

VOICE



INSIDE: FLiCRA Trifecta Has Familiar Look – Page 9 • August Thoughts From New Senate President – Page 10 • Most Complicated Construction Project Opens – Page 14

Resident Donates Christmas Village... To The Village!



Manhattan in all its glory shown in the
Patio Dining Room.



Tom Keenan with his display in the
Village Centre Auditorium.



A scene from Central Park in Hermitage Tower.



5th Av



The Big Apple Uptown residential as displayed in Village Towers.

Christmas
Around The
World sign.



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 equally fair manner. In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents 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 going into 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.

ON THE COVER

Residents enjoyed themselves during last year's New Year's Eve celebration and are looking forward to a Great 2019!
(Photos by Marty Lee)

Heritage Tower resident Tom Keenan generously donated an amazing set of Christmas Villages...to the Village. It came to JKV in memory of Charles B. Shields and holiday scenes were carefully placed throughout the campus.



In Memory of Charles B. Shields



venue shops shining brightly in The Woodlands Lobby.



Uptown NYC in Cassels Tower.



JOHN KNOX
VILLAGE

Where possibility plays

A New Year At JKV

The New Year always presents us with promise. A promise that we have an opportunity to re-imagine and re-invent. We are doing quite a bit of that here at the Village.

The New Year also allows us to look back and envision.

We can reflect on all the wonderful improvements that have been accomplished at JKV. Seaside Cove is another example of the hard work of residents, staff and board who are committed to enhancing the lives of all residents.

Think for a moment about how Village Glen looked. Then, think about what Seaside Cove looks like today. Most importantly, think about how the lives of JKV Elders are being impacted by the Green House-like model of care that is being provided.

Residents are thriving, they are engaged, they are sleeping better. They have purpose by participating in food preparation, Meaningful Life programs and enjoying the beauty of the physical space they now call home.

Remember the cafeteria line? The smell and feel of the old Dining Room? Think about our newly renovated Patio and Lakeside Dining Rooms. They are filled with beautiful art, lovely fixtures, and a colorful palate. Menus continue to improve and provide more variety—and the staff is making great strides in providing excellent service.

These are mighty accomplishments in an effort to provide residents with an exceptional experience at JKV.

As we look forward in this New Year, we anticipate building on a Service Model of Excellence. Our Human Resources Department continues to provide "Red Carpet:" Providing training to all 600-team members. Maintenance promises to provide speedy acknowledgment of work orders with professional and engaged team members.

Programming is being diversified to appeal to a wider variety of interests and in new ways.

The ability to provide excellent service and experience is grounded in the ability to provide training, growth and operational plans that engage the staff and provide them with the opportunity to grow: To grow professionally, and to grow in being able to be the best



Continued on page 20

Monica McAfee
Chief Marketing &
Innovation Officer

VOICE

Discover

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The Village VOICE is a bi-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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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 equally fair manner. In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents 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 going into 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.





Residents Help Celebrate NSU Art Museum's 60th Anniversary



By Tina Koenig, Communications and Public Relations Manager

Make it a New Year's resolution to visit the NSU Art Museum monthly for enriching exhibitions and programs and to make new friends at the Museum's events. Here are some upcoming highlights:

Free First Thursday Starry Nights:

Thursday, Jan. 3, 4 - 8 p.m. FREE

View the Museum's 60-year timeline and film, tour the exhibition "Remember to React: 60 Years of Collecting." Drop in for free art workshops and learn about the history of art and Hip Hop in South Florida from local artists and performers.

Cafe Society Book Group:

Thursday, Jan. 10, 3 - 5 p.m. FREE

NSU Art Museum's Café Society Book Group will discuss the book "Meet Me at the Museum," by Anne Youngston, about a farmer's wife and a museum curator's life-changing correspondence. Free Admission. The group meets in the Museum Café. The book may be purchased at the Museum Store: \$23.99; members \$21.60. Call (954) 262-0258 to RSVP.

Second Sunday Film Series:

Sunday, Jan. 13, 2:30 p.m.

Join NSU Art Museum and the David Posnack JCC for an afternoon of art and film. The Museum and café open at noon. Enjoy a docent-led highlight tour of "Remember to React" at 1:30 p.m., followed by a screening of "The Cakemaker" in the Museum's Norma and William Horvitz Auditorium. RSVP for the film and tour here: <https://www.dpjcc.org/cultural-arts/cultural-arts-programs/>

Learn to Paint Like an Impressionist:

Friday, Jan. 25, 2 - 4 p.m.

NSU Art Museum's art instructors will guide participants through an en plein air (outdoor painting) experience at the historic Stranahan House Museum in downtown Ft. Lauderdale and introduce them to the technical and practical aspects of the works by French



NSU Art Museum celebrated its 60th Anniversary with a ribbon cutting and debut of a documentary film about the Museum's founders and history. Among the guests were John Knox Village residents (left to right) Mary-Lou Siefker, Mary-Jane Bowen Graff, Jean-Faye Friedt, Ana Marie Rua, Lois Fry, Dorothy Porges, and Connie Costigan pictured above.

Impressionist painter Pierre-Auguste Renoir and American painter William J. Glackens in our current exhibition, "William J. Glackens and Pierre-Auguste Renoir: Affinities and Distinctions." The cost to attend is \$15 for members; \$25 for non-members. Fee includes supplies. Space is limited and an RSVP is required. Please call (954) 262-0258; 20 participants maximum.

The Annual Stanley and Pearl Goodman Lecture on Latin American Art: Earth, Water and Fire in the Ceramics of Wifredo Lam and Cobra: Saturday, Jan. 26, 2 p.m.

In 1938, Afro-Cuban artist Wifredo Lam arrived in Paris where he quickly gained the support of Pablo Picasso and was inspired by the dreamlike work of the Surrealists. When he returned to Cuba (1941-1951), he created some of his most expressive works of art, fusing surrealism and magic realism to cre-

ate a hybrid style that would signal a new direction for modern art in Latin America.

In the 1950s, he joined his friend, the Danish painter Asger Jorn, a founder of the post-World War II avant-garde art movement Cobra, in the Italian coastal town of Albissola, where they and other Cobra artists worked in the historic ceramic workshops. Lam became so consumed by this medium that he returned to Albissola multiple times, eventually buying a house there in 1961. Join Boston College Hispanic Studies professor Elizabeth Thompson as she discusses Wifredo Lam's fascination with the ceramic medium and his inspiration from Pablo Picasso and Cobra artists. **Call the Museum to ask about resident discounts (954) 262-0258 or the Life Enrichment Department at (954) 783-4039.**



JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.



The Benefits of A Qualified Charitable Distribution

I hope everyone had wonderful holidays with their family and friends. I was fortunate to attend the Joint Tax and Estate Planning Seminar at Nova Southeastern University recently.

The entire seminar was about Individual Retirement Accounts (IRAs). Who knew you could do two-plus hours on the IRA provision? I did find out some interesting information and thought you might like to know some of it.

The IRA charitable rollover was made into a permanent provision of the tax code several years ago. Some of our residents use this option for giving to John Knox Village every year. It may be more beneficial than ever in light of the new tax code passed last year.

Here's why: With the standard deduction being raised to \$12,000 for singles and \$24,000 for married couples, for some the charitable deduction no longer holds any real weight in making charitable contribution decisions. Instead, making a qualified charitable deduction (QCD) out of your IRA keeps those dollars out of your adjusted gross income for income tax purposes.

As a rule, withdrawals from your IRAs are taxed as ordinary income. This law allows you to make charitable gifts from your IRA and not have to report the distribution as ordinary income on your income tax return. No charitable deduction is allowed, but for most taxpayers, not declaring the income works to their advantage. This is especially true if you do not itemize on your tax return. Now that the standard deduction has been raised, more of us will no longer

itemize our deductions.

And there may be some other benefits that we don't often hear about:

- This may keep your AGI (adjusted gross income) low enough so that it won't increase your Medicare premiums;
- You may keep your AGI low enough to not have to pay the 3.8 percent tax on investment income;
- Your Social Security payments may not be taxed as heavily.

Of course, the IRS has some rules about who and how much. The IRS allows individuals age 70-1/2 or older to exclude from taxable income—and count toward their required minimum distribution—transfers of IRA assets, up to a total of \$100,000, that are made directly to public charities, such as John Knox Village.

Making a donation under this provision is simple and straightforward. You will need to notify your IRA Administrator that you would like to make a QCD.

Typically, there is a special form that must be filled out. In The Foundation Office, we are familiar with these forms and are most happy to assist you. We can fax the forms back to your Administrator to save time.

Should you need assistance or information from us at The Foundation, please do not hesitate to contact me. My office is on the first floor in Cassels Tower, my direct line is (954) 784-4757 and email is nolson@jkvfl.com

Thank you for all your generous support.

—Nanette Olson, Executive Director

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



VILLAGERS HAVE BEEN CRUISING AROUND WITH ISINGS FOR YEARS



East Lake resident Angela Bomford enjoyed an Isings trip to Iceland.

For over 35 years, Isings Travel has had the privilege of providing John Knox Village residents personalized, full-service, quality travel experiences

On the leading edge of the travel industry, Isings Travel created its Epic Journeys Collection- the only travel program of its kind designed specifically for retirement community residents. More than 25,000 residents from over 60 member communities across the United States have enjoyed unique travel experiences with Isings.

The Epic Journeys Collection of tours and cruises are crafted and created to provide a customized experience specifically designed for their guests. Benefits include traveling with a sheltered and secured group of your peers, with an expert group manager who creates a more personalized experience. These exclusive and extremely experienced, compassionate professionals provide a true "concierge" service for each and every trip member.

We are happy to offer these very special travel opportunities for John Knox Village residents with totally custom itineraries programmed at a comfortable pace, infused with learning and entertainment features, and providing accessible high-quality accommodations and venues.

We would like to invite you to learn more about the Epic Journeys Collection benefits and fabulous 2019/ 2020 tours and cruises on Jan. 30 at 1 p.m. at the Life Enrichment Center at The Woodlands. At that time Jeanne Veldman, President of Isings Travel, and Kent Kauffman, one of the premier Epic Journeys Tour & Cruise Managers will provide a Travel Showcase Presentation sharing a vivid media presentation of the Epic Journeys Collection, with door prizes and refreshments.

JKV has been happy to incorporate the Isings Travel program as an integral part of its Wellness initiative. By offering our residents the opportunity to travel securely with all details arranged and escorted by specifically trained hosts allows even residents who no longer feel comfortable traveling alone, to expand themselves... encouraging holistic wellness.

2019 JOHN KNOX VILLAGE TRAVEL OPPORTUNITIES

Feb.	20	16 nights	Around South America Cruise
Mar.	5	17 nights	New Zealand Private Small Group Tour with Kent
Mar.	22	8 nights	Mississippi River Paddlewheel
Mar.	31	7 nights	Nieuw Statendam Caribbean Cruise
May	23	8 nights	Eastern Canadian Gems
Apr.	2	2 nights	North Central FL-Ocala Horse Farms
June	7	14 nights	Norway, The North Cape & Midnight Sun Cruise
July	17	10 nights	Canadian Rockies Tour + Rail to Vancouver
Aug.	16	10 nights	Great Lakes Cruising – Chicago to Niagara Falls
Sept.	14	10 nights	Pacific Coastal Discovery-Land & Sea
Oct.	7	9 nights	America's Great Canyonlands
Nov.	20	10 nights	Thanksgiving Cruise – Panama Canal, Costa Rica, Aruba

2020 PLANNING AHEAD TRAVEL OPPORTUNITIES

(More to come)

April	8 nights	Tennessee and Kentucky
May	9 nights	Rails & Trails of the Old West
June	9 nights	Colorful Newfoundland
July 3	13 nights	Heart of Europe / Oberammergau Passion Play
Aug.17	20 nights	Voyage of the Vikings (including Iceland, and Greenland & more)
Oct. 2	10 nights	Portugal River Cruise

What Does A Sage Do in the

GREEN HOUSE HOME?

By Twylah Haun, Sage

Recently, I asked a Shahbaz to share with a visitor what her Sage does in The Green House. Her response was, "Oh, she helps us in so many ways.

"She helps us clear the table after meals and does anything we ask her to do. She sits with our Elders during meals, visiting with them and letting us know if there is something they need. She attends our team meeting, just letting us know we have her support. She is always there to help celebrate birthdays and brings a hand-written birthday card to each Elder and each of us on our birthday.

"We have an Elder who really loves to stay in her room rather than come out to sit with us in the house, but she doesn't like to be alone and wants us to stay with her. Our Sage often just goes in to keep her company which frees us to cook and give more time to other Elders."

If you would like to find out more about becoming a Sage in The Woodlands, please email Twylah Haun at: dlandtkhaun@yahoo.com



Pictured left to right are Shahbazim Mimie Loriston and Nicole Corvil, Sage Priscilla Hay and Shahbaz Limoncia Geffrard.

John Knox Village's FLiCRA Trifecta

By David Bayer



JKV's FLiCRA Trifecta is (L-R) Dave Bayer, vice president, Diane Dalsimer, president and John Dalsimer, Board of Directors.

The Florida Life Care Residents Association (FLiCRA) is a resident-led association to ensure quality of life in retirement communities. With nearly 14,000 members in 58 CCRCs (Life Plan Communities), it is the largest and oldest

such association in the United States. The organization is guided by a 12-member State Board of Directors, eight of whom are also Regional Directors.

JKV resident Diane Dalsimer has served on the State Board for several years, and at the recent annual State meeting of the association, the Lakeside Villa resident was elected President of the Board.

Diane's husband, John, is a past President of the State Board, and as Director of FLiCRA's Region 5 also serves on the Board. John also represents FLiCRA on the Governors' Continuing Care Council.

Lastly, at this meeting the President of our JKV FLiCRA Chapter, Dave Bayer, was elected to the State Board and chosen to be Diane's Vice President.

With 853 members, our JKV FLiCRA Chapter is by far the largest! Nonetheless, having 3 State Board Members from one chapter is both unusual and unprecedented.

In almost 30 years of existence, FLiCRA has done some great things in supporting and securing public policy issues that have both improved our quality of life and annually saved us over \$8,000 per resident. With the help of our local leadership on the State Board, we can certainly be optimistic that we will continue to enjoy more of the same in the future.



August Miller
President Resident Senate

tune our residential lifestyle.

It is more than just a big Town Hall-type meeting each month that you are all invited to attend. There are dozens of committee and other type meetings each month involving hundreds of hours of time of the residents trying to make the Village even better than it currently is, and to help plan for future expansions and changes.

Change can be a good thing and all residents have a real opportunity through the JKV Senate to play a part in the future changes and improvements that will affect generations to come. After all, JKV is now more than 51 years old and one of the oldest such organizations in the country. The future can be and is ours to make.

So let me encourage you all to get involved with YOUR Senate. Attend your Cluster meetings with your Senators, talk to committee chairs about your concerns/desires. Ask a committee chair for permission to attend a committee meeting to see what it does, or to offer an opinion. And then get involved even more.

You will learn a lot and no doubt be

able to offer some ideas to help make the future of JKV. I have learned that you don't really know how JKV works until you get involved in the Senate structure.

And while the Senate is important for expressing our needs and concerns, let us not forget the Administration and Staff of our community. We are all part of the JKV Corporation as a result of our entry agreement and the fees we pay.

Our wonderful Administration and Staff are here every day of the year to help us. Help them do their jobs by communicating to them how they can help us. If something is not quite right, call the appropriate department.

If you need to call Maintenance, Dining, Security/Transportation, Life Enrichment, etc. do call them. I think you will be pleasantly surprised how they can help. And if you are not quite sure who to call, try calling the Resident Relations Department (954-783-4000). There is always someone, somewhere on the JKV Campus who can help you.

Have a great year and get involved!!
—August Miller

Let me welcome all residents of John Knox Village to the 2019 JKV Senate.

This is a uniquely active organization that has far more influence in our residential life than in almost any other Life Plan Residential Community in the country.

All of the Senators and Alternate Senators, Committee Chairs and Committee Members, as well as the seven members of the Senate Executive Committee and the three Resident Members of the JKV Board of Directors work all year to improve and fine-

The John Knox Village Foundation



Bill Sullivan
Attorney, Former Foundation Board Member

anything in return.

We have all felt that sensation in our lives, but many of us remain fearful of giving and not without cause. The poor old man with a sign standing at the exit off Interstate 95 at Sample Road looks like he needs a hand-out, but we are fearful of what he may really do with it. And then we read that the money we sent to our favorite charity was used in part to finance a private jet for its CEO.

One of the main reasons why generosity has flourished in the JKV community is the lack of this fear of giving. Bill and Melinda Gates are probably two of the most generous people on earth and they have no fear in giving because they do it smartly.

They have established a Foundation for strategic planning and giving. The Bill and Melinda Gates Foundation researches every potential project and follows every donation through to its ultimate use. Granted, the Gates are in a class by themselves, but the residents of JKV also enjoy the comfort of having a charitable foundation to scrutinize potential projects and the

funding of them.

As Marge recounted in her August article, the JKV Charitable Foundation was established in 2003 through the foresight of Frank H. Furman, Jr. In 2011, the Foundation Board voted to hire a full-time director and brought Nanette Olson on board.

The Foundation was blessed to find such a qualified director, an attorney with 20 years' experience in directing planned gifts for Holy Cross Hospital and the University of the South—all this and superb people-skills as a bonus. Under Nanette's skillful and thoughtful leadership, the JKV Foundation has not only grown, but flourished.

The Woodlands' capital campaign was but the opening act for the Foundation which is destined to become the jewel in the Village crown. If you have not yet done so, stop in Nanette's office on the first floor in Cassels Tower and see what the Foundation can do for you.

—Bill Sullivan

As I paged through a recent edition of the *Village Voice* magazine, I could not help but be reminded of what a caring and giving community JKV has evolved into over the past 50-plus years.

Resident Marge Hellgren outlines the history of giving in the Village which has been nothing short of spectacular.

Much has been written about the joys and benefits of giving. There is a sense of well-being when one gives without the expectation of receiving

RESIDENT CAN ENJOY TWO-TIME EMMY AWARD WINNING *Katreese Barnes*



Katreese Barnes

The ArtSage Alliance, comprised of John Knox Village, the Venetian Arts Society and Nova Southeastern University, present Katreese Barnes and ChamberFusic.

The ArtSage Alliance "experience" begins at 6 p.m., Friday, Feb. 1, at NSU's Don Taft Student Center Performance Theater with wine, hors d'oeuvres, and fun, stimulating conversation with one of the most diverse and sophisticated groups of people one will find anywhere.

At 7 p.m. attendees will move into the theater for the "Salon Concert" and the rare opportunity for our multi-generational and multi-cultural guests to be a part of the artistic process and to interact with master international artists of all disciplines and genres in an intimate atmo-

sphere. The relaxed, yet focused, setting creates for everyone, whether novice or connoisseur, a nurturing and all-encompassing artistic, educational and social experience: Showing us a new way to dream.

You Will Recognize Her Music

Not many people can say in one lifetime that they sang background for Sting, played saxophone for D'Angelo, and were the pianist and music director for "Saturday Night Live" and "The Rosie O'Donnell Show." If you don't know Katreese Barnes by name, you certainly know her music. Two-time Emmy award winner, a Grammy nominated pianist, producer and composer, Katreese has been a hidden hand at orchestrating some of our cherished cultural sounds.

"As the repertoire expands," Katreese said, "I hope people will hear a little bit of all the soulful influences I love in R&B, pop, classical and jazz. Why not bring them together?"

She started playing piano at the age of 10 and landed her first record deal in her teens. In her early 20s she wrote songs for Chaka Khan and Roberta Flack. After years of background work, Barnes took center stage with her EP, "Something to Consider," and marshaled an ensemble into a land where jazz, classical and soul roam together. "Something to Consider," is a five-track effort that showcases Barnes' arranging as well as song writing. With a non-traditional rhythm section, Barnes uses a string quartet instead of guitar layers creating a signature sound that is acoustic and modern. Usually strings play Mozart, but not James Brown.

In her personal life, Barnes is a cancer survivor who has overcome adversity by undertaking her usual unorthodox approach – embracing what's natural with alternative therapies and treatments. "Something to Consider," brings together her stalwart spirit and the styles she loves in a way that is unique and organic.

"As the repertoire expands," Katreese said, "I hope people will hear a little bit of all the soulful influences I love in R&B, pop, classical and jazz. Why not bring them together?"

Tickets are \$35 for residents, plus \$7 for Transportation to and from NSU. To reserve your spot call the Life Enrichment Department at (954) 783-4039 or sign-up in the Cassels Tower Lobby.

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 Cassels Tower Lobby at the front desk.

Here are the steps to follow:

• Pick up Room Reservation forms at the front desk in the lobby of the Cassels

Tower Lobby.

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

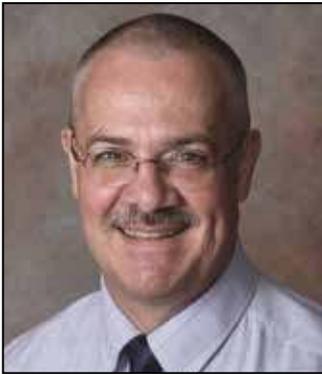
• Indicate whether event(s) are recurring (Monday through Sunday, Weekly or Monthly) or one-time only.

• 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 Marti Engel. Also, you can submit by scanning and emailing to Marti at MEngel@jvkvl.com. Her direct line is (954) 784-4762.

Darryl's Doodles for January-February 2019



Rev. Darryl Powell
Spiritual Life Director

Spiritual life opportunities at John Knox Village are growing in number and variety. Following are highlights of the new opportunities that will be available to you. Remember that all Spiritual Life programs, services and events are open to everyone.

To all the husbands, wives and partners who care for their aging spouses and who have to make that gut-wrenching and life-changing decision to place your loved one in a nursing home, Thank You. And praise God for you.

One of the most difficult challenges of life is loving a dear one through a disease that brings debilitation and, eventually, death. You are all to be commended for the brave decisions you have been forced to make. You are to be praised for the countless hours you spend at the nursing home, making

conversation and adding value to the long hours your loved one is experiencing in a foreign place.

You are to be honored for the tears you shed back at home, in the dark hours, when there is no one else around and the loneliness, guilt, anger and sadness become overwhelming.

As we now leave the official holiday season of giving presents, this article is written to be one more gift to you.

Please don't feel guilty about trusting your loved one to the care of others, either aides at home or nursing home staff. Your intention is to provide the best care that can be given because the one you love deserves the best quality life you can provide.

The fact is that very few of us have the training and endurance to provide long-term medical care on our own at home. Trusting your loved one to the professional, compassionate care of others is not a sign of failure, it is a sign of your love, compassion and success.

Here's another truth: Providing long-term care for a loved one is exhausting. Years ago a dear friend in my church announced during our time of sharing joys that for the first time in over two years, he was able to sleep through the night—uninterrupted—because his dear wife, who suffered with advanced dementia, had also slept through the night.

It was a miracle, for her and for him.

Those who take care of a spouse at home seldom have a full night of uninterrupted sleep. Rest is taken when it can be found, often in short spurts, on a couch or a lounge chair. To sleep in bed for a full night is a luxury. You do not need to be exhausted. When your loved one is in the care of The Woodlands or Seaside Cove staff, you receive the gift of self-care and good rest.

And when you are rested and well, the time you spend with your loved one is better because you are healthy, strong and more at physical and emotional peace.

Here's one more truth: Those of us who know you and watch you care for your loved one admire you tremendously. You are living the marriage vows you made so many years ago, "...for better or for worse...in sickness and in health." We see in you the depths of human love. You have shown us in your actions what selfless love looks like: It is long-term, it is hopeful in the face of overwhelming odds, it is tender, it is sacrificial.

To all the husbands, wives and partners who care for their aging spouses, and who have made the decision to trust your loved one to nursing home care, Thank You! May you be richly rewarded and blessed for your love.

—Rev. Darryl Powell

NEW LIFE ENRICHMENT MANAGER STARTS



Kyle Darin
Manager Life Enrichment

Kyle Darin has been named as new Manager for the Life Enrichment Department. He will oversee all Independent Living and Meaningful Life programming and production.

Kyle's phone number is (954) 783-4038 and his email address is KDarin@jkvfl.com

Kyle has more than 10 years of hospitality experience within the cruise and hotel industries. Most recently the Boynton Beach resident was Resort Manager for the Boca Raton Resort & Club.

Please give Kyle a warm JKV Welcome next time you see him.

Look for a co-department Life Enrichment and Marketing Meet and Greet in late January, providing an opportunity for residents to put faces with names and learn about the roles each member plays on each team.



After receiving additional training these ladies are now JKV Home Health Agency Wellness Warriors. Shown here are (L-R) Back row: Doreen Hew, Karlina Derosier, Marie Paul, Beverly Cordiel, Samantha Briscoe, Sophia Richardson, Lola Howell. Front row (L-R) are: Leslie Schlienger, Administrator, Elcame Cerant, Monica Johnson, Janet Bishop, Lystra Ramlochan, Hermin Birch-Henningham, Marcia Dixon, Rosanna John. Not pictured are Melissa Noel, Akeeba Simms, Kristan McDougald, Guerline Duclos.

Wellness Warrior Ranks Swell To 18!

Exclusive Aides At Your Service



Leslie Schlienger
Home Health Administrator

Wellness Warriors is the name given to an exclusive group of John Knox Home Health Agency aides who have completed additional training to enrich the care that they give to our Elders.

Designed to refresh and advance care and service concepts, the program is taught by JKV leaders to Home Health aides who have already proven themselves to be good caregivers. These caregivers have also attended the Red Carpet training and Sensitivity programs provided on campus by Human Resources Generalist Michelle Makielski.

Caregiving is a special kind of work. Although the love and compassion that

caregivers bring to their work comes from their heart, there are techniques that differentiate a good caregiver from a great one. Our goal at John Knox Village is to keep moving the bar forward and ensuring that our Home Health Agency rivals our Woodlands in superior quality and outcomes.

Each Wellness Warrior attended six classes on relevant topics such as Fine Dining, Advocating in Social Settings and Communication with Hard of Hearing or Aphasic Clients. Upon completion, the Warriors received a recognition pay increase, a new name tag with the "Wellness Warrior Trained" notation and shield emblem on it and a certificate for the education hours spent. Four aides completed the course in February and 14 completed in December (2018). Wellness Warriors will continue to be invited to exclusive additional training as time goes by.

Three Wellness Warrior classes are planned for 2019. Please take note of



Wellness Warrior Trained

the following caregivers and congratulate them if you see them around campus. I am extremely proud of them.

—Leslie Schlienger





SEASIDE COVE

AT JOHN KNOX VILLAGE

The first floor consists of one home of 14 Elders and the Hospice home of 10. The second floor is home to 26 Elders with common areas located in the center, separating the two wings, for a total of 50 private rooms. It is magnificent.

The renovated Seaside Cove opened to many “oohs” and “aahs” from the Elders who until then had been living in the part of the Health Center (Legacy) building called Village Glen.

The \$5.2 million renovation project now offers our Elders, as well as outside short-term rehab guests, a GREEN HOURE Project®-like model of care with private rooms, private baths, full kitchens, and hearth rooms. The color scheme includes oranges, yellows, and blues complimented with light walnut woods. The Elder rooms will be a mix of blue, green, yellow, and purple, with large windows.

It was a project dubbed by Thom Price, JKV's Facilities & Operations Director as, “the most complicated construction project ever built at John Knox Village.”

Adding to the complications were delays from the Permitting Department in the city, Hurricane Irma and several changes in the building's scope of work, including individualized room thermostats and hurricane impact windows. The 37,000+ square-foot building has the capability to run completely on generator power in the event of an emergency for well past the state's post Irma-mandated 96 hours, according to Price.

The renovated building—which had taken the hospital, institutionalized look and feel in the style of nursing homes of a bygone generation when it was built—is now four homes, three of which are operated by John Knox Village. The fourth, is a Hospice home operated by Trust-bridge.

Just as in The Woodlands, meals are prepared fresh by Shanbazim and a dedicated Chef (working from an enormous second-floor kitchen). The common space includes many sitting areas flanked by a fireplace to create a warm and welcoming environment.

The first floor consists of one home of 14 Elders and the Hospice home of 10. The second floor is home to 26 Elders with common areas located in the center, separating the two wings, for a total of 50 private rooms.

As he was settling into his new, second-floor home, Seaside Cove Elder and retired area veterinarian Dr. Jerry Shank said: “imagine something beautiful...and multiply it by three. That's what we have here at Seaside Cove. It is magnificent.”



Grounds Maintenance Supervisor Kevin Kluge installed a temporary sign for Seaside Cove prior to its Grand Opening.

Dr. Jerry Shank loves his new second-floor Seaside Cove home. He is shown with Home Health Agency aide Sandra Alexandre.



Enjoying the second-floor balcony on the day Seaside Cove opened are: (L-R standing): Leticia Graham (Certified Occupational Therapist Assistant) and Allison Purcaro (Speech and Language Pathologist). They are shown with Elders (L) Arlene Helvie and June Maurer.

Renovated Seaside Cove 'Magnificent'

'MOST COMPLICATED PROJECT EVER BUILT AT JOHN KNOX VILLAGE'

By Rob Seitz, Village Voice Editor

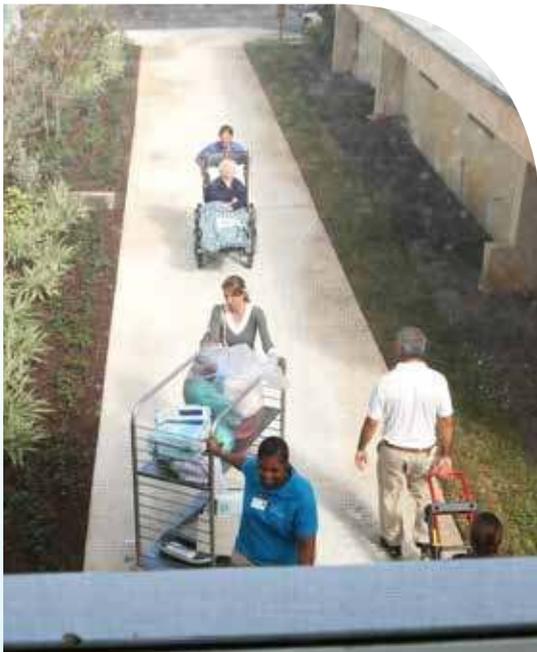


Thom Price
Facilities & Operations
Director

A view through the protective screening from the second floor open-air balcony of Seaside Cove during the Elders' move from the Legacy Building.



Two nights before officially opening Seaside Cove, residents, staff and members of the JKV Board of Directors spent the evening conducting a "Live The Building," where they offered any suggestions prior to Elders moving in. Oh, and they enjoyed a celebratory glass of wine.



What the entrance to the second floor looked like in its early days.



Even areas outside the structure were renovated.



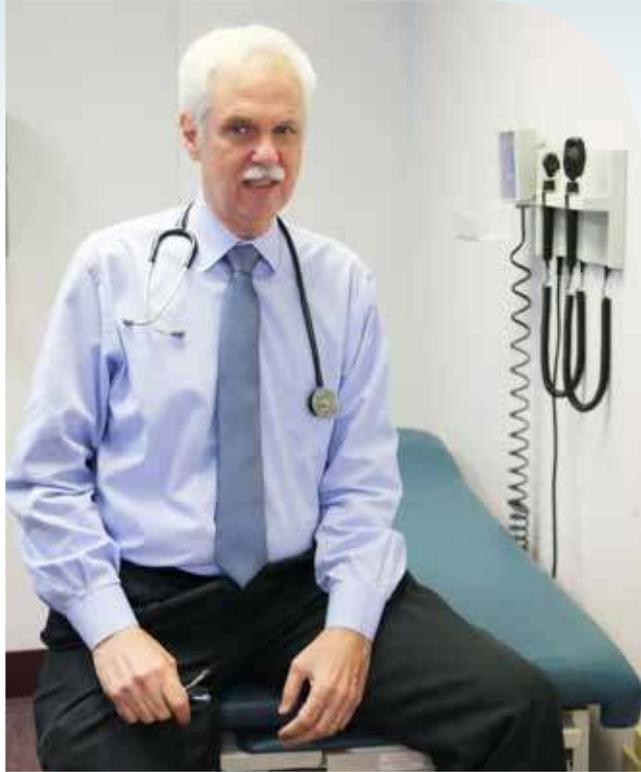
Crews working for Thom Price and Construction Project Managers Jorge Solano and Sherif Rofaiel basically took the old Health Center down to bare walls.



Early renovation work included trenching areas for piping to replace 40-year-old infrastructure.

Long-time JKV Doctor, Former Health Center Medical Director, Retires

By Rob Seitz, Village Voice Editor



Dr. Gabriel Cillo hung up his stethoscope after more than 30 years of practice in town and at John Knox Village.

A door opened and one closed. The same month that the door to newly renovated Seaside Cove opened, a long-time internist for John Knox Village residents closed his door.

The 40-year-old JKV Health Center was completely renovated. Elders, who were living in the Village Glen, were moved into their new digs in late November, the same month that Dr. Gabriel Cillo retired after 31 years of practicing internal medicine; many from his first-floor office at the JKV Professional Center Building.

During his tenure, Dr. Cillo also spent 10 years as Medical Director for the old Health Center.

"Gosh, I have had the privilege of seeing hundreds, probably thousands, of John Knox Village residents over all these years," Dr. Cillo told The Village Voice. "It has been my sincere privilege to work with and help them all."

Dr. Cillo studied medicine at the University of Rome, yes, that

Rome, which is where he met his wife.

"Travel, especially traveling back to Italy, is a big part of my retirement plan," he said, although Dr. Cillo also enjoys cooking, sports and reading. "My wife is from Sardinia, so we wish to spend more time there visiting family and friends."

Dr. Cillo also has two children he plans to visit, one who is a priest in Chicago and the other is a professor at the University of Texas at Houston.

"Plus, I will finally have the time to read books," he said. "It's always been short magazine articles or medical journals because of my lack of time."

No doubt part of his time will be recollecting the many residents he has seen and helped since the 1980s.

"Who knows, someday I may come back to John Knox Village... as a new resident!"



DISCOUNTED MARRIOTT AMENITIES

While the Village Centre undergoes renovation work early in 2019 residents can enjoy the many amenities at the Marriott Pompano Beach Resort & Spa, located right on the ocean at 1200 N. Ocean Blvd., Pompano Beach, 33062.

Enjoy discounts on food and beverages, spa services at SiSpa, its Fitness Center, three restaurants, and towel service at one of their two resort pools with sun decks, lounge chairs and umbrellas. Call the Marriott at (855) 954-4683 to let them know when you are coming. You must mention you are a John Knox Village resident and that you are eligible for "a special business rate."

You must also provide your JKV Resident ID at your time of arrival. Black-out dates will apply.

Here is the link to book your Marriott reservations https://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=John%20Knox%20Village%5E8WJ%60flpm%60&app=resvlink&stop_mobi=yes



New Year, New You at Rejuvenate Salon & Spa The Woodlands at John Knox Village January 2019 Specials!

Clarity Lemon Moisture Facial :: Quench the thirst of the skin for a rehydrated, refreshed and healthy-looking glow!

60 minutes \$60

Clarity Lemon Massage :: A classic Swedish massage combined with the delightful scent of citrus, your skin will be pampered and your spirits lifted! A calming, yet invigorating treatment.

60 minutes \$60

Clarity Lemon Pedicure :: You will experience a relaxing massage, cuticle and nail work, and an enamel application of your choice! The pedicure also includes a sugar scrub exfoliation at the beginning of your treatment to suitably prepare your skin for the shea butter massage.

45 minutes \$35

Call for an appointment
954-247-5817



Crab Encrusted Mahi Filet



In Good Taste: Chef Mark's Recipe

Chef Mark's Fish Recipe Will Leave You Deliciously Crabby

By Rob Seitz, Village Voice Editor

As a follow-up to 2018's year-end-closer recipe, John Knox Village Executive Chef Mark Gullusci, is sticking to the sea.

His first-of-the-new-year Recipe of the Month is a fish offering that will leave you absolutely crabby.

Crab-encrusted Mahi Mahi is a beautiful way to serve the popular, delicious tasty mild fish found off our Atlantic shore and in most moderate to upscale seafood restaurants in town.

Mahi is ideal for a variety of preparations, however Chef Mark's recipe calls for sautéing the crab meat with the fish and then baking until it reaches an internal temperature of 140-degrees Fahrenheit. Take care not to overcook the Mahi—remove from the oven after it just begins to flake—and no longer.

Mahi Mahi is rich in niacin, vitamin B12, phosphorus and selenium, making this fine fish feast not only guilt-free but also a delectable way to start off 2019!

Enjoy!

Crab Encrusted Mahi Filet Recipe

Yields 2 servings

- 2 pieces 5-6 oz. Mahi Mahi filet
- 3 oz. Maryland blue crabmeat
- 1 egg
- Kosher salt
- Black pepper
- ½ tsp. lemon zest
- 1 tsp. chopped chives or scallion
- 1 tbsp. vegetable oil

Preparation Method

Preheat oven to 350 degrees. Season the Mahi with kosher salt and black pepper. In a bowl, place the crabmeat, chives, lemon zest, and egg and gently incorporate until all

ingredients are combined.

Heat oil in a non-stick skillet, place half the crab mixture in pan, flatten out with a rubber spatula about the size of your fish and place the Mahi upside down onto the crab mix, cook 2 minutes on medium-high heat until browning on edges can be seen.

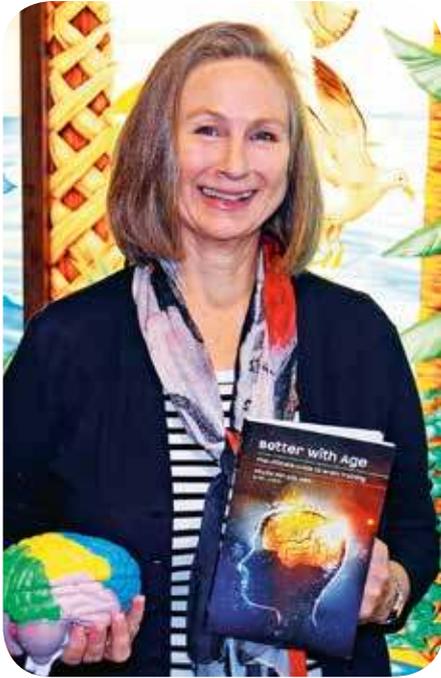
Carefully turn over and cook another 2 minutes, transfer to a baking dish and cook in 350-degree oven until you have reached an internal temperature of 140 degrees in the middle of the fish. Serve with your choice of sauce or none at all. Hollandaise is the recommended sauce.

If you have any questions about this recipe or have other culinary questions please do not hesitate to contact Chef Mark. His email address is mgullusci@jkvfl.com

Boost Your Brain Game In 2019

But Make Sure You Avoid The Biggest Mistake

By Phyllis Strupp, Village Voice Contributor



If you think your brain could be doing a better job for you, chances are you're right. Like the heart, the brain is an organ that needs training to function efficiently. Whenever you perform routine tasks, your brain turns into a couch potato.

The brain is built to get better with age, with the right training. Get started with these three easy tips to train your brain to get better now:

1. **READY:** Make sure you have a growth mindset. Expect your brain to change and grow at any age.
2. **SET:** Figure out which part of your brain is most dominant and pick an activity to engage a less dominant area.
3. **GO:** Build social connection and repetition into your activity to get quick results.

John Knox Village gives you many opportunities to succeed with boosting your brain game. First and foremost, many members of the community—both staff and residents—have a growth mindset about their brains.

JKV residents also have access to innovative tools to assess which part of the brain needs to work. The "Train Your Brain Workshop," the individual "Brain Portfolio Review" appointment, and the "Crown Jewels Program" booklet all help you determine which brain asset has the most cash (stored energy) to work with, and the particular activities that would challenge that brain asset.

Most importantly, JKV gives you the opportunity to avoid making the

biggest mistake. When it comes to brain training, the key factor standing between success and failure is social connection, the third tip in the tip list offered earlier in this article. All too often, people think brain training is something they do alone: Completing a crossword puzzle, reading a book, or sitting in front of a computer. None of these activities are likely to make your brain perform better.

Socialization Boosts Brain Power

The brain's power center, the temporal lobe, is charged up when you interact with others, and powered down when you are alone. This is why loneliness is considered the number one threat to public health in the United States.

At JKV, there are two major ways to build social connection into your brain training. The first is by initiating a new activity, where you will be participating

Here is something to put on your 2019 brain training to-do list: Attend a Gem Club meeting. Contact the Life Enrichment staff at (954) 784-4716 to find out when and where the upcoming Gem Club meetings take place.

Take this poem to heart—it will help you and your brain get better with age in 2019!

**A new year brings hopes and dreams,
But achieving goals requires clever schemes.
Getting what you want requires no money,
The trick to this can be quite funny.
When dreams come true first in the brain,
Nothing can stop your path toward gain.
Failure and guilt must be dead,**



Dr. H. Murray Todd, King of the Ruby Club, and Wendy Bednarcik, Queen of the Sapphire Club, at the Active Aging Week kickoff for the Crown Jewels Program and Gem Clubs.

with other people. The second is a brand-new offering: Gem Clubs. These groups, led by JKV staff and members of their Board of Directors, bring together people who are trying to work the same particular brain asset.

Which club is right for you, the Ruby Club, the Pink Diamond Club, the Sapphire Club, or the Topaz Club? It all depends on the type of brain wealth you want to build. Go ahead, attend one and see what it is all about. You owe it to yourself—and your brain.

**Let visions of success dance in your head.
Go and join a group of beginners,
Soon enough you'll all feel like winners!
Your brain is full of wisdom and wit,
At any time you can shine fully lit.
Hope springs eternal deep within,
With a smile and a laugh let the new year begin.**

Continued on page 25

LIVING WELL CORNER

Getting Back On Track After The Holidays



Ashley Tarantola

If you overdid it throughout the holidays, you may be tempted to go to great measures to undo the damage. The truth is there are a few smart, reasonable changes you can actually stick with now that the holidays have passed.

Here are some suggestions:

1. **Start Eating on Schedule**

Each day, eat breakfast within an hour of waking up and eat again every three to five hours. Start your day with a healthy meal and make sure each meal is evenly spaced out as much as possible.

This will maximize your metabolism, regulate your blood sugar and insulin levels, and level out your appetite. It may be tempting to cut way back, but starving yourself can completely backfire. Eating too little forces your body to switch into conservation mode and burn fewer calories, which means you're more likely to hang onto body fat. And under-eating can cause your body to break down muscle mass for energy, which can cause your metabolism to slow down.

2. **Drink More Water**

Water supports an optimal metabolism and some research shows it may naturally curb your appetite, but it can also help you feel better fast. Drinking more water flushes out excess sodium to help you feel less bloated. Water gets your digestive system moving and can help to relieve constipation. Aim for 2 to 2.5 liters a day (about 8 to 10 cups).

3. **Don't Cut Out Carbohydrates**

Completely eliminating carbohydrates can force your body to burn protein for fuel instead of using it to support and maintain your calorie-burning muscles. So instead of cutting carbohydrates out, just cut back. Try to pair vegetables and lean protein with a small amount of a healthy fat and a small serving of whole grains.

4. **Set Goals and Stay Motivated**

Pick a big event in your near future, a reunion or a birthday and set a weight loss, fitness or wellness goal. If you find yourself losing interest in staying on track, don't be afraid to motivate yourself with a massage or a new pair of shoes.

5. **Aim for Daily Exercise**

Of course there will be days where you miss it, but if you aim for it every day and put it on your calendar you will at least end up with a solid three to five days of movement. Whether it is going to the gym, participating in a group exercise class, playing sports, cleaning or gardening, make sure you are keeping active daily.

6. **Clear out the Unnecessary Stuff**

Throw out any foods you consider your weakness or can't keep away from. Try not to indulge in leftover sweets or fatty foods from the holidays. Just toss it out.

Remember that getting back on track can be even harder than starting a brand new routine, but when you begin again, you will remember how you used to feel before and that is a great feeling. Do your best and keep your head up. Remember, the JKV Fitness Staff is here to help as well.

—Ashley Tarantola
JKV Fitness Professional

NUTRITION NOTES

Sugar Free Candy



Rachel Graham

Many people choose to purchase sugar-free candy as opposed to regularly sweetened candies with the impression that they are healthier than the original version. Truth be told, that no matter what candy you are picking, be it regular or sugar-free, candy is still candy and most are still high in calories, fat and carbohydrates.

Sugar-free does not mean carb free. Although some sugar-free candy will provide you with

fewer carbs and calories than regular candy, it is still easy to overdo your carb and calorie intake with sugar-free candies if not eaten in moderation.

Sugar-free does not mean fat free. Sugar-free chocolate, in particular, may be high in saturated fat, which is found in cocoa butter. In addition, many baked goods that use sugar alcohols as sweetener tend to have more trans fat than regular versions. Therefore, it's important to be mindful when eating sugar-free chocolates, especially if you have heart disease, are overweight, have diabetes or have any other reason to be careful about your fat intake.

Sugar-free does not mean you can eat more. If you have the mindset that because something is sugar-free that means you can eat more than you normally would, than perhaps sugar-free isn't the right option for you. Sugar-free treats are not free foods because they still contain calories, fat and carbs.

Sugar-free does not mean side-effect free. Sugar alcohols like malitol, erythritol, lactitol, mannitol or sorbitol that are often used in sugar-free candy and sweets have been found to cause some negative side effects like bloating, gas and diarrhea.

Sugar-free chocolates or baked goods also tend to not taste like the "real" thing. If you don't like the taste, then skip it. It doesn't make sense to eat something just because it is sugar-free. Instead, it might be best to have a small amount of the real thing, or better yet skip the candy and choose a snack that blends something sweet with some healthy ingredients like fiber and protein. For example, dip apple slices in peanut butter or pair some strawberries with a piece of dark chocolate.

Whatever you decide, just remember that even though something might be labelled as "sugar-free" it does not mean it is always the right option for you.

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

JKV Professional Center Medical Offices Directory

Here is a list of physicians and other professionals who have practices and their businesses in John Knox Village's Professional Center Building at 550 SE 3rd St., Pompano Beach (just outside the campus on the northwest side).

In many cases they have been tenants for many years servicing the needs of our residents and are worthy of consideration if you need their support.

John Knox Home Health Agency/Home Health Services for JKV Residents
Suite #300
Every day of the week
(954) 783-4009

George E. Edwards, Esquire
Attorney at Law
Suite #203 (Own Office)
Every Day
(954) 781-0444

Mary Fien, M.D.
Dermatology
Suite #101B
Once a Month
(954) 491-0510

Barry Galitzer, M.D.
Dermatology
Suite #101B
Monday A.M.
(954) 491-0510
Layne Heise
Hearing Specialist
Suite #101
Tuesday A.M.
(954) 943-9020

Steven Kester, M.D. / Craig Herman, M.D.
Urology
Suite #305 (Own Office)
(954) 941-3333

Edgar Nieter, D.P.M.
Podiatry
Suite #101
Monday A.M.
(954) 941-1200

Nightingale Home HealthCare
Suite #200 (Own Office)
Every Day
(954) 657-9962
Michael E. Nudelburg, DDS
Dentist
Suite #108 (Own Office)
(954) 942-4836

Matthew Popkin, M.D.
Internal Medicine/Chiropractic
Suite #101B
Monday P.M.
(954) 586-2273

Donald Rose, M.D.
Neuro Psychology
Suite #304 (Own Office)
Every Day
(954) 941-4388

Victor Toledano, M.D.
Internal Medicine
Suite #101B
Thursday P.M.
(954) 566-7775

Cary Zinkin, D.P.M.
Podiatry
Suite #101
Thursday A.M.
(954) 426-9292

David Whitman, Principal
Strategic Investments and Insurance
Suite #105 (Own Office)
Every Week Day
(954) 366-5189

A New Year At JKV

Continued from page 3

they can possibly be as they interact on a daily basis with each of you.

With new leadership, and the opportunity to create a new team, the Life Enrichment Department promises to provide more robust programming. Look forward to more Life Long Learning opportunities through partnerships with NSU, Lynn University, FIU, FAU and the University of Miami. Plans are underway for having audited college-level classes on campus, a reader's Theater Group.

The Village Players will get a start this winter. More performances will be scheduled with area schools. The Artist in Residence Program will begin in the First Quarter of 2019 as well.

These programs will also be featured in multiple venues. This may appeal to those residents who don't typically venture too far from their apartment or villa homes.

On that note, we plan to offer specialty Fitness Classes in non-traditional locations; other than the Fitness Studio, because, there are residents who don't want to bother heading over to the Fitness Studio, but they, perhaps, may feel more inclined and comfortable participating if an event or class is being held in a Party Room.

We look forward to working with

the Resident-Senate Leadership to continue to move JKV forward in providing innovative programs.

We will launch a new and invigorated Village Volunteer Program as well. More than 400 residents volunteer on campus, and most do two to three, some even four volunteering jobs. We need to engage residents, inform them of all the opportunities to stay engaged and to share their time and talents on-site.

Additionally, we will do a better job of recognizing their efforts. Life Enrichment Coordinator Marti Engel will be the lead staff member in cultivating this program. It will be so much more than an annual event to recognize our volunteers. We encourage you to think about volunteering if you haven't already jumped in.

We will be busy in 2019 working to get occupancy census to 92 percent. Having the opportunity to use multiple contract options will continue to help the Life Plan Consultants assist prospects with making the best choice for their individual needs. Traditionally, the majority of prospects opt for the Type A contract which provides for the full continuum of care and service, however, having the Type C contract helps us with prospects who have great

long-term care insurance and still want to enjoy the benefits of living in a Life Plan Community environment, using the continuum at a fee for service.

We will continue to keep residents informed about the progress of the Village Centre renovations and the expansion of the Aquatic Center. We realize this will be a tad inconvenient at times, but ultimately will provide you with a more beautiful and enhanced environment for events and programming. Think back to the Dining Room and Seaside Cove...It will be worth the wait.

Again, these new improvements will better serve you and will help position JKV in the increasingly competitive landscape as other communities continue trying to appeal to future residents.

It is a beautiful world full of possibilities. There is so much for which to be grateful. The New Year will be an exciting time. Thank you for all that you do to make John Knox Village so special.

With gratitude,



MONICA MCAFEE
Chief Marketing & Innovation Officer
mmcafee@jkhvl.com | (954) 783-4073

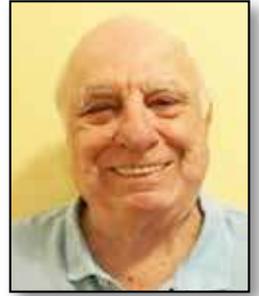
WELCOME LET'S MEET & WELCOME



Wilma Becker

WILMA BECKER – EL-0210

Originally from: Essen, Germany
Moved from: Fort Lauderdale, FL
Previous Occupation: Sales & Marketing Manager for NY, NJ & CT
Hobbies: Reading & Jewelry Making



William Nazzaro

WILLIAM "BILL" NAZZARO – EL-0210

Originally from: Cambridge, MA
Moved from: Fort Lauderdale, FL
Previous Occupation: Foreman
Hobbies: Golf



Richard Todd

RICHARD "RICK" TODD – VT-0221

Originally from: Hamilton, Bermuda
Moved from: Coral Gables, FL
Previous Occupation: Warehouse Shipping Supervisor
Hobbies: NASCAR Racing & Baseball



Benito Moya

BENITO MOYA – CT-0605

Originally from: Camagüey, Cuba
Moved from: Fort Lauderdale, FL
Previous Occupation: Engineer
Hobbies: Play Piano, Swimming



James Walsh

JAMES WALSH – VT-0323

Originally from: Brooklyn, NY
Moved from: Flushing, NY
Previous Occupation: Director of Public Relations
Hobbies: Reading, Watching Sports, Theater, Cruising



Lorraine Walsh

LORRAINE WALSH – VT-0323

Originally from: Brooklyn, NY
Moved from: Flushing, NY
Previous Occupation: Teacher, English Teacher
Hobbies: Knitting, Reading, Watching TV, Theater, Cruising



Enriqueta Bellosillo

ENRIQUETA A. "NINA" BELLOSILLO, MD – CT-0715

Originally from: Naguilian, La Union Philippines
Moved from: Lauderdale by the Sea, FL
Previous Occupation: Physician
Hobbies: Crochet, Knitting, Book Club, Aerobics, Theater, Investing



Barbara Baddeley

BARBARA BADDELEY – VT-0207

Originally from: Macclesfield, Cheshire, England
Moved from: Pompano Beach, FL
Previous Occupation: Ran a dancing school, 1966 Teacher, 1986 Tour Guide – Qualified British Tourism



Patricia Handley

PATRICIA ANN "PATTY" HANDLEY – VT-0309

Originally from: Savannah, GA
Moved from: Coconut Creek, FL
Previous Occupation: Nurse, RN
Hobbies: Like to go out to Lunch & Shop



Jamie Fisher

JAMIE FISHER – VT-0403

Originally from: Muscogee County, GA
Moved from: Panama City Beach, FL
Previous Occupation: US District Court
Hobbies: Reading & Piano



Louise Campanelli

LOUISE CAMPANELLI – VT-0705

Originally from: Newark, NJ
Moved from: Pompano Beach, FL
Previous Occupation: Model

LET'S MEET & WELCOME



Joseph Viana

JOSEPH VIANA – HT-0820

Originally from: Woonsocket, RI
Moved from: Key West, FL
Previous Occupation: Sales
Hobbies: Cards & Reading



Raymond Baker

RAYMOND BAKER – HT-0820

Originally from: Toronto, Ontario, Canada
Moved from: Key West, FL
Previous Occupation: Advertising Copywriter, College Lecturer on English Literature
Hobbies: Chess, Gardening, Reading, Painting, Drawing



Jerry Felski, Jr.

JERRY FELSKI, JR. – EL-0217

Originally from: Chicago, IL
Moved from: Pompano Beach, FL
Previous Occupation: Technician Telephone Co. Illinois, Marine Tech, Florida
Hobbies: Fishing, Target Shooting, Hunting



June Felski

JUNE FELSKI – EL-0217

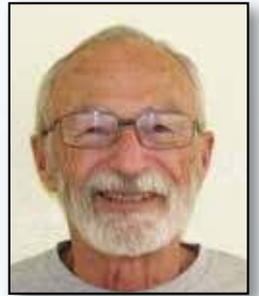
Originally from: Brooklyn, NY
Moved from: Pompano Beach, FL
Hobbies: Reading & Card Playing



Melodie Hardham

MELODIE "DEE" HARDHAM – SG-0590

Originally from: Neenah, WI
Moved from: Buxton, NC
Previous Occupation: Welfare Worker, Housewife
Hobbies: Beach Walking, Bird Watching, Reading & Gardening



Lawrence Hardham

LAWRENCE "LARRY" HARDHAM – SG-0590

Originally from: Bryn Mawr, PA
Moved from: Buxton, NC
Previous Occupation: Business Consultant for Physicians & Dentists
Hobbies: Surf Fishing, Bird Watching, Woodworking



Thomas Marsalona

THOMAS "TOM" MARSALONA – CT-1112

Originally from: Brooklyn, NY
Moved from: Fort Lauderdale, FL
Previous Occupation: General Contractor & Developer
Hobbies: Boating & Target Shooting



Angelina Marsalona

ANGELINA "ANGIE" MARSALONA – CT-1112

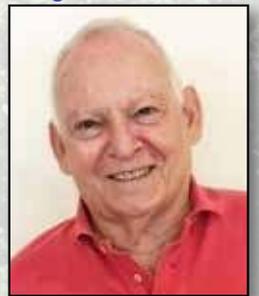
Originally from: Brooklyn, NY
Moved from: Fort Lauderdale, FL
Previous Occupation: Hairdresser, Housewife
Hobbies: Gardening & Plants



Clyde Jones

CLYDE "BILL" JONES – EL-0505

Originally from: Newberry, FL
Moved from: Pompano Beach, FL
Previous Occupation: Naval Aviator, Delray Beach Crime Scene Investigator/Supervisor



Jack Mass

JACK MASS – EL-0505

Originally from: Bridgetown, Barbados, West Indies
Moved from: Pompano Beach, FL
Previous Occupation: Advertising Copywriter



Doris Chouiniere

DORIS (DORIE) CHOUINIÈRE – VT 615

Originally from: Troy, New York
Moved from: Fort Meyers, FL
Previous Occupation: Nursery School Educator, Infant Nurse
Hobbies: Listening to Audiobooks, Watching TV

In Case You Missed It...

Lots of fun, informative and interesting things take place month after month at John Knox Village. Here is an illustrative sample of some of them...



Thank you Residents for being so understanding and flexible as we navigated new waters... from your Senior Management Team: (L-R) Fran Murphy, Gail Sutton-Pauling, Mark Rayner, Bill Pickhardt, Mary Sue McDermott, Joe Mallen, Wendy Bednarcik, Gerry Stryker, Monica McAfee, Leslie Schlienger, Bruce Chittenden, Thom Price and Nanette Olson.



Singer-extraordinaire Jeanne Lynn Gray had a grand time performing during the Rev. Darryl Powell-inspired and created Holiday Follies. Holly Powell, drummer Ben Rakusin, Tim Schramm and James Perkowski also brought the holiday spirit home.



Gloria Tomey (L) and Jane Hart were big winners on the final day of the Grand Bazaar's 50-50 raffle. They are shown with co-chair John Mandt.

A Time Capsule contest was part of John Knox Village's year-long 50th Anniversary Golden Jubilee celebration.

After reviewing a number of entries, and conducting a campus-wide resident vote we had a tie for the winning entries. Betsy Bousfield (C) and Carol Kitson



(R) won for their Waterfowls of JKV and JKV Campus Map respectively. They are shown with Time Capsule Committee Coordinator Amy Barrow. The entries will ultimately be placed in the new Welcome and Innovation Center, upon its completion.



Elders enjoyed a petting zoo experience, including petting a piglet, as well as other animals during a Petting Zoo for them, as well as students from the nearby Innovation Charter School.



Honoring our employees. Residents enjoyed honoring several employees for their many years of service. Shown here (L-R) are: Monic McAfee, Fern Scacciaferro, Juliette Jacques (Shahbaz 10 years of service); Dorrel Sewell (Gardens West CNA 35 years); Kelly McIntyre; Ertis Johnson (Dining Services 30 years); Joe Mallen; Leslie Schlienger; and Omel Glasgow, CNA.

In Memoriam

November

Muriel Auerbach
Jack Cady
Lydia Gluss

Rev. William Sims
Anne Welch

December

Madeleine "Mado" Breunig
Orville Brink
Jane Fairchild

Donations To The Village



Donations received during the months of October and November 2018

Employee Scholarship Fund

Bowling, Marilyn
Cason, Ernest & Maude
through the Cason Trust
Haun, Twylah & David
Jenkins, Norma
Kauth, Robert
Knowles, Lee & Jackie
Milanovich, Rosie & Bob
Peltzer, Nancy
Redd, Carol
*in memory of George Meyer &
Norm Rasmussen*
Ryba, Geraldine
Schmidt, Franklin
Stevens, Edwin

50th Anniversary Capital Campaign Fund

Cardinal, Beverly
Crossley, John
Simpson, Paul

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

Health Center Other Fund

Bremer, Carolyn & Chip
in memory of Fanny Zumbado
Masters, Beth

in memory of Fanny Zumbado
Patterson, Norma & Frank
in memory of Fanny Zumbado
Tucker, Susan & Tommy
in memory of Fanny Zumbado

Maggie Goetz Bird Fund

Bowling, Marilyn
Coghlan, Juanita
in honor of Betsy Bousfield
Pasco, Jane & Alvin
in honor of Betsy Bousfield

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

Heger, David & Ken Raiten
Lycke, Liz
Patriss, Don
Sams, Harriett

Unrestricted Fund

Bergman, Hal
in memory of Jim Cox
Broadus, Don
Brown, Reed
Cuddy, Joyce
Graff, Mary Jane
Heger, David & Ken Raiten

Henske, Elizabeth
in memory of William Petri
Huizenga, Jack
Inspiration Press, Inc.

Loree, Sally & Paul
Olson, Nanette & Mark
Petri, Ann
in memory of William Petri
Petri, Michelle Ann
in memory of William Petri
Petri, Steven Richard
in memory of William Petri
Petri Jr., William
in memory of William Petri
Prenner, Jack
Spalding, Jan
in memory of Janet Thomson
Swoboda, Anne
The F.B. Heron Foundation
*in memory of Min &
Norm Rasmussen*
Welch, Fran

Wellness Park

Welch, Fran

Woodlands Fund

Al-Anon Group
Bayer, Jackie & David
in memory of Norm Rasmussen
Brown, Donna
Featherstone, Michael & Barbara
Morningstar
*in memory of Janet Thomson,
George Meyer and &
Norm Rasmussen*
Haun, Twylah & David
Johnson, Herb
Knowles, Lee & Jackie
Richard, Gloria
Ryba, Geraldine
Schmidt, Franklin
Stryker, Gerald & Carol Dumond

2019

IS GOING TO ROCK
More to come later

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

BOOST YOUR BRAIN GAME IN 2019

Continued from page 18

John Knox Village is the only Life Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. To learn more about an upcoming Train Your Brain events contact the Life Enrichment Department at (954) 783-4039.

Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2016 book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it or lose it" based on successful outcomes from her 10 years of experience in brain coaching. Visit Phyllis' website: www.brainwealth.org

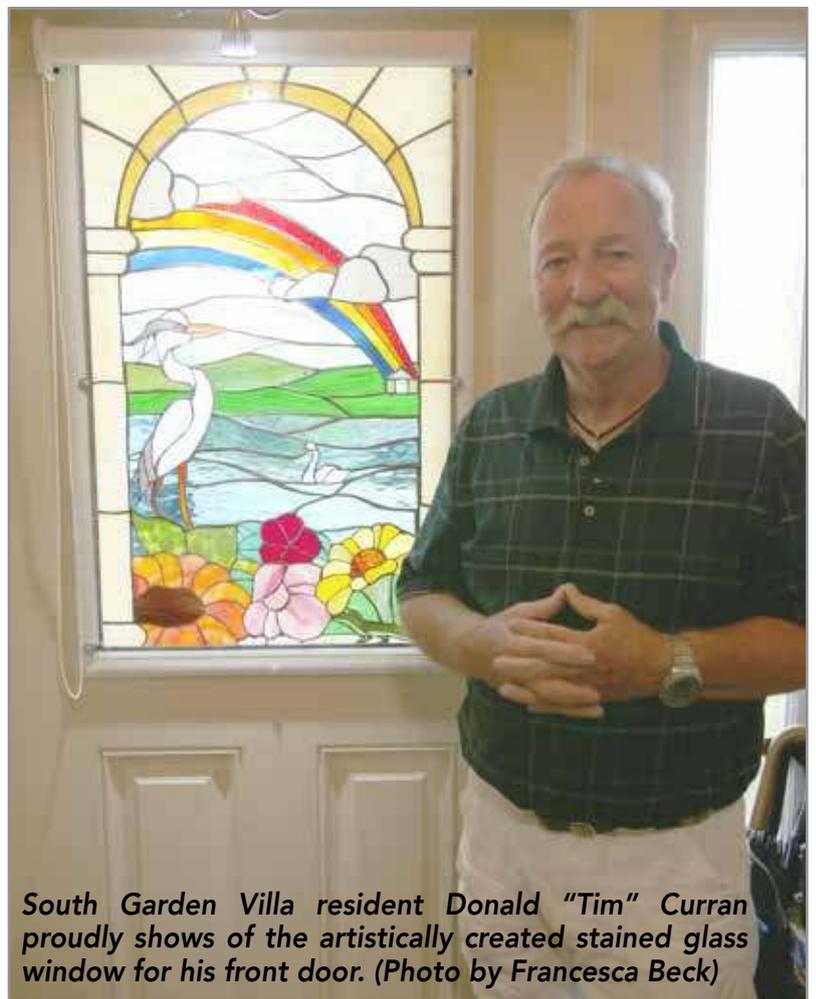
HAVE AN IDEA FOR A VILLAGE VOICE FEATURE?

To paraphrase the iconic closing line from the hit TV Show *Naked City*, "There are eight million stories in the Village."

With nearly a thousand residents, all from wonderfully wide and (sometimes) wild backgrounds, there are stories that SHOULD be featured in an upcoming Village Voice.

If you have an idea for such a piece, be it a resident profile, an amusing anecdote or fond memory, all you have to do is email your idea/s to Rob Seitz, Village Voice Editor at RSeitz@JKVFL.com

Who knows, at the end of the day you may just say, "There are eight million stories in the Village and this has been one of them."



South Garden Villa resident Donald "Tim" Curran proudly shows off the artistically created stained glass window for his front door. (Photo by Francesca Beck)

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 - 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 Market,	SUNTRUST BANK		1st Presbyterian FTL
BANK OF AMERICA	Every other week	Stein Mart, Joann Fabrics	BANK OF AMERICA		St. Henry's Catholic
CHASE BANK	ONE TRIP ONLY	Dollar Store	CHASE BANK	Wal-Mart Superstore	Calvary Chapel
HSDC BANK		Ross Dress for Less	HSDC BANK	1:00-2:30PM	St. Gabriel Parrish
STONE GATE		2nd & 4th Wed of month	STONE GATE	ONE TRIP ONLY	Coral Ridge Presbyterian
		9:30-12:00PM			Christ Church Un. Meth
		ONE TRIP ONLY			Pompano Lutheran
			Pompano Citi Center		St. Martin Episcopal
			1st Thursday of month		St. Colemans
			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
SEASIDE COVE	(954) 546-6000
SWITCHBOARD/MAILING SERVICES/CHANNEL 92 UPDATES (Call Lynne Hunt)	(954) 783-4000
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: August Miller	LS 109
Vice President: Elizabeth Cobb	EL 110
Secretary: Amy Barrow	CT 1706
Treasurer: Barbara Rietberg	SG 568
At Large: Kit Frazer	SG 532
At Large: Anne Swoboda	VT 609
At Large: John Mandt	VT 1013
Resident Board Member 1: Jan Spalding	LS 401
Resident Board Member 2: Peter Audet	VT 613
Resident Board Member 3: Tom McKay	HT 403

Committee Chairs:

Communications: Nancy Peltzer	HT 819
Dining Services: Kit Frazer	SG 532
Fiscal: Terry Colli	NE 501
Gardens West: Karen Audet	VT 613
Health Care Services: Bea Wilbur	LS 403
Historian: Marge Hellgren	SG 648
Legislative: Fred Depenbrock	EL 214
Library: Glenda Clark	CT 1406
Life Enrichment: John/Diane Dalsimer	LS 111
Long Range Planning: Dick Mellett	CT 1415
Operations: Building, Grounds and Renovations: Harry Wood	HT 1007
Operations: Security and Transportation: Dave Thomson	SG 652
Volunteer Services: Diane Barton	LS 317

Outing on Wednesday, Jan. 16 at 6 p.m. to the Broward Center for the Performing Arts, Broward College Speaker Series: Ben Stein



Ben Stein offers laughter, insight and tears as he explores society's most quirky conundrums. Ben is a gifted economist and longtime columnist for The Wall Street Journal, Barrons and The New York Times. Stein's career achievements range from speechwriter for President Nixon to the pop icon who starred as Ferris Bueller's teacher. He is, above all, an expert on bringing meaning to both life and work.

Event cost is \$55.40 plus \$7 transportation. To make reservations call (954) 783-4039 or sign-up in the Cassels Tower Lobby.

Residents who sign-up but do not cancel and do not participate will be charged accordingly.



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.



**JOHN KNOX
VILLAGE**

Where possibility plays

For More Info Contact
(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
   JohnKnoxVillage.com