

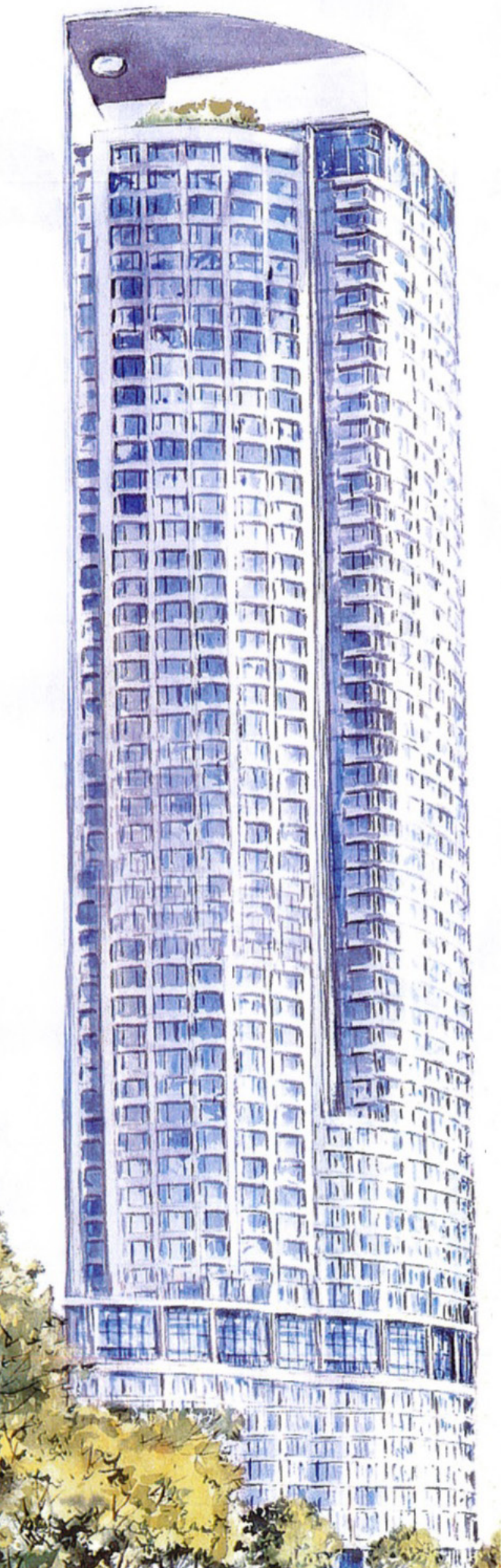


THE CLARE

CONNECTION

FALL/WINTER 2022 Issue 223





LETTER FROM MONICA



Monica Rusboldt, Executive Director



THE CLARE

Gold Coast Retirement Living Your Way

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*As the seasons change, the one
consistent thing I have noticed is how
welcoming, active, and fun
our community is.*

When I look back over the last few months, the first words that come to mind are gratitude and pride. I am so grateful to the Clare residents and staff for making my transition into Executive Director a positive one. Each and every resident has motivated me to be a strong leader and assist our team in delivering the best services possible.

Over the past few months, The Clare has been a vibrant and busy place! As the seasons change, the one consistent thing I have noticed is how welcoming, active, and fun our community is. There is something special about walking around the building and running into a familiar face or meeting someone new. I have had the pleasure of participating in a small fraction of the events held here. I was honored to walk in the Walk to End Alzheimer's, participate in the evening trivia night, attend an afternoon tea, and cheer on our residents during Active Aging Week.

As we enter the holiday season and a new year, I am looking forward to spending more time together and learning from all of you as to what is most important to you for The Clare.

2023 will bring us some exciting physical updates to The Clare. With the assistance and input from our residents and an interior designer, we will begin the renovation of our Independent Living corridors. While this will be a multi-year project, I am excited to get started. We are also planning to update some of the cardio equipment in the fitness center and make some necessary maintenance updates to our chiller and boiler. Our team is committed to making continued improvements to the community.

Thank you so much for all your support. I am so proud and honored to be part of The Clare community. I hope you all have a happy and healthy holiday season! ☺

Monica Rusboldt

NEWS FROM YOUR COUNCILS & COMMITTEES



Resident Advisory Council

JOHN CLUM | President

The real work of the Resident Advisory Council (RAC) takes place in the seven committees, which are chaired by members of the Council. While these committees are advisory, they work closely with staff to make The Clare a vibrant community. In November, RAC officers met with the counterparts from sister communities Monarch Landing, Sedgebrook, and Wyndemere, to discuss issues of common concern and share information. For the first time in two and a half years, the group met “live” at The Clare. A goal for the upcoming year is to work on communicating how useful the Resident Advisory Council and its committees are to the quality of life at The Clare. The RAC is the main line of communication between the residents and management. ☺



Health and Wellness Committee

CHRISTINE FOH | Chair

The Health and Wellness Committee has had a busy few months with multiple initiatives and events that have been held in and out of the community. In addition to the fundraising efforts and events leading up to the Walk to End Alzheimer's, Dr. Heather Snyder, a molecular biologist, Vice President of the Alzheimer's Association and former colleague of Health and Wellness Chair, Christine Foh, gave Clare residents a presentation on the status of Alzheimer's research and three new promising drugs that are reporting their results from phase three clinical trials. More than ever before, Independent Living residents inquired about The Terraces, requesting to learn more about the services offered. In an effort for increased collaboration between the two sides of the building, two presentations were held featuring multiple managers from The Terraces describing the services and volunteer opportunities to support and enhance our neighbors' experiences as they recover. Additionally, a new process was put in place to match Independent Living residents approaching a stay in The Terraces with an Independent Living resident willing to share their own Terraces experience. ☺



Dining Committee

SUZANNE CHAPPLE | Chair

The Dining Committee has had a busy time as Dining Services reaches full stride following pandemic restrictions. We've worked with Dining Services to redesign the expanded menus. We publicize dining events such as the gourmet dinners and buffet nights and have made efforts to highlight dining employees who are “behind the scenes” in The Clarion. We revamped the dining dress code and publicized it widely before the holiday season. As always, we're listening to the community to improve everyone's dining experience. ☺



Facilities Committee

KEN MULLIN | Chair

The Facilities Committee has evolved with the creation of an elevator sub-committee. Given the critical importance of vertical transportation at The Clare, it is important to establish this component as a worthwhile addition to the Facilities Committee. Its creation brings the number of special interest groups within the Facilities Committee to three: the Green Team the Garden Committee and the new Elevator Committee. The Elevator Committee is chaired by Russ Hyman; membership includes David Andersen, Robert Arzbaecher, and Bert Cohn. The Committee's goals are to enhance passenger experience and reliability. To date, the Elevator Committee activities gathered historical data regarding the system's operation including a failure data spreadsheet. Meetings have been held with The Clare's management and more recently, met with TKE, The Clare's elevator contractor. The Committee publishes elevator reminders and suggestions to improve elevator utilization in The Clarion. The Committee hopes to determine if elevator system concepts and technologies have improved and if modifications can be implemented to improve the operation of The Clare's elevator system. Stay tuned! ☺

The Clare Gift Trust Raises \$380,000 for Clare Employees

The 2022 Gift Trust Drive will go down in Clare history with a total of \$380,000 raised! The Clare Gift Trust and Clare Charitable Foundation were both established by Clare residents and run by an elected board of directors, all of whom are Clare residents. Throughout the year, The Foundation raises funds to provide educational grants to employees and their families. At the end of each year, The Employee Gift Trust holds a drive to raise funds and distribute cash gifts to Clare employees.

Each year, The Gift Trust Drive commences with a letter delivered to each resident asking for donations that will go to the hourly Clare staff, providing them with a “holiday bonus.” Dave Andersen has been the Chair of the Clare Gift Trust and Foundation for the last three years and is proud of this year’s donation total being the largest in Clare history. “It reflects on how generous our residents are but also how much the employees care for us. There is mutual respect and admiration and I don’t think the bond between our staff and residents is true in other communities. It makes The Clare very special.”

Michael Plowman, Director of Human Resources adds, “I’ve been at The Clare for seven years and year after year I continue to be blown away by the generosity of the residents. Knowing that our staff adds so much value to the lives of those living at The Clare makes doing my job an absolute joy.”

Dave mentioned that each year, there is a suggested donation amount The Gift Trust highlights in the distributed letter. Over the years, that suggested donation has crept up to account for inflation and other factors such as the pandemic. Dave expressed that he was hesitant going into the drive that residents may not contribute as generously as they had in previous years due to the economy but he admits, with a large grin on his face, that he is “blown away by the generosity!” 😊



Clare employee, Yao Aoussi receiving his Gift Trust check.



Clare Charitable Foundation Members: Sally Schwartz, David Andersen and Barbara Bernard pictured with Michael Plowman.



Clare employee, Rosalio Mon receiving his Gift Trust check.

Dr. Mary Davidson: Academia & Activism

Those who know Dr. Mary Davidson know that she is kind and giving, her neighbors at The Clare may even describe her as quiet. What most do not know about Mary is that she thrives in the chaos of multitasking. In fact, the term multitasking may be an understatement... When asked to describe her career, she states, "I had parallel goals working in academia while advocating for causes I believe in." Mary likely won't admit to her achievements as she is very modest. Throughout her working life, she has been able to form connections and with seemingly effortless skill, juggle multiple projects. Mary comments, "I need to consistently be in motion. If I found downtime, I found a way to fill it. My career did not just happen because I had a goal... It happened because I had great people in my life, parents, mentors, and professional staff, each of whom helped me every step of the way."

As Mary spoke, it became very evident she differentiated herself because of her ability to recognize the needs of groups on a macro scale, "My theory was always that one should function to enable the client, whether an individual, an organization, a group or a system, become independent and not dependent."

From being the first Black woman to graduate from the University of San Francisco, to pioneering the placement of children for adoption by single men and supporting interracial adoption in the 1960s, to serving as the liaison between university administration and Black students to prevent conflict regarding their demands for Black Studies Program as a doctoral student in the Florence Heller School at Brandeis University. The previously mentioned achievements are a small fraction of her entire career and while explaining her life, she hardly bats an eye, nor does she accept praise for her accomplishments.

Mary was born in Muskogee, Oklahoma, where her ancestors settled in the late 1890s when it was still a part of the Creek Nation. She was raised in Marin County in Northern California. In discussing her parents, she is very clear that they provided her with support, guidance and confidence.

Mary attended the University of San Francisco as an undergraduate and studied psychology and sociology. She was pursuing an advanced degree at Saint Louis University and her options were made easier by segregation in St. Louis at the time. She decided to attend the University of California at Berkley to get her master's in social work. "I shared with my father that I was going to accept admission to the school of social work and my father stared back at me



Mary pictured during a trip to Moscow, Russia while consulting on the development of the first Russian-American School of Social Work

and began crying." Mary further elaborated on her father's reaction, recounting his disappointment in Mary after he and her mother had pushed past biases their whole life to provide for her. Despite his concerns, he was proud when he attended her graduation at Berkley in 1964.

Within the first two years of her social work career, Mary quickly realized that direct practice with individual clients was not her path. She found her passion in exploring the systems and policies that may shape and improve everyday life for society's most vulnerable. Mary felt she could affect change by creating or amending a policy that those practicing at the micro level could implement; this strong belief became the theme throughout her life.

While studying at Berkley in 1963, she followed the coverage of the Birmingham Church Bombing, which awakened her passion for civil rights. In the late 1960s, Mary served as the Coordinator of National Conventions for the Congress of Racial Equality (CORE). She was an organizer and founding member of the National Association for Black Social Workers. During the 1970s and 1980s, she acted as the Principal Investigator and Lead Consultant for the Monitoring Commission for Desegregation Implementation for the Chicago Board of Education for nearly a decade. Additionally, she worked with the U.S. Department of Health and Human Service's Office for Civil Rights to frame the original guidelines of federal legislation for the civil rights monitoring of national child welfare services.

"I had parallel goals working in academia while advocating for causes I believe in."

~Dr. Mary Davidson

Her work in activism was coupled with her career in academia. Mary spent her academic career with three major universities, including the University of Chicago, Southern Illinois University in Carbondale, where she was the founding director of the graduate social work program, and Rutgers, the State University of New Jersey, where she served as Professor and Academic Dean for the Graduate School of Social Work serving statewide campuses. Mary intensely focused on encouraging faculty to develop curricula to broaden the scope of student studies and enhance relevant practice in the public sector. She successfully sought funding to support these initiatives, resulting in her national recognition by the U.S. Department of Health and Human Services.

As if her academic responsibilities did not keep her schedule full, she served her profession internationally as the Vice President of the Inter-University Consortium of International Social Development, the Director of the International Elderhostel in Oaxaca, Mexico for eight years where she was recognized as a Distinguished Visitor for her service with children and families in the City of Oaxaca, and has presented on the Welfare Research Centre of the School of Social Welfare and Race Relations in Sweden. Additionally, in the early 1990s, by invitation of the Ministry of Foreign Affairs, she consulted on the development of the first Russian School of Social Work at Moscow Business University.

When asked to reflect on the high points in her career,

Prof, students visit Mexico to study culture, language

By Teri Lynn Carlock
General Assignment Writer

When Mary Davidson walks through the streets of the remote village of Oaxaca, Mexico, she sometimes stops to eat a tortilla with a Spanish woman or to watch a villager weave a rug.

Davidson, director of the SIUC School of Social Work, visits Oaxaca at least twice a year. She visits the country as part of her work with the Elderhostel program, an educational program for older adults who want to continue to expand their horizons and to develop new interests.



Davidson gives presentations and lectures on

"It was like a ceremony in church—it was very sincere and solemn," she said.

She was presented with a diploma which now is in her office at SIUC, and a replica of the diploma, made of stone and carved in gold, is displayed in the Presidential Palace.

SIUC is popular with the citizens of Oaxaca, and her work there gives her a chance to represent SIUC, Davidson said.

SIUC is more well-known in Oaxaca than in Chicago, she said.

"If you ask them (the people of Oaxaca) what they have read, they will tell you about Elderhostel, the



Mary shaking hands with the Archbishop during her graduation from the University of San Francisco.

she mentions she is particularly proud of pioneering the adoption of children by single men in San Francisco and steadfastly supporting interracial adoptions from its earliest days.

In her retirement, she has continued to affect change. While reading an article in the WSJ, she read about a non-surgical treatment used by the Ponseti Institute for children born with club feet. Mary was born with one club foot and seeking involvement to expand treatment options to underprivileged nations was something she felt compelled to help with. When Mary asked where the need was greatest, Cameroon was named as a nation in need. Mary's donation in 2012 supported the travel expenses for a physician to train at the University of Iowa at The Ponseti Institute with the idea that the physician would return home and share his training with others. By 2020, the Cameroon Government officially adopted the treatment. Mary's donation set in motion a program that resulted in over 1,400 children born with club feet being treated in Cameroon since 2014.

After she retired from Rutgers, Mary decided to move close to one of her children. Her daughter resides in the suburbs of Chicago, while her son lives in Washington State. As you might have guessed, Mary moved to Chicago and lived in the Streeterville neighborhood before moving to The Clare in 2017.

One of the most refreshing qualities observed while talking with Mary is her modesty. Her passion and drive affected change in the lives of many in countless ways. Anyone that she has interacted with would agree without reservation. Since moving to The Clare, she has continued giving what she can of herself when a cause calls out. ☺



As pandemic travel restrictions lifted, The Clare residents took full advantage!

Jack Jennings and **Steve Molinari** took a cruise through Alaska (not pictured) and jet-set to Ireland and England in recent months.



Steve and Jack pose for a photo in Newgrange, a UNESCO Heritage Site in Ireland.



Steve and Jack pictured in front of Stonehenge.

Bev and Myron Shapiro took a 3 week trip to England and Ireland and Scotland this September!



Myron and Bev in front of the famous Stonehenge.



Myron and Bev in front of Anne Hathaway's home in Stratford-on-Avon.



Myron in the Shambles in York, England.

Delta Greene, recently spent 11 days in Iceland and explored polar bear habitats in Churchill, Canada for 6 days.



Delta seen next to a "little" bear during a polar bear excursion in Churchill, Canada.



Delta posing in front of a coastline in Iceland. Her trip was a National Geographic circumnavigation of Iceland.

John Clum and **Walter Melion**, traveled to multiple destinations this year but their biggest explorations took them to India and Ireland.



Walter and John posing at the ruins of a medieval abbey North of Dublin during a trip to Ireland.



John and Walter during a recent trip to India where they visited the temples of Khajuraho. As the first non-Indian visitors returning to the area since COVID-19, their visit to the temple landed them on the front page of two local newspapers.

Roberta Weisberg and lifelong friend took a trip to Sicily, where they packed each day with a full itinerary including pasta making, visiting a goat farm, shopping and sightseeing!



Roberta poses in Belvedere Aretusa.



Roberta pictured in Noto on a day filled with shopping and exploring.



Roberta and her friend tried their hand at pasta making in Aragona, Sicily.

It's Not Easy Being Green

*I*t's not easy being green and Clare resident Karol Moller can tell you firsthand. Karol Moller moved into The Clare in 2013, and within the first few days of living in her new home, she realized there was no dedicated procedure on how to recycle. She saw this as an opportunity to bring awareness to recycling at The Clare as someone who grew up in a family of conscious recyclers. Karol and two other Clare residents, Pat Terry and Joyce Johnston, bonded over their recycling practices and felt that the community could do more, and thus The Green Team was formed.

A few years later, The Green Team found its home within the Facilities Committee as a "sub-committee." Ken Mullin, Facilities Committee Chair and Clare Resident, caught wind of the group's focus and figured if the Plant Operations Department oversaw the contract with Waste Management, the Facilities Committee was the perfect fit to take on the "Green Team". Since their recognition as a part of the Facilities Committee, The Green Team has done nothing but expand and now has nine active members.

Of course, with a worthwhile cause comes an uphill climb. Putting aside the fact that the City of Chicago has a poor track record with recycling (~8.8% recycling rate), it is a challenging task to change the habits of upwards of an entire community. Promoting the Green Team's mission would take creativity and the committee was clearly up for that challenge.

During their monthly meeting, a member proposed the idea of a floor advocacy program. The premise was simple: Having a Green Team Floor Advocate on every residential floor to represent the Green Team and uphold its mission, would aid in their overall efforts. Unsure of the interest, The Green Team put together a sign-up and posted an announcement in Clarity and Odyssey to recruit advocates. Today, in addition to the nine committee members, The Green Team has a floor advocate on each of the 32 residential floors. The team decided staff needed to play a role in their efforts and now a representative from the Plant Operations and Environmental Services departments are vital committee members. Darrian Thurman, Plant Operations Technician and Sylvia Grigsby,

"The Appreciation Event helped bring everyone together and highlighted areas for opportunity and improvement. The room also had a sense of enthusiasm, which made me proud."
~Karol Moller



Green Team Members, Karol Moller, Anne Laubscher, Darrian Thurman and Ann Ingersoll"

The hope is that with time and new ideas will come the evolution of The Green Team into promoting other avenues related to recycling.

Environmental Services Supervisor, act as liaisons between the residents and management. They also aid in providing real-time feedback on initiatives and most importantly, play a significant role in the education of Clare employees on how to recycle correctly.

A Floor Advocate Appreciation Event was held to continue the forward momentum in September of 2022. Karol smiled while describing the event, "The Appreciation Event helped bring everyone together and highlighted areas for opportunity and improvement. There was a lot enthusiasm in the room which made me proud." A majority of the feedback focused on gaining buy-in from not only residents but their visitors and finding a way to get the newer residents involved.

Karol and her committee took the feedback and ran with it. To gain the support of new Clare residents, The Green Team designed a greeting card that Karol delivers to each new neighbor. The card

is meant to welcome the new resident, introduce The Green Team, and provide education about The Clare's recycling practices.

When asked what is next for The Green Team, Ken Mullin responds, "Communication and consistency are key. We need to focus on how we communicate to every resident, staff member and caregiver that comes into the building." Ken mentions that since the founding of The Green Team, major strides have been made in the community's awareness of recycling practices, but there is still work to do. "We have no numerical evidence to support that The Clare is heading in the right direction, but Darrien's reports on recycling bin contamination are fewer and further between, which is a good sign." Ken also mentions that when he corresponds with other retirement communities, he feels reassured to know The Clare is taking a proactive approach in engaging residents and staff in recycling.



Floor Advocate, Shirley Mullin and Green Team Committee Member, Sue Brown at the Floor Advocate Appreciation Event.

The hope is that with time and new ideas will come the evolution of The Green Team into promoting other avenues related to recycling. When asked what the future of The Green Team looks like, Karol responds quickly, "To expand our horizons is a goal of mine. Future programs might expand to the broader idea of climate change and how to combat it". Karol also has high hopes that with new faces in the community will come new opportunities to ramp up awareness of all things green. 🌱



Left to Right: Green Team Committee Members: Green Team Members: Ken Mullin, Karol Moller, Darrian Thurman, Jo-Ann Michalak, Ann Ingersoll, Sue Brown, Sylvia Grigsby, Anne Laubscher (not pictured Marilyn Day)

Active Aging Week

Active Aging Week was held in October and featured a daily event geared toward each aspect of wellness. Clare Residents enjoyed attending a trivia night, improv workshop, 3-mile group walk and much more!



Heather and Herm Ebner



Linda Brooks and HD Mitchell



Roberta Weisberg, Judith Podmore, Delta Greene



Carole Timmerman, ML Karth and Roberta Weisberg



Rich Kaczmarek, Sally Park, Bill Conley, Evie Selz, Elizabeth Conley and Cathy Madayag



Betsy Kennedy, Mary Sullivan, Rich Kaczmarek and Ken Sullivan

Holiday Flower Arranging

To get in the holiday spirit, a group of residents spent the afternoon making a holiday arrangement with fresh flowers and greenery and listened to Christmas Music.



Anne van Amerongen and Janet Reece



Heather Ebner, Margaret McCamant, Janet Reece, Ann van Amerongen, Ethel MacGill, Marlene Bailey



Bonnie Pritchard

Cantigny Garden Tour

Residents took a day trip to Cantigny Gardens in Wheaton, IL to tour the grounds.



Claudia Boatright, Sue Lopotka, Gail Margolis, Rich Kaczmarek, Lil Scmenga, Marlene Spigner, Jo-Ann Michalak, Ethel MacGill, Julia Munoz and Susie Kealy



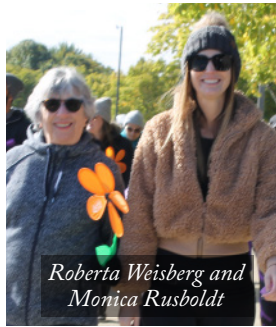
Gail Margolis, Jack Jennings, Steve Molinari, Lil Scmenga, Claudia Boatright, Sue Lopotka, Jo-Ann Michalak, Julia Munoz, Marlene Spigner, Susie Kealy, Rich Kaczmarek, Ethel MacGill, Rosemary Tegano, Emily Delaney

Walk to End Alzheimer's Fundraising

Walk to End Alzheimer's: The Clare raised over \$20,000 for the 2022 Walk to End Alzheimer's through multiple fundraising initiatives.



Margaret and Bob McCamant, Tom and Joanne Daly, Roberta Weisberg and Bob Day



Roberta Weisberg and Monica Rusboldt



Beth Mitchell and Betsy Kennedy

Halloween Happy Hour

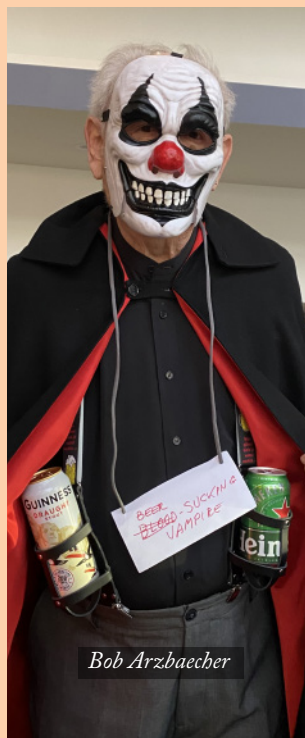
The Clare's Halloween Party was spooky, scary and a lot of fun!



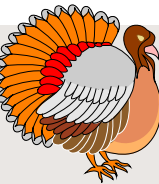
Linda Brooks



Dick Podmore and Betsy Kennedy



Bob Arzbaecher



Turkey Trot and Hot Chocolate Social

Ahead of a big meal on Thanksgiving Day, residents took a 3-mile walk around Chicago's South Loop and Museum Campus. When they arrived back at The Clare, they enjoyed a hot chocolate bar.



Barb Arsenaault, Jo-Ann Michalak, Delta Greene, Margaret McCamant, Evie Selz, Ralph Niebling, Kathryn Brown, Elizabeth Aaron, Judy Blunck, Roberta Weisberg, Rich Kaczmarek



Delta Greene, Barb Arsenaault, Roberta Weisberg, Sara Aversa, Ralph Niebling, Kathryn Brown

Sallie and Bruno Pasquinelli: Rooted in Philanthropy

A state-of-the-art outpatient surgery center now lives at the corner of Taylor and Wood Streets on the University of Illinois at Chicago's campus, thanks mainly to a very generous donation from Clare Residents and philanthropists Sallie and Bruno Pasquinelli in 2019. With their sizable donation to kick-start the funding and build of a new medical center, it's only fitting that the building exterior features the name "The Bruno and Sallie Pasquinelli Outpatient Surgery Center." The center will welcome physicians and other healthcare professionals from various medical specialties to host their outpatient procedures to offset the surgical program that UI Health has steadily grown over the last few years, making surgical space hard to come by and scheduling planned operations stressful for patients and surgeons alike.

Sallie and Bruno have a long history of philanthropic giving, specifically to UIC's College of Medicine and the University of Illinois Hospital, and supporting scholarships for university students. Bruno, a Chicago Native, was born at Mother Cabrini Hospital. His roots in the neighborhood where the surgery center is now built run very deep. His pride and connection in this Italian-American neighborhood are only made stronger by his and Sallie's name outfitting one of the newest buildings on the campus. "I have come full circle...To have the Pasquinelli name on a building means the world. We hope our family and children will find inspiration."

On September 14, 2022, a ribbon-cutting ceremony was held to celebrate the center's opening. Bruno and Sallie



After a tour of the center and a reception, the official ribbon cutting was held.

"I have come full circle... To have the Pasquinelli name on a building means the world. We hope our family and children will find inspiration."

~ Bruno Pasquinelli

were beaming with pride and enthusiasm as they saw their vision come to life while walking through the building with their family and close friends. The center's third floor, which hosts eight operating rooms outfitted with state-of-the-art robotics and massive computer monitors, was met with audible gasps as the group toured the impressive space. UIC offered many words of thanks to the Pasquinelli's and made sure to emphasize what their generosity has made possible. The new center has already impacted many lives and will continue for years to come. 🙏

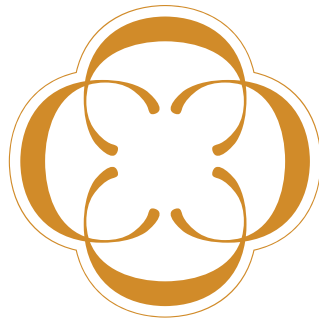


Bruno and Sallie pictured with their four children.

UI Health | UIC
BRUNO & SALLIE PASQUINELLI
OUTPATIENT SURGERY CENTER



Bruno and Sallie pictured on the third floor, named after them.



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