely changed the way senior living communities operate, the vibrancy for which The Clare is known has returned.

With 99% of Independent Living residents vaccinated against COVID-19, along with 85% of employees, The Clare has largely returned to normal. Lectures, performances and activities are again taking place in person. All dining venues are open. Masks now optional for all but employees, caregivers and guests, based on guidance from The Clare's ownership company Life Care Services, the Centers for Disease Control and Prevention and the City of Chicago.

While residents still cling to certain changes introduced during the COVID-19 pandemic, like the convenience of fitness classes streamed directly to their apartment TVs, they have embraced the most recent phase of reopening with great fervor.

Weekly Happy Hours on Thursday evenings are as lively as ever, with residents gathering to socialize with cocktails and small bites. Holidays like Memorial Day and the Fourth of July prompted barbeque celebrations. Performances by the Chen Quartet, which were presented virtually via Zoom throughout the pandemic, now take place in person.

What's more, The Clare residents are once again venturing around the city. Several groups have visited the Immersive Van Gogh Exhibit at the Lighthouse ArtSpace at the Germania Club Building. Throughout July and August, The Clare bus transported residents to the Grant Park Music Festival each week, as well as to Rush Hour Concerts held every Tuesday evening at St. James Cathedral. This is in addition to monthly restaurant



Roddie Rosenthal, Adina Sella and Roberta Weisberg enjoy Happy Hour in May.



The Chen Quartet performs at The Clare.

"Overall, The Clare's return to vibrancy has been welcomed with open arms..."

outings and trips to various other art exhibits, including the Frida Kahlo exhibit at the Cleve Carney Museum of Art at the College of DuPage and The Art of Banksy exhibit at a downtown venue.

Of course, The Clare isn't neglecting continued safety as the top priority. There hasn't been a positive COVID-19 case associated with The Clare in several months, but the community remains proactive.

As mentioned, employees still must wear masks in the building, as do guests and caregivers. All non-residents must check in and be temperature screened upon arrival before gaining entry. COVID-19 testing occurs regularly, and rapid tests are readily available. What's more, efforts to implement a vaccine mandate for employees is underway.

Overall, The Clare's return to vibrancy has been welcomed with open arms by residents and employees alike, as the light at the end of the tunnel of a dark year. ☺



Photo courtesy of Immersive Van Gogh Exhibit Chicago.



Photo courtesy of The Art of Banksy.



FRIDA KAHLO

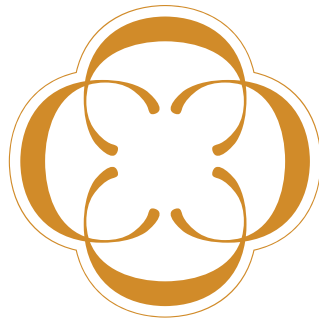
TIMELESS

Works on loan from the Olmedo Museum






Photo courtesy of Cleve Carney Museum of Art



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