

# VOICE



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## ON THE COVER

The stained glass triptych (a set of three panels bearing images), masterminded by East Lake resident Curtis Iverson, hangs proudly in The Woodlands' Life Enrichment Center as a testament to the "spirit" within John Knox Village. As part of this year's ongoing celebration of JKV's 50<sup>th</sup> Anniversary we are delighted to showcase the spirituality here. See related stories on pages 11 and 13. (Photo by Marty Lee).



# No sandals Just *jump in*

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



John Knox Village 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.

RA-1/16

# needed!



JOHN KNOX  
VILLAGE

50<sup>TH</sup> ANNIVERSARY

1967-2017

A LIFE PLAN COMMUNITY  
POMPANO BEACH FL

## Pursuing a "Great Place To Work" Recognition

"Your work is going to fill a large part of your life and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do," - Steve Jobs

"You can only become truly accomplished at something you love. Don't make money your goal.

"Instead pursue the things you love doing and then do them so well that people can't take their eyes off you," - Maya Angelou

"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds. Your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be," - Patanjali

In April, John Knox Village will participate in a national survey conducted by Activated Insights, a company founded by CEO Jacquelyn Kung and located in San Francisco, CA.

In September, 2018 Activated Insights, in collaboration with The Fortune "100 Best Companies to Work For" Magazine will produce the first list for "Great Places to Work in Aging Services." Fortune has produced lists for various professions each year since 1998.

I was introduced to Jacquelyn last October while attending the Annual Leading Age Conference, in New Orleans, LA. Tom Mann, managing partner with Love and Company, our marketing consultants for over the past seven years made our initial introduction. We quickly bonded with our

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Gerry Stryker  
Chief Executive  
Officer





# VOICE

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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](http://JohnKnoxVillage.com/explore)



## JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

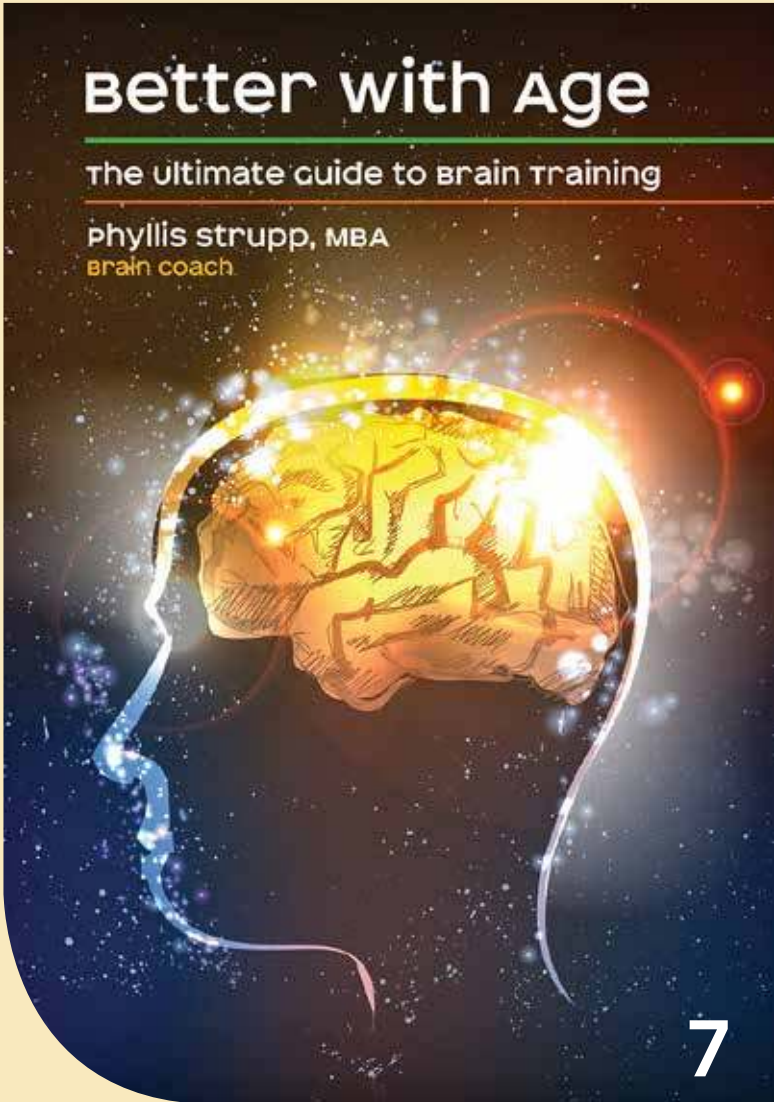
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John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial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







# Brush Up On Your Creativity

## NSU Art Museum's Workshops Explore Your Artfulness

By Emily McCrater, NSU Art Museum Fort Lauderdale

Studies have proven that just 45 minutes of creative activity a day can reduce stress, encourage relaxation and improve mental clarity, regardless of artistic experience or talent. With that in mind, NSU Art Museum Fort Lauderdale is launching Creativity Exploration, a new series of workshops that promote the benefits of creative exploration and the mind-to-body experience. Sessions are designed to expand participants' sense of well-being, as well as develop their perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation.

Simple projects with modest materials, paper, modeling clay, crayons and watercolors are effective tools in exercising the brain, which enhances problem-solving skills. Contrary to popular belief, creative thinking does not solely involve the right hemisphere of the brain: Rather, it involves a communication between both the right and left hemispheres.

Registration is now open for spring workshops, which will take place on Saturdays April 14, May 12 and June 9 at NSU Art Museum Fort Lauderdale (One East Las Olas Blvd.) from Noon – 1:30 p.m.

Each workshop is led by Art Educator Lark Keeler, a specialist in mindfulness education who currently serves as President of the Florida Arts Education Association. **The workshops are \$10 each for JKV Residents, plus \$7 for Transportation. To register visit [www.nsuartmuseum.org](http://www.nsuartmuseum.org) or call (954) 262-0258. To book Transportation please call (954) 783-4039.**



### Creativity Exploration Spring Schedule

#### April 14: Guided Visualization and Exploration of Ideas

Inspired by Dada artist Marcel Duchamp's *La Boîte-en-valise* (Box in a suitcase), series from 1935 to 1941, participants will take part in a guided meditative exploration of visual thinking, order and narrative using collage and upcycled boxes.

#### May 12: Repetition and Relaxation

Artist Wassily Kandinsky's explosive colorful forms and gestures suggest a synesthetic quality in his paintings. Sparked by Kandinsky's concentric circles, and influenced by contemporary observations of pattern and rhythms, participants will explore unseen patterns in breathing, thinking and biochemistry while working with repetition in art and rhythms.

#### June 9: Connections and Creations

What purpose does a "lobster-phone" have? To Surrealist artist Salvador Dali, "Lobster Telephone," 1936, had great conceptual meaning. Participants will explore the characteristics of the Surrealist movement and their experimentations with objects, while pairing concepts and objects to spark innovative thinking and creative connections.

*Creativity Exploration is presented by the Charles P. Ferro Foundation.*

***These are just a few of the many exciting programs John Knox Village is offering in partnership with the NSU Art Museum Fort Lauderdale. For additional information, call (954) 525-5500 or visit [www.nsuartmuseum.org](http://www.nsuartmuseum.org).***



# Exciting “Train The Brain” Program Coming to JKV

## BETTER WITH AGE...YOUR BRAIN'S LIKE FINE WINE

By Elizabeth Roberts, Village Voice Contributor

Dr. H. Murray Todd knows better than most the importance of exercise. He walks, because it requires no equipment—so no excuses—and it increases his heart rate enough to benefit his body.

However, he also doesn't neglect his brain, either.

To stimulate his cerebral cortex, the retired long-time area neurologist works math problems and to tax the part of his brain that focuses on language, he plays word games like Scrabble.

“Every time you use that piece of equipment—your brain—you are exercising it,” JKV's Board of Directors Vice Chairman told the Village Voice. “There is no mystery about it. [Brain health] is a matter of organizing and doing...things that will stimulate the brain.”

So when Phyllis Strupp arrived on the Village campus last September to teach a “Train Your Brain” workshop during Active Aging Week, Dr. Todd eagerly signed on.

Strupp took Dr. Todd and about 30 residents through the two-hour program, which is based on a unique brain-training technique described in her highly acclaimed book, *Better with Age: The Ultimate Guide to Brain Training*, and has won positive reviews on Amazon.

The workshop begins with the star of the brain's show: neuroplasticity. “The human brain is built to get better with age, like a bottle of fine wine,” Strupp shares. “The magic trick that allows the brain to do this is its ability to change and grow throughout life by building new connections between brain cells.

“The most important thing you need to know...is that the power of your brain lies in synaptic connections,”

Strupp said. “The secret is to keep growing those synaptic connections. Your brain will not grow new connections when you are watching television or performing some other passive activity.”

Dr. Todd was so impressed by the “Train Your Brain” workshop that he joined a team of other JKV community leaders who became trained to teach the workshop in February 2018. Now the team is prepared to offer the workshop to others at JKV, to help in JKV's efforts to become an industry leader in the senior community.

In the “Train Your Brain” workshop introduction, participants learn the simple story of why “use it or lose it” is good advice for brain health. “We talk about ‘what is neuroplasticity,’” Dr. Todd said, “and explain how anyone at any age can quickly take charge of it.”

The rest of the workshop is divided



Phyllis Strupp, MBA



Dr. H. Murray Todd

into four sections:

- **Section I** covers some “Brain Basics” so people know how to lend a helping hand to the brain's efforts to build new connections, rather than get in its way.

- **Section II** introduces participants to their five major brain assets using a color-coded handout and life-sized brain, reviews how each one is specialized for a different role in brain activity.

- **Section III** walks participants through a list of JKV activities that engage the different brain assets to perform a self-assessment and identify the one brain asset that needs to work harder. The brain is like a chain, it is only as strong as its weakest link.

- **Section IV** guides participants through a simple process to develop a “Personal Neuroplasticity Plan” to work the least active brain asset. Every brain is different, so each plan is too.

**In the coming months, additional articles will explain more about the exciting “Train the Brain” project that is underway at JKV, and opportunities to participate in a “Train Your Brain” workshop.**

For more information about “Train Your Brain” workshops, contact Life Enrichment Director Verna Chisman at (954) 783-4038.



# BRAIN WEALTH

# Rotary Presents

## BIRDS OF MAGIC, MYTH AND MYSTERY

By Marty Lee, Village Voice Contributor



*You won't run a "fowl" attending Birds Of Magic, Myth And Mystery April 12 and 13 in the Village Centre Auditorium.*

It happens all the time at John Knox Village. Walk through the lush tropical campus and immediately recognize the signature swans and waterfowl that populate Lake Maggie and Rex Foster Lake.

**A variety show benefiting the Village's Wings On The Water Fund is scheduled for two nights Thursday, April 12 and Friday, April 13 in the Village Centre Auditorium.**

Planned by the Rotary Club of John Knox Village, "Birds of Magic, Myth and Mystery," will reprise last year's successful avian-themed show, which focused attention on the swans and migratory waterfowl.

The show is being produced and

directed by Heritage Tower resident and Rotary Club member Margo Lewis. "The show will be presented in six acts," Margo said. "It will have the theme of magic, mystery and mythology."

Among the birds slated to appear are the sunbird, bird of paradise, quetzal, firebird, phoenix, peacock and raven – all will be played by members of the Rotary Club of John Knox Village. The yellow bird (sing-along), white swan and Mother Goose will also make a visit.

To reinforce the magical appeal of birds in mythology, professional magician, illusionist and mind reader Gary Goodman will be joining the cast of the show. JKV's President/CEO, Gerry Stryker, will be the evening's Master of Ceremonies.

Margo said that during Rotary's 10-year history it has raised over \$80,000 for a variety of Village funds.

For the past decade, resident Betsy Bousfield has been monitoring the health and well-being of the ever-



changing bird population. She works with a veterinarian and the breeder. Every afternoon she also feeds and monitors the flock.

Betsy told the Village Voice the current waterfowl population consists of one mute swan, 11 black-necked swans, one Chinese goose, and one red-breasted goose. But swans and geese are not the only waterfowl found on the Village's lakes.

"The duck population consists of mottled ducks, redheads, red-crested pochards, Bahama pintails, ruddy shelducks, European shelducks, Mandarin and wood ducks and blue-winged teal," Betsy said. "Gallinules, cormorants, and anhingas are usually visible. John Knox is blessed with lots of fly-ins including ibis, great blue herons, American egrets, coots, green and tricolored herons and a yellow-crowned night heron. Whether our residents are walking around the lakes or viewing the waterfowl from their homes, the birds are a constant source of delight."

The shows will begin at 7:30 p.m. on both April 12 and April 13. Tickets are \$25 and tax deductible. They may be purchased through JKV Rotary Club. For more information call (954) 783-4039.

Refreshments, featuring strawberries and champagne, will follow the show. Mark your calendar and plan to enjoy the "Birds of Magic, Myth and Mystery," at John Knox Village.







# JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.



## How Current Is Your Life Plan?

IRAs. I expect that could be updated to include the John Knox Village Foundation.

Perhaps your plans no longer need that paid-up life insurance policy. Would you consider making the Foundation the beneficiary of that policy? If you transfer ownership to the Foundation, you get an immediate charitable deduction.

Have you been considering a charitable gift annuity with the Village? There really is no time like the present. Gift Annuities may be funded with cash or securities. If you have appreciated securities, consider using them instead of cash and defer those capital gains taxes.

Several of our residents have taken matured CDs and turned them into gift annuities with a much better rate of return.

Have you had a change in your life situation? Has your spouse passed away, have you married or remarried recently? Has your executor or personal representative passed away, or perhaps there was a divorce in the family that would affect your beneficiaries? Please consider having your plans reviewed.

If you are new to the area, the Foundation has the names of several good estate planning attorneys or financial planners from which you could choose. I hope you will call on me if I can help in any way (954) 784-4757.

Best wishes for a Happy Spring,

—Nanette Olson, Executive Director  
nolson@jknvfl.com

This is the time of year when we are digging through our files for all of the papers we need to file those dreaded tax returns. For me, it often brings up tasks that I have been putting off and need to take care of. I like to think of my estate planning documents as a life plan—a plan for the lives of those I will leave behind and a plan for the “life” of those assets I would like to leave to charity.

What about you? Where are you within your financial universe?

Last month, John Knox Village had a wonderful program on Estate Planning Basics and Trust Planning by local attorney Kaley Barbera. I really know this topic, but hearing it again made me realize that there are a few things I had not thought about.

I am basically still a newlywed. Have I reviewed everything in light of my new husband and the expanded family?

I need to review the beneficiary designations of my IRAs and my life insurance policies. I’m not sure I could tell you exactly who I have as beneficiary of all of them. I know I made my favorite charities the beneficiaries of one of my

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



Jay L. Shein, CFP®, CIMA®, CIS

## How To Avoid Elder Scams

The Foundation is pleased to have our former Board member, Jay L. Shein, CFP®, CIMA®, CIS present to residents on “Elder Scams: What to Watch Out For” on April 24th at 2 p.m. in the Village Centre Auditorium. Jay was a long-time Foundation Board member and Chairman of our Finance Committee. He is an adjunct professor at The Wharton School and also sits on the Advisory Board for the Florida Atlantic University Foundation. For more information call (954) 784-4757. No reservations are required.





Paul Loree  
*President Resident Senate*

Often it takes someone living at John Knox Village for a bit of time before a new resident attends his or her first Resident Senate meeting. As Senate President, it is my duty to make sure that every resident has the needed information about JKV and is encouraged to attend these meetings.

It is good for everyone that Resident Senate meetings have been well attended during the past year.

New residents are given an information packet by their Senators within a few

weeks of their move-in to JKV. This packet includes Bylaws of the JKV Senate and a Procedure Guide for Standing Senate Committees.

In 2004, when Sally and I moved to JKV, we found in the bylaws, the Senate Purpose to be of import to us. Here is the JKV Senate Purpose:

A. To promote the well-being of all the residents of the Village by helping them meet their physical, recreational and spiritual needs.

B. To maintain communication between the Residents, Senate, Board of Directors and Administration according to a democratic process of discussion and determination.

C. To disseminate to all residents information of a general interest and concern; and to provide the Board of Directors and Administration with the feelings and concerns of the Residents.

D. To cooperate with the Board of Directors and Administration toward the successful operation of John Knox Village of Florida, Inc.

E. To recognize that the Board of Directors, as specified in the Articles of Incorporation, has full authority and responsibility to operate the Village on a sound financial basis.

These Five Points above of the Senate Purpose comprise the foundation of our JKV Senate and state clearly why it is so important that we maintain and highly value this great communication asset. Forward-planning JKV residents from the past, have given current JKV residents this excellent communication system.

Current Senate volunteers continue contributing to our most unique and valuable John Knox Village lifestyle. They deserve our sincere thanks.

Check your mailbox for notices of the six Resident Senate meetings held in the Village Centre Auditorium at 1 p.m. on the second Monday of every odd month, so you can attend and truly be part of the JKV resident experience.

—Paul Loree

## The John Knox Village Foundation



Jan Spalding  
*President John Knox Village Foundation*

The Foundation had its annual meeting on March 21. At that meeting we bid a fond goodbye to two Board members: Bill Sullivan and Jay Shein.

Bill came to the Foundation Board of Directors after serving as an Advisory Board Member of the JKV Board of Directors. He has served on the board for over six years. He has been a great resource for us in estate matters, having represented many of our residents. He was always willing to assist Foundation Executive Director Nanette Olson when asked about a specific legal matter. He has served as the chair of our Nominating Committee for the past several years. His ever thoughtful approach to any

problem was a great help to all of us on the Board.

Jay came to the Foundation Board in 2011 and has served as Chair of our Finance Committee. His expertise has been valuable to the Foundation throughout the Capital Campaign and as an investment advisor for the Foundation funds. His leadership in educating the Board in "all things financial" has helped Board members understand our fiduciary responsibilities.

The Foundation also elected two new Board members, Lucinda Ortigao and Darryl Hinkle, both of them have lived and worked in South Florida most of their adult lives and both have worked with families here in the Village.

Lucinda is a Senior Vice President and Client Advisor with SunTrust Private Wealth Management. She has earned the professional designation of Certified Financial Planner. She has over 20 years of comprehensive wealth management experience, with a team approach that brings together specialists in investments, financial planning, credit, and estate strategies. Lucinda is a native of Orange, MA. She is a past Board member of the Florida Grand Opera and is active in Junior Achievement, American

Cancer Society and the Broward Estate Planning Council.

Darryl started his career as an accountant with Coopers & Lybrand. In 1979, he started the firm of Hinkle and Richter. His duties include that of tax partner specializing in tax preparation, tax planning and overall administration of the firm. He is a Certified Financial Planner and a member of the American Institute of Certified Public Accountants. Darryl is a native of Dayton, OH. He relocated to Florida and graduated from Florida Atlantic University. He is past President of the Rotary Club of Pompano Beach, a multiple Paul Harris Fellow and a Benefactor.

During the upcoming year the Foundation will continue to plan for its next major Capital Campaign. We are working to get our arms around the Village's Master Plan to determine where the Foundation can be the biggest help. In the meantime we have Jay Shein, yes our financial wizard, coming to speak to us about "Elder Scams: What to Watch Out For" on April 24 at 2 p.m. in the Village Centre Auditorium.

No reservations are necessary. I hope you will join us.

—Jan Spalding



# THE SPIRIT OF JOHN KNOX VILLAGE

## Chaplains, Committees Have Kept Residents Happy With Sunday Services

By Phyllis Neuberger, Cassels Tower Resident



Northeast Villa resident Roy Evans has been active at the Chapel since he moved into the Village 20 years ago.



At 98, John Knox Village's oldest preacher is Rev. William Sims, shown here recently celebrating his birthday with his daughter Jean.



Interim Chaplain, Rev. David Haun has varied interests, including building a cardboard car from an Amazon delivery box. It was a "Special Entry" in last month's Annual Antique and Classic Car Show.

John Knox Village (JKV) has never had a chapel, but services are available in the Village Centre Auditorium every Sunday.

Retired-Reverend and Heritage Tower resident Dr. David L. Haun said: "The building isn't essential. What's important is that people can come, worship and grow in any location—and they do."

The oldest living preacher in the Village is Rev. William Sims who recently turned 98. He was celebrating a few days early with his daughter, Jean, and friends who flew in to share the event, when he was interviewed for the Village Voice. Rev. Sims moved into JKV in 1992 with his wife, Ruby who was known as Besser to everyone.

He served as the Village Chaplain from 1996 to 1999 and said, "I was a Methodist Minister for 40 years in Illinois, Florida and [for] the National Guard. Serving here, in JKV, was the best job I ever had. I loved the residents and they loved me back. They hoped I would never retire."

He remembered starting the monthly memorial service with retired Sales Director Bob Milanovich. He also remembers having a knee replacement while serving as Chaplain. With a sweet smile he said, "Roy Evans and Ben McKinney did my grocery shopping until I was back on my feet."

Jean Sims has lived nearby for the past 15 years. She has dinner with her dad three times a week and on Sundays they attend Chapel services together in The Woodlands Life Enrichment Center. Asked if she has ever heard her father

preach, she laughs and said, "I have a lifetime of hearing his sermons."

Those who followed Rev. Sims had big shoes to fill.

### **Roy Evans Active Contributor to Chapel Committee**

Roy and Jane Evans moved to the Village 20 years ago and Roy has been the consummate volunteer in the Chapel Committee and in the Residents' Workshop ever since.

Asked about the Chapel Committee, he smiles and said, "I became an active member almost immediately. Rev. Sims was our chaplain then and we all loved him. He delivered great services and included an occasional song. We thought no one could ever replace him. Since he retired we have had four replacements. Rev. Darryl Powell is our current chaplain and he's a big hit with everyone in the Village."

Roy has served as President of the Chapel Committee for six years, been head usher, fund raiser and more. He adds, "Our mission is to donate to worthy charities. We pass the offering plate every Sunday and our residents have been very generous. I think we give almost \$40,000 every year to places like Habitat for Humanity, Salvation Army, St. Laurence Chapel and more. We are very careful in selecting worthy charities."

"I have made it my mission to take clean, slightly used clothing to St. Laurence Chapel for the homeless on a regular basis. When I noticed their clothes closet was pretty empty, I started a drive

that I called Blue Jean September. I collected and delivered over 275 pairs of pants to St. Laurence. This year I had Blue Jean October and gathered and delivered another 200 pairs."

A typical Sunday Service, arranged by Rev. Powell, is attended by 150 to 200 people.

"Our Chapel Choir sings once a month," Roy said. "We have guest singers. We assist Rev. Powell in whatever he needs."

A Civil Engineer, the Northeast Villa resident worked in construction and coal mining. He was Vice President of Brown Badgett, Inc. in Ft. Lauderdale, Kentucky and Mississippi. His talented hands have also been producing and fixing items in the Village for 20 years. His team of four or five volunteers made the mail room slots for house mail, produced the personal shelves outside of every resident's unit in Cassels and Village Towers. They have repaired all of the tables and chairs in the Dining Room and Auditorium. They have fixed lobby lamps and 1,100 resident lamps along the way. They accept donations for the residents' lamps and use the money to replace workshop equipment when needed.

Though saddened by the recent loss of his beloved Jane, Roy continues to live by his philosophy: "Enjoy life while you can and do something for the world around you."

He's hoping to make the Veterans Honor Flight to Washington D.C. to visit

*Continued on page 12*



## Parkland Tragedy Leads To Prayer Of Hope



Rev. Darryl Powell  
Spiritual Life Director

entered a place that we all hold as a place of safety and blessing. And their sanctuary was violated with bullets, with anger and hatred and malice. Children witnessed images and experiences that children should never have to see.

And 17 students and teachers had their lives and futures stolen from them by a broken, angry and hate-filled soul. There is so much hurt and so much pain in this situation that we hardly know what to say.

But, we do know that the evils of this world are not a reflection of Your goodness. You are the perfection of love and compassion and we humbly turn to You today with these heartfelt requests: We lift up to Your loving arms the families and friends of those whose lives were stolen from them yesterday.

Please give them comfort in the midst of indescribable pain. In Your goodness, surround them with family, friends and even strangers who will hold them and cry with them and patiently love them through this valley of deepest darkness. Protect them from any anger, hatred or depression that could steal their faith, hope and future. In other words, Lord, help them survive these horrific losses.

Bless all the students and staff who experienced and witnessed these horrors. In the days to come, when grief overwhelms them and memories haunt them, may they have all the help that will be needed to endure the moment. In the days, months and years to come, may they all find healing and understanding.

We pray this morning for mothers

and fathers, brothers and sisters, grandparents and others, who grieve the death of the children they love more than life itself. The death of a child is the nightmare parents can't even bear to consider. And now there are many in our community who live this heartache.

Have mercy on them, we pray. Bless their broken hearts. Minister to their aching spirits. Cry with them, Lord, that their tears may wash the pain from their souls.

We implore you, God of Light, that the darkness of one blighted soul will not extinguish the light that shines from all the rest. May this experience inspire the very best of humanity, the best of love, the greatest caring, the fullness of compassion. May the lives and character of those who perished be a role model and inspiration to their peers in ways that will change their lives for the better and that will make South Florida a better place to live.

And in the fullness of faith, we pray for the young murderer for he, too, desperately needs divine help. May justice be done and may he be held accountable for his murderous deeds. And may his soul be transformed by Your love, even as we pray for the souls of those who died and those who mourn.

"Blessed are those who mourn, for they will be comforted." Today, we ask Almighty God to comfort those who are mourning.

In hope for a loving future we pray,  
Amen

—Rev. Darryl Powell

It has been a number of weeks now since the shooting tragedy at the Parkland school and by now we have listened to all the impassioned observations and demands of everyone from students to teachers to police to politicians to the talking heads in the news.

There is no end to the opinions. Therefore, I have decided not to carefully select a sentence out of the Bible and add my opinion to the mix, except for this: I do believe that prayer is important, vitally important, in response to such tragedies.

Action has its place. Prayer has its place, as well. This is the prayer that I wrote the day after the shooting. I believe it, and your prayers as well, are vital to the well-being and healing of our community.

*Dear God, who is still the God of life and goodness,*

*Again we have witnessed unbridled violence. Children and teachers went to school to learn and grow and prepare for the best life has to offer. They*

## The Spirit Of John Knox Village Continued from page 11

the monuments in the next month and he's wearing his pal's cap to prove he's raring to go. Thank you Roy for your service to the Chapel, the workshop and for all of the extras you have created to enrich our lives in John Knox Village.

### **Interim preacher, Rev. Dr. David L. Haun**

David and Twylah Haun moved into JKV in 2003.

"I have served as Interim Chaplain here twice for about 1-1/2 years each time," David said. Almost a native, Haun moved to Ft. Lauderdale with his family when he was in the ninth grade. He summarized his career: "I practically started churches in Beaufort, South Carolina and in Cushing, Oklahoma staying for six

years at each. While in Oklahoma I got my doctorate in Family Relations and Child Development at the State University. In 1976 I returned to my home church, First Christian Church in Ft. Lauderdale where I served for 18 years."

He retired at 56 and tried other careers, continuing to fill in as an interim minister. About serving at JKV, he recalls having about 125 to 150 residents who gathered to worship God and enjoy the spirit of the service.

"I always tried to stimulate, involve and move the congregation closer to God," he said. "On one occasion I had a resident who was a former actor play God. With his powerful voice coming from the back of the Auditorium, it was impressive.

No one fell asleep that Sunday.

"It's a pleasure to sit with the congregation and grow in the preachings of our current Chaplain, Rev. Powell, who is excellent and a good model of the Christian life."

Married to Twylah for 60 years, the Hauns have two daughters and two grandchildren. David is also an artist, a poet and an author of children's books. He remains very excited by life and can't wait to begin his next poem, story or put an idea into action.

**Thank you all for your contributions to JKV. We stand on the shoulders of those who came before us.**



# Chapel Committee Prez Captures

## Spiritual History



Joyce S. Wood, President  
JKV Chapel Committee

Our John Knox Village Chapel has a lot of interesting history and I will relate what I know of its past.

The first Village Chapel service was held in 1973 on the first floor of Cassels Tower, where the PNC Bank now resides.

It was noted that they met monthly. As many may know, the Village was first named Baptist Village, so I will assume that the first preacher, Rev. O. Guy Harris, was our first Baptist Chaplain. He served the Village from 1971 through 1976.

From 1977 to 1978 Rev. Roland Dutton served. He resigned in 1978 and was replaced by Rev. A. Lex Smith on a temporary basis. From 1979 to 1989 Rev. Latham T. Merchant served as Chaplain. During this time a new resident, Hilda Haynes, attending a Chapel service being held in the community room of Cassels Tower, made the suggestion that a fund be started by residents to build a new Village Chapel.

The idea was taken to the Board of Directors who gave their permission on the condition that the building would have ample room for other activities. The goal was met and the building exists today as our Village Centre – Chapel - Auditorium.

Following the dedication in 1989 Rev. Marvin Zimmerman

was the first Chaplain to serve our new Chapel, doing so from 1989 to 1999. In 2000, Rev. David Huber and our very own resident Rev. William Sims served as interim Village Chaplains.

Rev. Dick Lewellyn was hired in 2001 by the Village to fill the needs of a growing population. He served until 2007. It was during this period (2006) the Chapel Committee decided to attempt to raise funds to construct a free standing Chapel on campus.

A large amount of donations were raised, but permission to build the Chapel was denied. Some of the donations were returned to those living residents who had contributed, the remaining amount was placed in the JKV Foundation in a designated account.

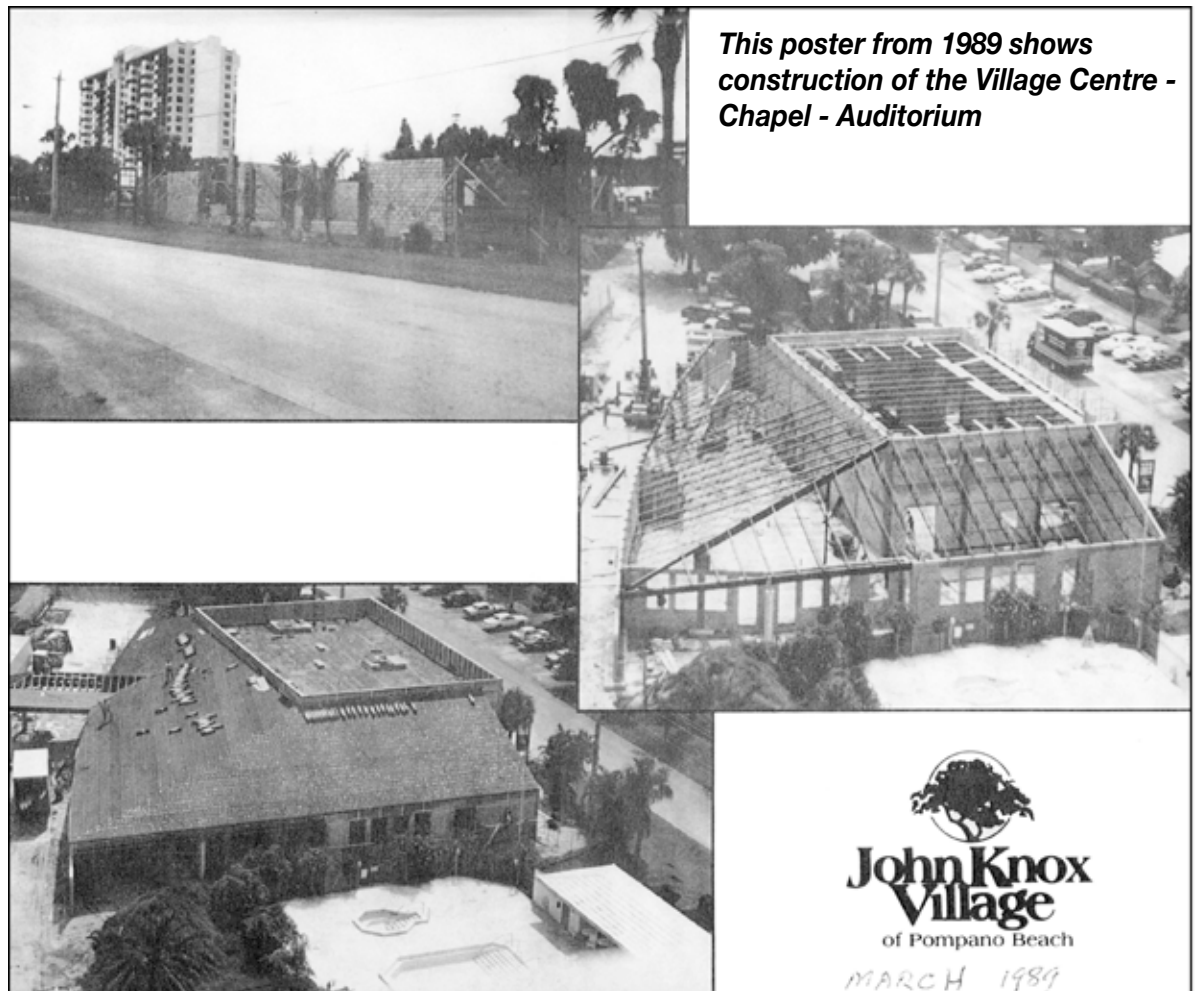
Rev. Jeff Snodgrass was hired in 2008 and provided many ideas to the Chapel Committee. The long-running project of providing bag lunches to St. Laurence Chapel was his suggestion

and is still going strong, now being led by Barbara Rowell.

We continue to give our weekly collection and yearly remaining treasury to worthy charities in our community.

Rev. Snodgrass resigned in November of 2012 and was replaced by resident Rev. Dr. David Haun on a temporary basis until a replacement could be found. Rev. Greg Fitch served from June of 2013 until the end of 2015. After an intensive search, Rev. Darryl Powell, known as the Spiritual Life Director, was hired in 2016. Under his leadership, tireless efforts and many talents, our JKV Chapel is alive and well.

–Joyce S. Wood



*This poster from 1989 shows construction of the Village Centre - Chapel - Auditorium*





# April

## VILLAGE HAPPENINGS

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



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

### 2 FITNESS CHALLENGE

BEGINS MONDAY, APRIL 2

The Fitness Team is putting together a Wellness Challenge in the wide variety of fitness classes. You will earn points for participating in fitness, attending lectures, and some other unique events. The challenge begins Monday, April 2, and goes for eight weeks, ending May 25. For more information call (954) 783-4039.

### 3 DISABLED AMERICAN VETERANS LECTURE

TUESDAY, APRIL 3 • 10 AM • AUDITORIUM

Leaders of the Disabled American Veterans will outline how you might be eligible for benefits you were unaware of. As a DAV Member, in addition to DAV programs and services, members are entitled to a Member Benefits Package, which gives you access to a variety of important programs, products, and services. For more information, contact Teddy at (954) 809-5085.

### 4 TMC THERAPY LECTURE

WEDNESDAY, APRIL 4 • 3:30 PM

FITNESS STUDIO

Join us for an informative lecture being offered by TMC Therapy. The topic will be "Home evaluations-modifying your home to fit your lifestyle." For more information call (954) 783-4039.

### 6 VILLAGE VOICES

FRIDAY, APRIL 6 • 7:30 PM • AUDITORIUM

Village Voices are the singing voices of John Knox Village: Villagers Men's Chorus, Note-ables Ladies' Chorus and Choristers Mixed Ensemble. Village Voices, along with solos, duets, quartets from Jack McNamara, Villager; Gerry Stryker,

our CEO; and Angela Bomford, JKV resident performer; will be featured. Call (954) 783-4039 for more information.

### 7 KOFFEE KLATCH WITH MARLENE AND CHET

SATURDAY, APRIL 7 • 9:30 AM • AUDITORIUM

Marlene and Chet Solender are music historians who share their love of musical theater, the movies and the American Songbook with audiences on land and to cruise ship audiences around the globe. Donuts, bagels and coffee are at 9 a.m. Entertainment at 9:30 a.m. For more information call (954) 783-4039.

### 7 YOUNG ARTISTS OPERA

SATURDAY, APRIL 7 • 7:30 PM • AUDITORIUM

Founded in 1984, Florida Grand Opera's Studio Artist Program has gained worldwide recognition as one of the leading operatic training programs in the United States. Join us as this world renowned program offers its talented young prospects to our John Knox Village community. For more information, please call (954) 783-4039.

### 12 BIRDS OF MYSTERY 13 AND MAGIC

THURSDAY, APRIL 12 & FRIDAY, APRIL 13

7:30 PM • AUDITORIUM

Planned by the JKV Rotary Club for two nights, at the John Knox Village Centre Auditorium. The variety show, "Birds of Mystery and Magic," will reprise last year's successful avian-themed show, which focused attention on the swans and migratory waterfowl that populate JKV's Lake Maggie and Rex Foster Lake. Ticket cost is \$25 and may be purchased through JKV Rotary Club. For more information call (954) 783-4039.







13



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## 13 NSU ART MUSEUM OUTING WILLIAM GLACKENS' EXHIBIT

FRIDAY, APRIL 13 • 1 PM DEPARTURE

Midnight in Paris explores a fascinating and influential period of history in America and Europe and the exhibition highlights the Museum's distinctive William J. Glackens art and archival collection-the largest holding of the artist's work in the world. \*Transportation cost of \$7. Exhibit admission is complimentary to JKV residents. Please call (954) 783-4039 for reservations.

## 16 BIRTHDAY PARTY WITH DAVID PEDRAZA

FRIDAY, APRIL 16 • 7:30 PM • AUDITORIUM

This month we will be audibly delighted by violinist David Pedraza. Born in Reynosa, Mexico, David started his musical studies at 14. Later he received a full scholarship to study music at Shenandoah Conservatory. From 2003 to 2005, he was part of the Youth Orchestra of the Americas under Placido Domingo, Carlos Prieto, and Gustavo Dudamel. For more information call (954) 783-4039.

## 18 EXERCISING WITH DIABETES

WEDNESDAY, APRIL 18 • 3:30 PM

FITNESS STUDIO

A change in lifestyle for people living with diabetes has been a great part in their successful aging. Join Darnel Brutus as he shares research studies on the many benefits of exercising with diabetes and its long-term effect. For more information call (954) 783-4039.

## 19 TRAIN THE BRAIN WORKSHOP

THURSDAY, APRIL 19 • 10 AM • AUDITORIUM

Recent studies suggest that "use it or lose it" is good advice for brain fitness. You will discover proven brain training strategies to boost memory, motivation and vitality. Please call (954) 783-4039 to reserve. See related story on page 7.

## 19 SPIRITUAL LIFE PRESENTATION

THURSDAY, APRIL 19 • 11 AM • HIBISCUS ROOM

Guest Speaker Bob Logan, representative from the Gideons

(this is the organization that distributes copies of the Bible to hotels, colleges, nurses, and people around the world), will give an update on their mission work. They have provided small Bibles for our nurses and large print Bibles for our Elders. For more information call (954) 783-4039.

## 21 SPECTACULAR SATURDAY WITH BROWARD WOMEN'S CHORAL GROUP

SATURDAY, APRIL 21 • 7:30 PM • AUDITORIUM

Active since 1972, the Broward Women's Choral Group will perform. Directed by renowned local artist Birgit Fioravante and accompanied by professional pianist Carolyn Morgan, its repertoire ranges from enduring standards to blues, Broadway, folk music, sacred hymns, and patriotic music. For more information call (954) 783-4039.

## 24 DINNER OUTING AT THURSDAY'S FT. LAUDERDALE

TUESDAY, APRIL 24 • 4 PM DEPARTURE

New for JKV... freestyle dining at Thursday's Ft. Lauderdale. This popular French-American Restaurant, will let residents order what they want - pay individually with credit card or cash. Entrees average \$26. Transportation cost is \$7. Call (954) 783-4039 for reservations.

## 25 EMPOWERING ONESELF IN GOLDEN YEARS

WEDNESDAY, APRIL 25 • 3:30 PM

FITNESS STUDIO

Join Licensed Psychologist and Broward County School Teacher Janine Tarantola (the mother of our very own Ashley Tarantola) as she walks you down a positive and healthy path through a psychological and personable perspective. For more information call (954) 783-4039.

## 25 HALL OF FAME... FRUITS OF OUR LABOR

WEDNESDAY, APRIL 25 • 2 PM • AUDITORIUM

Volunteerism at John Knox Village is alive and well and getting better. It was several years ago, when John Knox Village first introduced the Annual Fruits of Our Labor celebration. The goals of this event are to illustrate the duties and responsibilities of the volunteer organizations, and recruit new volunteers. JKV residents will be able to enjoy a wonderful fruit salad as they learn about each volunteer program. At 2:45 pm, we will be announcing and honoring our Hall of Fame Volunteer residents. For more information call (954) 783-4039.



24



# Home Health's Wellness Warriors FIGHT FOR RESIDENTS CARE

By Elizabeth Roberts, Village Voice Contributor



They call themselves Wellness Warriors, but they are Wellness Missionaries as well, taking the gospel of better at-home care to seniors needing a bit of help to successfully age at home.

Like other home health care workers, they arrive with a care plan and the skills to help with bathing, dressing, meal preparation and the other tasks of daily living, but JKV's Wellness Warriors come with something else—the time and desire to sit with residents and ask about their day. It is part of a greater commitment to treat the soul, as well as the body.

"The majority of people here live independently on campus and we want to keep them that way and restore them when they have intervals of illness," John Knox Home Health Agency Administrator Leslie Schlienger told the *Village Voice*. "... [There is] a culture of wellness and a culture of empowered and courageous aging here."

To that end, Wellness Warriors have graduated a six-part course on everything from preparing nutritious meals to giving a bath—the activities of daily living, now being delivered with a twist.

"We were taught how to really interact with the residents—we call them residents here—and two things I really liked: You cooked for the

residents, but they don't have their meals alone," explained Janet Bishop, an HHA aide in the Village since 2015 and a Wellness Warrior since graduating from Leslie's program last November.

"You make sure the meal is well-presented on the table, then sit and have your meal also there at the table with them, and talk and have [deeper knowing]

conversations," she added.

It's the conversation part that is key, according to Archana Singh and Nishi Misra. In a study published in *Industry Psychiatry Journal*, the



## Wellness Warrior Trained

authors noted that, "Loneliness is a subjective, negative feeling related to the person's own experience of deficient social relations [and]...may lead to serious health-related consequences."

Finding a solution to that loneliness was one of the reasons JKV residents visited skilled nursing centers around the country before convincing the Administration to go with THE GREEN HOUSE® Project model of care that ultimately became



Leslie Schlienger

The Woodlands. That care relies on meeting intellectual and social as well as physical needs.

The Wellness Warriors are extending that philosophy to home health care.

"I want to see that the home health aide we send to a home is not only there to assist them, but to assist them to [help] themselves and take back their independence and autonomy," Schlienger explained. "We want to give them every tool available to help them help themselves and be the best that they can be."

Soon, Wellness Warriors will deliver that model of care to Broward County residents as well.

"It's the psychology of The Woodlands extended into the community," Schlienger said. "This is a little piece of John Knox --and now you can have it anywhere in Broward County."

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





## Chef's Delight: Recipe of the Month

### *Don't Be Chicken To Try This Delicious & Easy Recipe*

By Rob Seitz, Village Voice Editor

This flavor packed, super easy to make chicken Milanese entrée is a favorite of Mark Gullusci's, Executive Chef at John Knox Village. His called-for and delicious Panko breadcrumbs can be found in the Asian food sections of most markets.

Chef Mark has found that many JKV residents find it hard to believe that five basic ingredients can create such a pleasant dish. Milanese—the crusty crumb coating on the chicken breasts—is one of the simple Italian preparations and he assures it will wow your guests every time.

"This is a dish that I love," Chef Mark told the Village Voice. "The hot-cold contrast of the chicken and the arugula salad, the peppery arugula matched with the mild crispy chicken breast is wonderful. It is also a very beautiful dish, because, as we all know, we also eat with our eyes."

#### **Ingredients:**

- 4 5-6 ounce boneless skinless chicken breasts
- 4 cups fresh baby arugula

- 1 cup cherry, heirloom or grape tomatoes. Slice or cut into halves.
- 1 ounce fresh lemon juice
- 2 ounces extra virgin olive oil
- Kosher salt and ground black pepper to taste
- 1 cup sliced red onion
- 2 cups panko bread crumbs
- 1 cup All Purpose flour
- ½ cup shredded parmesan cheese
- ½ cup shaved pecorino cheese or parmesan
- 2 tbsp chopped parsley.  
(This can be dried parsley)
- 4 whole eggs

**Yields 4**

#### **Method Of Preparation:**

Lightly pound chicken breasts to even thickness by laying chicken breasts on a cutting board and placing plastic wrap on top of the chicken. (This will prevent tearing of the chicken) Pound with a meat mallet. Be careful not to tear up the breasts. Thin is good but keep in one piece.

Place the flour in a bowl, crack the eggs into a bowl and lightly beat, place

the bread crumbs, salt and pepper, shaved parmesan cheese, and chopped parsley into another bowl. These bowls should be wide enough to coat the chicken breasts.

Dip the chicken into the flour first, shake off the excess, dip into the eggs, allow extra to drip off, place into breadcrumb and cheese mixture and coat well. Press the crumbs into the chicken.

Heat ½ cup vegetable oil in skillet and brown chicken on each side. Remove from skillet and set on paper towels to absorb oil.

In a larger bowl, place the arugula, red onion, tomatoes, salt and pepper, olive oil and lemon juice together and toss.

Place chicken on plates and place a small handful of arugula salad on top of the chicken. Garnish with some shaved pecorino and enjoy.

For more information feel free to email Chef Mark at [mgullusci@jkvfl.com](mailto:mgullusci@jkvfl.com)



# JKV PARTNERS WITH DOMTAR FOR RESIDENT'S



## PEACE OF MIND

By Chris Lee  
Domtar Personal Care Senior Marketing Manager



Wellness...what does it mean to you? Active Aging communities use the word wellness across many different areas. Sometimes it can refer to exercise and fitness; other times it references social activities.

In general it's a very positive word.

Let's look at wellness through another lens. What happens when someone who participates in wellness activities suddenly develops a condition that restricts them from living an active and social life? What happens when they're no longer comfortable or confident leaving their house for more than a few hours at a time?

This is a challenge that many face when dealing with incontinence. More than 50 percent of people over 65 face this challenge every day. Those living in Active Aging communities who have never needed protective products, or had to plan their days around bathroom breaks, often struggle with adjusting to this type of lifestyle change.

After visiting communities like John Knox Village, there are similar incontinence-related challenges that are faced by community members around the country. Evident is the lack of education on how to manage bladder leaks and incontinence. There have been stories shared of community members using makeshift products,

such as cut-up dish towels or bunched-up paper towels for protection.

Women have tried to use feminine hygiene pads to contain bladder leaks which sometimes leads to leaks and embarrassment. Men simply don't know where to start. At the most extreme, we have seen community members hanging up and air-drying protective underwear to reuse and save money.

All of these difficulties stem from a lack of guidance in stores and online when someone is searching for a bladder-control solution. The category is confusing. There are so many types of products, absorbencies, brands and price ranges. For someone new to these types of products, the shopping aisle can be overwhelming and embarrassing.

Due to the intimidation, stress and the unease of not knowing which product to trust, many people begin to isolate themselves and withdraw from activities and community events—the very reasons most move to active Life Plan communities.

Despite the challenges posed by incontinence, it is possible to maintain an active, social lifestyle. We believe that through the use of proper incontinence products and management, dignity can be restored,

offering community members the confidence to spend more time with those they hold dear.

Through a partnership with John Knox village, you are now able to receive guidance and support for your incontinence needs. A call from the comfort of your home to a Personal Care Expert will help you through any confusion and recommend the best product for your needs. You will have a Personal Care Expert listen to your situation, what products you currently use and any challenges you face. In return, they can offer you a range of product solutions, care protocols and even send out samples to try.

All product samples are free and delivered discreetly to your door. Ask your home health or wellness teams for more information.

**Through the International Council on Active Aging, Verna Chisman connected with Domtar Personal Products and engaged them in discussions about potential partnership opportunities. The conversation resulted in Domtar agreeing to partner with JKV, HUR and a local university on our incontinence clinical trial and research initiative. Domtar's mission and message resonated with John Knox Village's commitment to quality of life. For more information call Verna at (954) 783-4038 or the Home Health Agency (954) 783-4009.**

## JKV Pool Partnerships During Pool Renovations

**Pompano Beach Aquatic Center located at 820 NE 18th Ave**

- Water Aerobics- Mon, Wed & Fri 9am-10am
- Water Aerobics-Mon, Wed & Fri 10:15am-10:55am
- Bus transportation will be provided. For the 9am class, the bus will depart JKV at 8:15am. For the 10:15am class, the bus will depart JKV at 9:45am.
- Reservations are required. Classes and transportation are complimentary.
- Aquaburst-Tues, Thurs & Sat 9:15am-10am
- Aquaburst-Mon, Wed & Fri 11:30am-12:20pm
- Bus transportation will be provided. For the 9:15am class, the bus will depart JKV at 8:30am. For the 11:30am class, the bus will depart JKV at 10:45am.
- Reservations are required. Classes and transportation are complimentary.

**LA Fitness (Cypress Creek & 1000 Federal Hwy)**

- Aquafit classes Mon-Sat 9 am.
- Bus transportation provided complimentary
- Reservations required.

**Marriott**

**(1200 N. Ocean Blvd.)**

- Open Swim-Ongoing-Contact Wellness Lifestyle for Complimentary Transportation & Details
- Indoor and Outdoor pools and a whirlpool for enjoyment
- Full Service Spa onsite
- Reservations required.



**For more information and to make reservations please call at (954) 783-4039.**

# Living Well Corner

## The Power Of Sit-To-Stand Exercises

As we age, our bodies' muscular strength and stability decrease, putting us at greater risk for potential slips and falls. Sarcopenia, or the loss of muscle mass, increases over time and weakens the power within the muscle tissue.

The rate at which muscle mass declines is directly related to lack of physical activity. A sedentary lifestyle may cause a three to five percent loss of muscle mass every 10 years after the age of 30. By 75, Sarcopenia accelerates, thus increasing instability, frailty and providing mobility challenges.

Regardless of how active a person may, or may not have been, starting a resistance training program can slow down age-related Sarcopenia and help restore muscular strength. According to

**Multiple muscles are used when performing a sit to stand exercise. The calves, quadriceps, hamstrings, and gluteal muscles all work to lift and lower one's body weight.**

the American College of Sports Medicine, adults over the age of 65 should include two to three days of progressive weight-training every week. Weight-bearing exercises are also effective in building strong muscles and have proven cardiovascular benefits and bone health. Examples of weight-bearing exercises include: Walking, jogging, tennis, climbing stairs, dancing, or as noted on this article's title, sit to stands.

Multiple muscles are used when performing a sit to stand exercise. The calves, quadriceps, hamstrings, and gluteal muscles all work to lift and lower

one's body weight. Engaging these large muscle groups at once increases muscle tone and muscular endurance. Sit to stand can increase balance and coordination due to joint flexion and extension. There are also practical benefits to sit to stands. They can be performed almost anywhere, at any time and without the need of exercise equipment. One only needs to use a sturdy chair with a straight back, making these exercises easy and convenient.

### Correctly Perform Sit to Stand

Start by positioning the back of the chair against a wall. If assistance with standing is needed, a ballet bar or railing within reach should be in front of the chair. With every movement of a sit and stand, posture is key. Sit in the

middle of the chair with a straight back and relaxed shoulders. Both feet are flat on the ground about hip-width apart. The height of the chair must allow for the knees to bend at a 90-degree angle. Toes point forward and ankles are aligned under the knees. When preparing to stand, use the arms of the chair or railing for additional support.

### Nose Over Toes

The most important part of the sit to stand exercise is the leaning or horizontal direction needed to lift the buttocks off the chair. A study was conducted among 39 older adults and 21 young



adults to investigate the difference in stability during the horizontal and vertical movement of the sit to stand. The study concluded that older adults demonstrated a higher horizontal variance in the joint angles of the lower extremities compared to their younger counterparts.

This simply means, among the older group, more emphasis was placed on the lift which may indicate the use of one's arms for assistance or some other device to compensate for weakness in the lower body, particularly muscles in the calves and quadriceps. Shortening the leaning movement and shooting right into the lift could compromise balance while in the vertical position of the sit to stand. The ideal maneuver for this exercise is to lean forward and use the strength of the calves and thighs to bear weight of the body, then lengthen or extend the hips and torso into a tall erect stance.

To return to the chair, stand with feet hip width apart with the back of the legs touching the chair. Lower down by

*Continued on page 25*

## Nutrition Notes

### How To Avoid Dehydration

According to the Journal of the American Geriatrics Society, dehydration is the most common fluid and electrolyte disorder in the elderly with a prevalence of 20 to 40 percent of seniors affected.

Dehydration affects many people over the age of 65 due to a decreased sense of thirst, fear of being incontinent, swallowing difficulties and gastrointestinal disorders—just to name a few.

As we get older, our body water content decreases by 15 percent between the ages of 20 and 80, increas-

ing the risk for, and consequences of, dehydration. Water needs vary from day to day and from person to person, however, the general rule of thumb is you should be drinking at least six to eight cups, or 48 to 64 fluid ounces of fluids per day.

If you do not like drinking plain water, try unsweetened ice tea or sugar-free lemonade made with water, or eating water-based foods like soups, watermelon and celery.

Sometimes masked by the aging

body, symptoms of dehydration can be overlooked. Symptoms of dehydration include dry mouth, little or no urine, sunken eyes, lethargy, low blood pressure, dry skin and rapid heart rate.

If you suspect that you might be dehydrated, try drinking small, frequent amounts of fluid such as water. And remember: Always contact your doctor if your symptoms do not improve.

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



# In Case You Missed It...

It's been a fun time of late. Here's a nice sampling of the things that have taken place.



Piano prodigy Charlie Albright tickled the ivories and residents during a performance in collaboration with the Venetian Arts Society. The event was held at Nova Southeastern University in Davie.



Recognizing tenured employees. (L-R) President Gerry Stryker honored several staff members for their years of service. Dining Services Director Joe Mallen brought up Sabrina Cox for 25 years in Dining Services, Shirley Regan was honored for 15 years in the Accounting Department by CFO Bruce Chittenden and Verna Chisman (far right) recognized Housekeeper Elizabeth Bell-Osborne for 15 years service.



Emcee Mark Rayner (C) inspired a very generous, packed Auditorium of residents during the Rotary Club of John Knox Village's Spaghetti Dinner. Residents John Mandt (L) and Marge Hellgren helped with auction items, including 20-feet of Florida lottery tickets. The dinner raised some \$26,000 to help with health care in the Village.



South Garden Villa residents Frank and Nicole Shulman enjoyed a gala dinner in support of the Tiger Trail Festival, a Pompano Beach annual tradition honoring the accomplishments of local African-American citizens.



Security's 2nd shift relief supervisor Faizully Vidal took part in JKV's Read Across America initiative and read Dr. Seuss books to students from neighboring Innovation Charter School, as part of the birthday celebration of Dr. Seuss.



Jan Stanwyck and Milton Graves were decked to the Mardi Gras nines for a Happy Hour in the Auditorium. There was delicious Cajun food, hot music and cold drinks enjoyed by all.



# FLiCRA Flash



Dave Bayer  
President, JKV FLiCRA

a discouraging word and instances of buyers' remorse are virtually non-existent. Your new neighbors realize that you are experiencing a big change in your life. Be assured, that makes us even more enthusiastic about helping every new resident make a smooth and worry-free transition into our Village.

High on my list of "Things To Do" after joining our FLiCRA Board of Directors was "write a FLiCRA letter to be included in the Welcome Basket given to all new arrivals" and also "remind all residents that their annual FLiCRA dues will be included in their April maintenance bills."

The following is an excerpt of the letter to our new arrivals. I hope it serves both purposes:

"Welcome to John Knox Village!

You are coming to a home in a friendly Village where seldom is heard

"As you get settled in, you may be hearing a lot about the Florida Life Care Residents' Association (FLiCRA). In your Welcome Basket you will find a current flyer listing some of the benefits that FLiCRA has produced and a summary of actions that have realized annual savings of over \$8,000 per resident.

"The Administration of JKV recognizes the importance of this organization to our residents. Ergo, you will receive a complimentary initial membership until March 31st. In addition, our Accounting Department helps us collect annual FLiCRA dues (\$18 per single member, \$31 per couple) by including them in our April maintenance bill. We hope that you agree with this system and continue to support FLiCRA each year."

If you would like to have a copy of the flyer, or if you have any questions about the dues, please don't hesitate to contact me or any member of our Board. Thank you again for your continued support.

Best regards,

—Dave Bayer, President  
JKV FLiCRA Chapter 26

## John Knox Home Health Agency



### TUESDAY, APRIL 3

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

#### "Healthy Living for the Brain and Body"

By Keith Gibson, Director of Program Services  
From Alzheimer's Association

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

### THURSDAY, APRIL 12

#### Diabetic Support Group Meeting

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

## VILLAGE HAPPENINGS

Please refer to the Bravo Guide for the following performances:

### 4 TIME STEP

Wednesday, April 4 • 12:45 pm • Broward Stage Door Theater in Margate

### 8 FLORIDA INTERGENERATIONAL ORCHESTRA

Sunday, April 8 • 1:45 pm • O'Shea Hall

### 10 CONRAD TAO-PIANIST

Tuesday, April 10 • 6:15 pm • Amaturro Theater

### 11 AN EVENING WITH THE FOUR FRESHMAN

Wednesday, April 11 • 6 pm • Amaturro Theater

### 14 WAITRESS

Saturday, April 14 • 1 pm • Au-Rene Theater

### 14 DANISH STRING QUARTET

Saturday, April 14 • 6:15 pm • Amaturro Theater

### 17 SOUTH FLORIDA SYMPHONY CELEBRATING ISRAEL'S 70th ANNIVERSARY

Tuesday, April 17 • 6 pm • Amaturro Theater

### 28 CENDRILLON JULES MASSENET HD LIVE MET OPERA

Saturday, April 28 • 11:55 am • Cypress Creek Cinema

### 29 FLORENCIA EN EL AMAZONAS

Sunday, April 29 • 12:30 pm • Adrian Arscht Center

### 29 MIAMI CITY BALLET PROGRAM FOUR

Sunday, April 29 • 12:45 pm • Au-Rene Theater



# WELCOME

## LET'S MEET & WELCOME



**William Claire**

### **WILLIAM CLAIRE - CT 310**

Originally from: New York, NY  
 Moved from: Fort Lauderdale, FL  
 Previous Occupation: Attorney  
 Hobbies: Reading, Theater, Music and Sports



**Theresa Claire**

### **THERESA CLAIRE - CT 310**

Originally from: Oceanside, NY  
 Moved from: Fort Lauderdale, FL  
 Previous Occupation: Teacher/Administrator at Hofstra University, Albany & NYU  
 Hobbies: Reading, Theater, Music and Acting



**Thomas Keenan**

### **THOMAS KEENAN - HT 400**

Originally from: Woodstock, IL  
 Moved from: Fort Lauderdale, FL  
 Previous Occupation: Jewelry Business for 50 Years



**Joan Handelsman**

### **JOAN HANDELSMAN - HT 219**

Originally from: Chicago, IL  
 Moved from: Fort Lauderdale, FL  
 Previous Occupation: 5th Grade Teacher, Title I Reading & Math Teacher, Account Executive at Fairbanks Broadcasting, Compliance Analyst at Sun Life Insurance Co.  
 Hobbies: Dancing, Theater Broadway Series, Travel



**Karen Scharrett**

### **KAREN SCHARRETT - CT 1506**

Originally from: West Point, NY  
 Moved from: Plantation, FL  
 Previous Occupation: Accounting  
 Hobbies: Reading & Crafting



**Nancy Adams**

### **NANCY ADAMS - VT 410**

Originally from: Syracuse, NY  
 Moved from: Pompano Beach, FL  
 Previous Occupation: Teacher, Counselor, Assistant Administrator  
 Hobbies: Reading & Genealogy



**Karen Donaldson**

### **KAREN DONALDSON - CT 1202**

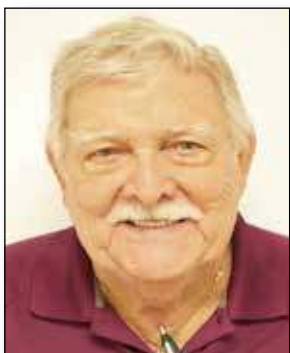
Originally from: Marion, OH  
 Moved from: Pompano Beach, FL  
 Current Occupation: Property Management  
 Hobbies: Scrabble, Socializing, Dancing



**Margaret Swift**

### **MARGARET SWIFT - CT 1002**

Originally from: London, England  
 Moved from: Austin, TX  
 Previous Occupation: Assistant Director Conference Planning  
 Hobbies: Gardening, Bird Watching & Reading



**Jack Cady**

### **JACK CADY - HT 719**

Originally from: Indianapolis, IN  
 Moved from: Marietta, GA  
 Previous Occupation: Advertising, National Consumer Magazines  
 Hobbies: Boating & Golf



**Kay Lee**

### **KAY LEE - LS 614**

Originally from: Scranton, PA  
 Moved from: Coconut Creek, FL  
 Previous Occupation: Allstate Insurance Agent  
 Hobbies: Drawing, Painting, Playing Canasta, Live Shows, Plays and Movies

*In the March issue of the Village Voice we erroneously printed information and a misidentified photograph of two new residents. Below please find the corrected information and accept it with our sincerest apologies.*

## In Memoriam

Lois Brennan  
Margaret Bumgardner  
Dante DeDomenico  
Marguerite Docen

Donald Gerloff  
William Greeves, Jr.  
Clarice McCleary

Susanne Porter  
Joseph Siolek  
William Wilson

## Donations To The Village



### Donations received during the month of February 2018

#### To John Knox Village **Employee Scholarship Fund**

Bowling, Marilyn  
Bahlke, Elizabeth  
*in memory of Al Kaplan*  
Cason, Ernest & Maude  
through the Cason Trust  
Jenkins, Norma  
Knowles, Lee & Jackie  
Milanovich, Rosie & Bob  
Rotary Club of John Knox Village  
Schmidt, Franklin

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

Cuddy, Joyce  
Miller, Romaine

#### **Charlotte Symonds Fund** Milanovich, Rosie & Bob

#### **CNA Training Fund**

Crane, Ellen  
*in memory of Helen Wilke*  
Milanovich, Rosie & Bob

#### **Resident Assistance Fund**

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

#### **Rose Garden and Oak Tree Fund**

Celia, Retha  
*in honor of Gladys Carls &  
Betty Ann Tobiasen*

#### **Toshiko Inouye Fund**

Bowling, Marilyn  
Richard, Gloria

#### **Transportation Fund**

Heger, David & Kenneth Raiten  
Landers, Lee  
*in memory of Hank Watson*  
Sams, Harriett

#### **Unrestricted Fund**

Broadus, Don  
Bradley, Barbara  
*in memory of Hank Watson*  
Broadus, Don  
Castendyck, Margaret  
*in memory of Hank Watson*  
Fry, Lois  
*in memory of Robert Shires,  
Joseph Siolek & Hank Watson*  
Gauger, Carol & David  
*in memory of Mary Begman*  
Heger, David & Kenneth Raiten  
Huizenga, Jack

#### Inspiration Press, Inc.

Kuntz, Barbara  
Loree, Sally & Paul  
Moore, Mary  
*in memory of Joe Siolek*  
Scott, Sam  
Sprague, Sandra & Jed  
*in memory of Hank Watson*  
Wilson, Shirley  
*in memory of Clara Sutter*

#### **Village Center Maintenance Fund**

Swanson, Elizabeth

#### **Woodlands Fund**

Conaty, Patricia  
Harrison, Fran  
*in memory of Joe Siolek*  
Johnson, Herb  
Knowles, Lee & Jackie  
Matthews, Nancy Lee  
Olson, Nanette & Mark  
Rayner, Mark  
Richard, Gloria  
Schmidt, Franklin  
Stryker, Gerald & Carol Dumond

## HOW TO BOOK A ROOM ON CAMPUS

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

The easy-to-complete forms are located in the Village Centre Auditorium at the desk of Wellness Assistant Judy Dahl.

#### *Here are the steps to follow:*

- Pick up Room Reservation forms at

the front desk in the lobby of the Village Centre Auditorium.

- Fill out the spaces for your name and alternate contact name (if applicable), event name, event location and telephone number (Optional)
- Indicate whether event(s) are re-occurring (Monday through Sunday, Weekly or Monthly) or one-time only.

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

- Once all requests have been determined, please submit via campus mail to Verna Chisman. Also, you can submit by scanning and emailing to Verna at [vchisman@jknvfl.com](mailto:vchisman@jknvfl.com)



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## John Knox Village's New Hires

*Welcome. We're Glad You're Here*

April is known for bringing in plenty of showers, however it has also brought us some new staff members. Check out the newest members to the JKV team.



**Teneile Clarke is a Shahbaz in The Woodlands**



**Frantzie Daniel is an RN in The Woodlands**



**Lisa Singh is a Shahbaz in The Woodlands**



**Adriana Genung RN, is a new Minimum Data Set Coordinator in The Woodlands**



**Chrysdova Marshall is an LPN in The Woodlands**



**Ellen Whalen is a Banquet Server in Dining Services**

## Pursuing a "Great Place To Work" Recognition

*Continued from page 3*

shared visions to make "Elderhood" a purposeful part of life's journey.

One of the defining characteristics of every company that wins a coveted spot on the Fortune 100 Best Companies to Work For list is providing a high-trust culture.

### **What is a high- trust culture?**

It is a workplace where trust-based relationships are highly valued. Research conducted over the past 30 years by Fortune has found that employees experience high levels of trust in the workforce when they:

- Believe leaders are credible (i.e. competent, communicative, honest)
- Believe they are treated with respect as people and professionals
- Believe the workplace is fundamentally fair \*(Jacquelyn Kung-2018)

Initially, trusting workplace relationships are built and nurtured between leaders and employees. However, a high-trust-based approach also has a notable impact on our residents and prospective residents and the community at large.

We live in an increasingly competitive marketplace, where the proliferation of technology and social media has fostered a sea of superficial connections, but people are human. They long for genuine connection, belonging and meaningful relationships with people and the organizations they trust.

The organizations that nurture a culture of high-trust will be the ones that move beyond surviving to thriving in the years to come.

At John Knox Village it's all about relationships and staff truly appreciate the

special moments they share with residents and their families. Please encourage staff to share their feedback by participating in this survey.

We value our staff and resident input. I have often shared: "If it's a Great Place to Work, it will be an even better place to live."

Or, as American business magnate, investor and philanthropist Warren Buffet is known to say: "Trust is like the air we breathe. When it is present, nobody really notices, but when it's absent, everybody notices."

I look forward to sharing the results of our survey in June.

Cheers,

*G. Stryker*

GERALD STRYKER  
President/CEO

## Inflation Fighter

### Electrical cost per unit

Feb 2018..... \$115.05      Feb 2017 ..... \$112.48

### Electrical cost per Kilowatt

Feb 2018..... 0.09      Feb 2017 ..... 0.08

### Water Bill

Feb 2018..... \$27,666      Feb 2017 ..... \$29,329

## 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](http://www.WoodlandsJKV.com)



**700 SW 4<sup>th</sup> Street, Pompano Beach, FL 33060**

SNF1258096

## Living Well Corner

*Continued from page 19*

pushing the hips back (hinging), bending the knees and continue to lower down until safely seated.

### Practice Makes Perfect

Sit to stand exercises may be quite simple for most as muscle strength varies from person to person. Holding dumbbells is a great way to incorporate upper body strength with the lift. Lowering to into a squat position will tone and build strength to the lower body. Modification to a sit to stand could start with holding onto a secured rail or walker for added assistance. Marching in place with ankle weights is an alternative for those who have limitations and are unable to fully stand. Whichever option is chosen, sit to stands promote lower-body strength and functional mobility among the older generation.

This weight-bearing exercise also slows the process of age-related Sarcopenia, which is key to reducing the risk of falling. Incorporate sit to stand exercises to your daily routine and watch your confidence and stamina soar!

–Marsha Dixon  
JKV Fitness Professional

## Real Home, Meaningful Life, Empowered Staff, Quality Care

RNs, LPNs, and CNAs Available 24-hours 7-days a week.

## Where resilience begins



Dedicated to providing quality, compassionate care and concierge services to support the residents of John Knox Village and the surrounding community.

*Your home, your life,  
our mission.*



**JOHN KNOX  
HOME HEALTH  
AGENCY, INC.**

550 John Knox Village Blvd. (SW 3rd Street)  
Pompano Beach, FL 33060

**(954) 783-4009**



# FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9 - 9:45 a.m. Aerobics I		9 - 9:45 a.m. -Strong Slow Flow	
9:15 - 10:15 a.m. Cardio Pump	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II
10:30 - 11:30 a.m. Water Aerobics	10 - 11 a.m. Mat Pilates	10:30 - 11:30 a.m. Water Aerobics	10 - 11 a.m. Mat Pilates	10:30 - 11 a.m. Posture & Balance
11 - 11:30 a.m. Chair Ex @ GW	10 - 11 a.m. Water Aerobics	10:30 - 11:30 a.m. Tai Chi	10 - 11 a.m. Water Aerobics	10:30 - 11:30 a.m. Water Pilates
11:15 a.m. - 12 p.m. Zumba	11:15 - Noon Balance Boot Camp		11:15 - Noon Cardio & Core Chair	11:15 - 11:45 a.m. Morning Meditation
1:15 - 1:45 p.m. Better Balance		1 - 1:45 p.m. Strength & Balance		1 - 1:45 p.m. Strength & Balance
2 - 2:30 p.m. Gentle Stretch	1 - 1:45 p.m. PWR!Moves	2 - 2:45 p.m. Chair Yoga	1 - 1:45 p.m. PWR!Moves	2 - 2:30 p.m. Gentle Stretch
	2:15 - 2:45 p.m. Posture & Balance	2:15 - 2:45 p.m. Chair Ex @ VT	2 - 2:45 p.m. Afternoon 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. Fitness Studio SUPERVISED EXERCISE by appointment

\*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.

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

## FREE BUS TRANSPORTATION SCHEDULE

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



# Got Questions WE'VE GOT YOU COVERED!

## Important Resident and Family Life Contact Numbers

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

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

**WELLNESS NURSING: (954) 783-4004**

<b>ACCOUNTING</b> (Questions about your monthly bill, call Shirley Regan).....	(954) 783-4048
<b>ACTIVITIES</b> (Questions or to sign up for upcoming programs, call) .....	(954) 783-4039
<b>ADMINISTRATION</b> .....	(954) 783-4021
<b>CART SERVICE</b> (Call for a cart or to book a local car trip, call Elsa Bonilla) .....	(954) 784-4733
<b>CASSELLS TOWER FRONT DESK</b> .....	(954) 783-4036
<b>DINING ROOM</b> (For reservations or delivery).....	(954) 783-4065
<b>DIXIE GATE</b> (SW 6th Street Entrance) .....	(954) 784-4732
<b>FOUNDATION</b> (For questions about making donations, call Executive Director Nanette Olson) .....	(954) 784-4757
<b>HERITAGE TOWER FRONT DESK</b> .....	(954) 784-4737
<b>HOME HEALTH AGENCY</b> .....	(954) 783-4009
<b>HOUSEKEEPING</b> (Questions regarding Housekeeping schedule, call Lynn Manolis) .....	(954) 784-4727
<b>MAIN GATE</b> (SW 3rd Street, John Knox Village Blvd. Entrance).....	(954) 783-4079
<b>MAINTENANCE</b> (To report a maintenance issue) .....	(954) 783-4030
<b>PALM BISTRO</b> .....	(954) 247-5820
<b>PNC BANK</b> (Open Monday-Friday, 9 a.m.-noon, 1 p.m.-4 p.m.) .....	(954) 781-0816
<b>REJUVENATE (SALON)</b> (Open Monday-Friday, 8:30 a.m.-4 p.m., and Saturdays, 8:30 a.m.-1 p.m.) .....	(954) 783-4013
<b>RAS CURIOSITY SHOP</b> (Tuesdays, 9-11 a.m., Thursdays, 2-4 p.m., and Wednesdays, Furniture 2-4 p.m.) .....	(954) 784-4753
<b>RESIDENT RELATIONS/SOCIAL WORK</b> (Call Joanne Avis) .....	(954) 783-4023
<b>SWITCHBOARD/MAILING SERVICES/CHANNEL 92 UPDATES</b> (Call Lynne Hunt) .....	(954) 783-4000
<b>VILLAGE MART</b> (Open Monday-Friday, 9 a.m.-noon) .....	(954) 784-4760
<b>VILLAGE TOWERS FRONT DESK</b> .....	(954) 783-4056
<b>WELLNESS NURSES</b> (For 24-hour emergency care/assessment) .....	(954) 783-4004
<b>WOODLANDS FRONT DESK</b> .....	(954) 247-5800

## GET ACQUAINTED – GET INVOLVED

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

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

*Committee Chairs:*

<b>Communications:</b> Diane Dalsimer .....	LS 111
<b>Dining Services:</b> Ann Archard .....	LS 203
<b>Fiscal:</b> Sandy Lentner .....	VT 412
<b>Gardens West:</b> Eleanor Smith .....	LS 407
<b>Health Center:</b> Peggy Golden.....	VT 405
<b>Legislative:</b> Carol Frei.....	VT 913
<b>Library:</b> Sally Loree .....	HT 100
<b>Long Range Planning:</b> Diane Barton.....	LS 317
<b>Operations: Building, Grounds and Renovations:</b> Jim Brown .....	LS 612
<b>Operations: Security and Transportation:</b> Gil Gilman .....	EL 110
<b>Volunteer Services:</b> Gaile Boomhower .....	CT 509
<b>Wellness:</b> Sally Harper .....	LS 313



## Join Us For Freestyle Dining on Las Olas at Thursday's: Tuesday, April 24th. Leave The Village at 4 p.m.



New for JKV, enjoy freestyle dining at this popular French-American Restaurant.

Order what you want and pay individually with credit card or cash.

Entrees average \$26. Transportation is just \$7.

Call (954) 783-4039 to reserve your spot.



### 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](http://www.JohnKnoxVillage.com)

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



For More Info Contact  
(954) 783-4040

651 SW 6th Street  
Pompano Beach, FL 33060

web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
f t y JohnKnoxVillage