

VOICE



INSIDE: Teddy Bear Story is Warm, Fuzzy – Page 8 • Gladys Carls: A Life Well-Lived – Page 18
• These Summertime Scams are Hot – Page 23

ON THE COVER

Warm and fuzzy teddy bears...Ava Janes, David Haun and Ouida Perry enjoyed culminating the fifth year in which JKV residents and staff donated teddy bears to special children at Camp Boggy Creek. See story on page 8. (Photo by Marty Lee)



John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village have a legal obligation to treat each individual in a consistent and fair manner. In order to assist you with your decision on your new home, we are providing a list of sublines needed to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria. Nothing contained in these sublines shall constitute a guarantee or representation by John Knox Village that applicants and occupants currently residing at the community have met these requirements. There may be residents and occupants that have resided in the community prior to these requirements being in effect. Additionally, our ability to verify whether these requirements have been met is limited to the information we receive from various credit and screening services used.

RA-1/16

Summer is Hot and We're Just *chillin!*

- Close proximity to 4 award-winning golf courses
- Partnerships with nearby community pools and resorts
- Surrounded by friends
- Unmatched Life Care health services
- Sun all year round



JOHN KNOX
VILLAGE

50TH ANNIVERSARY

1967-2017

A LIFE PLAN COMMUNITY
POMPANO BEACH FL

Developing Leaders Drives Financial Performance, Accountability At JKV

At our Resident Board meeting in July, Chairman of the Board of Directors Paul Simpson, shared his excitement in the manner in which management has had the ability to drive financial savings, currently forecasted through December of 2018 at over \$2 million.

The primary reason for these favorable financial projections are due to revenue enhancements, achieved year-to-date, in our John Knox Home Health Agency health care revenue and maximizing our utilization of Community-Licensed Skilled Nursing and Rehabilitation Services.

A big "Thank You" to our entire JKV team for these achievements.

An important value to our residents, staff and governance is being good stewards of our financial resources.

Developing JKV leaders, who have the understanding of high-performing organizations, has been an important training initiative for achieving and sustaining our success.

To help us better understand these findings, we selected Chip Caldwell of Caldwell Butler & Associates for his mentoring and apprenticing in assessing and developing our leadership competencies.

Spending time with Chip and his talented associates (Nancy Dodson, Carole Gilroy and Ray Johnson) has taught us the Characteristics of Top Performers and the Five Differentiators that are critical for JKV to be consistent and proficient at:

1. Direction, Right Focus/
Right Priorities
2. Inter-
department
Collaboration
3. Speed to
Action Plans

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Gerry Stryker
Chief Executive
Officer



VOICE

Discover

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The Village VOICE is a monthly publication of John Knox Village of Florida Inc. John Knox Village in Pompano Beach has provided Life Care as a Life Care Community since 1967.

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Looking for a previous issue of our magazine?

Was your friend or family member seen in a recent issue that you would like to share with them? You can find the current issue as well as previous issues digitally online at: JohnKnoxVillage.com/explore



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

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NSU Art Museum Docents Bring World Of Art, Artists, To Life

By Emily McCrater, NSU Art Museum Fort Lauderdale



Knowledgeable Museum docents conduct regularly scheduled tours of the art, with insight into the artists' lives and inspiration, at the NSU Art Museum Fort Lauderdale.

Guided tours are a wonderful means of enhancing your visit to the NSU Art Museum, as well as a great way to introduce visiting friends and family to the museum's many wonders.

Led by NSU Art Museum's highly trained and knowledgeable docents and museum educators, these lively and informative cultural adventures, bring the world of art and artists to life. You will gain insider knowledge about the art on view at the Museum, along with the fascinating personalities and lives of some of the greatest artists of our time.

Daytime tours are offered every Friday and Satur-

day from 2 to 3 p.m., and on the first Sunday of each month from 2 to 3 p.m.

Evening gallery tours are offered on the first Thursday of each month from 6 to 7:30 p.m. as part of the museum's Free First Thursdays Starry Nights, presented by PNC Arts Alive! Special family tours on these evenings, especially designed for grandchildren, take place from 6 to 7:30 as well.

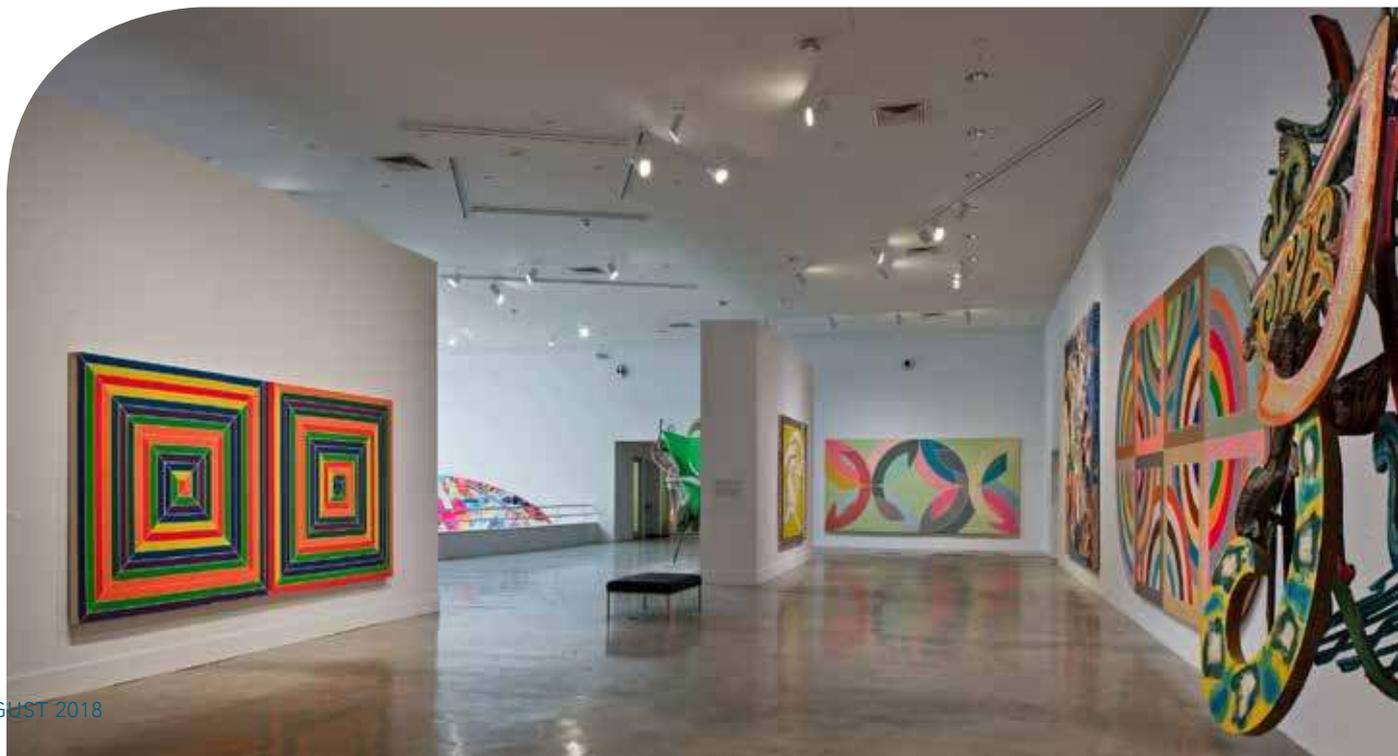
All tours are free with museum admission. Museum admission is always free for residents of John Knox Village, as part of JKV's partnership with the Museum

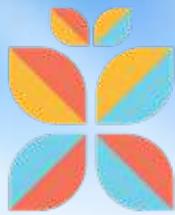
Private, docent-led tours can also be arranged by appointment for groups of 10 or more. The cost for arranging a private tour is \$10 per person for adults and \$5 per person for students.

Look for more NSU Art Museum docent-led activities on campus in the August Month-At-A-Glance or call the Life Enrichment Department at (954) 783-4039.

For more information contact the Group Sales Department at (954) 262-0204 or visit their website at nsuartmuseum.org.

"Just by presenting your JKV ID badge, Museum admission is always free for residents of John Knox Village, as part of JKV's partnership with the Museum





JOHN KNOX VILLAGE
FOUNDATION

Take Joy in Being Part of the Story.

With Its Benevolence, *John Knox Village*

Shows Once Again How Special It Is

Many residents know that we have a Benevolent Program for residents who outlive their assets. However, do you know how this program works? It is likely that some of our newer residents may be unfamiliar with this amazing program.

The Benevolent Program was started in 1980 by the residents of the Village. These residents recognized that, with improvements in well-being along with better health care, it is very possible for someone to outlive their assets.

The Benevolent Program ensures that residents, who meet the eligibility requirements, will never be asked to leave the Village for financial reasons. This program also ensures that the cost of providing resources for residents on the program will never become a cost to the other residents of the Village.

The funds available for benevolence have all been donated. These funds are held by the John Knox Village Foundation and there are two funds that support the Benevolent Program:

1. **Benevolent Endowment Fund.** The Benevolent Endowment Fund is currently valued at over \$6.9 million. As an endowment fund, the donated principal is maintained and only the interest that is generated from the endowment investments is available to use in the Benevolent Program. The interest is then transferred to the Resident Assistance Fund.

2. **Resident Assistance Fund.** The Resident Assistance Fund accepts donations directly and also accumulates the interest generated by the Benevolent Endowment Fund. This is the "spending fund" that is used to pay for residents who are receiving benevolence assistance.

All life plan residents at John Knox Village are eligible for the Benevolent Program, subject to certain requirements.

For example, the financial information you provided upon your acceptance as a new resident must have been true and accurate. You cannot give all of your assets away to your family and then become eligible for the benevolent program, and you cannot become eligible if your assets were depleted because you were not prudent with your finances, for example by losses associated with gambling.

Bruce Chittenden, our CFO, manages the Benevolent Program in a totally confidential manner. When residents find themselves with approximately \$50,000 in cash, investments and other assets, they should schedule a meeting with Bruce to determine if the Benevolent Program is appropriate. Having at least that much in assets allows the residents to continue to pay for what they can, and the benevolent program acts as a supplement.

We are extremely fortunate to have had very generous residents who believed in the Benevolent Program and made significant gifts to the fund over the years. In other Life Plan Communities, benevolent care is budgeted each year and paid for through the monthly maintenance fees of the residents. Our endowment ensures that we can always take care of our residents without having to get that support from the rest of the Village.

I hope this is helpful and answers most of the questions we have received about our Benevolent Program.

Thank you for all you do to make John Knox Village an amazing place in which to live.

—Nanette Olson, Executive Director
nolson@jknvfl.com

Your tax-deductible donation will help the
Foundation carry on its mission of service to the Village.

Army Of Teddy Bears Makes for Happy Campers

5-Year Project Exceeds Ambitious Goal

By Marty Lee, Village Voice Contributor

The stage at the John Knox Village Centre Auditorium was over-crowded on a July Friday afternoon, as hundreds of handmade teddy bears sat at attention awaiting their final preparation and destination.

The teddy bears are eagerly anticipating their long trip to Camp Boggy Creek in Eustis, FL, where each will be adopted by a young girl or boy companion in the coming months.

The teddy bear creation is a mission of love, kindness and dedication by a group of John Knox Village residents and employees: To assure that every young attendee at Camp Boggy Creek will have a close friend to snuggle and hug while at camp, and to take with them when they return to their homes.

To fully understand the story of the teddy bear creations, you must learn of the birth, gestation and adoption of each and every bear. The idea was first hatched by Heritage Tower residents Twylah and David Haun. The concept was first presented to them by a family

"In response to the picture, our youngest daughter Nicki said: 'I could make bears' and David added, 'I could make a hundred bears.'" With this challenge, the program germinated.

David advertised the project asking for volunteers to help. He bought the pattern and began to cut out the fabric for each of 268 bears during the 2014 winter season. He packaged them to send to a network of John Knox Village resident volunteers who sewed, stuffed and hand-stitched to complete each bear.

From that start the program has expanded and for the past four years, all the bears created have been donated to Camp Boggy Creek.

According to the Camp Boggy Creek website (www.boggycreek.org), the camp is "a place of dreams, of joy, of possibilities. A camp where children with serious illnesses and their families can forget the word "no" for a little while and embrace the promise of "yes"."

"Camp Boggy Creek was founded in 1996 by Paul Newman and General H. Norman Schwarzkopf, with one simple premise in mind, that every child, no matter

their illness, could experience the transformational spirit and friendships that go hand in hand with camp.

"With unobtrusive expert medical care, it was their dream that Camp would provide seriously ill children with a fun-filled experience defined by compassion, laughter and acceptance.

"Since 1996, Camp Boggy Creek has made it possible for children with serious illnesses to enjoy a camp



Cassels Tower resident Dottie Cleveland and Spiritual Life Director Darryl Powell participated in this year's Teddy Bear event. In its fifth, and final, year the project exceeded its goal of 1,000 bears donated to children with serious illnesses who attend Camp Boggy Creek, in Eustis, FL. (Photo by Francesca Beck)



Elizabeth "Liz" Talatinian, Administrative Assistant in JKV's Plant Operations Department, has been helping with the Teddy Bear project for many years. She began sewing as a hobby when she was four.

member, more than five years ago.

"Breanna, our granddaughter, volunteered one summer during college at the Victory Junction Serious Fun Network camp in North Carolina," Twylah said. "We visited the gift shop on site and saw a picture of an elder woman in a wheelchair who made 100 teddy bears for the medically challenged children who attended camp.

experience in a safe, medically-sound environment. Located just a short drive from Orlando, the 232-acre camp serves children ages seven-16 who've been diagnosed with chronic or life-threatening conditions.

"Camp Boggy Creek never charges campers to attend and never asks them to contribute anything other than a positive, playful attitude."

The Hauns and their circle of volunteers set forth their plan to create a family of 1,000 teddy bears for the benefit of Boggy Creek Campers.

"We had 57 volunteers on our core team," David Haun said. "The team cut, machine-sewed, stuffed and hand-stitched each bear. Plus, we had another 30 to 40 more volunteers who helped in other ways: Shoppers to accumulate materials, drivers delivering them, coordinators. I would guess that around 10 percent of John Knox Village contributed to the effort in some way."

Contributions included financial support from the John Knox Village Rotary Club and the Sharing and

Continued on page 23

NO CRYING WOLF WITH CallFire™ ROBOCALLING



Fran Murphy

Paper flyers will still be used to relay information at the lobby desks in the high rises, however the CallFire system will replace the need for printing and delivering flyers to individual villas, which has proven to be an inefficient use of staff in an emergency and untimely receipt of messages.

This system allows for real time messaging at 100 calls per minute. In the event of long-standing phone outages, the Village will revert to paper methods.

The CallFire system allows JKV to send voice messages to your land line and voice and text messages to your cell phone as you instruct us. All Residents and Employees were given forms to complete indicating where you would like the messages sent.

Those who have not received a form, misplaced their form or wish to make changes to their form, please get a new one at the Cassels Tower Main Lobby

Desk and return it to either the Cassels Tower Desk or Kirsten Whiting, Risk Manager, in CT 208.

Please, also, feel free to call Kirsten with any questions at (954) 783-4077.

Some examples of how we will use this new system are: Tornado sightings, active shooter situations, hurricanes, gas leaks, or other emergencies where you will need to act quickly or need timely instructions.

Our message will indicate the event and advise you of actions that should be taken, if necessary; however, the procedure for fire alarms will remain the same.

The Village is excited to bring this added source of security to Residents and Staff as we strive to find new ways to communicate efficiently and effectively.

—Fran Murphy
Director of Compliance and Risk



BE THE INSPIRATION. All Rotary Club Needs Is You

Remember the great time we all had last year assembling more than 12,000 meals for the less fortunate? Well, get ready! Rise Against Hunger will return to John Knox Village on September 17, and we will again don our hairnets and plastic gloves, teams vying against one another for the speediest scooping, the most accurate weighing, the swiftest sealing and the best joke-telling.

Let's assemble 100 of JKV brightest and best "scoopers," "weighers," and "sealers" to make delicious and nutritious ready-to-go dinners for those in the world facing

poverty, hunger and disaster.

Last year our 12,000+ meals were sent to Haiti to bring relief from the hurricane that had just struck that impoverished island. Think how YOU made a difference.

We don't know where this year's packets will go, but we will find out and report to you. They will be distributed within 30 days of our project.

Again, this event is sponsored by the Rotary Club of John Knox Village with \$2,000 being matched by a grant from Rotary International and the balance being paid by our own JKV

club. You don't pay a penny in money, but you bring your enthusiasm and skills. We can't do it without you.

So, mark your calendars for Monday morning, Sept. 17. See you then.





Paul Loree
President Resident Senate

In 2004, Sally and I were able to move into our brand-new apartment in Heritage Tower—after a four year “wait list” timeframe.

It was one of our best decisions. We have made close and wonderful friends over these past 14 years. Our Village is looking great and many new things are happening.

Kudos to our staff and administration for so many jobs well done.

During these years here, I have witnessed, daily, how fortunate we are to have our Resident Senate system. It gives an opportunity for every Resident to have their voice heard.

I encourage all Residents to attend the bi-monthly Senate meetings held the second Monday of even numbered months at 1 p.m. in the Village Centre Auditorium: There you will see that many active volunteers keep the Senate relevant to the great John Knox Village lifestyle.

The important foundation of this strong organization is built by the Senators and Alternates, who make sure all Residents receive copies of the popular The Weekly Resident newsletter and *Village Voice*.

Senators hold a Cluster meeting with Residents, in their assigned area, after each bi-monthly Senate meeting. This is the time for neighbors to come together to receive information, make suggestions and ask questions. Naturally, the Senators are the “go-to” people for questions about the Village.

This remarkable Resident Senate system is kept strong when every Resident has an opportunity to participate. It is our good fortune to have this active system handed down by past Senate Presidents. Thanks are due to our current Senators and Alternates for the fine job they do for all of us.

We hope to see you in the Auditorium on Monday, Aug. 13 at 1 p.m. for our next Resident Senate meeting.

Be informed and part of the action.

—Paul Loree

The John Knox Village Foundation



Suzanne Higgins
Foundation Board of Directors

It has been a pleasure to serve on the JKV Foundation Board these last three years, especially after my mom, Joan, received such great care at what was then the Health Center and is now Seaside Cove.

Although, I do not currently reside at John Knox Village, I grew up in Pompano Beach attending both St. Elizabeth Catholic School and Pompano Beach High School, and can think of no better place to live, love, laugh, and enjoy my golden years than at JKV.

That is why I enjoy supporting the incredible vision of the Board of Directors and Leadership Team of this

remarkable Life Plan Community and why I look forward to becoming a resident one day.

For the past six years, I have served as the Director of Development for Henderson Behavioral Health, South Florida’s oldest and largest provider of behavioral healthcare services. Now in our 65th year, we serve over 22,000 persons of all ages each year.

Mental illnesses and substance use disorders can happen to anyone, impacting people without regard to age, income, culture or profession.

Here are some facts about mental health and aging:

As many as 1 in 5 older adults experience mental health concerns that are not a normal part of aging; mental health is as important as physical health; exercising your mind and body and maintaining good social connections are good for your mental health; mental health can deteriorate as a result of a medical condition (stroke, cancer, diabetes, Parkinson’s, and even some medications); older adults, without a history of substance use may abuse medications, alcohol or drugs;

suicide is a risk among older adults—those 85 and older have the highest suicide rate and those 74 to 84 have the second highest; the most common mental health conditions are anxiety and depression; Medicare covers 80 percent for physical health conditions, but only 50 percent for mental health conditions; primary care physicians may not properly diagnose a mental health condition and therefore it may go untreated; taking several medications for a variety of illnesses, drug interactions and side effects may affect mood and behavior.

For further information you may visit: https://www.cdc.gov/aging/pdf/mental_health.pdf

<https://www.nimh.nih.gov/health/topics/older-adults-and-mental-health/index.shtml>

If you, or someone you know is in crisis, you can call 911 or the National Suicide Prevention Hotline at 1 (800) 273-TALK (8255) or Henderson Behavioral Health’s Crisis Hotline at (954) 463-0911.

—Suzanne Higgins

Let's Put The Story Of You And God In Words

Anointed and Appointed: Finding God's purpose for our lives



Rev. Darryl Powell
Spiritual Life Director

JKV's Spiritual Focus

The full respect and support of the spiritual life and faith of all John Knox Village residents is a commitment of John Knox Village, the Spiritual Life Department and the Chaplain.

This year, the John Knox Village Spiritual Life Symposium will explore the theme of "Storytelling."

When we hear inspirational stories, we are moved to tell our own stories

and, we are inspired to reflect on how God may be calling us to serve more fully in daily life.

The greatest stories ever told are the ones in which God meets human beings and declares to them the purpose for which they were created.

Abraham and Sarah were sitting in their tent one day when God showed up: "A year from now you will have a baby." Shocking news to a couple of octogenarians. Isaiah was serving God in the temple when God appeared and asked, "Who will go for Me?" to which Isaiah declared, "Here am I. Send me."

Peter was a fisherman living a simple, predictable, profitable life. Then one day this itinerant teacher named Jesus declared, "Peter, come follow me and I will make you a fisher of men."

We are thrilled to welcome—as the leader of our Second Annual Spiritual Life Symposium—Rev. Cindy Maybeck.

Rev. Maybeck will tell Biblical stories of God calling prophets and apostles. She will also tell stories of God calling ordinary people. Rev. Cindy is bringing

to us her skills of storytelling and teaching to entertain, inspire and teach you.

Those who participate in this year's Spiritual Life Symposium will hear a lot of stories, especially stories about the encounters between God and humanity. And, Rev. Maybeck will help you prepare your own story. Yes, you and God have a story to tell. Your story is valuable, important, interesting, inspiring and worth sharing.

In the course of the Symposium, Rev. Maybeck will help you put your story into words. Come to share your story and to hear God's story told just for you.

—Rev. Darryl Powell

SAVE THE DATES JKV's 2nd Annual Spiritual Symposium

9 a.m. to noon on Sept. 11 and 12
9 a.m. to 11 a.m. on Sept. 13
at Village Centre Auditorium

6:30 p.m. to 7:30 p.m. on Sept. 11
and 12 at Gardens West

'Spirit Story' Minister To Lead JKV Symposium



Rev. Cindy Maybeck will bring her unique and inspirational 'Spirit Story' ministry to JKV's Second Annual Spiritual Symposium.

The Rev. Cindy Maybeck grew up in Rochester suburb of Pittsford, NY. Her dad, Ed, was an engineer and her mother, Susan, an American Baptist minister.

Cindy has been a pastor in churches in Massachusetts since 1990. An ecumenical minister, she has standing in three denominations: American Baptist Churches, United Church of Christ, and Christian Church (Disciples of Christ).

How did Rev. Cindy move from tra-

ditional church leadership to a ministry of storytelling?

"I responded to a call from God to create a new ministry outside the local church called Spirit Story," she explains. "Spirit Story" is a ministry of transformation for those in churches and those outside.

"My aim is to tell the Biblical story

with my own particular brand of passion and love to reinvigorate the faith of all who hear."

Rev. Cindy is respected and admired as a spiritual storyteller by her storytelling colleagues. Her gifts of preaching and teaching provide inspiration and enlightenment.

She is a member of the League for the Advancement of Northeast Storytelling and is a member of the Network of Biblical Storytellers. She designs and presents storytelling programs, teaches workshops, leads retreats, provides spiritual direction and preaches in pulpits far and wide. Her stories leave audiences transfixed,

inspired, and touched with God's love.

Do you consider yourself a spiritual person? Do you believe that your very life is a story that involves the presence and activity of God?

Then please come and experience this Symposium. You can attend a portion or all sessions. (Please see the Save the Dates above).

"This is an experience designed for spiritual people: Jewish, Christian, Buddhist and those otherwise spiritually inclined will be blessed by the experience." -Rev. Powell"

"We are confident that if you come on the first day, you will not want to miss any of the [other] sessions," Spiritual Life Director Rev. Darryl Powell told the Village Voice. "This is an experience designed for spiritual people: Jewish, Christian, Buddhist, and those otherwise spiritually inclined, will be blessed by the experience.

You can learn more about Rev. Maybeck and her storytelling ministry by visiting her website at www.cindy-maybeck.com

Please sign up in the Village Centre Auditorium Lobby to be part of this memorable experience.

We Stand on the Shoulders of Those Who Came Before Us

Residents Giving and Giving Over Years And Years

By Marge Hellgren, South Garden Villa Resident & JKV Historian

Resident giving has been part of John Knox Village from its beginning, more than 50 years ago.

The first report on a resident fund-raising campaign was in 1971 when residents raised money for the first Health Center through sales of arts and crafts and birthday parties. During the years of the bankruptcy (1976-78) the residents raised funds for a loan to Dr. Mack Douglas – the amount of which is not known, but thought to be over \$500,000.

The same year, resident Arlene Ridenour gave the large windows in the Dining Room and the Clock which still hangs on the west side of Cassels Tower. Next came the gift of our swimming pool in 1978, donated by a member of the Board of Directors.

In 1983, resident Dr. Rex Foster built Foster Lake and populated it with his collection of swans. Residents then raised \$1 million for the second floor of the Health Center and also a wheelchair van.

The year 1985 saw the campaign for the Chapel/Auditorium, which was oversubscribed, with the remainder being placed in a special Endowment Fund for the building's upkeep. In 1998, residents began a fund-raising drive for a Family Room to be attached to the Health Center. This was a great success due to the main fundraiser, Merle McKinney.

In 2008, thanks to a gift from George Transom, we received a

parcel of land on Dixie Highway where the old Labor Office stood. 2009 saw the beginning of the fund drive for the new Health Center (The Woodlands).

In 2013, with the remaining funds from Mr. Transom, we purchased the

last piece of property at the corner of Dixie Highway and Southwest 3rd Street.

The most recent resident campaign resulted in the 2016 Wellness (Dog) Park.

Over the years, receipts from the Health Center Bazaars and the Resident Auxiliary Services many more funds were raised for items such as: Wheelchairs, recliners, buses, cars to transport residents, and many other lesser items that contributed to the well-being of Village residents.

Two of the most important resident giving projects were the Benevolent Endowment Fund and the Benevolent Assistance Funds, which protect residents, who through no fault of their own, have outlived their assets.

The JKV Foundation was founded in 2003 and received tax-exempt status in 2006. The founding directors were Frank Furman, William Webb

and Wilson Johncox.

The Board voted to hire a full-time director in 2011 and Nanette Olson was hired. She spearheaded the \$5 million campaign for building The Woodlands, which raised ended up raising over \$6 million under the

"There are many building blocks to JKV, but one of the largest is resident giving."

leadership of the Foundation Board, led by Chair John Dalsimer.

Significant gifts were received from residents Lillian Kimmel and family and the Estate of Ray and Eloise Hofmann. Nanette now oversees the Charitable Gift Annuity program.

Since 2006, the Foundation has received over \$15 million in gifts, which include funds for the Employee Scholarship Fund and the Gift Annuities.

There are many building blocks to JKV, but one of the largest is resident giving. We hope that it continues through upcoming years.



HOW TO BOOK A ROOM ON CAMPUS

Reserving a room for one of your activities is as easy as getting blue...a blue form that is.

The easy-to-complete forms are located in the Village Centre Auditorium at the front desk.

Here are the steps to follow:

- Pick up Room Reservation forms at the front desk in the lobby of the Village

Centre Auditorium.

- Fill out the spaces for your name and alternate contact name (if applicable), event name, event location and telephone number.

- Indicate whether event(s) are re-occurring (Monday through Sunday, Weekly or Monthly) or one-time only.

- Check which room you would like to request, expected number of people, and any Audio/Visual requirements you will need for the event.

- Once all requests have been received, please submit via campus mail to Teddy Tennie. Also, you can submit by scanning and emailing to Teddy at tjennie@jkvfl.com

HISTORY OF THE VILLAGE MART



Some of the Village Mart Hostesses with the Mostesses are: (Sitting L-R) Gloria Richard and Pam Gardner. (Standing): Beth Peeples, Pat Costigan, Glenda Clark, Kit Frazer, Audrey Kornahrens, Vera Leip and Diane Barton.

In 1972, Cassels Tower was opened and a small section of the first floor was given to a group of residents to be used for many purposes throughout the year. Room CT-205 was later added and was used for a library.

The first-floor space was used for many things starting with the sale of fresh flowers, ice cream, then some food items (coffee, tea, etc.), then used clothing and holiday decorations. Vi Levis was the originator and first manager.

In the mid-'70s, it split into two organizations: RAS (Resident Auxiliary Services) and Gift Shop. The Gift Shop

retained the coffee bar, household items such as toothpaste, aspirin, shampoo and paper products.

They had a large candy jar for sales money and donations. One of the residents bought them a cash register to make the shop look more professional.

Resident Gwen Sherwood started what became known as "The Thursday Flyer," (now The Weekly). She typed it, mimeographed it and had a group of volunteers to deliver it each week. Marjorie Thomas took over editing the Thursday Flyer in 1984 and continued until her "retirement" in June 2017.

Along with Vi Levis, various managers

over the years were Beth Barns, Marjorie Thomas and Pam Gardner. Pam reorganized the shop and renamed it The Village Mart. She added a new red and white décor, remodeled the kitchen area and began serving pizza and hot dogs. One of her customers, Elaine Keiler, donated the red chairs to go with the white tables.

JOHN KNOX
VILLAGE
50TH ANNIVERSARY
1967-2017

JKV GUESTS: GET A VISITOR PASS FOR WORKOUTS

John Knox Village Residents—If you have a guest, 18 years or older, who would like to use the Fitness Studio, they may walk in during open hours when staff is there between 9 a.m. and 5 p.m. Monday through Friday and between 9 a.m. and 12 noon on Saturdays.

The Fitness Studio staff will ask

them to sign a waiver and sign-in to our guest book for each visit. If your guest would enjoy using the Fitness Studio outside of those hours, please contact the Fitness Staff to make arrangements.

Guests will need a "guest" waiver and a FITNESS GUEST pass that may be checked out for the duration of

their stay.

This guest pass will also be the "key" to get in. The Fitness Staff can be reached at (954) 784-4730 for more information and additional details. For guests younger than 18, also please call the Fitness Staff for information.

August

VILLAGE HAPPENINGS

For questions about upcoming events or activities, please call Life Enrichment at (954) 783-4039.

Ocean Adventure



Seven Dimensions: Spiritual • Occupational • Emotional • Environmental • Intellectual • Physical • Social

2 SPIRITUAL LIFE DVD SERIES: 'THE GREAT WORKS OF SACRED MUSIC'

THURSDAYS, AUGUST 2, 9, 16, 23, & 30
2 PM • VILLAGE TOWERS PARTY ROOM

Western classical music is one of humanity's most sublime artistic traditions. Significantly, this great musical language - encompassing genres from symphonic and instrumental music to choral works and opera—was created through the meeting of art and faith.

- 1 Hallelujah, Amen: The World of Sacred Music
- 2 Man & Meaning: Bach's Cantatas
- 3 Handel's Great Oratorio: Messiah
- 4 Mozart's Requiem: Praise and Memory
- 5 God, Man, Music, and Beethoven

4 KOFFEE KLATCH

SATURDAY, AUGUST 4 • 9 AM • AUDITORIUM

Carl Evans has been a band leader with one of South Florida's leading entertainment companies "The Entertainers" for almost 25 years. Before that, he led his own combo at the tender age of 15 in his native state, New York. A graduate of University Of Miami's Frost School of Music, Carl has played over 10,000 engagements all over the world. Come enjoy those Dandee Donuts aided by the smooth sounds of Carl Evans. **For reservations, please call 954-783-4039 or sign-up in the Village Centre Lobby.**

11 JKV'S FIRST EVER GRAND DAZE

SATURDAY, AUGUST 11 • 9:30 AM - 3:30 PM
ON AND OFF CAMPUS

Invite your grandkids, grandnieces, grandnephews, or great-grandkids (ages 5-12) to a fun Multi-Generational Day at JKV. We will start the day with a trip to the IMAX Theatre at the Museum of Discovery and Science to see a 45 minute Documentary Film followed by a yummy kid-friendly lunch in the Life Enrichment Center. The afternoon will consist of fun activities such as a lizard catching contest and fun art. We will end the day in the pool with fun games. **For reservations, call 954.783.4039 or sign-up in the Village Centre Lobby.**
Cost: \$23 a person plus \$7 transportation

15 FITNESS LECTURE: 'BUILD MUSCLE AND BUILD BALANCE'

WEDNESDAY, AUGUST 15 • 3:15 PM
FITNESS STUDIO

Staying steady on your feet requires more diligence as the years go by, thanks in part to age-related muscle loss. Muscle holds your joints and bones in place. You are not only fighting the battle of keeping your muscle mass, you are fighting a decrease in stability as well. Balance involves your core muscles, the ones surrounding your trunk, as well as other important muscles that are often neglected. All these muscles help to support and stabilize your entire legs, including your ankles, knees and hips. Lecture presented by Fitness Professional, Maria Leon.

16 NEW ENGLAND CLAM BAKE THEMED HAPPY HOUR

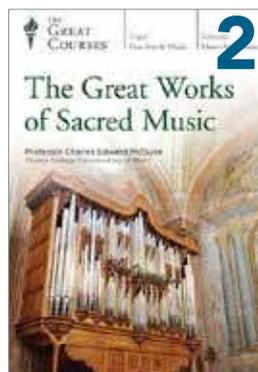
THURSDAY, AUGUST 16 • 4 PM • AUDITORIUM

If you grew up in the New England area, you probably remember those summer evening clam bakes at the shore. Join us for Happy Hour with delicious seafood and other tasty treats for landlubbers as well. There will also be drinks and entertainment. These Happy Hours always fill up fast, so RSVPs are a must. **For reservations, call 954.783.4039 or sign-up in the Village Centre Lobby.**

20 BIRTHDAY PARTY

MONDAY, AUGUST 20 • 7:30 PM • AUDITORIUM
(ALL RESIDENTS INVITED)

For this very happy birthday, we welcome back the talented Kevin Laurence. Mr. Laurence is an award-winning pianist/vocalist with many years of experience performing



30



anniversaries. He has honed his skills, performing at high-volume, high-end venues and can provide an eclectic variety of music for any occasion. Enjoy your one-year-wiser birthday treat with Kevin. Following the performance, birthday cake will be served. **For reservations, please call 954-783-4039 or sign-up in the Village Centre Lobby.**

27 QUARTERDECK RESTAURANT DINNER OUTING ON DANIA BEACH PIER

MONDAY, AUGUST 27 • 3:45 PM DEPARTURE

The Dania Beach location is the crown jewel of Broward County. The view can't be beat, as you are literally sitting above the aqua colored, South Florida Atlantic Ocean with water and beach views as far as you can see. The family owned restaurant serves great tasting burgers and seafood in a casual environment. Transportation Cost: \$7. Order and pay individually with cash or credit card. **For reservations, please call 954-783-4039 or sign-up in the Village Centre Lobby.**

29 LOGGERHEAD MARINE-LIFE CENTER OUTING

WEDNESDAY, AUGUST 29 • 9 AM DEPARTURE

Join us as we take a trip to Juno Beach for a one-hour guided tour to learn more about the Loggerhead Sea Turtles. During the tour, an educational docent will lead us through the Exhibit Hall and Turtle Yard, touching on topics such as conservation efforts, LMC history, and the current conditions of their four-legged patients. We will then take a scenic A1A drive to Deerfield Beach for a nice lunch at JB's on the Beach. We plan to return at approximately 3 p.m. Cost: \$10, For lunch, you will order and pay individually with cash or credit card. Transportation Cost: \$7. **For reservations, please call 954-783-4039 or sign-up in the Village Centre Lobby.**

30 OUTING TO CELEBRATE NATIONAL SENIOR CITIZEN DAY

THURSDAY, AUGUST 30 • 10 AM DEPARTURE

Come out and celebrate National Senior Citizen Day while

31



Please note times, locations and dates were accurate the time of printing. For more information on any of these events please call the Life Enrichment Department at (954) 783-4039.

getting free health screenings and informative health literature from participating vendors. This outing to E. Pat Larkins Community Center in Pompano Beach will return at noon. Transportation for this event is \$7. **For reservations, please call 954-783-4039 or sign-up in the Village Centre Lobby. Limited to 25 people.**

30 FINANCIAL LECTURE: 'THE FAMILY LOVE LETTER'

THURSDAY, AUGUST 30 • 1 PM • AUDITORIUM

Anne Dolph, VP Senior Financial and Portfolio Advisor will join us to share with us her expertise on how "The Family Love Letter" is an intergenerational wealth transfer program designed to help clients in a time of confusion. It is a road-map that employs a 'storytelling' process to gather pertinent information. The goal is to help minimize the types of inadvertent mistakes that often occur in times of turmoil. Dealing with the death or the disability of a loved one is stressful enough; not knowing what to do with the deceased's finances in the aftermath imposes an additional burden on a family.

31 BROWARD SHELL GROUP PRESENTATION

FRIDAY, AUGUST 31 • 10:30 AM

LIFE ENRICHMENT CENTER

Come see and learn about the shells of our ocean waters. This will be an educational and enlightening experience to see these beautiful creations and to learn more about our ocean's waters. Refreshments will be served. **For reservations, call 954-783-4039 or sign-up in the Village Centre Lobby.**

31 WALK AT THE BEACH OUTING

FRIDAY, AUGUST 31 • 5:45 PM DEPARTURE

Fresh ocean air and exercise. We will travel to Pompano Beach to embark on our scenic beach walk. This fun walk includes a warm-up, walking the boardwalk and pier, and finishing with a cool down led by fitness professional, Erik Nenortas. SEA you there! Transportation is \$7. **For reservations, please call 954-783-4039 or sign-up in the Village Centre Lobby.**



27



29

Service To The Village in 3 Letters

By Marge Hellgren, South Garden Villa Resident



RAS

has donated many thousands of dollars to the Village for medical equipment, furniture, fitness center equipment, and much more than can be listed here.

At some point, there was a “split” when the Village Mart, then known as the Gift Shop, took over some of the operations which included snacks, coffee, ice cream, etc. as well as greeting cards, personal and household items.

To this day, RAS continues as a steady volunteer group that keeps things moving. The Committee Members have their own by-laws and an office in CT 205, where their documents are preserved.

The first President was Juana Hux and the last few have been: Marcia Ellington, Willard Meinholtz, Ann Archard, Reba Kinsey, Miriam Oswald and Joyce DeJong. For more information, there are a few notebooks in the Large Print Library (CT 205) with wonderful detailed history and pictures. Sign them out and enjoy them at your leisure.

President Gerry Stryker (back row R) installed the 2018 slate of RAS Officers earlier this year. They are (R-L bottom row): President Joyce DeJong, Vice President Ann Archard and Assistant Treasurer Mary Moore. (Back row R-L): Recording Secretary Marge Hellgren, Corresponding Secretary Penny Stephens and Treasurer Susan Jacques.

In 1976—in the minds of residents Juana Hux and Sarah Large—an idea arose for Resident Auxiliary Services (RAS).

The priority of this organization was “service to the Village” and it finally came to fruition in 1979. RAS evolved from bake sales, suppers, to consignment sales, and even Green Stamps, to clearing units and selling

the clothing and furniture from those units.

Moving their work from unit to unit became difficult, and in 2000, RAS contributed \$100,000 to help with the cost of improvements to an empty Maintenance building. Today, that building houses the Curiosity Shop and the Men’s Workshop.

During all the years of sales, RAS

JOHN KNOX
VILLAGE
50TH ANNIVERSARY
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Let’s Tatt & Tell

Do tell, if you tatt...

People have been marking themselves up with tattoos for a long time, it seems.

From the Smithsonian.com website: “In terms of tattoos on actual bodies, the earliest known examples were for a long time Egyptian and were present on several female mummies dated to c. 2000 B.C. But following the more recent discovery of the Iceman from the area of

the Italian-Austrian border in 1991 and his tattoo patterns, this date has been pushed back a further thousand years when he was carbon-dated at around 5,200 years old.”

These days, it seems for many reasons everyone from WW#II-and-later veterans, to peach-faced Millennials have something of meaning expressed on their bodies.

So, the curious minds at the Village

Voice thought...let’s find out how many residents and staff have tattoos and what are some of the reasons they chose to put ink to skin.

So please send your thoughts and reasons to Village Voice Editor Rob Seitz in the Campus Mail (Marketing in the Professional Center Building) or email him at rseitz@jvfl.com. Look for an article in a future Village Voice exploring this interesting artistic expression.



Bread Pudding

In Good Taste: Chef Mark's Recipe *Beautiful, Buttery, Boozy Bread Pudding Recipe*

By Rob Seitz, Village Voice Editor

Often everything a person needs to know about a recipe is in its name.

One of the most asked-for items on the extensive John Knox Village recipe board is for a delightful bourbon bread pudding, which Executive Chef Mark Gullusci happily serves. While the mixture is just the thing for a Sunday brunch, it can often be found on the menu the rest of the week as well.

Thanks Chef Mark for sharing...

Chef Mark's Recipe Serves 6-8

- 2 cups whole milk
- 1 cup half-and-half
- 1 loaf stale French or Italian bread, no seeds.
- 5 whole eggs

- ½ cup melted whole salted butter
- 1 cup granulated sugar
- 1 tsp. cinnamon.
- ½ cup dried cranberries
- ½ cup raisins

Optional: Soak cranberries and raisins in rum overnight.

Method of Preparation:

Cube bread and place in a bowl.

In another bowl, mix eggs, milk, half-and-half, cinnamon, melted butter and sugar. Pour over bread.

Gently fold ingredients together and place in a greased baking dish. Bake at 350 degrees for 25 minutes.

Allow to cool.

Bourbon Caramel sauce:

- ½ cup melted whole butter
- 2 eggs
- 1 cup brown sugar
- 1-1/2 cups granulated sugar
- ¼ cup bourbon

Method of Preparation:

Heat butter and both sugars together until sugars are melted. Be careful not to burn. Take off the heat and add bourbon. Add eggs, slowly mixing as you add. Return to heat and stir for 5 minutes on low heat.

Strain through strainer and serve over the bread pudding.

In Memory: Gladys Carls A Life Well Lived

By Phyllis J. Neuberger, Cassels Tower Resident

On June 22, John Knox Village lost its oldest resident, Gladys Carls who was 108.

We will miss you Gladys. We will miss your warm smile, pleasant greetings and impeccable fashion sense. You set a high bar for the rest of us who will try to follow in your footsteps. Like you, we will put our best faces forward, and care for our appearance until we, too, run out of time.

Gladys's son, Henry Hoffman, Jr. wrote about her early life.

Gladys was born on Aug. 18, 1909 to Rose and Jack Kron. She attended school in Astoria, NY. Her dad died when she was just 11 and she was sent to live with her grandmother, while her mother worked. After high school, Gladys



Gladys Carls celebrated her 108th birthday, among many ways, by honoring President Gerry Stryker with a dance during her party.

attended Packard Secretarial School in Manhattan, which led to a job with the electrical company in New York Edison Co. It was there that she met, and married, her boss, Henry Hoffmann in 1931.

The Hoffmans had two sons, Henry Jr. and Richard. They lived in Flushing, NY during the Great Depression. Gladys learned all the tricks of stretching their income to support the family. She taught her sons to be self-sufficient and was active in their school and Boy Scout activities. Summers were spent in Rockaway Point where her sons fished and learned to clean and cook their catch.

In 1948, Henry became comptroller and assistant treasurer to the Nestle Company. His job moved the family to Colorado Springs, CO and after three years back to White Plains, NY. The transitions were made easy by Gladys' outgoing, pleasant nature and her ability to make friends and quickly fit into a community.

In a lovely home in Chappaqua, the Hoffmanns became empty nesters. The Korean War called the boys. Henry joined the U.S. Navy and Richard became a Marine.

Memories from Gladys Herself

"Our life in Chappaqua for 17 years was packed with activities and friends. After four years, the boys came home, married and grandchildren began to appear. When Henry was sent to Switzerland to set up a pension plan for Nestle, I went along for a two-month stay...very exciting for a girl from Astoria. When Henry retired in 1969, he wanted to settle



in a warm climate. We bought a condo in Pompano Beach.

"Life was good. We took at least 25 cruises, enjoyed activities with friends and our involvement in the First Presbyterian Church [the Pink Church]. On our 50th anniversary we flew to California, took a train through the Rockies to visit Richard in Colorado. Henry passed away in 1981.

"I remained very active in the church and with friends. I met Earnest Carls and in December of 1985 we married. Living on the ocean and on the Intracoastal was wonderful, but in 1991 we decided to move into JKV to unburden our families from the responsibilities of our future.

"Somewhere along the line I got to ride in the [Goodyear] blimp. I was told I had to climb a swaying ladder to get in, so I prepared by routinely climbing the stairs in my building—at the age of 96.

"Ernie and I traveled to Europe, England, took several wonderful cruises. I lost him in 2005. I remained active in Village life, swimming in the pool, playing bridge, dominoes, attending church and performances in the Auditorium. When people ask my recipe for such a long life, I say, 'Accept change, keep a positive attitude, and enjoy three square meals each day.' "

Gladys is survived by her two sons, six grandchildren and five great grandchildren.

Gladys, thank you for sharing your record of a life so well lived.

In Memoriam

Dorothy Arbuthnot
Frank Beasley, MD
Gladys Carls

Ann Chatellier
Patricia Conaty
Dr. Jerald Smith

Elinor Stephens
Betty Wilcox

LIVING WELL CORNER

Breathing Exercises For A Healthy Life



Erik Nenortas, CTRS, CPT

Not only is breathing vital to live, but how you breathe affects how you live.

Breathing, as you know, is an involuntary process and we really don't need any extra effort in order to breathe.

Nevertheless, learning proper breathing exercises will help you immensely in living a healthier life.

Engaging in a variety of breathing exercises can help you live longer, keep illnesses away and

stay in a happy mood. Further, benefits of breathing exercises include: Releasing tension, detoxifying the body, relaxing the mind, losing weight and toning the organs.

Let's review a few breathing exercises that you can begin today.

Deep Breathing

Believe it or not...deep-breathing works as good as abdominal exercises to lose belly fat. This deep-breathing exercise will boost the intake of oxygen and is also great to burn extra calories. Begin by sitting straight in a chair or on the floor with your



back to the wall. Place your palms on your lap and close your eyes. Stop thinking about everything and concentrate only on your breathing. Breathe normally for the first four minutes. Relax. Next, take deep breathes by counting from one to four while inhaling and one to six while exhaling. Repeat the same for another 10 minutes, you will feel satisfied and refreshed.

Belly Breathing

This breathing exercise focuses on the diaphragm and the muscles below the lungs. This exercise is used to boost stamina, increase energy and help alleviate anxiety. Begin by sitting on a chair, lying on your back or standing up straight.

Continued on page 25

NUTRITION NOTES

The Skinny On Yogurt



Rachel Graham

We often think of yogurt as a "quick and easy" healthy snack that is a good addition to our everyday diets.

However, if you take a look at the current yogurt aisle in the grocery store, there is an ever-expanding abundance of variety and choice that are not all as healthy as we think they might be. Follow this guide to find out what to look for—and what to avoid—when shopping for healthy yogurt.

Ingredients List: The shorter the better. Although all yogurts start out as plain yogurt, they often contain a variety of added ingredients, such as sugar, artificial flavor and dyes, stabilizers and preservatives. A good choice would be one that includes milk, bacterial cultures and not much else. Avoid any that has sugar listed near the top and better yet, avoid, if at all possible, all yogurts that have any type of added sugar (including sucrose, corn syrup, fruit juice, cane sugar and agave nectar).

Avoiding Added Sugar: This is the main culprit that turns yogurt from a healthy food into an unhealthy one! Although yogurt already contains some natural sugar (in the form of lactose), some food companies are adding large amounts of simple sugars to make yogurt taste sweeter. Plain yogurt typically contains about 10 to 15 grams of carbs per cup (from the natural sugar), but with additional sugar added, that number can quickly creep up to more than 30 grams per serving. Pick the

brand with the least amount of sugar per serving. If you need it sweeter, add your own favorite fresh fruit.

Low-Fat vs. Full-Fat: Yogurt is made from either whole, low-fat or fat-free milk. To avoid extra caloric intake, choose low-fat varieties that are labeled as "no sugar added." But beware, lower fat yogurt options tend to contain the highest amount of sugar, since companies want to compensate for the loss of flavor from fat.

So which type is better?

Greek, Non-Dairy or Regular Yogurt: Greek yogurt provides about twice as much protein as traditional yogurt and around half the carbs. It's a great option as a filling snack! Dairy-free yogurts (soy or coconut) tend to be lower in fat than traditional yogurt, but do not naturally contain calcium, so make sure to pick one that is fortified with calcium and vitamin D. Greek, non-dairy and regular yogurt can all be healthy options, but none is necessarily healthier than the others.

So What Should You Try: Dannon All Natural line of yogurts. They only contain two ingredients: Low-fat or fat-free milk and pectin (a natural thickener) and contain no added sugar.

Fage Total Plain is a great choice for those who prefer Greek yogurt. Containing only milk and live cultures, it is available in all fat amounts, but make sure to choose the plain options if you are trying to avoid added sugars.

As long as you follow these tips, you can feel confident that the yogurt you pick is a healthy and nutritious choice.

—Rachel Graham, RD, LD/N
Assistant Director of Dining Services

Developing Leaders Drives Financial Performance, Accountability At JKV

Continued from page 3

4. Accountability/Speed of Implementation

5. Knowledge of Budget Financial Impact

So why change and what has changed in Life Plan Communities that requires us to think differently?

* Older adults are staying at home longer and seeking community living that encourages independence.

* Increased competition for various communities that offer health care and active lifestyles.

* Increased regulatory standards that impact the daily operating procedures.

* Increased expenses that impact operating margins and challenge us to do more with fewer resources.

All of these changes have strategic applications for JKV's Vision & Master Plan, which includes growth, increased number of resident apartment and villa homes, size and use of space and amenities.

Home Health and technology utilization: To meet the requests and requirements for the next generation of residents.

Health Care Clinics for the management of chronic health care conditions, such as heart failure, diabetes and lung conditions.

Expansion of services for residents with options to bundle or unbundle

for costs.

- Exercise, Nutritional Well-being and Personal Fitness classes.
- Dining options that include from a variety of casual venues to partnerships with Culinary Institutes.
- Internet Access and Smart Home technologies with support staff.
- Academic partnerships for lifelong learning.
- Excursions that include day trips and overnight stays.
- Financial management support to assist residents to effectively allocate resources to maintain their longevity.

The following exhibit is an excerpt from the American College of Health Care Executives Article of the Year Award.

Entitled: **Cost Reductions in Health Systems:**

Lessons from an Analysis of \$200 Million Saved by Top-Performing Organizations, written by Chip Caldwell, Greg Butler and Nancy Poston in 2010.

Here is a summary of Top Performer and Non-Starter Differentiators:

"Top Performer Attitudes" Versus "Non-Starter Attitudes"

A "we can make this work" mindset that involves a willingness to experiment, try new ideas and tweak existing ideas, always with the aim of improving processes. Versus

More energy and dialogue. Devoted to why an idea will not work; "Oh, we could never do that here" mindset.

Leaders seek to build the confidence and self-esteem of managers through encouraging behaviors and reviewing processes. Versus

Leaders suppress managers' enthusiasm for



Chip Caldwell, FACHE (Fellow of the American College of Health Care Executives) and Chairman, Caldwell Butler and Associates, LLC, a consulting firm based in St. Augustine, FL.

creativity and change by criticizing new ideas, even with good intentions.

Data is used to drive a bias toward action with. "Do we have enough data to get started?" Thinking. Versus

Always looking for the perfect data to the perfect change design before beginning implementation.

Speed to action is the prevailing mindset among leaders. Versus

Delay and inaction is an accepted way of life.

The structure for implementation supports and encourages accountability. Versus

Little accountability is observed at any level in the organization.

Closing the gap to where JKV is consistently high performing requires developing the competencies of all our leaders and utilizing the experiences and input from our governance, residents and community partners in transforming the way we plan our goals and execute on our strategic initiatives.

I look forward to sharing updates along our journey to continued success.

GERALD STRYKER
President/CEO



The Life Enrichment Center in The Woodlands was site for the kick-off of the Caldwell Butler session to help staff understand ways to improve tangible cost recovery

LET'S MEET & WELCOME



Elaine Millspaugh

ELAINE MILLSPAUGH – VT 413

Originally from: East Chicago, IN
Moved from: Ft. Lauderdale, FL
Previous Occupation: Medical Secretary
Hobbies: Playing Cards and Light Tennis

JEANNETTE “JEANNE” JORDAN – VT 217

Originally from: Norfolk, VA
Moved from: Pompano Beach, FL
Previous Occupation: Newspaper Editor
Hobbies: Photography



Jeannette Jordan



George Clark

GEORGE CLARK – HT 215

Originally from: Baltimore, MD
Moved from: Ft. Lauderdale, FL
Current Occupation: French Teacher, Secondary and College Level
Hobbies: Cooking, Reading and Traveling

ANTHONY “TONY” RUGGIERO – HT 215

Originally from: Bronx, NY
Moved from: Ft. Lauderdale, FL
Previous Occupation: Hair Stylist
Hobbies: Computer Games, Reading and Traveling



Anthony Ruggiero



Hajime Sagawa

HAJIME “JIM” SAGAWA – HT-104

Originally from: Tokyo, Japan
Moved from: Boca Raton, FL
Previous Occupation: Investment Banking
Hobbies: Oil Painting

ELLEN SAGAWA – HT-104

Originally from: Darlington, WI
Moved from: Boca Raton, FL
Hobbies: Reading



Ellen Sagawa



Harris Cohen

HARRIS COHEN – NE 631

Originally from: Philadelphia, PA
Moved from: Miami, FL
Previous Occupation: Pharmacist
Hobbies: Fishing, Gardening and Rummikub

MARLENE “MICKEY” COHEN – NE 631

Originally from: Philadelphia, PA
Moved from: Miami, FL
Previous Occupation: Dental Hygienist
Hobbies: Crosswords, Sudoku, Reading, Socializing and Rummikub



Marlene Cohen



Arthur Battista

ARTHUR “ART” BATTISTA – NE 603

Originally from: Philadelphia, PA
Moved from: Malvern, PA
Previous Occupation: Teacher, Computer Instructor
Hobbies: Gardening and Home Reno

Welcome, We're So Glad You're Here

August Group Of New Hires

Here are the newest members to the John Knox Village team.

Please say "hello" and "welcome" when you see them on campus.



Fabiola Duval – Shahbaz
The Woodlands



Jill Welling – RN
The Woodlands



Fonda Schenk – RN
The Woodlands



Trudy-Ann Mitchell – LPN
The Woodlands



Jahmyah Maragh – LPN
The Woodlands



Pedro Veria – Electrician
Renovations



Jeremy Thomas – Trainer
Fitness Studio



Anthony Reddick – Cook
The Woodlands



Maria De Lourdes Portillo
Banquet Server Catering



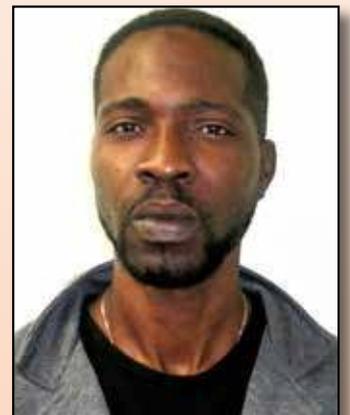
Ebony Ford – Wait Staff
Dining Services



Raphael Scantamburlo –
Security Guard
Security



Dorlyne Corrielus – Front
Desk Ambassador
Security



Mikinie Dunn – Painter
Renovations

These Summertime Scams Are Hot

Avoid Being Duped By Telephone And Email Solicitations

By: Joanne Avis, JKV Resident Relations Coordinator



Joanne Avis

Scammers who target a trusting older population are at it again. Please read the following information about scams that have been reported to me and don't be duped.

You may receive a solicitation in the mail from scammers identifying themselves as "The National Committee to Preserve Social Security and Medicare," asking for small donations of money, such as \$15, \$19, or \$23, to ensure Social Security and Medicare are made a priority by political candidates. This has been identified as a SCAM by local police.

You may receive a phone call from scammers identifying themselves as "Microsoft," and advising you that you are "due a refund." They will then proceed to ask for banking or credit card information in order to process said "refund." This is a SCAM.

'Windows' Virus Scam
You may receive a phone call or a pop-up on your computer from "Microsoft" or "Windows," or any other computer company or manufacturer, stating that your computer has a virus, and you need to act quickly to preserve your computer files and data. The scammer will then proceed to get credit card or banking information, promising to fix the virus, and may also attempt to get controlled access to your computer while doing so. This is a SCAM.

You may receive a phone call from scammers identifying themselves as Florida Power and Light, and claiming that you "must" provide credit card or banking information on an outstanding balance, or your electricity will immediately be turned off. In the case of residents at John Knox Village, it is the Village's responsibility to handle the electricity bills for them and calls of this nature are a SCAM.

You may receive a phone call from scammers identifying themselves as the "Internal Revenue Service" and stating that the IRS has a lawsuit against you and you must act

immediately by providing banking or credit card information to avoid the lawsuit. The IRS does NOT EVER make telephone calls of this nature. This is a SCAM.

'Grandchild' Money Wire Scam

You may receive a call from a distressed "grandchild," identifying themselves correctly by your real grandchild's name and possessing personal family information that is accurate. The distressed "grandchild" will say that they need money wired to them right away to get them out of jail or some other emergency, and they will beg you not to call their parents or to tell anyone. This is a SCAM.

You may receive phone calls or solicitations in the mail from scammers promising to give you a large monetary payoff, sometimes several million dollars, if you send them a smaller amount of money than the claimed "payoff." Typically, if you begin to engage at all, the scammer will bombard you with nearly constant phone calls and mailings, always upping the ante on the amounts of money you are required to produce. Some of our residents have unfortunately been duped with this type of SCAM. Don't fall for it.

Scammers are still capitalizing on the new Medicare cards scheduled to be mailed and continue to solicit unsuspecting seniors for money to "ensure that they receive their new Medicare card." This is a SCAM. You do not have to do ANYTHING to receive your new Medicare card—it will automatically be mailed to you. For more information about this important update, please contact Social Security at (800) 772-1213 or go online to www.ssa.gov to do so. To determine the approximate time frame you may be receiving your new card, you can go to www.medicare.gov, and you will find information there on the approximate mailing times by state. You can also sign up on the website to be sent an email when your card is being mailed to you.

When In Doubt Be Suspicious

Please stay aware; be wise and practical. Be wary of any unsolicited phone call asking for money or credit card information. If something sounds implausible or "too good to be true," it likely is.

JKV's Army Of Teddy Bears Makes for Happy Campers

Continued from page 8

Caring Fund of the John Knox Village Foundation.

"There were so many people involved, that it is difficult to mention them all," David told *The Village Voice*. "However, there were two very inspirational ladies who put forth an exceptional effort. They were JKV resident Ouida Perry and JKV staff member [Maintenance Dispatcher], Liz Talatinian." The dynamic duo team created more than 330 Teddy Bears for the effort."

Liz has been sewing since she was a young girl, so she came to the effort with all the necessary skills and tools to work with Ouida to accomplish their

incredible bear creation record. "I got the needle at age four and started using the sewing machine at seven. My mother and grandmother taught me," Liz said.

Liz explained that she first heard about the teddy bear project from a lady resident who was busy sewing in her home. "I went to visit her, and I saw all the fabric on her dining room table, and I asked what she was making?" Liz said. "She explained the program to me.

"She passed away [in recent months], so I decided to help out. It is important for our employees to help residents in their efforts. I was so honored to be allowed to help on the

project, and it brought me together with some great people – the residents of John Knox Village."

With such inspiring efforts, the project team worked diligently to reach its goal: To create 1,000 teddy bears. When David announced the final tally, he said that the goal of 1,000 had not been achieved. With a glint of self-deprecating humor, for which David is famous, he added the following: "We actually created 1,274 teddy bears for Camp Boggy Creek."

Well done volunteers. Camp Boggy Creek will soon have 1,274 additional partners to add more love for each and every young camper in the coming months.

Donations To The Village



Donations received during the month of June 2018

To John Knox Village **Employee Scholarship Fund**

Bowling, Marilyn
Cason, Ernest & Maude
through the Cason Trust
Horn, Virginia
in memory of John Martin
Jenkins, Norma
Knowles, Lee & Jackie
Mertz, Harriet
through the Estate of Harriet Mertz
Milanovich, Rosie & Bob
Schmidt, Franklin

To John Knox Village Foundation **Benevolent Endowment Fund**

Michel, Fred & Irene
through the Michel Trust
Miller, Romaine

Chapel Endowment Fund

Michel, Fred & Irene
through the Michel Trust

Charlotte Symonds Fund

Milanovich, Rosie & Bob

CNA Training Fund

Milanovich, Rosie & Bob

Maggie Goetz Bird Fund

Bowling, Marilyn

Resident Assistance Fund

Cason, Ernest & Maude
through the Cason Trust
Harris Family Trust
Milanovich, Rosie & Bob

Toshiko Inouye Fund

Bowling, Marilyn
Richard, Gloria

Transportation Fund

Berk, Bernadine
Heger, David & Ken Raiten
Jones, Benay & Tim
in memory of Betty Wilcox
Jones, Rita
in memory of Gladys Carls
Matthews, Nancy Lee
*in honor of the JKV
Transportation Staff*

Patriss, Don
Sams, Harriett

Unrestricted Fund

Anonymous
Broaddus, Don
Cuddy, Joyce
Heger, David & Ken Raiten
Huizenga, Jack
Inspiration Press, Inc.
Loree, Sally & Paul

Woodlands Fund

Al-Anon Group
Conaty, Patricia
Johnson, Herb
Knowles, Lee & Jackie
Olson, Nanette & Mark
Richard, Gloria
Schmidt, Franklin
Stryker, Gerry & Carol Dumond

Wings on The Water Fund

Rotary Club of John Knox Village

John Knox Home Health Agency



THURSDAY, AUGUST 9

Diabetic Support Group Meeting

10:30 a.m. in the Den of The Woodlands

TUESDAY, AUGUST 21

John Knox Home Health Agency, Inc. presents a lecture:

“Effective Ways to Communicate with the Cognitively Impaired”

By Keith Gibson, Director of Programming Services

Back by Popular Demand - Learn simple techniques to improve what YOU can do to communicate better with People Living With Dementia.

From Alzheimer’s Community Care

11 a.m. in the Hibiscus Room of the Auditorium

Inflation Fighter

Electrical cost per unit

May 2018..... \$134.33 May 2017 \$155.00

Electrical cost per Kilowatt

May 2018..... 0.08 May 2017 0.09

Water Bill

May 2018..... \$27,582 May 2017 \$31,239

The Woodlands at John Knox Village



The Woodlands at John Knox Village offers quality care and innovative rehab services to our residents and the greater community.

Utilizing The Green House® model of care – Meaningful Life in a Real Home with Empowered Staff – it features 12 Green House homes with 144 private suites and bathrooms that surround a hearth living room, family-style dining area and open kitchen.

Our Shahbazim create a loving environment and develop deep knowing relationships with the guests to provide the best possible care.

In addition, visit our Fitness Center, Rejuvenate Spa services and the new Palm Bistro.

(954) 247-5800

www.WoodlandsJKV.com



700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

LIVING WELL CORNER

Continued from page 19

Place one hand on your stomach, just below your ribcage while placing your other hand on the center of your chest. Breathe in deeply through your nostrils and feel the hand on your belly being pushed out by your stomach while the chest remains stationary.

Next, breathe out through your lips, pursing them as if you were about to whistle. Gently guide the hand on your stomach inwards, helping press out the breath. Repeat this slowly between three and 10 times.

Mouth Breathing

Breathing through your mouth pressurizes the abdominal muscles, giving you a simple exercise to lose abdominal fat. In addition, it is one of the functional face exercises for cheek and chin toning. To begin, you can sit, stand or lie down for this exercise.

Open your mouth and breathe evenly and slowly through your mouth. Now, inhale for two to four seconds. The exhalation should take longer; thus, if you inhale for four seconds, exhale for eight seconds. Do this exercise three times a day for five minutes. If you are unable to inhale and exhale for a few seconds, you may be breathing too fast.

You can always utilize the Aerobics Room in the Fitness Studio when classes are not in session to practice your breathing exercises. Group classes such as, Tai-Chi and Meditation, are great group classes to utilize your new breathing exercises.

If you are interested in learning more about breathing exercises, you can visit verywellhealth.com and the American Lung Association at www.lung.org.

–Erik Nenortas

JKV Fitness Professional

Reach for Healthy Living at Rejuvenate Salon & Spa The Woodlands at John Knox Village

There are many reasons to visit the spa!

Spas offer services like massage, body treatments and facials. Massage, for example, is far more than an indulgence! It has numerous health benefits, including:

+ Calming the central nervous system

+ Improving blood circulation

+ Aiding the body in expulsion of waste products

Regular massage can keep you feeling your best and improve your quality of life!

For the month of August, receive a ticket after each service in the salon and spa to be entered in a drawing for a complimentary 1-hour massage!

Book Today! 954-247-5817



FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9 - 9:45 a.m. Tri-Level Fitness		9 - 9:45 a.m. Strong Slow Flow	
9:15 - 10:15 a.m. Cardio Pump	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II
10:30 - 11:30 a.m. Water Aerobics	10 - 11 a.m. Mat Pilates	10:30 - 11:30 a.m. Water Aerobics	10 - 11 a.m. Mat Pilates	10:30 - 11 a.m. Posture & Balance
11 - 11:30 a.m. Chair Ex @ GW	10 - 11 a.m. Water Aerobics	10:30 - 11:30 a.m. Tai Chi	10 - 11 a.m. Water Aerobics	10:30 - 11:30 a.m. Water Pilates
11:15 a.m. - 12 p.m. Zumba	11:15 - Noon Balance Boot Camp		11:15 - Noon Cardio & Core Chair	11:15 - 11:45 a.m. Morning Meditation
1:15 - 1:45 p.m. Better Balance		1 - 1:45 p.m. Strength & Balance		1 - 1:45 p.m. Strength & Balance
2 - 2:30 p.m. Gentle Stretch	1 - 1:45 p.m. PWR!Moves	2 - 2:45 p.m. Chair Yoga	1 - 1:45 p.m. PWR!Moves	2 - 2:30 p.m. Gentle Stretch
	2:15 - 2:45 p.m. Posture & Balance	2:15 - 2:45 p.m. Chair Ex @ VT	2:15 - 2:45 p.m. Balance & Mobility	2:15 p.m. FUNctional Exercise (LEC)

*Tai Chi 7 a.m. 7 days a week - Monday through Sunday will be in the Fitness Studio.

*Chair Ex @ GW = Chair Exercises at Gardens West

*Balance Boot Camp requires a reservation. Please call (954) 784-4730.

*Personal Fitness Consultation available by appointment - please call (954) 784-4730 to schedule.

Fitness Studio SUPERVISED EXERCISE by appointment

M/W/F	T/Thur	Saturday
9 - 10 a.m.	9 - 10 a.m.	9 - 10 a.m.
10 - 11 a.m.	10 - 11 a.m.	10 - 11 a.m.
11 - 12 p.m.	11 - 12 p.m.	11 - 12 p.m.
1 - 2 p.m.	1 - 2 p.m.	
2 - 3 p.m.	2 - 3 p.m.	
3 - 4 p.m.		

FREE BUS TRANSPORTATION SCHEDULE

FREE BUS TRANSPORTATION SCHEDULE					
FOR FREE Medical transportation please call 783-4000					
MONDAY BUS	TUESDAY BUS	WEDNESDAY BUS	THURSDAY BUS	FRIDAY BUS	SUNDAY
Medical North	Medical South	No Free Medical Bus	Medical North	Medical South	
ZONE #1	ZONE #1		ZONE #1	ZONE #1	
8:00-1:00PM	8:00-1:00PM		8:00-1:00PM	8:00-1:00PM	
LAST RETURN TRIP 2:00PM	LAST RETURN TRIP 2:00PM		LAST RETURN TRIP 2:00PM	LAST RETURN TRIP 2:00PM	
FOR FREE Shopping, Banking, Post Office and Church transportation please call 783-4036					
Walgreens	Publix	Walmart Superstore	Walgreens	Publix	Church Services
Post Office	8:00-12:00PM	1st & 3rd Wed of month	Post Office	8:00-12:00PM	Call for times
Banks	Runs Continuously	9:30AM-12:00PM	Banks	Runs Continuously	and locations
9:30-11:30AM	Return trips begin at 8:30AM	ONE TRIP ONLY	9:30-11:30AM	Return trips begin at 8:30AM	783-4036
ONE TRIP ONLY	And runs until 1:00PM		ONE TRIP ONLY	And runs until 1:00PM	
WELLS FARGO BANK	Library	Pompano Marketplace	WELLS FARGO BANK		1st Presbyterian (Pink)
SUNTRUST BANK	12:30-2:30PM	Walmart Neighborhood Market,	SUNTRUST BANK		1st Presbyterian FTL
BANK OF AMERICA	1st & 3rd Tues. of month	Stein Mart, Carabba's	BANK OF AMERICA		St. Henry's Catholic
CHASE BANK	ONE TRIP ONLY	Dollar Store	CHASE BANK	Walmart Superstore	Calvary Chapel
HSBC BANK		2nd & 4th Wed of month	HSBC BANK	1:00-2:30PM	St. Gabriel Parish
STONEGATE	Winn-Dixie, UPS,	9:30-12:00PM	STONEGATE	ONE TRIP ONLY	Coral Ridge Presbyterian
	Dollar Store, Ruby Tuesday	ONE TRIP ONLY			Christ Church Un. Meth
	1:00-2:30PM		Pompano Citi Center		Pompano Lutheran
	ONE TRIP ONLY		Macy's, Sears, Penneys		St. Martin Episcopal
			1st Thursday of month		
			10:00AM-12:00PM		
			ONE TRIP ONLY		
COPIES ARE AVAILABLE IN CASSELS TOWER TRANSPORTATION					



Got Questions WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

ALL MAINTENANCE ISSUES 24 HOURS / 7 DAYS/WEEK: (954) 783-4030

ALL JOHN KNOX VILLAGE EMERGENCIES: (954) 783-4054

WELLNESS NURSING: (954) 783-4004

ACCOUNTING (Questions about your monthly bill, call Joy Leitzell).....	(954) 783-4091
ACTIVITIES (Questions or to sign up for upcoming programs, call)	(954) 783-4039
ADMINISTRATION	(954) 783-4021
CART SERVICE (Call for a cart or to book a local car trip, call Elsa Bonilla)	(954) 784-4733
CASSELS TOWER FRONT DESK	(954) 783-4036
DINING ROOM (For reservations or delivery).....	(954) 783-4065
DIXIE GATE (SW 6th Street Entrance).....	(954) 784-4732
FOUNDATION (For questions about making donations, call Executive Director Nanette Olson)	(954) 784-4757
HERITAGE TOWER FRONT DESK	(954) 784-4737
HOME HEALTH AGENCY	(954) 783-4009
HOUSEKEEPING	(954) 784-4727
MAIN GATE (SW 3rd Street, John Knox Village Blvd. Entrance).....	(954) 783-4079
MAINTENANCE (To report a maintenance issue)	(954) 783-4030
PALM BISTRO	(954) 247-5820
PNC BANK (Open Monday-Friday, 9 a.m.-noon, 1 p.m.-4 p.m.)	(954) 781-0816
REJUVENATE SALON CASSELS TOWER (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.)	(954) 783-4013
REJUVENATE SALON WOODLANDS (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.)	(954) 247-5817
RAS CURIOSITY SHOP (Tuesdays, 9-11 a.m., Thursdays, 2-4 p.m., and Wednesdays, Furniture 2-4 p.m.).....	(954) 784-4753
RESIDENT RELATIONS/SOCIAL WORK (Call Joanne Avis)	(954) 783-4023
SWITCHBOARD/MAILING SERVICES/CHANNEL 92 UPDATES (Call Lynne Hunt)	(954) 783-4000
VILLAGE MART (Open Monday-Friday, 9 a.m.-noon).....	(954) 784-4760
VILLAGE TOWERS FRONT DESK	(954) 783-4056
WELLNESS NURSES (For 24-hour emergency care/assessment)	(954) 783-4004
WOODLANDS FRONT DESK	(954) 247-5800

GET ACQUAINTED – GET INVOLVED

John Knox Village Resident Senate Officers (numbers listed in Directory)

President: Paul Loree	HT 100
Vice President: Jan Spalding	LS 401
Secretary: Nancy Custance.....	NE 613
Treasurer: Marcia Ellington	HT 404
At Large: Diane Barton.....	LS 317
At Large: David Haun	HT 914
At Large: Elizabeth Cobb	EL 110

Committee Chairs:

Communications: Diane Dalsimer	LS 111
Dining Services: Ann Archard	LS 203
Fiscal: Sandy Lentner	VT 412
Gardens West: Eleanor Smith	LS 407
Health Center: Peggy Golden.....	VT 405
Legislative: Roger Smith.....	VT 509
Library: Sally Loree	HT 100
Life Enrichment: Sally Harper.....	LS 313
Long Range Planning: Diane Barton.....	LS 317
Operations: Building, Grounds and Renovations: Jim Brown	LS 612
Operations: Security and Transportation: Gil Gilman	EL 110
Volunteer Services: Gaile Boomhower	CT 509

JKV'S First-Ever Grand Daze

Saturday, August 11, 9:30 a.m. – 3:30 p.m.

Both On & Off Campus

Invite your grandkids, grandnieces, grandnephews, or great-grandkids (ages 5-12) to a fun Multi-Generational Day at JKV. We will start the day with a trip to the IMAX Theatre at the Museum of Discovery and Science to see a 45 minute documentary film, followed by a



yummy kid-friendly lunch in the Life Enrichment Center.

The afternoon will consist of fun activities such as a lizard catching contest and fun art. We will end the day in the pool with fun games.

For reservations call (954) 783-4039 or sign-up in the Village Centre Lobby.

Cost: \$23 a person, plus \$7 transportation.



Our Mission Statement:

John Knox Village of Florida, Inc. is dedicated to providing an environment of whole person wellness in which the people we serve thrive.

John Knox Village of Florida, Inc. is committed to supporting our employees, partners and the greater community.

www.JohnKnoxVillage.com

For more information call the Marketing Department at (954) 783-4040.



For More Info Contact
(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
f t y [JohnKnoxVillage](#)