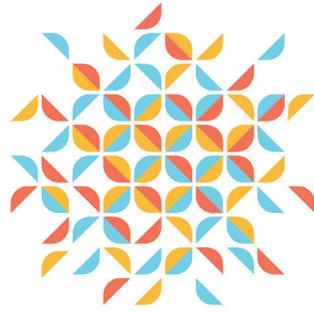


VOICE



ART Sage

AT JOHN KNOX VILLAGE

March 18 to March 23



ARTS *For The Ages*

If the previous two John Knox Village ArtSage weeks were any example, this year's Third Annual version should be spectacular. The yearly celebration of all things arts has an additional 19 fun, educational and hands-on events for you to choose from. Your recently delivered beautiful ArtSage brochure serves as a handy guide to all of the activities.

Contact the Life Enrichment Department if you did not receive your copy, or check the brochure out online at JKVResidents.com.



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 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.



**JOHN KNOX
VILLAGE**
Where possibility plays

Campus Improvements, NSU Collaborations Are Capital Ideas

The excitement is building on two major initiatives at John Knox Village.

In February, we began the interior renovation of our Village Centre Auditorium. The scope of work will include new impact windows and doors, which will eliminate the need to shutter the building during hurricane season.

A new generator, sprinkler system and upgraded bathrooms will provide greater safety and comfort, along with meeting new building codes.

New flooring, lighting fixtures, painting and window treatments will create a fresh new look for the campus' main performance venue.

Technology enhancements for hearing devices, wireless connectivity, sound and stage performance updates, comfortable chairs and new art work will provide an enjoyable experience for all.

The funding for these Capital Improvements has been a part of our Master Vision Planning and 10-year Capital Plan. Collaborating with our Resident Senate and Long Range Planning Committee, we have aligned our priorities and have set a schedule to fund these important renovations.

Proactively funding these capital priorities and infrastructure improvements will keep us relevant and avoid the complications that come with delayed maintenance.

A competitive bidding process was utilized to find the most qualified general contractors and subcontractors to ensure quality, safety, cost effectiveness and timely completion of our schedules.

The project schedule for the Village Centre interiors began in February and will be completed by the end of June.

The second major initiative, is our collaboration and partnership with Nova Southeastern

Continued on page 20

Gerry Stryker
Chief Executive
Officer



ON THE COVER

Fun and informative events--from a multitude of art genres--have been scheduled to challenge and delight you during John Knox Village's Third Annual ArtSage Week, starting March. Read more starting on Page 16. (Photos by Marty Lee)

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.

Editor: Rob Seitz | (954) 784-4741 | rseitz@jkvfl.com

Copy Editors: Dorothy Cleveland, Boots Maurer, Sondra St. Martin & Eleanor Smith

Photographers: Marty Lee *Word of Mouth Advertising*, Rob Seitz & Lauren Wion

Layout/Printing: Eternal Designs (561) 843-1157 & Mark Lewkowicz

Chief Marketing & Innovation Officer: Monica McAfee

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

651 SW 6th Street
Pompano Beach, FL 33060

To Learn More Info Contact
(954) 783-4040

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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.



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Plan A Visit To The NSU Art Museum This Month

Residents Enjoy Discounts, Complimentary Events



By Edison D. Lozada, Donor Relations and Annual Fund Manager, NSU Art Museum Fort Lauderdale

As Spring comes to South Florida, this is a great time to enjoy all the area has to offer, and that includes a visit to the NSU Art Museum Fort Lauderdale, one of John Knox Village's cultural partners.

Frida Kahlo-An Anguished Brush Presented by Armando Droulers

Thursday, March 7 at 5:30 p.m.

As a preview to "Frida," an opera composed by Robert Xavier Rodriguez and performed by Florida Grand Opera March 16-30, Art Historian and distinguished lecturer, Armando Droulers presents the lecture "Frida Kahlo – An Anguished Brush."

Frida Kahlo was an iconic Mexican artist wracked by agonizing physical pain and caught up in a stormy marriage to Diego Rivera. The flame that fueled Kahlo's art just kept burning and never turned to ash. Kahlo created 55 self-portraits.



On March 7th, Armando Droulers presents the lecture "Frida Kahlo – An Anguished Brush," at the NSU Art Museum, a cultural partner of John Knox Village.

Following the lecture, guests are encouraged to visit the NSU Art Museum's exhibition, "Remember to React," which displays works from the Pearl and Stanley Goodman Collection of Latin American Art including the only Frida Kahlo work currently on view in Florida.

This event is free for Museum members; \$10 for non-members. Please call (954) 262-0258 to RSVP.

Free First Thursdays Starry Nights

Thursday, March 7 at 4 p.m.

View NSU Art Museum's current exhibitions and enjoy 2-for-1 drinks in the Museum Café. Free First Thursdays Starry Nights offers FREE museum admission on the first Thursday of every month, from 4-8 p.m.

Art of Wine & Food: Pick a Peck of Pinots

Thursday, March 7 from 6-8 p.m.

Join Tommy Artounian from Southern Glazer's Wine and Spirits to explore the exciting world of Pinot Noir. Sample and compare four great pinots from around the world with small bites to pair perfectly with each wine.

Come early at 5:30 p.m. and enjoy a docent-led tour of the Museum's current exhibition "Remember to React," with a focus on Contemporary Women Artists.

Cost is \$40 per person; \$30 for members at the Patron level and above. Limited seating, advance paid reservations required. Please call (954) 262-0258 to RSVP.

Second Sunday Film Series: "The Samuel Project"

March 10. Tour at 1:30 p.m.

Film at 2:30 p.m.

The comedic drama "The Samuel Project" is about a teenager (Ryan Ochoa) who gets to know his grandfather Samuel (Hal Linden) for the first time when he makes him the subject of a senior year animated art project. With dreams of becoming a professional artist, the teen discovers that his grandpa, a Jewish dry cleaner, was heroically saved from Nazi capture in Germany by a young woman when he was a boy. After hesitating, Samuel agrees to tell his story for the project—a story he hasn't told in over 75 years.

Film cost: \$9 for David Posnack Jewish Community Center or Museum members; \$11 non-members. Film and tour: \$18 for JCC or Museum member; \$22 non-members. RSVP for the film and tour at the JCC website: www.dpjcc.org/secondsunday

Café Society Book Group: "In Full Flight"

Thursday, March 14 at 3 p.m.

Lively discussions on every second Thursday of the month feature books relating to Museum exhibitions, collections or other topical themes. This month's selection is "In Full Flight" by John Hemingway, which tells the remarkable story of a woman's search for a new life in Africa in the wake of World War II, a life that sparked a heroic career, but also hid a secret past. Books may be purchased at the Museum Store \$27.95, members \$25. Meet in the Museum Café. Please call (954) 262-0258 to RSVP.

Read more about the event here: www.nsuartmuseum.org/event/cafe-society-book-group-in-full-flight/

For information about attending these events as a John Knox Village guest, please call the Life Enrichment Department at (954) 783-4039.



JOHN KNOX VILLAGE
FOUNDATION

Take Joy in Being Part of the Story.

Even If You Plan To Live To 150, You Still Need To Make A Plan

We are well into 2019. As you plan the rest of your year, please consider how you can contribute to the Foundation and John Knox Village. I will be making the rounds talking to cluster meetings this year to reintroduce the Foundation to many of our new residents. I look forward to meeting you and talking to you about the Foundation and how we can help you make a difference at and in the Village.

I always say this place is full of planners. Just the fact that you moved to a life plan community says it all. It is a wonderful testament to our community that so many residents consider leaving a gift to JKV in their will. Anytime you would like to talk about how to make a bequest for the Foundation, please feel free to stop by my office on the first floor in Cassels Tower, call me at (954) 784-4757 or email nolson@jkvfl.com. I know that some residents prefer to keep their plans confidential. I will always respect your wishes for anonymity.

The following language will help you and your advisor put a gift in your estate plan:

I, (your name), of Pompano Beach, FL give, devise and bequeath to John Knox Village of Florida Foundation, Inc., a Florida not for profit corporation, (written amount or percentage of estate or specific dollar amount) for its unrestricted use and purpose.

If you would prefer that your bequest to be restricted to a particular fund at the Foundation, the language could look like the following:

I, (your name), of Pompano Beach, FL give devise and bequeath to John Knox Village of Florida Foundation, Inc., a Florida not for profit corporation, (written amount or percentage of estate or specific dollar amount) for the _____ Fund. In the event this fund no longer exists, the gift will be used in a manner that will most closely carry out the purpose of the original fund named.

Our John Knox Village Foundation Annual Report for 2018 will be mailed to you this month. We have highlighted the spirit of generosity and philanthropy that exists here. Your willingness to contribute to the many funds we have at the Foundation ensures that our lives here are the best they can be. Our waterfowl, transportation, rose garden, piano, tropical tree and benevolence funds all are healthy because of your continued support.

Our residents continue to amaze me by generously contributing their IRA required minimum distributions to JKV. We completed several gift annuities last year that will also ensure the ability of the Foundation to contribute to the lifestyle we enjoy here at John Knox Village.

It is my great pleasure to help you and your advisors make a gift to the Foundation through your estate plan or through other gift plans that make the best use of your assets. I hope you will call me and schedule a time that we can talk.

Thank you for all you do for JKV,

–Nanette Olson, Executive Director

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

Personal Stories

Help Make Your Brain Better With Age

March 23 ArtSage Event Can Help

By Phyllis Strupp, Train Your Brain Founder

Spring is a time of planting seeds and nurturing the new growth. Similarly, the later decades of life are a time to cultivate the budding aspirations that blossom from the first few decades of our lives. Our mental and cognitive health depend on this inner work.

The 20th Century psychologist Erik Ericson's stages of psychosocial development suggest that adulthood over age 40 is a struggle to choose generativity over stagnation, and wisdom over despair.

Wisdom Truly Is A Product Of Age

Over the past 20 years, research findings in neuroscience confirm that around age 40, our brain switches gears on us. Brain activity in the default network (in charge of our memory and personal story) becomes more active. The brain deliberately slows down to help us gather a harvest of wisdom from our life experiences to share with others.

This process enables our brain to get better with age to benefit the next generation. While the causes of Alzheimer's disease remain unclear, it is understood to be a malfunction of the default network, a disease that disrupts.

The most important brain health habit we can build over age 40 is to take charge of our personal story.

JOHN KNOX VILLAGE IS THE ONLY LIFE PLAN RETIREMENT COMMUNITY IN THE STATE OF FLORIDA TO OFFER PHYLLIS STRUPP'S EXCLUSIVE TRAIN YOUR BRAIN® WORKSHOPS. TO LEARN MORE CONTACT THE LIFE ENRICHMENT DEPARTMENT AT (954) 783-4039.

Nostalgia as well as rumination about past setbacks can bubble up. The inner narrative (what we say to ourselves when we look in the mirror) must be a success story, a tale of setbacks followed by comebacks.

For example, consider the life story of Elizabeth Taylor, who died in



Marty Lee's monthly Silver Scribes class helps on and off-campus folks write their personal stories. JKV resident-authors are seated (L-R): Chris Lamberton, Dr. Roberta Gilbert and Marilyn Bowling. As part of ArtSage Week a Silver Scribes Authors Panel will be held in The Woodlands' Life Enrichment Center at 1 p.m

2011 at age 79 from congestive heart failure. She was married eight times to seven different men, had four children

and at least 20 major operations.

At midlife, she transitioned from a successful acting career to celebrity-brand merchandising and social advocacy for people with AIDS. She died with a net worth over \$500 million, little of which came from acting.

At age 55, Liz disclosed in an

interview a secret of her successful mid-life transition: "I've always been very aware of the inner me that has nothing to do with the physical me... Eventually the inner you shapes the outer you. Life is to be embraced and enveloped. Surgeons and knives have nothing to do with it. It has to do with a connection with nature, God, your inner being—whatever you want to call it—it's being in contact with yourself and allowing yourself, allowing God, to mold you."

Embrace Every Chapter In Life

As Liz demonstrated, life experiences can be reconsidered, reframing significant losses in a positive way. Forgiveness and reconciliation can

Continued on page 24

HERE'S THE DEAL WITH CONTRACT BRIDGE

Submitted by Carol Redd



So, what's the big deal? Why has this card game fascinated such public figures as Bill Gates, Warren Buffet, Winston Churchill, Omar Sharif, Charles Schulz, Buster Keaton and Gandhi?

First, what contract bridge is "NOT." It's **not** a game of chance, deception, bluffing or luck. All players have control through strategy and timing, making use of probabilities and the odds.

It's a partnership game of sportsmanship and honor, a game of communication and control, a game of maximizing opportunities and understanding patterns and variables. It's played with a deck of 52 cards.

In the language of bridge there are only 38 words—bids

or "calls." Yet, there are more than **750 trillion possible hands** that can be made. The challenge never grows old.

Each deal consists of two parts—the bidding and the playing of the hand. The bidding portion sets the contract and the play determines how many points the prevailing team wins. There are bonus levels for making game or "slam," but the penalty for not achieving the bid is greater the higher your contract.

Bridge stimulates both sides of the brain, improving skills in communication, logic, math, memory, visualization and psychology. It is both relaxing and invigorating. It even stimulates the brain cortex, helping to produce higher numbers of the white blood cells that fight disease.

And bridge is a bargain. All you need is a couple of decks of cards and three other players. You can even play online, and then you don't need the cards or the people. That's a great way to hone skills, although not as social. If you travel, you can meet interesting people. There's always a "game looking for a fourth."

The opponents at the bridge table are your adversaries for that deal, but later they may be your partners and will always be your friends.

Most of all, bridge is fun. If you are just learning, or if you have played for many years, bridge remains a mystery and a challenge. And when you "blow a hand," there's always the next deal.

The JKV Bridge Club meets every Thursday at Heritage Tower Party Room from 12:45 pm to 2:45 pm.

Get Your Motor Running . . .

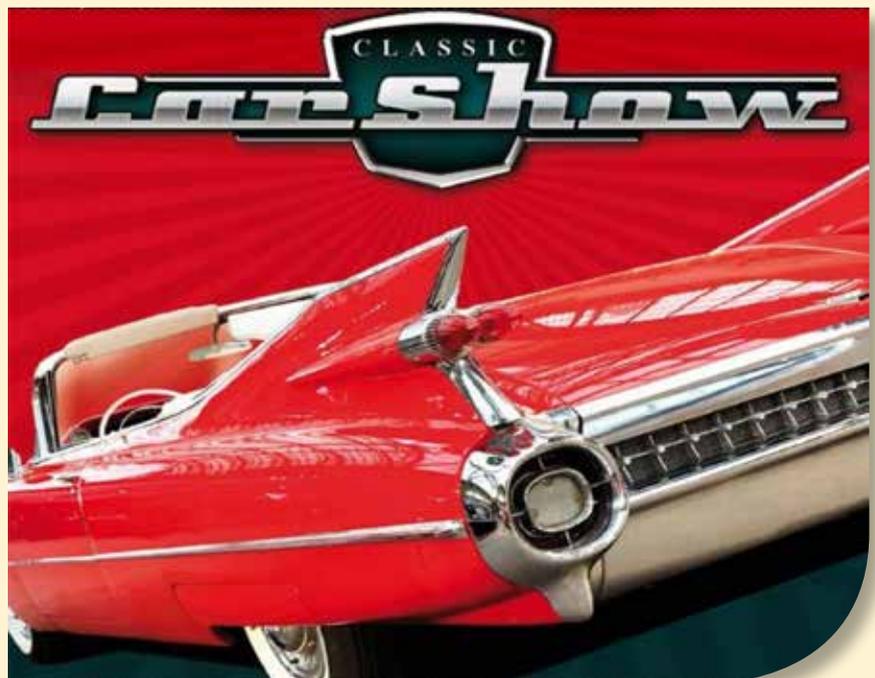
MARCH 30

If you are an antique car enthusiast, or just want to relive the nostalgia of your first car, take a stroll around the lakes of John Knox Village and see the display of antique and classic automobiles on March 30, during JKV's Annual Classic & Antique Show.

This celebration, which runs from 10 a.m. to noon, will showcase some real four-wheeled beauties from the '20s, '30s, '40s and '50s—to more recent classics.

Members of various antique and classic car clubs will be participating, with some 50 enthusiasts expected to bring their polished and beautiful vehicles onto the campus—some of which are nearly 100 years old. Running alongside Rex Foster Lake, the stage is set for a good time.

Bring your family and meet friends. Car owners will be present, so you can stop, chat and get answers to your questions about antique car collecting. This annual show has been one of the most popular events on the John Knox Village calendar.





August Miller
President Resident Senate

By now the Resident Senate has completed its first two months of operation for 2019. The 12 standing committees of the Resident Senate have been formed and are fully subscribed with resident representatives and

have had their first two meetings. This involves about 150 residents participating. Most of our committee meetings each month are held in the new Resident Meeting Room in Cassels Tower (the space formerly occupied by the Village Mart). Residents have received the first reports of these committees involving a myriad of topics.

The first Resident Senate Meeting for all Residents has been held in a new and innovative format using five locations around the campus so that all can attend these meetings at the same time. This is due to the renovation work in the Auditorium.

These locations were linked by the Internet, thanks to the expertise of our Life Enrichment Department and advanced technology. The meeting itself employed a new format that

involved more topic-oriented question sessions and Administrative Liaisons (Department Heads and Staff leaders) answering questions. Please let us know about how you feel about the new format and arrangements.

Our first Cluster Meetings—(at 35 locations) of neighboring residents with their Senators and Alternates—have been held. Sharing your ideas and concerns with your Cluster group is the first step in communicating with the Senate leadership and the Administration of JKV. If you haven't been to your Cluster Meeting (especially for new/newer residents) you should. This is a great way to get to know more about JKV and how it operates.

In fact, participating in any of the Resident Senate functions is the key to

Continued on page 18

The John Knox Village Foundation



Jan Spalding
President John Knox Village Foundation

The March annual meeting will be the end of service for me and two other Foundation Board members—Barbara Kuntz and Franklin Schmidt. I thought I would take this opportunity to give a little history of the Foundation and to thank everyone who serves.

There have been many moments in the Foundation's short history that come to mind as game changers and have been important, however I would like to highlight three.

First, in July of 2003 the JKV Foundation was incorporated and then in 2006 was given a 501(c) (3) nonprofit status by the IRS. The "founding fathers" were Frank Furman, Michael McLain, JKV Board of Directors members and resident Wilson Johncox, a member of the Board. This was the first step in creating a separate supporting organization to enhance the lives of future JKV

residents.

"The true purpose is the creation of a professionally led Foundation to focus exclusively on the fund-raising needs of JKV and to grow respective endowments with a long-term and professionally led philanthropic marketing strategy."

In 2009 the first annual report was created. By that time the Board had expanded to eight members—two from the community, Michael McLain and Bill Sullivan, and six resident members, Bev Cardinal, John Dalsimer, Jack Deinhardt, Martha Johnson, Herschell Lewis and Nancy Lee Matthews.

As Michael McLain said, "The Foundation has done and will continue to do even more to preserve and enhance the lifestyle of all the residents of this community." They saw a need to formalize the gift giving that was occurring within the Village and to ensure that the stated purpose of the Foundation would be maintained by writing our Bylaws.

They foresaw that there would be a need to formalize the great generosity and caring that dominates the Village today. It was the work of these people that helped form what is today the large and exciting JKV Foundation.

Then in April 2012, the Foundation hired Nanette Olson. I have had the honor to work closely with Nanette first as a Board member and for the past two

years as President of the Foundation. I can truly say that the Foundation could not have been as successful as it has been without her leadership. She spearheaded a most successful campaign to raise over \$6 million for The Woodlands and every year since then has raised over \$1 million. She has made certain that the original purpose of the Foundation—to create a "professionally led" organization became a reality.

Barbara Kuntz and Franklin Schmidt have served us well through their terms. We are very grateful for their service. Over the past few years, with their help, we have continued to expand the reach of philanthropy at JKV and worked to prepare for the next campaign. You will hear more about that shortly.

Lastly, I would like to thank every Board member, past and present, for the hard work and dedication to the JKV Foundation. The Board makes sure that every dollar you designate is actually spent for that specific purpose. Every time a request from management is brought forth for the Board's consideration, the determination is made by answering the question: "Was that the intent of the donor?"

In closing I have to add that **none of this would be possible without you.** The support of our residents and their families is what continues to make the Foundation grow. We thank you.

—Jan Spalding

"A Palm Beach Wife" **Coming To JKV**

Author, Susannah Marren, To Unmask Secrets Within Her Latest Book



always fascinated me," she told The Village Voice. "And it is impressive how women of all ages have agency there – older women are respected and heard in society circles and given status."

"A Palm Beach Wife" is her second novel. In it, she challenges the prescribed behavior and roles of women and men. She asks: "Is marriage, remarriage, motherhood for everyone?" Further, she muses about "when will women wake up and realize their own power. And, why have women struggled for so long—and still struggle—to be heard and taken as seriously as men?"

Faith, our protagonist, has secrets that she has hidden for decades. If she is "outed," she fears she will be ousted from the circles she has fought so hard to conquer. In written response to my questions, the author goes deeper: "What is loyalty, who will stand by her and what is her mettle?"

Enter Alicia Ainsworth, "Mrs. A," a mentor to Faith.

She is a wise woman who "has seen it all and knows it all. She is a mother figure."

"We need older, experienced female mentors for younger women," Marren said, "Not only in the workplace, but in our personal lives. I always say, 'who wouldn't welcome a Mrs. A?'"

And, one can say, who wouldn't welcome such an insightful and provocative author to John Knox Village?

Wife, mother, friend, helpmate, working woman. Faith Harrison fits all these roles. She is an A-Lister with a resale store, *Vintage Tales*, on Worth Avenue on the tony Island of Palm Beach.

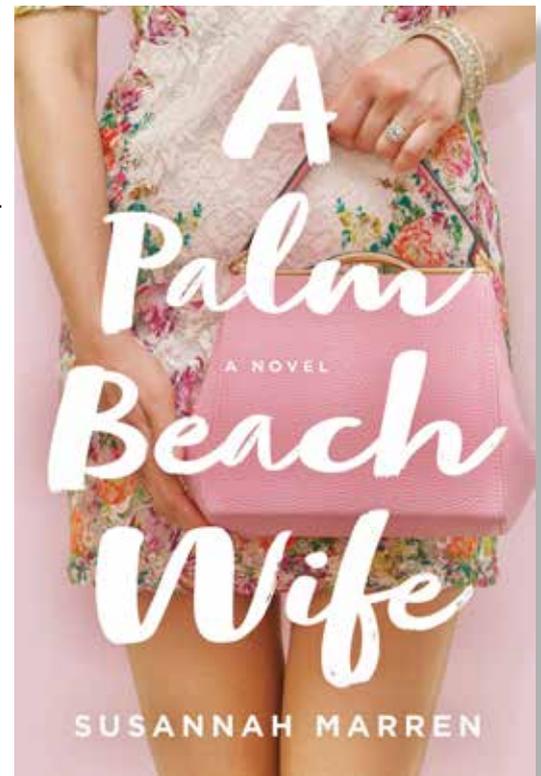
She lives in a \$10-million home, built by Marion Sims Wyeth, and is a regular at Mar-a-Lago, The Breakers and Longreens, a pricey country club for the top tier."

That synopsis is from Susannah Marren's, new book "A Palm Beach Wife." Susannah knows a thing or two about Palm Beach, she has spent more than 40 "seasons" on the Island, where her parents had a home. When she is not writing fiction,

Susannah Marren will be at JKV at 10 a.m. Monday, April 8, in the Life Enrichment Center at The Woodlands. Starting Monday, March 4, books will be available at the Life Enrichment Office in the Cassels Tower lobby. Books will also be available at the event, which is a day before the official publication date. If you want a special memento, have the author sign your book.

she is writing nonfiction, 13 books to be exact. Susan Shapiro Barash, her real name, is a professor of gender studies at Manhattan Marymount College and visiting professor at The Writing Institute at Sarah Lawrence College, in Bronxville, NY.

"The elegance, magic and culture of Palm Beach have



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.

Here are the steps to follow:

- Pick up the easy-to-complete Room Reservation forms at the front desk in the lobby of the Cassels Tower Lobby.
- Fill out the spaces for your name

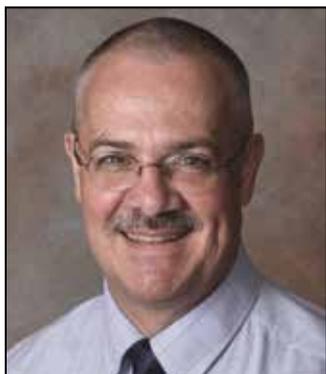
and alternate contact name (if applicable), event name, event location and telephone number.

- 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 by Life Enrichment, please submit via campus mail to Marti Engel. Also, you can submit by scanning and emailing to Marti at MEngel@jkvfl.com. Her direct line is (954) 784-4762.

A Special Worship Opportunity for the Season of Lent: Taizé



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.

The hustle and noise of life can easily interfere with our connection with God. What might we hear and feel if we were to sit peacefully, in a comfortable space, enjoying a time of sitting in the presence of God?

A friend once told me, "Friendship is not always defined by what two people say when they are together; it is better defined by the times they are together

without having to say anything at all." Imagine what we could experience if we had an opportunity to sit with God and just be together. This is what a Taize service can offer you. We are thrilled to be able to offer Taize-style worship at John Knox Village.

What is Taizé worship? Taizé is a monastic community located in Taizé, France, founded in the 1940s by a Swiss named Roger Louis Schütz-Marsauche, familiarly called Brother Roger. The "brothers" of Taizé are committed to a lifetime of simplicity, service, and community. There is an ecumenical emphasis at Taizé, as expressed in their official website, which says the community "wants its life to be a sign of reconciliation between divided Christians and separated peoples." Brother Roger was especially eager to bring Catholics and Protestants together.

A Taizé worship service involves sung and chanted prayers, meditation, a period of silence, liturgical readings, and icons. There is no preaching. The style of prayer practiced at Taizé has attracted many worshipers from around the globe and from many different denominations. The prayers consist of "short chants, repeated again and



again," according to an introduction in a Taizé songbook. "The words are sung over many times."

Throughout the Christian season of Lent, you will have the opportunity to experience Taize-style worship. Please join us every Tuesday evening, from March 5 through April 16, at 7 in the Spiritual Life Center (SG 676) to participate in our Taizé worship experience. Please sign up at the Cassels Tower lobby so we can prepare the proper resources to support you in this special experience. For information contact Spiritual Life Director Rev. Darryl Powell at (954) 784-4748 or through email dpowell@jknvfl.com

—Rev. Darryl Powell



Seder Service Set

The John Knox Village Passover Seder will be the first night of Passover, which is April 19 (which is also Good Friday).

Dinner will be at 6 p.m. and held in the Lakeside Dining Room. There will be a cost for the Seder: An up-charge for residents of \$8.75 and a cost of \$29.75 for guests.

All JKV residents and staff are invited to attend. Please sign up at the Cassels Tower Lobby. For more information contact the Life Enrichment Department at (954) 783-4039.

Upcoming Spiritual Life Happenings

Taizé Worship

Through the season of Lent, you are invited to a special, meditative worship experience called Taize'. Taize' is a contemplative worship experience that is focused on repetitive, simple music, extended times of silence, and scripture readings. This beautiful and unique form of worship will bring calm and peace and will give you an opportunity to connect deeply with God in a peaceful, meditative environment. Taize' worship experiences will be held on Tuesday evenings, March 5 through April 16, at 7 p.m. in the new Spiritual Life Center (SG 676).

Holy Week

Holy Week begins with Palm Sunday on April 14 and will continue through Easter morning, April 21. We have a number of meaningful spiritual experiences planned for you for Holy Week. Maundy Thursday, Thursday, April 18. special services at 2 p.m. at the Woodlands' LEC and 7:30 p.m. at Lakeside

Continued on page 29

JKV's Rare Trees Growing Strong Through The Years

By Lauren Wion, Village Voice Contributor

Whether you're a resident or an employee at John Knox Village, you can't help but notice the lush, meticulous, stunning landscaping across campus.

Many of the trees have been standing tall and strong for over 50 years. Most are beautiful and some are rare.

Have you ever wondered how these trees got here? Lakeside Villa resident Jim Brown, a former landscaping company owner, recently provided a history lesson on these unique trees.

In the late 1960s, John Knox Village, then known as Baptist Village, was in the beginning stages of development. Two brothers, Gordon and Neal Vinkemulder, of Wooden Shoes Gardens in Pompano Beach, began planting trees on campus.

They started planting in the South Gardens Villa neighborhood and eventually made their way throughout the Village.

"This was a big project, that took quite a long time to complete," Sharon Vinkemulder, daughter of Gordon Vinkemulder, told the **Village Voice**.

A big project indeed. Mr. Brown estimates that there are over 100 different varieties of foliage growing on the campus. Floss Silk, Ylang-Ylang,

Royal Poinciana, Golden Bouquet, Hong Kong Orchids, and Canary Island Palms are just a few of the rare trees that call JKV home.

There are 12 Floss Silk trees that can be found in varieties of pink, white or a combination of both, and bloom from November to December. The Ylang-Ylang trees provide a wonderful aroma that many might even recognize since its oil is the main ingredient used in Chanel No. 5 perfume. Hong Kong Orchids have the longest blooming season, taking place annually from November through June.

"These trees are rare," Mr. Brown added. "There isn't anywhere close-by where you can see trees like this. It's truly a botanical garden."

Mahogany, Black Olive, Gumbo Limbo, Avocado, Citrus, and Beauty Leaf are a few varieties of the larger trees that can be spotted throughout JKV's 70 acres. These trees offer shade and cool the campus during the hot summer months.

McLaughlin Engineering, a local survey company, is currently locating, tagging and recording every tree on campus as part of the Village's Master Plan process, as well as an inventory requirement from the City of Pompano Beach. Mr. Brown estimates that we



Gordon Vinkemulder proudly sits in front of one of the trees he planted many years ago. His daughter Sharon brought him to visit East Lake resident Betsy Sweet and they toured him around campus to see just how beautiful and tall the trees are today.

have around 3,000 trees, but we will soon find out the exact count once the survey is completed.

Whatever the final number, today's residents can thank the vision and foresight of two brothers so many years ago.



The Woodlands' Concierge Kathy Sleeman is JKV's very own Dog Whisperer. She graciously provides treats and fresh water to the four-legged visitors who come to visit, and brighten the days for, our Woodlands' Elders. Some are from off-campus guests, but most of the dogs belong to our residents who enjoy bringing them to the Woodlands. Thank you, Kathy, for your special work.

FLiCRA Flash Lessons From Sophomore Year At JKV



Dave Bayer

Jackie and I are just completing our second year at JKV. Although we are still relative “newbies,” we think we have learned a few things that are worth sharing. (Disclaimer: this is NOT a sales pitch for FLiCRA).

I was very pleased to have the opportunity to serve as the President of our JKV FLiCRA Chapter this past year. We inherited a great Board and a well-run Chapter that is the largest and most admired in the State.

When reading through the 26-year history of the Chapter, it is easy to understand why. Many of the residents that I most admire have served on past Boards. Another big plus is that FLiCRA receives great support from the JKV Administration. Although we are not a Senate Committee, the JKV Staff collects our dues, maintains our membership records and provides FLiCRA with venues to meet and to “do our thing.”

That history also makes it very clear that FLiCRA has done a lot of very good things for the residents of retirement communities throughout Florida. Our quality of life and our finances have benefited greatly. So, one thing I’ve learned is that time spent to support FLiCRA is productive and, if past is prologue, those benefits will endure for all residents of Continuing Care/Life Plan Communities, both within Florida and beyond.

Our Chapter is a member of the National Continuing Care

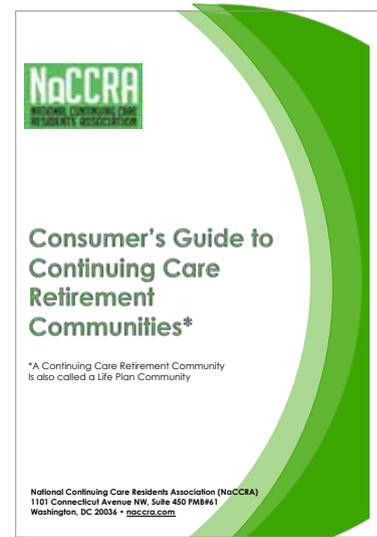
Residents Association (NaCCRA), which supports CCRC/Life Plan residents nationwide. NaCCRA publishes an excellent bi-monthly pamphlet called “LifeLine,” which is very well-written and informative.

Through NaCCRA’s website I acquired a superb 22-page study titled “Consumer’s Guide to Continuing Care Communities.” As the title implies, it is intended to help prospective residents find great CCRCs and help current residents monitor the ongoing health and performance of the community where they now live.

After reading this publication, my initial reaction was “Darn, I wish I had read this two years ago.” Upon further study, however, it was comforting to know that even if I had, Jackie and I made the correct decision in choosing John Knox Village. So, another important lesson learned is that life is full of choices, but positive reinforcement of choices made is very nice indeed.

That said, although Jackie and I are really looking forward to becoming “upper classmen,” we want to delay graduation as long as possible.

—Dave Bayer, President
JKV FLiCRA Chapter 26



FLiCRA Welcomes New Board, Keynote Speaker

By Marty Lee, Village Voice Contributor



Laura Feldman was keynote speaker at JKV’s FLiCRA meeting in January, urging attendees to continue fighting for Social Security and Medicare.

The John Knox Village Chapter 26 of the Florida Life Care Resident Association (FLiCRA) held its general membership meeting in January. Cassels Tower resident and Chapter President Dave Bayer, welcomed attendees and visiting members from other local FLiCRA Chapters.

They all joined in the 2019 Board of Directors oath-of-office ceremony, including Linda Kleingartner, Bill Spiker, David Thomson, Pat Costigan, Dave Bayer, Phyllis Liedtke, Susan King, Jed Sprague, Jeanne Jordan and Diane Dalsimer. Absent from the meeting were new directors Ellen Isaacs and Norma Jenkins.

FLiCRA is a statewide non-profit association of residents living in Continuing Care Retirement Communities (CCRCs). Under the leadership of volunteer residents and a dedicated staff in Tallahassee, FLiCRA is a recognized voice before the legislature and state regulatory agencies.

Guest speaker at the event was Laura Feldman. After a 20-year career as a teacher, Laura took on the mantle of social activism and has been a Grassroots Organizer for the National Committee to Preserve Social Security and Medicare. She has been involved in many senior advocacy groups including as President of the Southern Gerontological Society,

a board member with the Florida Silver Haired Legislature, as Policy Chair for The Grassroots Organization for the Well Being of Seniors (GROWS), and many more.

At JKV her speech explained the “Issues of Aging,” and the ins and outs of Social Security and Medicare. She explained that 55 million Baby Boomers are, or will soon be, entering retirement—these are Americans born between 1946 and 1962. She said to the audience, “Let’s embrace aging. What is our option? Let us embrace it together.”

As an advocate for senior issues, Laura’s primary focus is the preservation and improvement in Social Security and Medicare. Both programs are a hot potato among politicians in Washington, yet there are facts in both programs that are important to understand. Knowing the facts allows us to decipher the “political-speak” when listening to our elected officials.

Social Security is social insurance for

Continued on page 18

In Case You Missed It...

There's always something fun, interesting, exciting and/or informative taking place at John Knox Village....and here's photographic proof!



A pair of roses among the orchids. Judy Mollengarden (L) and Diane Barton were among a host of residents attending the Ft. Lauderdale Orchid Society's 61st Annual Orchid Show. Plant vendors from around the world displayed some of the most beautiful orchids at the War Memorial.



For the fourth consecutive year the team from Gardens West, Seaside Cove and The Woodlands took first place in the Holiday Parade. Here they are the day of the 35th Annual Parade and below when they were awarded the first-place trophy. Unnamed sources have told The Village Voice for them to look out for this December!!!



Cassels Tower resident Dick Mellet was festively adorned on December 31st and ready for 2019 during the New Year's Eve gala in the Auditorium.



President Teddy and Edith Roosevelt (aka William and Sue Wills) entertained residents during their recent "Presidents and Their First Ladies" presentation in The Woodlands' Life Enrichment Center.



Members of the Environmental Services Team packaged hygienic bags for the holidays. From (L-R) the team members are: Lillian Woodall, Alexis Judon, Michael Watkins, Ilone Fairweather and Willian Lester.

3rd ANNUAL

ART

Sage

Performing Arts Festival Set

Artwork From All Genres Will Be Showcased

By Rob Seitz, Village Voice Editor



Village Towers resident Karen Audet received an autographed copy of Ash Davis' book "A Life Through Letters." Ash will be making two encore appearances discussing the Art of Letter Writing during ArtSage Week.



Executive Chef Mark Gullusci will be putting on a delectable Cooking Demonstration on March 21 at 2 p.m. in The Woodlands' Life Enrichment Center.

In a whimsical play on words, ArtSage—a "Fine Arts & Fun Celebration"—is coming to John Knox Village in the middle of March.

Is it ArtSage ArtS for the ages? Or Art for the Sages (our profoundly wise residents)? Or both?

Come to one, some, or all of the ArtSage events to decide for yourself.

Fashioned after the 40-year-old Charleston, SC **Spoletto Festival USA**, John Knox Village's Third Annual ArtSage has its sights set on becoming one of the area's premier performing and fine arts festival.

"This is our third ArtSage," said Monica McAfee, John Knox Village's Chief Marketing & Innovation Officer, whose vision brought ArtSage to the Village.

"We promise to bring an impressive array of artists working within all the genres—from music, dance and theater to even culinary arts—with our Executive Chef whipping up creations during a cooking demonstration."

The idea of JKV's ArtSage has blossomed from a series of similar events Monica created at another life plan community in North Carolina.

"John Knox Village—and our destination-city location of Pompano Beach—are the perfect fit for providing intimate, yet captivating, events to enthusiastic audiences young and not quite so young," Monica told The Village

Voice. "We hope you will take this opportunity to join us for some of our ArtSage offerings. It will be a Fine—and Fun—Arts Celebration."

Combine on-campus events with performances from community partners such as the Venetian Arts Society, the Society of the Four Arts in Palm Beach, Miami City Ballet, Norton Museum of Art, the Shakespeare Troupe of South Florida, NSU Art Museum of Fort Lauderdale and Gold Coast Jazz Society, and the stage is set for a good time.

Call the Life Enrichment Department to request a brochure of all events or RSVP for any of the ones listed below. You can also view the complete brochure at www.JKVResidents.com

Here is a partial listing of the ArtSAGE Calendar of Events:

- **March 18 & 19—The Art of Letter Writing.** In today's techno-filled, fast-paced world the art of the handwritten letter has nearly disappeared, but author and TEDx presenter Ashley Davis hopes to change that. Hear how at 2PM both days in the JKV Lakeside Dining Room.

- **March 18—Shakespeare Staged Readings.** The Shakespeare Troupe of South Florida makes an encore appearance at ArtSage. Enjoy a formal reading of William Shakespeare as heard in the Elizabethan Age of the early 1600s. 11AM in the JKV Lakeside Dining Room.



The Borisevich Duo, Russian violinist Nikita Borisevich and his pianist wife Margarita Keselman will be performing on March 19 as part of JKV's 3rd Annual ArtSage.

- **March 19—Cooking Demonstration.** Join one of JKV's All Star Chefs for an entertaining and appetizing cooking demonstration. 4PM in the JKV Lakeside Dining Room.

- **March 19—Venetian Arts Society Salon with the Borisevich Duo.** Begin with a 6PM wine reception and at 7 enjoy Russian violinist Nikita Borisevich and his pianist wife Margarita Loukachkina for a dazzling musical performance. The Salon will be held at the Pompano Beach Cultural Center, 50 W. Atlantic Blvd., Pompano Beach, 33060. Tickets are \$35, plus \$7 for transportation.

- **March 21—Matisse and the Fauves, aka The Wild Beasts.** Enjoy a lively and informative NSU Art Museum docent-led art history program. In 1905, a French art critic dubbed a group of artists, including Matisse, as Fauves or "Wild Beasts" for their use of outrageous color. Learn whether that was a fair assessment. 11AM in the JKV Village Towers Party Room.

- **March 21—Cooking With Chef Mark.** Join John Knox Village's Executive Chef Mark Gullusci for a lesson on his techniques and creativity in concocting delicious dishes and foods. 2PM, in JKV's The Woodlands' Life Enrichment Center.

- **March 21—ArtSage Happy Hour.** After participating in a variety of ArtSage events this would be a good time to stop, wet your whistle, enjoy an appetizer and dance to the delightful tunes of The Happy Hour Duo. 4PM in the JKV Lakeside Dining Room.

- **March 21—Tango Lessons.** Stick around after Happy Hour for a lesson in one of the world's most fascinating of all dances. 7PM in the JKV Lakeside Dining Room.

- **March 22—Gold Coast Jazz Society Concert.** Comprised of South Florida resident musicians, many with international reputations and credits, the musicians will have you tapping your feet after the first note. 7:30PM in the JKV Lakeside Dining Room.

- **March 23—Silver Scribes Authors Panel.** JKV welcomes Silver Scribe authors Marty Lee, Nicoletta Sorice, Gen. Burn Loeffke, Andrea MacVicar and Donna Bruno to talk about writing in their Silver Years. JKV's monthly Silver Scribes group has inspired many to write their own story. 1PM in JKV's The Woodlands' Life Enrichment Center.

- **March 23—Cricklewood Band in Concert.** Cricklewood is one of the hottest groups in the area. Their music ranges from oldies and country to Rock 'N Roll and blues. 7:30PM in the JKV Lakeside Dining Room.

Call the Life Enrichment Department or visit the John Knox Village resident website at (www.JKVResidents.com) for the complete brochure.



With their wild colors and rough, untamed brushwork, Henri Matisse, Andre Derain and the Fauvists burst onto the avant-garde Paris scene in the early 20th Century. Learn more during a presentation from an NSU Art Museum docent on March 21 at 11AM in the Village Towers Party Room.



The couple providing musical entertain during our ArtSage Happy Hour are aptly named, The Happy Hour Duo. Join us at 4PM in the Lakeside Dining Room on March 21.



If you have not received your ArtSage brochure, please contact the Life Enrichment Department at (954) 783-4039.

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learning about JKV. So please participate regularly.

In addition, Town Hall Meetings to discuss the Master Vision Plan for the future of JKV have been held in the past month and will continue in the future. The Senate Leadership has been participating in the planning of presentations at these meetings to be sure the residents get the most out of the Town Halls. I think these will be very useful to all in understanding the major changes that lie ahead at JKV.

Resident Senate Leadership has been working very hard to be sure that all these events above are successful and run smoothly. We have had many leadership meetings and we have instituted new communication methods for the Resident Senate.

There is now a new JKV Resident Senate page on the JKV resident website (www.JKVResidents.com) with amazing amounts of information. Meeting minutes, reports and meeting notices are being sent out by the Senate to all with e-mail addresses using new e-mail Blast technology.



Residents representing JKV's 12 standing committees meet regularly in Cassels Tower's Resident Meeting Room.

Please open all the e-mails you get from the JKV Resident Senate so you can read this important information, or if you need help with the JKV Website or computer technology please be aware that help is available by calling the Life Enrichment Department for

personal or class-based help.

A lot of changes are happening now and in the future, but if all residents work together through the Resident Senate structure we can make JKV an even better place than it is now.

--August Miller

FLiCRA Welcomes New Board, Keynote Speaker

Continued from page 14

all. Laura said, "It's a big risk pool. You pay the tax and it goes out immediately to the beneficiaries." It is meant to assist seniors (and others who qualify) upon retirement. "Some will die (before retiring) and won't get it. Some will get it for only a few years. Some to 105."

She further explained that Social Security is self-funding. According to a report by the Social Security Administration on the "Actuarial Status of the Social Security Trust Funds" (June 2018), "the total reserves [of Social Security] were \$2.89 trillion at the end of the year (2017)."

She further explained the four parts to Medicare. Part A is your hospital charges. Part B (which was the original Medicare) covers doctors. "You choose the doctor, and you pay 20 percent, the government pays 80 percent." Part C (or advantage program) is private insurance. "You join in a PPO or HMO and the monthly premium charge goes to that company." Part D is your drug benefit program. Laura explained that under present rules, the government cannot negotiate drug prices. It must be done by companies dedicated to negotiating those drug costs. The premium goes to those companies.

In closing her discussion Laura urged the audience to understand both Social Security and Medicare: What the programs are, and what they are not, so we can respond to our politicians. Laura cautioned the audience to be discriminating



Members of the John Knox Village FLiCRA Chapter 26 Board of Directors are: (left to right) Linda Kleingartner, Bill Spiker (seated), David Thomson, Pat Costigan, Dave Bayer, Phyllis Liedtke, Susan King, Jed Sprague, Jeanne Jordan and Diane Dalsimer. Absent from the picture were new Directors Ellen Isaacs and Norma Jenkins.

and skeptical of political rhetoric about both programs. Politicians are not necessarily lying, but rather promoting a belief. "They do not see the light until they feel the heat," Laura said.

Hearty Potato Soup With Irish Cheddar & Corned Beef

In Good Taste

Chef Mark's Four-Leaf Clover Of A St. Paddy's Day Soup Recipe

By Rob Seitz, Village Voice Editor

For many reasons St. Patrick's Day is an enchanting time when those of us in the northern half of the world begin transforming from winter's dreams into summer's magic, with a little help from a special saint. As the saying goes, on St. Paddy's Day we are all Irish.

For such an enchanting day John Knox Village Executive Chef Mark Gullusci has a four-leaf clover of a recipe for you.

The beauty of Chef Mark's dish is in its ease. So, while you're breaking out the Leprechaun hats, hanging the plastic shamrocks, and throwing back a green beer or two, you're going to have a great time whipping up this marvelous cheesy potato soup with slivers of corned beef.

It's incredibly quick to prepare and the ingredients are easily accessible. Once you put it all together, this potato soup will fill you up with its

rich flavors and hearty texture. Top it off with generous amounts of corned beef and sprinkle some cheese.

Stir, slurp and celebrate the patron saint of Eire. Erin go bragh!

Hearty Potato Soup With Irish Cheddar & Corned Beef

Yields 4 Servings

- ¼ cup unsalted butter
- 2 small leeks, trim, split lengthwise, wash, and dice
- 1 large Spanish onion, diced
- 1 carrot, peeled and cubed
- 1 clove of garlic, minced
- ½ cup All Purpose flour
- 6 cups chicken broth
- 2 chicken bouillon cubes
- 3 pounds baking potatoes, peeled and cubed
- 1 pound Irish cheddar, or Vermont white cheddar, shredded
- ¼ tsp ground black pepper
- 1 cup heavy cream or half and half

For Garnish:

- ¼ pound corned beef sliced and cut to strips
- 3 tbsp. finely chopped scallions

Method Of Preparation:

In large saucepan, melt the butter over medium heat, add leeks, onions, carrot and garlic and sauté for 6 to 7 minutes.

Add flour and mix well, slowly add chicken broth and potatoes, bring to a boil and cook until potatoes are soft. About 15 minutes.

Add a cup at a time the shredded cheese and mix well before adding more, continue stirring and add the heavy cream.

Ladle the soup into warmed bowls and garnish with the corned beef and scallions.

Enjoy with a green beer, or a Guinness stout.

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 AM
(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 PM
(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 PM
(954) 566-7775

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

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

Campus Improvements, NSU Collaborations Are Capital Ideas

Continued from page 3



Nova Southeastern University President George Hanbury II has been in strategic talks with Gerry Stryker for quite some time on ways JKV and NSU could collaborate.



Rendering of the Village Centre.

University (NSU).

In 2018, we initiated the planning process for a Master Service Agreement to include all 18 colleges within NSU.

With a bold shared vision of one University lead by President Dr. George Hanbury II, along with the engagement of talented Deans, Faculty and Students, JKV will transform our Professional Center Building into a state-of-the-art Clinic for our residents, staff and eventually Pompano Beach residents.

NSU Health, supported by the collaboration of the DO and MD schools, will provide geriatricians specializing in the well-being of older adults, primary care physicians, specialists, and allied health professionals.

We will support our current tenants and community professionals through this transition, by evaluating opportunities to continue their practices or pursue patterning with The NSU Clinic.

The new clinic design will involve renovating a major portion of the first floor of our Professional Building Center.

The funding of these renovations has been allocated

and approved in our 2019 Capital budget. A Fair Market Lease agreement will be negotiated and provide rental revenue to JKV for the space leased by the clinic operations.

I look forward to introducing the NSU Clinic Team of Professionals to our JKV community over the next few months.

A formal communications plan will be developed and our projected timeline to complete renovations and begin clinic operations is projected to start by the end of June.

These enhancements to our Village, and partnership with NSU, represent years of strategic planning and relationship-building at all levels within our community and greater South Florida community.

I extend my sincere gratitude to our talented management team, resident leadership, governance and community professionals that continue to support JKV as an innovative community: "Where Possibility Plays!"

GERALD STRYKER
President/CEO

LIVING WELL CORNER

The Art Of Well-Being Through Exercise



Maria Leon

Everyone knows that regular exercise is good for the body, but exercise is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference.

No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline, and even adds years to your life. But that's not what motivates most people to stay active.

People who exercise regularly tend to do so because it gives them a good sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about them-

selves and their lives.

It is also powerful medicine for many common mental health challenges. Exercise has shown to be a natural and effective anti-anxiety treatment, it relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins.

Ever noticed how your body feels when you're under stress? Your muscles may be tense, especially in your face, neck, and shoulders, leaving you with back or neck pain, or painful headaches. You may feel tightness in your chest, a pounding pulse, or muscle cramps. You may also experience problems such as insomnia, heartburn, stomachache, diarrhea, or frequent urination. The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating a vicious cycle between your mind and body.

Exercising is an effective way to break this cycle, as well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better so, too, will your mind.

Try to notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of the wind on your skin. By adding this mindfulness element—really focusing on your body and how it feels as you exer-

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NUTRITION NOTES

You'll Go Nutty Over These Butters



Andrea Jones

Plant-based nut butters have become the latest craze taking over shelf space as an alternate protein source. With the recent rise in peanut allergies and the concern about animal proteins, such as processed meats, many have turned to nuts and nut butters to assist them in meeting their protein needs.

Nut butters are a food paste made from blended tree nuts such as: Almonds, pistachios, pecans,

cashews, macadamia, pine, hazel, Brazil and walnuts. They are rich in energizing protein, flavonoids, plant sterols, mono/poly unsaturated fatty acids, thiamin, vitamins B6 and E, iron, calcium, magnesium, potassium, zinc, copper and manganese. The levels of nutrients depend on the nut variety.

You may question if there is one type of nut butter that is better to consume over the other, or any to avoid? All nut butters have nutritional benefits.

Almond butter is the healthiest of nut butters containing 7g protein per two tablespoons and is a great source of mono-saturated fat and omega 3 fatty acids, not to mention the highest concentration of vitamin E, magnesium, and calcium. A word of wisdom is to choose the natural varieties of nut butters and skip those that contain added salt, sugar, or hydrogenated fat (such as palm oil).

As always, it is important to read the food label for nutritional

and ingredient content. You'll note that the new variety of nut butters are higher in price. Peanut butter remains the most affordable option. It all comes down to what your taste buds prefer.

How can nut butters be used? Try using them as a spread on bread, toast, or bagels instead of margarine or butter, as a dip for crackers, fruits, and vegetables, as an ingredient added to sauces, vinaigrettes, or use in sautéing.

Here are some examples: Almond butter on bananas; pecan butter added to oatmeal; pistachio or pine nut butter added to pesto; cashew butter added to a smoothie; hazelnut butter spread on a bagel. Ways to consume nut butters are endless.

You can actually make your own with a vita mix, ninja, or food processor and experiment your own flavors. Here's how: Warm the nuts such as almonds (about 3 cups) in a 250 degree oven for 10 to 15 minutes until warm to the touch (this helps the natural oils to release faster in the food processor for easy blending). Process until creamy. Feel free to add honey, spices, vanilla or other flavoring to your own personal taste. It is advised to use immediately or place in sealed container and refrigerate.

If you purchase nut butters made without preservatives, it is important to store them in the refrigerator or keep in a cool dark place as they can become rancid when exposed to warm temperatures. Refrigeration also keeps the oil from separating from the nut butter.

So begin enjoying a variety of nut butters and their benefits to help lower blood sugar and cholesterol levels as well as reduce blood pressure.

—Andrea Jones, RDN, LDN
JKV Dietician

READY FOR A VITALITY CHALLENGE

John Knox Village's Annual Vitality Challenge begins March 1.

Hosted by the Fitness professionals at the Fitness Studio, Vitality Challenge is a self-monitoring program where points are accumulated according to the number of events in which you participate.

Vitality is the state of being strong, active and energized and I believe our residents embrace this term in more ways than one. The Vitality Challenge will showcase a variety of fitness events to enhance your appreciation of healthy living and provide an opportunity to explore other areas of well-being.

For example, points can be achieved by joining a group exercise class or completing a workout at the Fitness Studio. Attend a lecture, dance class, or nature walk. You can even obtain points by submitting a personal statement pertaining to your fitness goals.

There is something for everyone and all fitness levels are welcome. March 30th concludes the Challenge and an awards ceremony will be scheduled shortly thereafter. You are encouraged to sign up. The Fitness team will be more than happy to help get you started and provide you with the information needed to be successful. —Marsha Dixon, Fitness Studio Manager



Village Towers resident Carol Kammen enjoys the Fitness Studio.

Let's use the Vitality Challenge to assess personal growth and create a zest for vitality. For more information contact Fitness Studio Manager Marsha Dixon at (954) 784-4730 or email her at mdixon@jkvfl.com

JKV's A Family Affair For Oldest Resident, Son

By Marty Lee, Village Voice Contributor



During her 108 years Marie Sprague has celebrated many milestones. One of the best is having son Jed and daughter-in-law Sandy here in Heritage Tower.

Woodlands' Elder Marie Sprague has had many milestones. In January she reached two more—celebrating her 108th birthday and becoming John Knox Village's oldest resident.

Add to that, the chance to enjoy the day with her son, who is also a JKV resident.

Marie is fortunate to have her son Jed Sprague and daughter-in-law Sandy also living at JKV, in Heritage Tower, so they can all join together for frequent visits.

In 1997, Marie moved to the Village Towers, from a beachside condo in Pompano, where she resided until 2011, then, at age 100 moved to Gardens West and to The Health Center two years later. Marie now enjoys living in The Woodlands.

When she was born in 1911 in Gladstone, NJ, the area had no paved roads, no electricity, no public water or sewer service. Growing up in an Italian family, along with three sisters, she developed an interest in sports and athletics. Fortunately, she also won a Kodak Brownie Camera in a high school competition, so the family was able to reminisce over, and enjoy, the many photos she took with her camera.

After high school graduation, Marie commuted to Newark, working for Prudential Life Insurance Com-

pany. There she met Everett Sprague at a local dance and a romance blossomed over time. Marie and Everett married and Jed was born in 1947, an only child.

"I fondly remember so many wonderful meals with aunts, uncles and cousins prepared by my mother," Jed told the **Village Voice**. "The Italian fare with antipasto, various pasta dishes, meats and vegetables and delicious desserts prepared by her are particularly memorable."

Jed and Sandy got married at Marie's VT apartment in 1999 with then-JKV resident Pastor Bill Simms officiating. Jed and Sandy followed in mom's footsteps and moved to Heritage Tower two years ago.

Now at 108 years young and living at The Woodlands, Jed said his mother is a resilient woman.

"Over the years she has survived various injuries," he said. "She had a half hip replaced in 2013 and the other replaced last year at [age] 107."

Marie has now lost her hearing, but they continue to communicate by writing. "Her replies are short. When asked, 'How do you feel?' She always replies: 'I feel fine,' 'Great,' or 'OK.'" When asked if she is happy, Marie gives a thumbs up or replies, "I'm very happy."

In Memoriam

Muriel Clausen
Barbara Kremp
Theresa Meli
Paul Negal
Neil Wolf
Barbara Bishop

Augusta Cinnamond
Jane Cortright
Mary Alice Elkins
Esther Gellenbeck
Robert Houston
David Lavelle

Mildred Manz
William H. Luckey
Hibbard "Hib" Casselberry
Harold "Hal" Bergman
Louise Newell

Grief & Bereavement

John Knox Village's Grief & Bereavement group will meet in the Village Towers Party Room from 1-2 p.m. on March 28 and April 25. For more information call the Life Enrichment Department at (954) 783-4039.

Donations To The Village



Donations received during the months of December 2018 and January 2019

To John Knox Village

Employee Scholarship Fund

Bishop, Claire & George
Bonner, Betty & Hal
Bowling, Marilyn
Cason, Ernest & Maude
through the Cason Trust
Halaby, Ingrid
Haun, Twylah & David
Jenkins, Norma
Knowles, Lee & Jackie
Milanovich, Rosie & Bob
Schmidt, Franklin
Stevens, Edwin

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Audet, Karen & Pete
Phillips, Shirley
Sailappan, R.N.
Spalding, Jan

Benevolent Endowment Fund

Gerloff, Margaret
Miller, Romaine
Ritchie, Anne
through the Anne Ritchie Trust

Busch Rose Garden/Oak Trees Fund

Celia, Retha

Charlotte Symonds Fund

Milanovich, Rosie & Bob

CNA Training Fund

Milanovich, Rosie & Bob

Health Center Other Fund

Anonymous

*in memory of Janet Thomson
George Meyer & Norm Rasmussen*
Bonner, Betty & Hal
Dalsimer, Diane & John
Haun, Twylah & David

Maggie Goetz Bird Fund

Bowling, Marilyn

Piano Tuning Fund

Dalsimer, Diane & John

Resident Assistance Fund

Bonner, Betty & Hal
Cason, Ernest & Maude
through the Cason Trust
Harris Family Trust
Milanovich, Rosie & Bob
Nilsen, Arnold
in memory of Ruth Ahren

Toshiko Inouye Fund

Bowling, Marilyn
Inouye, Denny
Meinholtz, Edith & Willard
Ridgeway, Mitchell

Transportation Fund

Bonner, Betty & Hal
Heger, David & Ken Raiten
Kelly, Robert
Meinholtz, Edith & Willard
Patriss, Don
Raiten, Ken & David Heger
Sams, Harriett

Wellness Park

Welch, Fran

Woodlands Fund

Al-Anon Group
Bonner, Betty & Hal

Johnson, Herb
Knowles, Lee & Jackie
Pasco, Jane & Alvin
in memory of Orville Brink
Schmidt, Franklin
Stryker, Gerald & Carol Dumond
Sutter, Clara

Unrestricted Fund

Broadus, Don
Crissy, Jack
Croyle-Wigle, Louise
*in honor of the family of Barbara
& James "Jimmy" Meyer*
Cuddy, Joyce
Furman, Martha Jane & Frank
Gambino, Maddy & Ray
in memory of George Meyer
Harrison, Fran
*in memory of Orville Brink &
David Lettsome*
Haun, Twylah & David
Heger, David & Ken Raiten
Huizenga, Jack
Keenan, Thomas
Kuntz, Barbara
Little, Jeanne
Loeffke, Bernard
Loree, Sally & Paul
Maurer, Boots
in memory Orville Brink
Nilsen, Arnold
in memory of G. W. Sims
Olson, Nanette & Mark
Raiten, Ken & David Heger
Rotary Club of John Knox Village
Schmidt, Franklin
in memory of Dick Foster
Swift, Margaret
Welch, Fran
William Webb & Associates, LLC

PERSONAL STORIES Help Make Your Brain Better With Age



After conducting a rock painting Train Your Brain Craft and Cocktails event for residents, Home Health Agency Administrator Leslie Schlienger brought back her supplies to the agency office. Many HHA nurses painted rocks, an activity which strengthens a person's parietal lobe, including Home Health aides and sisters Esmie Wallace and Paulette Wallace-Somers, both of whom have worked at JKV for three years.

Continued from page 8

be embraced when relationships cannot be mended. Guilt and shame can be shed like old clothes. A new chapter in your story can be filled with relationships and new experiences that can fill the void left by loss.

We all need to build a personal story that makes us proud. However, there is no need to do this all alone. It's more fun, and more effective, to work together in shaping our stories.

At John Knox Village, opportunities abound for taking charge of your life story. The Silver Scribes group, led by JKV journalist and photographer Marty Lee, gathers new and experienced writers together intent on telling their life stories. Several have published or are working on their autobiographies, but not everyone chooses to develop a book.

ArtSage, JKV's week-long festival of art, crafts, music, and writing, is an excellent way to learn more about shaping the next chapter of your story. A panel discussion featuring Silver Scribe authors who have published their stories will be held on March 23 in The Woodlands' Life Enrichment Center at 1 p.m. Get inspired at this forum and resolve to write your life story.

In addition, JKV has begun offering "Build Your Story" brain training workshops. Keep an eye on the calendar listings in the Month At A Glance to see when the next workshop is scheduled.



DISCOUNTED MARRIOTT AMENITIES

While the Village Centre undergoes renovation work, 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



Spring Forward

with Rejuvenate Salon & Spa
at John Knox Village

March Special!

Aromatherapy Massage: Choose from three aromatic scents for vigor, cleansing and relaxation. Pure essential oils are used to enhance feelings such as relaxation, creativity and romance, as well as improve health, beauty and well-being.

1 Hour Aromatherapy Massage \$60

Get a Massage
for the Health of it!





Sharing & Caring

AT JOHN KNOX VILLAGE

A Message From the President/CEO Gerry Stryker



Gerry Stryker

The Sharing & Caring Program began in 2008 as a way in which John Knox Village could fulfill part of its Mission Statement that commits to support the greater community. Over the past several years, JKV has been in the privileged position to donate over \$1.6 million to charities in the local and international communities in an effort to provide help to our neighbors where it can make the most difference.

The Village has residents and employees who are volunteering their time and talents with many of these same charities—compounding our good works even more!

Some 200 hygiene bags were filled for our homeless and near-homeless neighbors; 424 blankets were also provided to help when it turns chilly in South Florida. Every week of the year 60 peanut butter and jelly sandwiches are delivered to St. Laurence Chapel.

Inside this 2018 Annual Report, we have chronicled the year through pictures.

Our affiliation with Meals on Wheels (MOW) has given us the

opportunity to assist those who are homebound and food insecure. These clients are often older and invisible in the community. Our monetary support allowed MOW to remove 13 people from the waiting list in Pompano Beach.

We have fostered a close relationship with the next-door-neighbor Innovation Charter School. In an effort to broaden our multi-generational offerings to our residents, the children from Innovation participate in our Holiday Parade and our residents and staff volunteer time reading

to the children during the year. We provided opportunities for the children to visit JKV. The older children heard Teddy Roosevelt talk about being President and U.S. history. The younger children along with our Village Glen residents spent a beautiful morning outside with a petting zoo.

The Sharing and Caring Committee, under the leadership of Nanette Olson—Executive Director of the JKV Foundation—is making sure that we continue to be good neighbors to Pompano Beach, South Florida and beyond.



CEO, Gerry Stryker, Nanette Olson and Resident Kit Frazer attended the Wreaths Across America Remembrance Ceremony on Dec. 15. Shown (L-R) with them, a Veteran, Mayor Rex Hardin and Broward County Commissioner Lamar Fisher.

Program Highlights



Nanette Olson

Greetings!

It is my pleasure to chair the Sharing & Caring Committee of John Knox Village for the past several years.

We have a dedicated group of staff members and residents who help us impact the lives of those in the community with unmet needs.

We partner with some amazing groups of residents and community people who impact everything from homelessness, food insecurity, education issues, military veterans, Disaster Relief and International Programs.

Three years ago we met to refine our Mission Statement. We are: Committed to making a difference by improving the quality of life for others through the use of our talents,



Pompano Beach Pee Wee Football with Coach Nikki, Dining Services.



Teddy Roosevelt talking to the children of Innovation Charter School.

resources and expertise.

Our residents have asked us to focus our efforts, whenever possible, to serve elders of our community with unmet needs. We continue to refine this focus and partner with those in the community, and beyond, who are providing the services our elders need.

Throughout this 2018 Sharing & Caring Annual Report, I hope you will



Teddy Roosevelt with resident Jan Spalding and her granddaughter.

see that we have made a difference in the lives of many by partnering with those who provide direct services in the community. It is a privilege to be a part of such an amazing group of dedicated people who love this community.

Enjoy this report and please let us know where else we might help those in need—especially elders.

With best wishes,

–Nanette Olson



The petting zoo was a wonderful inter-generational opportunity for the children of Innovation Charter School and our residents.

Sharing & Caring Makes A Difference



BSO Citizens on Patrol Dinner at JKV.



Military Heroes Care Packages put together by our residents.



Broward Partnership Dinner, shown here JKV staff volunteers.

We have many highlights this year, one being the petting zoo at JKV. This was organized for the residents of Village Glen together with Innovation Charter School, the school next door to us. The residents enjoyed the animals and interacting with the children.

For several years now we have supported the efforts of the Broward Sheriff's Office (BSO). Every year BSO puts on a Community Back to School event at Apollo Park. Hundreds of families come out to this event to receive backpacks and supplies for their children supplied by JKV.

During the holiday season, BSO puts on Holiday Extravaganza at the Pat Larkin Center which includes a Tree Trimming Contest and Christmas gifts for the children in the local community.

Did you know? Our very own Nikki Jones in Dining Services is also Head Coach for Pompano Beach Chiefs Pee Wee Football. Through Sharing and Caring we were able to provide socks for the entire team! Thank you Nikki for volunteering in the community and making a

difference in the lives of these young children.

Two dinners were donated to the Broward Partnership for the Homeless. Over 100 clients were served at each dinner.

Heart2Heart Outreach of South Florida visits the residents of the Woodlands and Seaside Cove and provides companionship to the elders. They listen, love and share life with those residents who do not have family or visitors. We are happy to support the great work they do in the community.

We'd like to thank the JKV library committees for donating over 300 books to the Miami Rescue Mission and St. Vincent DePaul Thrift Store.



Innovation Charter School children.

Community Impact

John Knox Village's Sharing & Caring Program continues to support many agencies who are serving elders, children & the homeless with food insecurity being a priority.

Every year we attempt to utilize at least 60% of our donations in the immediate community of Broward County, 30% in neighboring Palm Beach County and the balance of 10% internationally.

We continue to support the Pompano Beach Rotary Club, which has a program of support with doctors who help children with cleft palates in third-world countries, many in our own backyard in the Caribbean.

This year, the Military Heroes Support Foundation came to JKV and residents helped pack 100 care packages for troops abroad. For the first time this year, we supported Wreaths Across America by holding a wreath drive on campus and placing the wreaths on the grave sites of Veterans at the Pompano Beach Cemetery.

The work for the under-served is immeasurable. As good

At John Knox Village, we believe that people giving to people is how differences are made. During 2018, we are proud to say that the following 23 area organizations benefited from more than 3435 hours of volunteer services selflessly given by our residents and employees, collectively:

Assumption Catholic Church
 Blessings Pantry
 Bonnet House
 Military Heroes
 Broward Center for the Performing Arts
 Broward Outreach Pompano
 Broward Partnership for the Homeless
 Cypress Elementary
 First Presbyterian Church
 Florida Round Up
 Gazette Newsletter
 God's Grace Church

Holy Cross Hospital
 Innovation Charter School
 JKV Chapel
 JKV Choral Group
 Lambda South
 Lighthouse Point Library
 PACE Center for Girls
 Pan Am Aware Store
 Pride Center
 St. Coleman Catholic Church
 St. Gabriel Catholic Church
 St. Laurence Chapel
 Voice Publication
 Women in Distress

stewards of our budgeted funds, we continue to make a significant difference to the agencies that are doing work with individuals who have pressing needs every day. Here are some of the organizations we worked with and provided monetary support to in 2018:

- Ages & Stages Learning Center
- Aging & Disability Resource Center
- Broward Children's Center
- Broward Outreach Pompano
- Broward Partnership for the Homeless
- BSO
- Doctors without Borders
- Family Promise of S. Palm Beach County
- Friends of Fisher House
- Heart2Heart
- Innovation Charter School
- Military Heroes Support
- NAMI
- SOS Children's Villages of FL
- St. Laurence Chapel
- The Summit
- Woodhouse

—Nanette Olson



A BSO K9 Demo held at JKV for the residents



A BSO K-9 Demonstration for the residents yielded a good supply of pet food for Meals on Wheels clients.



Faizully Vidal, JKV Security Dept. reading to the children of Innovation Charter School on Dr. Seuss' birthday.

JOHN KNOX VILLAGE
 A LIFE PLAN COMMUNITY | POMPAÑO BEACH

651 SW 6th Street
 Pompano Beach, FL 33060

To Learn More Info Contact
 (954) 783-4040

web JohnKnoxVillage.com
 JohnKnoxVillage



If you have not received your ArtSage brochure, please contact the Life Enrichment Department at (954) 783-4039.

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

Upcoming Spiritual Life Happenings

Continued from page 12

Dining Room. Good Friday, Friday, April 19, Special services at 2 p.m. at LEC and 11 a.m. at Lakeside Dining Room. The service at Lakeside Dining Room is a special presentation of "The Seven Last Words of Christ," presented in music by Gail Smith, composer and pianist. Gail composed seven songs to represent each of the seven last statements of Christ. In addition, other special Easter hymns will be played. This is a very special, very unique opportunity. Please plan to join us.

Where Is The Spiritual Life Center?

So, where is the Spiritual Life Center and how can I find Rev. Powell? Rev. Powell can now be found at South Garden Villa #676. The entire villa is now the Spiritual Life Center. It includes Rev. Powell and his desk, as well as your Spiritual Life Library, The Sallie Mae Shankweiler Theological Library, meeting space and meditation space. Please stop by when you can. If Rev. Powell is not "home," please come on in, sit a spell, pray and meditate, read a good book, visit with friends. This is your space...please come and use it for your spiritual benefit.

To reach JKV Spiritual Life Director Rev. Darryl Powell call him at (954) 784-4748 or via email at dpowell@jkvfl.com

LIVING WELL CORNER

Continued from page 21

cise—you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

There are many types of physical activity, including swimming, running, jogging, walking and dancing, to name a few. Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer.

According to studies, thirty minutes of exercise of moderate intensity, such as brisk walking for 3 days a week, is sufficient for these health benefits. Moreover, these 30 minutes need not to be continuous; three 10-minute walks are believed to be as equally useful as one 30-minute walk.

Make exercise a fun part of your everyday life. You don't have to spend hours in a gym or force yourself into long, monotonous workouts to experience the many benefits of exercise. Exercise offers incredible benefits that can improve nearly every aspect of your health from the inside out.

—Maria Leon, JKV Fitness Professional

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."

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. and Thursdays, 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 8001 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 |

Let's Go Green on Saturday, March 16: Outing to the Pompano Beach Green Market Leave the Village at 10:30 a.m.



Join your fellow John Knox Village friends and neighbors on a delightful trip to the Pompano Beach Historical Society's Green Market. This outdoor market has the finest purveyors and producers of locally grown fruits and vegetables, arts, crafts, jewelry and good food. Enjoy live music while you stroll the many vendors' booths at the Green Market. Support the local Pompano Beach economy and have a great time. We will be at the market for approximately one hour.

Make your reservations through the Concierge Desk in the Cassels Tower Lobby. For more information about this event contact the Life Enrichment Department at (954) 783-4039.



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
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