

VOICE

**Vocalist Nicole Henry
In A John Knox Village
Venetian Arts
Society Concert.**



INSIDE: JKV Is Going Green – Page 8 • 32 Years Of Home Health Agency
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ART Sage Week III

Our Third Annual ArtSage Week was a resounding success!

Modeled after Charleston, South Carolina's Spoleto Festival USA, ours is an homage to all genres of arts. From performances by internationally renowned musicians, to multigenerational opportunities and hands-on experiences, residents and guests alike stretched their imaginations, tried new activities and indulged in the world of art.

Highlights included enjoying a Shakespearean reading and learning the craft of letter writing with Ash Davis, dancing the tango, and even painting with our Island Art Guy. The week surely was full of opportunities to see, do and learn.



The classically trained husband and wife Nikita Borisevich and Margarita Loukachkina wowed residents during a Venetian Arts Society Salon Concert at the Pompano Beach Cultural Arts Center.



Diane and John Dalsimer graciously donated their Steinway piano to Seaside Cove for the enjoyment of Elders there. The Dedication Ceremony, held during ArtSage Week, included a special recital by pianist Gail Smith.



Led by Manny and Fabiola Castaneda residents learned the dramatic art of the Argentine Tango.



ArtSage Week culminated with residents dancing the night away to tunes from The Cricklewood Band.



TedX presenter and author Ashley Davis held two lively and interactive events around the art of letter writing.



Executive Chef Mark Gullusci put on a cooking demonstration in The Woodlands' Life Enrichment Center.



Members of the Shakespearean Troupe of South Florida read from several of The Bard's classics.



Members of the JKV Hand Chime group performed in Village Towers during the Gallery Crawl portion of ArtSage Week.

ON THE COVER

Through its partnership with the Venetian Arts Society, John Knox Village is able to provide residents and outside guests with up-close experiences with some internationally renowned, amazingly talented, performers, including a recent performance by Jazz sensation Nicole Henry. She "wowed" the audience with her dynamic vocals, impeccable phrasing and powerful emotional resonance. Learn more about the JKV-VAS collaboration (along with NSU) on Page 15. (Photos by Marty Lee)



JOHN KNOX
VILLAGE

Where possibility plays

On Working With, For And Alongside

As this is being written, Good Friday, Easter and Passover are nearly upon us. It is a time of reflection, solemnity and celebration. There are many things that make JKV special, not the least of which is the working "with, for and alongside" our residents, as President and CEO, Gerry Stryker often says when discussing the symbiotic relationship between residents and staff.

I have seen first-hand in other life plan retirement communities where staff may not be treated as equals in this journey, rather merely as the "help." Gratefully, it is not a philosophy which is experienced here.

That sense of tolerance and the embracing of our human differences is something most unique to JKV.

Every month the Marketing Department holds a Lunch and Learn event during which we provide prospective new residents with an overview of life plan communities in general and JKV in particular.

One of our PowerPoint slides is used to explain that although John Knox was founder of the Presbyterian Church of Scotland, and is the bearer of our Village's name, we embrace everyone. We are a non-denominational organization. We appreciate those of all faiths, or none, different ethnicities and lifestyles.

I believe this philosophy of inclusion is powerful and has helped contribute to our 52 years of success.

Our generosity, warmth, love and tolerance for each other is witnessed daily. Our Spiritual Life Director, Rev. Darryl Powell, offers a wide range of discussion opportunities to explore all religions, as well as atheism.

Everyone's opinion matters. Everyone is different. Everyone is accepted.

During our April Lunch and Learn Heritage Tower resident Jane Coffman provided the resident perspective to our outside guests. She concluded with examples of the Village's moments of grace and acceptance with a few lines from Robert Fulghum's internationally renowned book "All I

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Monica McAfee
Chief Marketing &
Innovation Officer



VOICE

Discover What's Inside?

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

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Looking for a previous issue of our magazine?

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



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

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f t+ i

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.

In Case You Missed It..

Things don't ever seem to slow down at John Knox Village. Here's a small sampling of some of the most interesting, thought-provoking and fun things that took place over the past several months.



(1)

(1) For all their dedication and hard work, Gardens West staff were honored by members of the Senate Gardens West Committee with an appreciation party. The grateful employees felt truly blessed with the appreciation and support they receive from residents.



(2)

(2) With Life Enrichment Coordinator Tricia Young's assistance, author Susannah Marren signed copies of her book, "A Palm Beach Wife," after her reading to residents, including Gaile Boomhower.



(3)

(3) Retired U.S. Navy Commander Tom Melville gave two presentations on campus, discussing his 27 years in the Navy and his commission on the USS Paul Ignatius DDG 117. Many residents have already signed up to take part in the commissioning ceremony on July 27th.

(4) Holocaust Survivor Dr. Annette Finger spoke to residents about her "Memories in a Bottle," of spending three years hiding from Nazis during WWII, much of it below ground. She is shown with (L-R): Bert Held, John Dalsimer, Susan Seidler, Dr. Finger, Irene Reidich and Phyllis Neuberger.



(4)



(5)

(5) Thanks to monies raised by RAS and The Foundation, a boardwalk leading residents, Elders and guests from The Woodlands to the Wellness Park has been completed. Shown here (L-R) are: community guests Sharon and Hubbard Houghland, Joyce DeJong from RAS, President Gerry Stryker, Foundation Executive Director Nanette Olson and Foundation Board Member Dick Mellett.



(6)

(6) Staff members gathered at the Rose Garden recently to offer support for Autism Awareness Day. The Center for Disease Control has determined that approximately one in every 59 children is diagnosed with an autism spectrum disorder (ASD).

Last Chance for Renoir At NSU Art Museum

By Jessica Graves, Public Relations Director NSU Art Museum Fort Lauderdale



Pierre-Auguste-Renoir, Tamaris, France, c. 1885. Oil on canvas. Minneapolis Institute of Art, Bequest of Mrs. Peter Folliott.

This is your last chance to see the works of William J. Glackens and Pierre-Auguste Renoir before the exhibit closes on May 19.

This outstanding exhibition features paintings from leading private collections and museums, including NSU Art Museum's own world-renowned Glackens collection. It also illustrates the significant influence Renoir had on Glackens' artistic development, and provides a fascinating window into American art collecting from the late 19th to early 20th centuries.

Also, on view is "Remember to React," the first comprehensive installation of NSU Art Museum's permanent collection with works by artists Elaine de Kooning, Frida Kahlo, Pablo Picasso, Robert Rauschenberg, Diego Rivera, Cindy Sherman, Andy Warhol and many more.

May Event Highlights

Unless otherwise noted, all events take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd.

Space is limited. Advance reservations are required. To reserve your spot, email: moareservations@moafl.org or call (954) 262-0258.

Call the Museum to ask about resident discounts at (954) 262-0258 or the Life Enrichment Department at (954) 783-4039.

Free First Thursdays Starry Nights, Presented by AutoNation: Thursday, May 2 from 4 to 8 p.m.

View NSU Art Museum Fort Lauderdale's current exhibitions and enjoy 2-for-1 drinks in the Museum Café, free admission to exhibitions and hands-on art projects for all ages. Currently on view: William Glackens and Pierre-Auguste Renoir, and "Remember to React."

Art of Wine & Food: Chill Out for Summer: Thursday, May 2 from 6 to 8 p.m.

Join Todd Alleman from Trincherro Family Estates as he presents a variety of Dona Paula wines paired with small

NSU ART MUSEUM

FORT LAUDERDALE

bites. Arrive at 5:30 to enjoy a docent-led tour of Latin American art on view in "Remember to React."

NSU Lecture Series: African Art and Peace Building With Ismael Muvingi, Ph.D.: Saturday, May 11 from 2 to 3 p.m. Free

This discussion by Ismael Muvingi, associate professor of conflict analysis and African studies at Nova Southeastern University, will explore representation and meaning in African art forms as they relate to peacebuilding and social harmony.

Creativity Exploration: Giving and Receiving: Saturday, May 11 from Noon to 1:30 p.m.

Join a mindful art-making exercise inspired by gratitude for the work of our hands and by the unique fingerprints we leave on the world, as you experience the benefits of creative exploration and the mind-to-body experience with art educator Lark Keeler, a specialist in mindfulness education.

Second Sunday Film Series: The Last Resort: Sunday, May 12 at 1:30 p.m. Tour / 2:30 p.m. Film Screening

Enjoy a docent-led highlight tour

of Latin American art on view in the exhibition "Remember to React," followed by a screening of the film "The Last Resort," a wistful portrait of Miami Beach's community of Jewish retirees during the 1970s and 1980s. Dennis Scholl, director of "The Last Resort" will give a short introduction at 2 p.m., and do a Q&A after the film screening.

In celebration of Mother's Day, take advantage of "Movie and a Nosh" for mom. The Museum Café will offer menu items such as mini bagels and smoked salmon, mini black and white cookies, cream soda, etc.

A Sense of Pride: Visual Activists and New Identities, Presented by the

Continued on page 25



JOHN KNOX VILLAGE
FOUNDATION

Take Joy in Being Part of the Story.

The Charlotte Symonds Memorial Employee Assistance Fund

In 1995, John Knox Village set up a fund in memory of one of our staff who passed away after a catastrophic illness.

From what people told me, Charlotte Symonds was loved by staff and residents alike. Our staff supported Charlotte through her illness by giving her PTO time, making dinners for her family and providing funds to help her when she could no longer work. After she passed away, our employees wanted to know what they could do to have dollars available when someone experienced a catastrophic illness.

The Administration recognized that devastating illnesses occur—especially when you are a large organization with over 700 employees. The Charlotte Symonds Fund was established in her memory and is one of the many funds held by our John Knox Village Foundation.

Recently, a manager contacted me and asked if this fund might be used for one of our staff who is experiencing a significant health issue. This person needed to have surgery right away. The physician wanted it scheduled immediately, however, our employee, a single mom, was worried about how to cover her monthly bills if she took time off from work beyond her PTO balance. She was delaying her surgery to bank enough money to cover the time she expected to take off from work.

The department was very worried that any delay would compromise her long term health and reduce the chances for a successful outcome from the surgery.

The Charlotte Symonds Fund was established with the following policy:

The Fund will be used to help those employees who face a catastrophic medical condition. The employee helped may use the money to the best interest of their needs, e.g. medical bills, family assistance, special vacation, funeral arrangements, and/or other needs as the employee feels appropriate.

The purpose of the Fund is to show the employees that they work in an environment at John Knox Village that is thought of as a “family.”

Our employee scheduled her surgery and a gift from the Charlotte Symonds Fund helped ease her mind that she could take the time she needs to recuperate at home. Her manager has told us that she will be returning to work in two weeks after having had a remarkable recovery—some due to the fact that the worry of her finances was lessened by this gift. This truly is a Great Place to Work—family caring for family.

The Foundation accepts gifts from employees and residents for this fund. It is not to be used for family members who have a devastating illness—it is for our employees only. It is not used often, but when it is needed, nothing makes us feel better than to be able to help a fellow colleague who is going through a difficult time medically. To learn more please visit me in my office on the first floor of Cassels Tower.

—Nanette Olson, Executive Director

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

JKV Is Going Green

By Marty Lee, Village Voice Contributor

John Knox Village will be doing its part for the environment when it starts its "Going Green" program with a **Cinco de Mayo** kick-off party May 5 from 5 to 7 p.m. in the **Lakeside Dining Room**.



The party will introduce residents to the "Green Bag" initiative by the Village to phase out single-use plastic bags in the Lakeside Dining Room.



Everyone who attends the party will receive a reusable "Green Bag." The party is being sponsored by the John Knox Village Rotary Club and receipts from the party will be used to fund the "Green Bags."

Flamenco guitarist Greg Reiter will provide the entertainment, plus a full taco bar with chicken, beef and all the trimmings will be provided. The menu will also include enchiladas, rice, beans and Mexican corn, and tres leches for dessert. The meal is all-you-can-eat, plus pitchers of sangria, red and white wine, and a full open bar. Tickets are \$30, and all proceeds will be tax deductible.

Additionally, several great prizes will be raffled off. First prize will be two first-class round-trip tickets to anywhere in the contiguous U.S that American Airlines flies. Second prize is a Dinner for Two at Kaluz and chauffeured to dinner and back in a 1941 limousine. Third prize is a limited edition 2004 "Jeff Koons" bottle



Greg Reiter
Flamenco Guitarist

of Dom Perignon. Plus, there will be many more prizes available in the raffle.

During the party, you will learn about JKV's "Going

Green" program. Single-use plastic bags are planned to be eliminated from the Dining Room and will be replaced with reusable green bags, like the ones used at Publix, Whole Foods, Trader Joe's and many other grocers.

According to JKV's Director of Dining Services Joe Mallen, a proponent of the "Going Green" initiative, "Converting to reusable and returnable bags for all food service meals, will be good for the ecology and will save money over the single-use disposables that eventually end up in our local landfills. It's a win-win across the board."



Joe Mallen
Director of Dining Services

So, plan a festive "Cinco de Mayo" and join your fellow residents, along with your hosts from the Rotary Club. Take the first step and "Choose to Reuse." It is estimated that it takes thousands of years for a plastic bag to finally degenerate...but even then, the plastic residue remains—ending up in the food chain, in our water, in animals on land, in the sea and in the air, and in our own stomachs. JKV residents, take the lead in this initiative. We want to leave much more than a major landfill for our children and the generations to come.

So, plan a festive "Cinco de Mayo" and join your fellow residents, along with your hosts from the Rotary Club. Take the first step and "Choose to Reuse."

Tickets will go on sale about 10 days before the event and will be available for purchase in the Dining Room. Sondra St. Martin is chairperson for the event with Carol Redd in charge of the raffle, and Peggy Stanley will be overseeing the festive décor for "Cinco de Mayo." Contact any of them for more information. Their numbers are in the Resident Directory.



Think Green

By Nona Smith, Village Voice Contributor



What Are Single Use Plastics?

Single use plastics are disposable plastics, used only once before being thrown away or recycled. Items such as plastic shopping bags, drinking straws, coffee stirrers, large and small water bottles, and most food packaging are single use. Some food packaging including Styrofoam or technically expanded polystyrene (EPS) are some of the worst plastic polluters, doing almost irreparable damage to our oceans and to our health. Manufactured with 95 percent air, EPS products are light, easily windborne to float into our waterways and oceans.

The versatility of plastics has made them ubiquitous in everything from food packaging to engine parts on cars and airliners, but plastics' durability also make them dangerous contaminants to the environment. For a long time, much of the civilized world has had an "out of sight, out of mind" attitude to several generations of plastic waste, but today on-going publicity and a greater awareness is changing that attitude.

Why Are Plastics So Bad?

Plastic is made from carbon fuels. Crude oil wells, gas and shale mines produce the chemicals needed to make the plastics and EPS. The production of foam and plastics from crude

materials generates greenhouse gas emissions and is expensive to manufacture, as it uses power in a 1:8 ratio of production material such as water. According to Earthworks and EcoWatch, two environmental groups, the U.S. plans to increase plastic production by one third. No laws to decrease plastic production are in place yet.

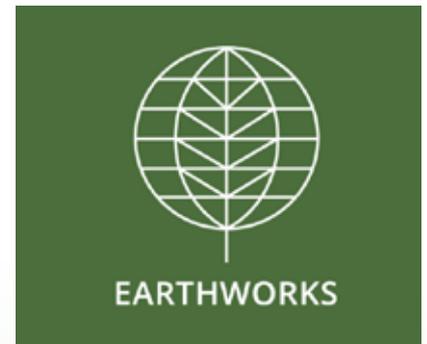
Let's Talk Trash!

The world's largest floating island of trash is called The Great Pacific Garbage Patch, consisting of plastic and various flotsam and jetsam floating in the ocean near Hawaii and the USA coastline. It's estimated to be twice the size of Texas and growing daily. Our landfills are overflowing and using up valuable land, but thanks to recycling and tighter controls on what goes into our landfills much of the trash that goes into them eventually breaks down. Plastic however, can take centuries to decompose while EPS can take thousands of years.

What You Can Do

Every man, woman and child can help in small ways that add up to significant contributions to our environmental health. We can start by choosing reusables, glass containers instead of plastic for storing food and leftovers. We should take cloth or reusable bags to the grocery and drug

store, select paper egg cartons, bring your own hanging bags to the dry cleaners. Next, only flush what is supposed to go in the toilet. Do not flush dental floss, human hair, wipes, contact lenses, medications and kitty litter. Those should be disposed of with the garbage and, by the way use recycled biodegradable or compostable trash bags. Don't forget to sign petitions and call your representatives--it all helps.



EcoWatch®



August Miller
President Resident Senate

Meet The Resident Senate Executive Committee

John Knox Village residents should be thankful for the talented and hard-working members of the Resident Senate Executive Committee who keep the Senate structure working efficiently. As President of the Resident Senate I am lucky to have these fine people working with me, so I want you to meet them.



Elizabeth Cobb, as Vice President, brings much expertise from her careers in business and education to us. She is responsi-

ble for keeping track of all the people who fill Senate positions and the documents that govern the Senate. Her ideas to improve communication within JKV have improved our knowledge of what is going on, especially through the Senate Website. And if anyone forgets something, Elizabeth is always on top of things that need to be done. For two years she has been working on a special committee to implement what is called the Resident Portal. You will hear much about this new way for all of us to communicate within the next few months. This Resident Portal will change many things to improve communication and information at JKV.

Amy Barrow, as Secretary, does much more than just take notes of meetings that are held. She brings her vast knowledge of computing skills to us from her business career. Surely you have noticed how much more quickly information is coming to you from the Senate. Amy has set up an "Email Blast" system for everyone with email to receive notifications, minutes, cluster meeting



questions/answers and Senate information. Even those who do not have email are receiving notifications more quickly through their Senators due to her efforts. The Administration is even asking to make use of this new email system and all the Senate records and information is now being stored electronically for the future, thanks to Amy.

Barbara Rietberg, as Treasurer, is responsible for maintaining records of Senate funds and being sure that payments are made as needed. The Resident Senate is not the federal government, but it does take some funding to keep us going. Barbara also offers, to the Executive Committee, her knowledge (as a long-time resident) of the community and residents in helping to make appointments to committees and positions. I am appreciative of her sage advice.

Our three **At-Large Members of the Executive Committee** shown on page 21 provide much advice and help to the committee particularly

Continued on page 21

The John Knox Village Foundation



Kit Frazer
President John Knox Village Foundation

Spring is here and there are changes in the air. The John Knox Village Foundation had to say goodbye to Jan Spalding, a strong leader who guided us well past the capital campaign for The Woodlands and who has done so much for our community. We all wish Jan well as she moves on as a

Resident Board member of the John Knox Village Board of Directors.

We also had to say goodbye to Franklin Schmidt and Barbara Kuntz. We are truly blessed to have members of the Village who are willing to offer their talents to our boards and committees.

In the spirit of spring and new growth, I am pleased to welcome three new members to the Foundation Board: Bea Wilbur, Carol Frei and Tom McDowell. All three are well known in the Village and bring many talents to the Board.

Bea has a strong background in education and numerous professional organizations. She has been extremely active in the Village, serving on numerous Senate committees and is currently a Sage at The Woodlands.

Carol and her husband, Rudy, are a go-to couple if you want something accomplished. Carol has been an active volunteer in the Fort Lauderdale community for years, working with many philanthropic organizations and she brought that passion to JKV where she has served on numerous committees.

Tom brings a very impressive finance background to us. With over 30 years in finance and banking, we look forward to his guidance in upcoming fund-raising campaigns.

These new members join a very strong existing Board and I am very honored to be the new President. I follow a hard working leader and I will do my best to make her proud.

-Kit Frazer



32 Years Of Health Care Excellence

By Marty Lee, Village Voice Contributor

The origins of the John Knox Home Health Agency began on May 4, 1987, when the Florida Secretary of State issued a Certificate of Incorporation for what JKV initially called Support System Services (SSS) Corporation.

The first organizational meeting of the Board of Directors for this new Corporation was held on May 20, 1987. At the meeting, the Board Officers were "directed to develop a proposal for this Corporation to enter into agreements with residents of John Knox Village of Florida, Inc., and others to provide services of nurse aides and personal aides and to employ the appropriate personnel to provide such services."

In November of 1987, the Corporation's first budget, for 1988, was approved. It was also reported that "the HRS licensure inspector recommended to the State that our license be approved, and we begin operations now."

Serving Extra Special People



In September of 1991, SSS Corporation officially changed its name to the John Knox Home Health Agency, Inc.

Celebrating its 32nd Anniversary on May 4, the John Knox Home Health Agency, Inc. (HHA), serves a vital function in the continuum of care offered at John Knox Village. Joining with JKV's emergency and wellness nursing departments, HHA completes a three-level interface of nursing services available to residents.

For the past three years, HHA has been under the direction of Administrator Leslie Schlienger, a 39-year health care professional with certification as a rehabilitation nurse and case worker. Leslie received her master's degree in nursing administration from Barry University. She sees the duties of HHA as a logical extension of nursing services available at JKV. "Home health bridges the gap between independent living into assisted living or full-term care in The Woodlands. If residents experience any health issues, HHA provides the services in that gap."

She explains how the three-levels of nursing care work at JKV by explaining a common example.

"For example, let us say it is 2 a.m. and you have the worst sore throat you can imagine," Leslie said. "You call emergency nursing and the wellness nurse will come by for a visit. The nurse will diagnose and may decide whether the symptoms are worth a 911 call. That wellness nurse will share information during the day time and react during the day and decide: Call the doctor, get an appointment, perhaps a visit to urgent care. The family will be notified."

"The follow up will be from a wellness nurse or HHA nurse. The different nursing departments work symbiotically. The wellness nurse responds, however does not continue the care. This now is the responsibility of home health. It is like calling a first aid squad and then after that the decision is made home health picks up the baton."

"The resident gets a separate invoice for services from home health. It does not come on the JKV bill. Home Health is experienced in assisting the insured in getting reimbursed for the services. The resident pays the HHA bill and the insur-

ance company reimburses the insured."



Leslie Schlienger
Home Health Administrator

ance company reimburses the insured."

Leslie explains that HHA offers a complete range of in-home services: From 24-hour a day medical supervision, to just a couple hours a week to help with shopping, organization or just socialization.

"Residents on property have the luxury of having a 2-hour block of time, other home health agencies generally offer a 4-hour minimum. On campus, HHA discounts our services. For example – a private duty nurse in Broward county would charge \$100 to \$150 dollars for a visit. On campus, we charge \$25 a visit. The nurse visit is a very pivotal part of keeping people safe and healthy and at JKV it is extremely cost-efficient."

Among the services offered are:

- Full-time nursing services from 24-hours a day, to part-time for just a few hours a week. Whatever the level of care and supervision, HHA is flexible to fit your needs and curative timeline.
- Socialization/Companionship
- Light housekeeping
- Meal preparation/nutrition
- Personal care
- Outings (Performances, Social Events, Meetings)

Leslie says that at JKV, "We are fortunate to have all these health care components to keep our residents safe and healthy. There is a concerted effort to coordinate the different divisions of care: Interacting with wellness, assisted living and long-term care. We have embraced the changes in health care that are occurring and are following the latest professional models."

For more information call the John Knox Home Health Agency at (954) 783-4009.

JKV, Where Faith's Honored, Differences Respected, Prayer Valued



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 month of May begins with the blessing of prayer. On May 2, we will join with people of all faiths across the United States with our own National Day of Prayer service. **Our gathering will take place on May 2 at 1 p.m. in the Lakeside Dining Room.**

Throughout our nation's history, its people have stopped now and again to focus on prayer for the nation.

In 1775, the Continental Congress allocated a time for prayer in forming a new nation. In 1863 President Abraham Lincoln called for a day of prayer. On April 17, 1952, President Harry Truman signed a bill proclaiming the National Day of Prayer into law in the US. President Ronald Reagan amended the law in 1988, designating the first Thursday of May as the National Day of Prayer.

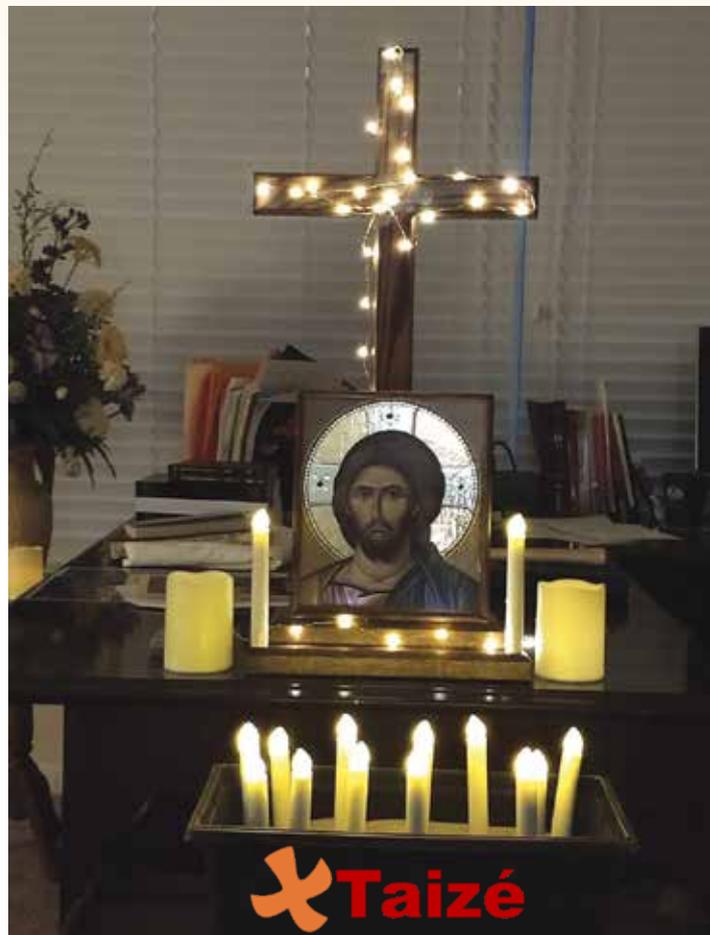
National Day of Prayer calls on all people of different faiths in America to pray for the nation and its leaders. John Knox Village is a perfect setting for an inter-



faith prayer gathering. In our JKV family we have Jewish, Muslim, Protestant Christian (of a wide variety), Catholic Christian, Orthodox Christian and Buddhist practitioners. This is a community where faith is honored, differences are respected and prayer is valued.

The focus of the prayer is for our local, regional and national elected leaders and for the United States as a nation. This is not a political gathering and it is not a platform for partisan politics. It is a gathering to pray for the best for those who are elected to lead us. It is also a time to pray for the blessing and well-being of all those who call themselves Americans.

If you cannot join us in person, please consider taking a moment in the course of your day to privately pray.



Taizé Worship Experience

For a number of Tuesday evenings, in preparation for Easter, a small worship gathering has taken place in the Spiritual Life Center (South Garden Villa #676). This special worship experience is called Taizé Worship.

It is a style of worship that began in Taizé, Burgundy, France by Brother Roger Schutz. It is a simple, reflective, prayer-focused worship experience. In a slightly darkened setting, with a focus on the cross and Jesus, worshipers chant simple songs, hear Bible readings, sit in silence for extended times (for us, about 10 minutes), and offer prayers for each other, loved ones and the world.

No preaching. No choirs. No liturgical dancing or performance. Just the simplicity of quiet contemplation and prayer.

This has been a meaningful and rewarding experience for those who have participated. It will continue in the coming months. **If you wish to experience this form of worship, please join us on the 4th Tuesday of each month, 7-7:45 p.m. in the Spiritual Life Center (SG 676).**

—Rev. Darryl Powell

Even After 60 Years, CT Seamstress Still Volunteering At Holy Cross

Quilts & Newborn Hats Some Of Carmel's Works

By Lauren Wion, Village Voice Contributor

Fabrics, threads, smocking and sewing machines...these are what keep Carmel Provencal youthful, active, and provides her life with purpose and pleasure. At 92 years of age, she spends every day at her sewing machines making quilts and newborn hats for patients at Ft. Lauderdale's Holy Cross Hospital.



By the time this photo of Carmel Provencal was taken in front of Holy Cross Hospital in 1960, she had already been volunteering there a year. Some 60 years later, she is still helping the hospital, sewing quilts and newborn hats.

Her volunteer efforts with the hospital go back 60 years, beginning in 1959 when the Cassels Tower resident moved to town from St. Claire Shores, MI. Prior to her move, she



CT resident Carmel Provencal is shown with a collection of her freshly created Christmas stockings in 1985.

taught Home Economics at Central Michigan University.

Once here, she began teaching Home Economics at Pompano Beach High School. Carmel felt she needed something more to occupy her time, so in addition to teaching, she began volunteering at Holy Cross.

Carmel has served in nearly every department, including Dietary, Maternity, Front Desk, Admitting, and the Gift Shop. Her skills and experience are great assets to the hospital.

"I used to spend anywhere from eight to 40 hours a week volunteering by sewing the nuns' habits, which are their uniforms, in the basement of the hospital," she told The Village Voice.

After Carmel retired from Pompano High, she began a new artistic hobby, which served a huge purpose in her life—doll making. She used a local shop in Ft. Lauderdale and worked with their molds to create porcelain dolls. In addition to crafting the dolls, she sewed outfits and used the embroidery technique known as smocking on the front of blouses and dresses.

"This gave me great pleasure," she said. "I would gift these dolls to



Carmel Provencal (second from front) is shown with other Holy Cross Hospital seamstress volunteers.



A porcelain doll Carmel Provencal made stands proudly in the Auxiliary Office at Holy Cross Hospital.

children, and include a matching outfit." Carmel created a doll in uniform which is on display in the Auxiliary Office at Holy Cross.

In more recent years, Provencal has been making quilts for newborns and hospice patients. She now works from her home, where she has two sewing machines to keep up with the demands. She spends nearly \$600 a year at JoAnn's Fabrics and enjoys looking at the vast varieties of material to pick out the best designs. She even has a closet filled to the brim with countless fabrics.

On Thursdays, her neighbor takes her over to the hospital to deliver what she has produced. "I really enjoy this because it gives me a chance to see everyone and reminds me of my younger days," Carmel said.

Her motivation and inspiration came from her mother. She was a volunteer for the Red Cross and would sew and knit men's uniforms. Carmel said that without her mother, she would not have learned how to sew—at the early age of five.

15th Annual Car Show

A Honkin' Good Time

Under perfect blue skies, nearly 50 Classic & Antique car show enthusiasts filled the lakefront areas opposite the dining rooms. Hundreds of residents and guests enjoyed John Knox Village's 15th Annual Celebration of everything cars.

Thanks to the leadership and guidance

from Heritage Tower resident and Car Show founder Dr. Paul Loree and his lovely bride Sally, the oohs and aahs were loud and took place often.

By many conservative estimates there were several million dollars' worth of beautiful vehicles on display for the day.

After car show participants enjoyed a delicious lunch in the Lakeside Dining Room, they then paraded through the Village, driving, waving and honking to Elders in Gardens West, Seaside Cove and The Woodlands before bidding a fond adieu until next year.



This red 1974 VW Thing, driven by Hans-J. Stacklies was a hit with residents and guests alike.



All decked out. Sharon Russell decorated her 1931 (88-years-young) Ford Model "A" Roadster for the Car Show.



Kandice Paige-Hudson, Clinical Director for Admissions at The Woodlands and her husband Scott brought their 1989 Jeep Grand Wagoneer "Woody" to their first Car Show.



Residents David Thomson (L) and Don DeJong (R), joined by Don's son and Board of Director Dirk DeJong in front of the People Choice Winning entry the DeJong's 1940 Buick Roadmaster Phaeton.



Residents Mary Lou Adams and Elsie Figueroa strike a pose in front of Art and Glorianne Polachek's 1963 Chevrolet Corvette.



Residents William Rupp and Margo Lewis enjoy the Classic and Antique Car Show. Here they are standing in front of the 1928 Model "A" Ford owned by South Garden Villa resident David Thomson.

JKV, VAS, NSU: AN ART *Sage* ALLIANCE *For The Ages*

John Knox Village, Venetian Arts Society and Nova Southeastern University present Arts for the Ages, a multi-generational/multi-cultural fine arts program. The goal is to synthesize the total artistic, social, and educational experience and to enrich the individual lives of all in our community through meaningful and purposeful artistic presentations... evoking the vibrancy, energy, and sheer productivity that result when people of all ages come together.

The Grand Art Salon is the VAS signature 21st century version of the Art Salon offering everyone in our community, whether a novice or a connoisseur, the rare and extraordinary opportunity to observe as well as have an interactive experience with world class performing and visual artists. The VAS Art Salon presents all art and artistic cultural disciplines – music, dance, digital/new media, film/video/animation, folk arts, humanities and cultural studies, interdisciplinary events/festivals, literature, public art, theater, performing and visual arts. Music, art, drama, and dance are tools that help us develop the mind and body, refine feelings, thoughts, and tastes, and reflect and represent our customs and values as a society.

The Arts for the Ages

Grand Salon will be May 28 at NSU Art Museum Fort Lauderdale with internationally acclaimed baritone Steven LaBrie with a wine reception at 6 p.m. to give the opportunity for residents and NSU students to mingle.



At 7 p.m., guests will move into the theater for Salon Concert for the performance. There will be champagne and dessert reception with LaBrie at 8:15 p.m.

VAS Cultural Arts Enrichment Series

"A Conversation with the Artist" is an interview/non-traditional master class/discussion/Q&A in the same style as our Venetian Art Society (VAS) Art Salons. We envision a performing and/or visual artist's version of James Lipton's "Inside the Actor's Studio," with emphasis on all aspects of the journey from childhood dream, through education, and to the reality of living "The Life of the Professional Artist."

International artist, sculptor and



VAS curator Nilda Comas will be featured on Aug. 1 also beginning at 6 p.m., however ArtServe Ft. Lauderdale will be the venue.

The goal for this session is to encompass technique, music education/history/styles, drama and stage movement, health and physical issues, scheduling, and any other issues that arise in the day-to-day life of a professional artist. Nilda will discuss her personal path from childhood through to the professional arena.

The VAS Art Salon's "conversational" atmosphere is a relaxed, yet focused, setting that will take the pressure off the students, artists, and audience participants and create a nurturing and all-encompassing learning experience.

Tickets are \$35 and cost for transportation is \$7. Contact the Life Enrichment Department at (954) 783-4039 for additional information.

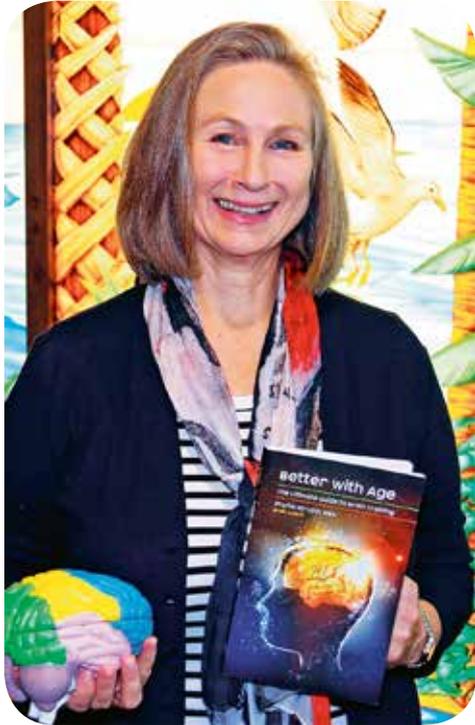
'The purpose is to satisfy all the senses, enrich the emotional and spiritual being, and to go... above and beyond life's trivialities.'



IT TAKES A VILLAGE TO TRAIN A BRAIN

Adults Can Learn Helpful Tips From Kids

By Phyllis Strupp, Village Voice Contributor



As a volunteer, I work with a local group that teaches fourth-grade students about desert ecology and water conservation in my home state of Arizona. In the science classrooms where we teach, I often see posters that illustrate different aspects of human anatomy, including the brain and the central nervous system.

The times, they are a-changing. When I was in elementary school in the 1960s, we didn't learn much of anything about the human brain.

Now, the average 10-year-old knows far more about how to manage his or her nervous system than the average 80-year-old.

The kids have been learning some good stuff about our brains that we all should know. Fortunately, mentoring can work up and down the intergenerational ladder. Here are some important tips we can learn from the youngest among us:

Stay Positive

At a recent conference for educators, a speaker reported on her efforts to teach children between the ages of three to five about the brain. After several sessions, here's what the kids had to say about their brains:

- I want to grow my brain bigger.
- I am a neuron maker.
- My neurons will be really big,

when I am age 100.

These youngsters accepted the idea that neuroplasticity helps our brains get better with age. Young children can be less "ageist" than many adults. The older brain can be more powerful than a younger brain, but most adults seem to think the opposite is true.

Stay Motivated

A program entitled "Brainology" helps students in grades four to nine understand how lazy brains can be trained to perform better. It lists the challenges that kids need brain training for (summarized below):

- Focus and concentration
- Remembering
- Difficulties with certain subjects
- Distractions
- Feeling inadequate compared to others
- Not enough help from others
- Inadequate study skills
- Lack of interest/motivation

This list sounds quite similar to what adults in senior living communities

He said he was doing well at school, and his musical career was also going well, however, a teacher had asked him to play with a professional band at a fundraiser for the school, and he felt it was taking him too long to learn new songs, compared to the other musicians. He wondered if his brain could learn faster to help him keep up.

I affirmed his curiosity, and asked if he was nervous about playing in a bigger league. He said, "Maybe." We discussed how too much anxiety interferes with the brain's ability to learn, and that the best antidote for anxiety is physical activity. He had gotten away from exercise, so he decided to return to running to boost his brain and learning ability.

The next month, Albert had two solos at the fundraiser, a sign of how much confidence the professional band had in him. He later formed a new band under his own name, with one of his teachers playing in it.

The effect of physical exercise on our brain is a widely researched

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

often need help with, but the kids are more encouraged and motivated to train the brain to work more efficiently. If adults have trouble remembering, they often take the lazy way out, blaming their age or Alzheimer's rather than pushing themselves.

Stay Active

Several years ago, I got a call from Albert, the 19-year-old son of a good friend. He said, "I want to hear about this brain stuff you are doing." I was astonished, as no teenager I knew had ever seemed particularly curious about our brain.

At the time, Albert was a student at a local community college, developing a career as a musician and living at home. When we got together, I asked him what he was hoping to get out of our time together.

topic. While exercise alone cannot guarantee brain health, it has been shown to reduce anxiety and protect neurons from toxic stress hormones and inflammation. The key is to stay mentally and physically active as we age, and that takes a village too: A John Knox Village.



Crab Salad with Lemon Saffron Aioli

In Good Taste: Chef Mark's Award-Winning Crabby Recipe Is A 'Shore' Thing

By Rob Seitz, Village Voice Editor



Award-winning Culinary Team! JKV came in second place during the Museum of Discovery and Science's 24th Annual Wine, Spirits and Culinary Celebration. Shown here from the team are Samuel McQuennie, Chef Mark Gullusci, Susanne Russell and Doris Castano.

For many reasons the John Knox Village Culinary Team was eager to showcase a new dish at the recent 24th Annual Museum of Discovery and Science's Wine, Spirits and Culinary Celebration.

Led by Executive Chef Mark Gullusci and Catering Director Susanne Russell, JKV bested all but one of more than 40 of South Florida's premier restaurants—coming in Second Place for the second year in a row.

That was one reason, however Chef Gullusci also explained another, larger reason: "This was our third year of participating in the MODS event and we continue to demystify the perception some people still have about us," Chef Mark told *The Village Voice*. "John Knox Village is NOT your Grandmother's retirement home. We offer a wide variety of delicious options on a daily basis to our residents.

"With nearly 1,000 residents and at three meals a day, I dare say we are one of the largest 'restaurants' in terms of meals

prepared on a daily basis, however our quality never suffers."

Prior to the event, the team put their creative culinary toques (chef's hats) together and came up with "A Shore Thing Crab Cone."

As Chef illustrates below, the refreshingly, delicious dish is "shorely" easy to prepare—and quite enjoyable on a beautiful, breezy day by the water!

Shore Thing Crab Salad With Lemon Saffron Aioli

Yields 4 Servings

- 1 lb. super lump crab meat.

(This is the grade JKV used at the MODS event). It goes up to colossal crab meat, obviously the higher grade the higher price so purchase what you can afford or are willing to spend.

- 3 ripe Roma tomatoes, quarter, remove seeds and membrane, and dice
- 2 ripe avocados, cubed
- 1 ripe mango, peeled and cubed
- 1 grapefruit, segmented
- 1 bunch of scallions, sliced on bias

Aioli Ingredients

- 1 cup mayonnaise
- Juice and zest of 2 lemons
- 1 teaspoon saffron (derived from the flower of *Crocus Sativas*) is available at most super markets
- Kosher salt and ground black pepper to taste

Aioli Preparation Method:

In a small bowl combine all the ingredients and let sit 20 minutes, mix again as the saffron will dissolve.

Salad Preparation:

To make the salad, open the can of crabmeat and carefully place in bowl. You don't want to break the pieces. Add remaining ingredients and gently fold in aioli. Refrigerate for 20 minutes, so the flavors intensify. Serve in a martini glass or small bowl.

Enjoy!

LIVING WELL CORNER

Step To Dance Fitness



Marsha Dixon, BS C-EP

Dancing is one of the earliest forms of personal expression. The movement of dance began long before the development of any written language or currency. It can be traced back 9,000 years to India where natives used dance in a variety of rituals.

Ancient Egyptians used dance as a visual for storytelling and honoring their gods. Throughout the centuries dance has infused its customs into every culture and has evolved into unique

and diverse genres. Today we enjoy an array of modern dance from break dancing to ballet, along with a host of physical and mental benefits. This article focuses on the fitness component of dance and the positive effects it has on the entire body.

Dance is classified as a series of movements rhythmically connected to music and followed by a pattern of steps. The dance type and style are broken into several categories, but all formulate the same basic understanding—movement of the body. Most fitness professionals would agree that dance is a form of exercise.

In fact, many aerobics instructors have ventured away from the traditional form of aerobic exercise and designed classes connected to dance. People are drawn to dance inspired classes, because they provide a fresh alternative to the norm.

Take Zumba for example. This Latin-inspired class involves dance choreography from soca, salsa, merengue and mambo and is performed to upbeat music. Barre fitness is another dance program inspired by ballet. The class is lead from a ballet bar and follows gentle extension of the entire body that mirror movements like the plie and battement.

Aside from being creative and expressive, dance programs increase endurance and muscle tone. Dancing can lower blood pressure, improve posture and balance, and reduce the risk of type II diabetes. It's also a great way to burn fat for weight loss. According the American Council of Exercise, a 160 pound woman dancing to high intensity Zumba can burn about 576 calories per hour. Individuals who took a Barre fitness class notice more lift, tone and slimming. Dances like the foxtrot and waltz are low-impact aerobic options burning about 260 calories at the same duration and weight. Recent studies have



shown that learning a sequence of steps in a dance program improves memory, reasoning, and proprioception, therefore strengthening cognitive function.

Dance programs are also developed for patients in a therapy setting. According to the American Dance Therapy Association individuals who participate in creative dance programs further their emotional and social integrations. Dance therapy improves body image, increases self-esteem and relieves stress. A study applied dance therapy to depressed non-medicated patients and it was found to regulate hormonal and neurotransmitter release thus showing therapeutic support for these patients. Another case of dance therapy was applied to a small group of medicated psychiatric patients with obsessive compulsive and psychotic disorders. Brain physiology was recorded by EEG during the sessions. At the conclusion of the study, patients experienced increase levels of happiness, positive attitude and improved behavioral changes.

Dance programs allow us to enjoy creativity in movement and brings artistry to exercise. Not only does dancing provide cardiovascular and muscular strengths, it heightens our cognitive being and relieves stress. In other words, it feels good! Dance programs are fun and sociable and with a variety of dance styles from all other the world, there is truly something for everyone of all fitness levels.

—Marsha Dixon, ACSM C-EP
Fitness Manager

FITNESS UPDATES

Over the past several weeks, we invited Jill Adomaitis of Plaza One Production to teach a six-week dance series titled "Dance around the World." Each week residents were taught a specific style of dance moves from the Waltz to the Cha Cha Slide. We hope you enjoyed the program and the company of your fellow residents. Following the trend of dance fitness, we have added two additional dance classes to the fitness schedule.

Both Zumba and Barre Fitness will

be instructed by our very own Jasmine Fungquee. Zumba is an upbeat aerobics class inspired by Latin movement and music. Barre Fitness offers dynamic stretch to enhance strength and tone. Both classes are of moderate intensity with modifications allowing for many to participate. Please review the fitness schedule for days and times of each class.

As we continue to connect dance to well-being, we are pleased to announce the introduction of N.I.A. which stands

for Non-Impact Aerobics. N.I.A explores a holistic approach to fitness, connecting mind, body, and spirit.

On May 20, at 11:15 a.m. in the Fitness Studio, Jody Dancer of Star Ballroom will demonstrate the art of N.I.A. The Fitness Team is dedicated to your fitness goals and will continue support you during your fitness journey. Feel free to contact us with any questions at (954) 784-4730.

NUTRITION NOTES

Protein...Nature's Building Blocks



Wendy Chuy, NDTR

Protein is one of the three macronutrients that are essential to building muscle in your body. It is found everywhere in your body including your hair, nails, cartilage, skin and blood. The main component is known as amino acid and it is made out of carbon, hydrogen, nitrogen, oxygen and sulfur, but do you really meet your protein needs?

Do you know how much protein is recommended by the Recommended Daily Allowance (RDA)? To calculate your protein needs you must multiply your weight in kilograms by .8g of protein/kg of body weight, however there are going to be times when your protein needs will increase due to gender, activity level, medical conditions such as wounds, infections, poor protein stores in the body, muscle loss and hormonal changes.

There are different types of proteins such as plant based and animal based. If you are vegetarian, the average intake of protein needed is about 82g a day and depends on some of the factors listed above.

Some examples of animal protein are fish, beef, pork, eggs, chicken, turkey, goat, lamb. Plant based examples are soy, nuts, legumes, quinoa, wild rice and grains. Remember that animal protein is easier to digest than plant based protein as it does not have fiber which takes longer for your digestive system to breakdown.

It is best to have a combination of both animal and plant protein sources to best meet your nutritional needs to obtain enough Vitamin B12 in your diet. Vitamin B12 is a water soluble vitamin that is essential for red blood cell formation, cell metabolism, nerve function, etc.

Animal protein serving sizes are very straight forward to measure and identify. A serving size is 3 ounces of animal protein, but plant based protein serving sizes are not that easy to define. The following chart will provide you with examples of plant based proteins and the equivalent of 10g of protein per serving.



Almonds	1.5oz or about 34	240kcal
Black Beans cooked	2/3 cup	135kcal
Chia Seeds	4 Tbsp.	275kcal
Chickpeas Cooked	2/3 cup	175kcal
Edamame shelled	2/3 cup	125kcal
Lentils cooked	2/3 cup	150kcal
Lima Beans	¾ cup	160kcal
Peanut Butter	3 Tbsp.	285kcal
Peas	1 ¼ cups	170kcal
Quinoa cooked	1 ¼ cups	280kcal
Tofu	3oz	125kcal
Wild Rice Cooked	1 ½ cups	250kcal

(NOTE: In the graph, the kcal is the unit of measure used for energy. For example, 34 almonds equals 240 calories).

Just remember that too much of anything is not good either. If you monitor your protein intake due to a medical diagnosis, please let your physician know if you are taking too much protein in your diet. If you are not eating enough, use this guideline to assist you in meeting your daily nutritional needs.

–Wendy Chuy, NDTR

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 appli-

cable), 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.

- Please submit all requests via campus mail to Marti Engel in the Life Enrichment Department. Also, you can submit by scanning and emailing to Marti at MEngel@jvkvl.com. Her direct line is (954) 784-4762.

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

On Working With, For And Alongside

Continued from page 3

Really Need to Know I Learned in Kindergarten:"

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Flush.

Thank you, dear Residents, for your similar philosophy. You provide a beautiful life lesson.

Many of you may have attended the recent Town Hall meetings where Gerry shared an update on the Master Vision Plan. Residents enjoyed viewing schematic design updates for the proposed new Independent Living buildings, as well as the expansion of amenities including dining venues, programming spaces, the expansion of our beautiful water features, as well as access to outdoor gathering spots.

Residents were invited to contact the Sales and Marketing office if they were possibly interested in securing a position in line for an internal transfer to the new apartments homes. Of course, JKV residents will have "Top Priority" during this process (over the public). At this time we are awaiting on an update from the State Department of Insurance which will help us define the

parameters of the policy. As soon as this is determined we will follow-up with those residents who have contacted the Sales office, as well as share updates in the Week at a Glance to keep everyone informed and in-the-know.

Following the Town Hall meetings we have hosted two "Friends and Family" events. These have gone extremely well. Of those who attended we have realized almost a 99 percent participation level in making the \$100 Priority Deposit for the new inventory.

Once the plan is fully approved by the Board of Directors (possibly in May) we will move forward with a full public launch of the project.

As always, we remain grateful to each of you for your support of our Sales and Marketing efforts and especially appreciate your personal referrals and willingness to host "Housewarming" events to share the good news of all the JKV has to offer.

Be sure to share with your friends what life is like here at JKV. Be sure to invite them to Life Enrichment events which continue to grow in depth, breadth and quality.

Highlighting all the exceptional opportunities we offer residents through exclusive programming including the VAS performances, Train Your Brain sessions and more that 30 + weekly fitness activities are just one way we can position the Village as an ideal place to live; nurturing and challenging mind,

body and spirit.

Leading our sales efforts by promoting an engaging lifestyle has helped Marketing close the first quarter exceeding our goal for Unit Acceptance and we look forward to achieving our goal of 93 percent census for the year. Remember our sales objectives drive revenue which supports our operating budget. When we exceed these goals it directly impacts our ability to ensure the quality lifestyle here at John Knox Village which everyone has come to enjoy and expect.

Thank you for all of your help, support and referrals. Keep them coming, and let us know if there's anything you think might help us in our efforts.

"As far as possible without surrender be on good terms with all persons. Speak your truth quietly & clearly; and listen to others even the dull & ignorant; they too, have their story... You are a child of the universe, no less than the trees, & the stars; you have a right to be here... Be careful. Strive to be happy."

—Max Ehrmann

Be gentle.
Cheers,



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

Together Again In The Heron Home

The original "cast" of the Heron Woodlands Home accidentally wound up together for a surprise gathering a few weeks ago. They came to work that day not knowing they would spend the afternoon with the Shahbazim, Nurse, Guide, Sage and Volunteer who opened the Home in June of 2016. It felt like a typical family reunion.

The growth from CNA to Shahbaz requires building relationships which honor the differences that each individual brings to the team. They have worked together to create a family with many interesting stories to tell about their journey.

Anmarie Clarke, an original Shahbaz completed her certification to become an LPN. She was the nurse that day. Seven of the original elders still reside in the home today. They have welcomed a few new Shahbazim and Nurses to the home but that day they spent time remembering the early days. This team has learned not only to live and work together themselves but also to enrich the lives of 12 elders.

Would You Like To Volunteer?

Do you have a gregarious personality, interpersonal skills and are



The original staff of the Heron Home from June 2016 gathers again. L to R: Volunteer John Crossley, Shahbaz Carline Clervin, Sage Joyce Wood, Elder Lorna Bowers, Shahbaz Anmarie Clark (Now LPN), Shahbaz Carol Ifill, Shahbaz Holly Christiani, and Guide Nathalie Francois.

able to work effectively with small groups? Do you have life experiences that have provided you with insights and wisdom and wish to share your knowledge?

If the challenge of becoming a Sage or Volunteer interests you,

contact Heritage Tower resident Twylah Haun to learn more about one of these rewarding volunteer opportunities. Call her at (954) 785-5055.

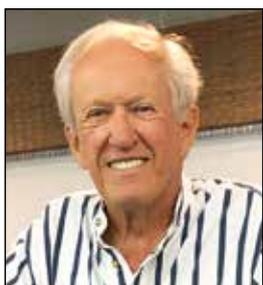
Senate News Continued



Continued from page 10

at our Resident Senate Meetings. As knowledgeable members of many community groups, foundations and religious organizations as well as different geographic parts of JKV they provide much representation of our community. They are of much aid to the Executive Committee.

The **Resident Members of the**



JKV Board of Directors and the **Immediate Past President of the Senate** shown above are also ex-officio members of the Executive Com-

mittee. Their wealth of knowledge and experience provides vast amounts of help to us.

And let's not forget the **12 Chairpersons of the Senate Standing Committees, the 144 members of the Standing Committees and the Senators and Alternates** (approximately 70 total) who are part of the Senate Organization at JKV. There are also several ad-hoc and special committees of the Senate. It's a big group of people who work for our Senate. Thank you all for your help.

—August Miller



Spaghetti Dinner Raises \$50K For Rehab Recliners

Lotsa Pasta, Dinero



The 10th Annual Spaghetti Dinner raised a whopping \$50,000, with the proceeds going for the purchase of reclining chairs in all the rehab rooms in The Woodlands. . Lillian Kimmel (seated) donated an amount equal to two recliners and daughter and son-in-law Diane and John Dalsimer donated three. The dinner was chaired by VT resident Peggy Golden (back row left) and emceed by Mark Rayner.

Some 150 John Knox Village residents attended the 10th Annual Spaghetti Dinner feasting on salad, garlic bread, wine and of course, spaghetti. The sumptuous meal was topped off

with coffee and Tiramisu.

Once the friendly meal and jovial conversation was completed, it was time for the FUNdraising to begin. That's right, no one puts the fun in a Fundraiser like the team at JKV. The special project, earmarked by the JKV Health Care Senate Committee, was the purchase of electric lift chair/recliners for all the rooms in the Rehab Homes at The Woodlands.

After a day of therapy and functional rehab, the guests enjoy a delicious made-from-scratch meal and typically like to relax in their room. The recliners are the perfect solution for this, and once again the JKV residents had a plan to raise money to purchase the special chairs.

Village Towers resident Peggy Golden, Dinner Chairperson, worked to obtain various donations that could be auctioned off at the dinner. Those who attend the dinner paid \$25. The wine was donated by Peggy and several staff and residents donated art work and dinners, all of which went to the highest bidder.

No auction can be a success without an energetic auctioneer. None other than Mark Rayner, Director of Health Services, dressed in his fanciest tuxedo got the party started and

raised money the old-fashioned way, "with his mouth."

Art work was first on the auction block, then came dinners at local restaurants, some donated by residents hosting in their own home, and then topped off by two "Dinner for 10" packages, to be prepared by Executive Chef Mark Gullusci in the homes of the highest bidders.

Not to be out done, CEO Gerry Stryker stood up and proclaimed, "My wife and I would like to donate the full amount to cover the cost of a recliner."

Rayner then challenged the group to match the generous donation made by Stryker. It became a frenzy of arms shooting up in the air and a total of 28 recliners were donated. Lillian Kimmel, at a spry 101 years young, donated two and her daughter and son-in-law Diane and John Dalsimer decided to donate three.

When all donations were totaled, the generous group raised over \$50,000 toward recliners for the rehab guests.

The only thing that will warm you more than the wonderful meals at John Knox Village, are the amazing residents and staff who call the Village home.

Investing In JKV's Future, One Scholar At A Time

Every year, thanks to the generosity of John Knox Village residents, the Employee Scholarship Committee gives grants to JKV employees to further their education. Staffers must have been employed by JKV for two years and have a high-school diploma or GED to apply.

Each employee is eligible for grants up to \$12,000, depending on his/her program at an accredited/approved college, university, technical or vocational school. Progress is closely monitored by Wendy Bednarcik and her Human Resources Department staff, which holds and disburses the funds, along with the Board of Directors.

Some \$1.5 million has been awarded to over 150 employees since the program began in 1995. We are not

only enabling these employees to improve their futures, but they will bring those enhanced skills back to JKV, thus improving our lives, too.

All JKV residents are automatic members of the Scholarship Committee and are encouraged to financially support this worthwhile effort. The total amount to be awarded is dependent on the funds available. You can support this through checks to JKV, with Scholarship Fund on the memo line, or (even easier) you can arrange with Cynthia Garcia in the Accounting office on Cassels Tower's first floor to have an amount added to your monthly JKV account.

The General Scholarship Membership meeting is May 10, at 2 p.m. in the Lakeside Dining Room where you will

have the opportunity to vote on the applicants who have been approved by the Scholarship Board's Interview Committee.

It is likely that you will know at least one of these applicants and can be there to support his/her goal. On June 7, also at 2 p.m. in the Lakeside Dining Room, the grants will be awarded during a wonderful meeting when the employees, along with their friends and families, join us for this celebration. This is a meeting you won't want to miss as it is exciting to see the enthusiasm and gratitude shared.

You make this happen by investing in their futures. Thank you.

—Norma Jenkins

JKV Scholarship Committee Member

Important Information on

HURRICANE PREPAREDNESS WEATHERING THE STORM

Hurricane Prep Meetings Set For May 13, 14

One of the benefits of living at John Knox Village is the tremendous assistance available before, during and after emergencies such as hurricanes. Hurricane Season 2019 is on its way starting June 1st and running through November 30th.

We were blessed with no storms last year weren't we, however the Village is already preparing for another season. It only takes one storm aimed in our direction to cause damage and life-threatening injury.

Prior to hurricane season, our written plan is reviewed and residents are asked what their plans are in the event of a storm.

Their plans are recorded along with any special needs. Changes are made throughout the season as plans and health conditions change.

Residents with special medical needs for power are provided access to electricity through the generator in each building. Independent residents who may need increased monitoring are assigned to our skilled nursing homes or assisted living during the storm. All residents are instructed to gather necessary supplies.

The Hurricane season begins with a mock hurricane drill for staff in early May. It includes reviewing plans, checking supplies, training staff and even putting up the shutters. So, if you see us checking and filling generators and the shutters going up, it's just us making sure we have everything in order. Written information packets are prepared for the residents and staff.

We are blessed to have Resident Senators ready and able to assist as

well. Senators, and those staff members assigned to each building, will have a chance to meet near the end of May and prior to each storm to allow for questions and concerns. The Senators act as the liaison between staff and residents and communicate information both to and from their cluster groups.

Meetings are held for residents to explain the procedures and answer any questions. Meetings are scheduled for villa residents on May 13 in The Woodlands' Life Enrichment Center at either 10:00 a.m. or 12:30 p.m. Meetings are scheduled for residents residing in the apartment buildings on May 14 in the Village Towers Party Room at either 11:00 a.m. or 12:30 p.m.

Shopping is made available for those needing assistance obtaining hurricane supplies through our Home Health Agency. Unlike most agencies, our Home Health Agency nurses continue to provide scheduled visits to residents in their homes. Residents may choose to have private duty help during the storm as well. The staff will be scheduled to arrive prior to the storm and stay throughout the storm until the "all clear" is given.

Approximately 72 hours before the storm, the staff begins their preparations. The lakes are lowered, outdoor furniture taken in, generators topped off, shutters put up, supplies placed, ice brought in and communications sent regarding scheduled changes and timeframes. At 36-24 hours prior to the storm, resident relocations are confirmed and residents prepare to move to other areas if necessary.

Generally, the frailest residents are

moved first, followed by those more able. The Auditorium is set up with roll-a-way beds and those villa residents moving there begin to arrive. Should the Auditorium not be available due to construction, villa residents will be assigned to other areas such as Seaside Cove or The Woodlands. Broward Sheriff's Officers relocate to the Village and volunteer HAM radio operators are invited as well.

Staff members, who graciously leave their families to care for the residents, are assigned to teams in each building including: Management, Security, Nursing, Housekeeping, Maintenance and others. Desks are manned and calls for assistance and maintenance logged and assigned.

After the storm, the Village is inspected for damage and hazards after which the "all clear" is given and those residents who have relocated can return home. The second team of staff members returns from home to take over to relieve those here during the storm.

Management will stay overnight as long as required depending on the damages. Normal activities are reintroduced as quickly as possible to return to "life as usual." Post-storm meetings are held with residents and staff to review the process and improvements added to the plan.

The Village takes safety seriously and the Board of Directors, staff and residents have created a disaster team that works together to help our residents weather the storm.

—Fran Murphy
Corporate Compliance Officer

In Memoriam

Harold Bergman, J.D.
Russel Bratt
Hibbard Casselberry
Juanita Coghlan
Constance Costigan

Ann Grignon
Pauline Larsen
William Luckey
Anna Nenstiel
Alvin Pasco

Lorraine Pecor
Gaetano Piarulli
Frank Pugh
Robert Smith
Irwin Woolf

Grief & Bereavement

John Knox Village's Grief & Bereavement group will meet in the Village Towers Party Room from 1-2 p.m. on May 23 and June 27. For more information call the Life Enrichment Department at (954) 783-4039.

Donations To The Village



Donations received during the months of February and March 2019

To John Knox Village

Employee Scholarship Fund

Bishop, Claire & George
Bahlke, Betty
in memory of Juanita Coghlan & Al Pasco
Bousfield, Betsy
in memory of Lorraine Pecor
Bowling, Marilyn
Cason, Ernest & Maude
through the Cason Trust
Fox, Barbara
in memory of Lorraine Pecor
Fry, Lois
in memory of Connie Costigan
Inspiration Press, Inc.
Jacques, Susan
in memory of Lorraine Pecor
Jenkins, Norma
Johnson, Charles
in memory of Lorraine Pecor
Knowles, Lee & Jackie
Kramer, Jean
in memory of Juanita Coghlan
Little, Jeanne
in memory of Lorraine Pecor
Mahoney, Marilyn
in memory of Lorraine Pecor
McKay, Tom
in memory of Lorraine Pecor
Mellett, Marty & Dick
in memory of Lorraine Pecor
Milanovich, Rosie & Bob
Schillhammer, Chris & Alan
in memory of Lorraine Pecor
Schmidt, Franklin
Stanley, Peggy
in memory of Lorraine Pecor
Stevens, Edwin
Swanson, Elizabeth
in memory of Hal Bergman
Welch, Fran

To John Knox Village Foundation

Benevolent Endowment Fund

Michel, Fred & Irene
through the Michel Trust
Miller, Romaine
Redd, Carol
in memory of Hal Bergman, Hib Casselberry, Juanita Coghlan, Connie Costigan & Lorraine Pecor

Chapel Endowment Fund

Michel, Fred & Irene
through the Michel Trust

Charlotte Symonds Fund

Milanovich, Rosie & Bob

CNA Training Fund

Milanovich, Rosie & Bob

Gardens West Fund

Bonner, Betty & Hal

Health Center Other Fund

Miller, Romaine
Washor, Nancy & Andy
in memory of Irwin Woolf

Maggie Goetz Bird Fund

Bowling, Marilyn

Piano Tuning Fund

Nilsen, Arnold
in memory of Mary & Hal Bergman

Resident Assistance Fund

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

Toshiko Inouye Fund

Bowling, Marilyn

Transportation Fund

Heger, David & Ken Raiten

Patriss, Don
Sams, Harriett
Sullivan, Ann
in memory of Juanita Coghlan & Mildred Manz

Unrestricted Fund

Broadus, Don
Cuddy, Joyce
Dalsimer, Diane & John
in memory of Al Pasco
Heger, David & Ken Raiten
Huizenga, Jack
Inspiration Press, Inc.
Fitch, Dennis
Fry, Lois
in memory of Juanita Coghlan
Gambino, Maddy & Ray
Horn, Virginia
in memory of Juanita Coghlan
Huizenga, Jack
Johnson, Beverly
in honor of JKV Security Department
Knauf, Karen & William
in honor of Curt Iverson
Loree, Sally & Paul
McKay, Tom
in memory of Gaetano Piarulle
Olson, Nanette & Mark
Raiten, Ken & David Heger
Stanley, Peggy
Turley, Virginia
in honor of Joanne Avis

Wellness Park

Welch, Fran

Woodlands Fund

Al-Anon Group
Bonner, Betty & Harold
Haun, Twylah & David
Johnson, Herb
Knowles, Lee & Jackie
Schmidt, Franklin
Stryker, Gerald & Carol Dumond

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."

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

Last Chance for Renoir At NSU Art Museum

Continued from page 6

Conni Gordon Creativity Matters Symposium: Saturday, May 18 from 11 a.m. to 5 p.m. Free

One-day symposium featuring panels, workshops and performances with local and national LGBTQ

artists, curators and activists focused on current issues in the LGBTQ community.

Free Fort Lauderdale Neighbor Days: Saturday, May 25 and Sunday, May 26 from Noon to 5 p.m. Free

Tell friends and family: Fort Lauderdale residents receive FREE admission to the Museum on Fort Lauderdale Neighbor Day. Proof of address required.

Venetian Arts Society Recital: Tuesday, May 28 from 6 to 9 p.m.

Venetian Arts Society presents a John Knox Village Venetian Salon Recital.

Enjoy an evening of wine and hors d'oeuvres followed by a performance by baritone Steven LaBrie and pianist Roberto Berrocal. \$35 for residents, plus transportation.



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



FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:15 a.m. Morning Meditation				
	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 Zumba		11:15 - Noon Barre Fitness	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. Chair Aerobics	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
9 - 10 a.m.	9 - 10 a.m.
10 - 11 a.m.	10 - 11 a.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 Cynthia Garcia)	(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: Reed Brown	LS 303
Volunteer Services: Diane Barton	LS 317

Can't Hear On The Phone? Get A Captioned Telephone At No-Cost To You



The CapTel® Captioned Telephone shows word-for-word captions of everything a caller says, letting you read anything you cannot hear over the phone. CapTel is a NO-COST, federally funded technology available under the Americans with Disabilities Act.

To qualify, users need:

- Hearing loss
- Internet connection
- Landline telephone service

Mickie Oliva, your local Outreach Educator, works within your community to help anybody who needs this phone gain access to the program.

Contact: Mickie Oliva, 954-415-9469
email to: mickie.oliva@oeius.org



Our Mission Statement:

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

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

www.JohnKnoxVillage.com

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



JOHN KNOX
VILLAGE

Where possibility plays

For More Info Contact
(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
   JohnKnoxVillage.com