

VOICE



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In Case You *Missed It...*

Even during these challenging times, there always seems to be something fun, enlightening, entertaining or educational still taking place on campus. Here are some shots at John Knox Village...In Case You Missed It!



In attempts to always offer a variety of dining options, the Catering Team has come up with creative ways to provide residents with alternatives to the in-person home delivery dining options. A BBQ was held with ribs, chicken, burgers and dogs as options. Here, East Lake resident Ava Janes gets her dinner from Assistant Catering Manager Chantale Pierre as Barbara Mussotte looks on.



Due to COFID-19 precautions, the Board of Directors Report to All Residents meeting was held "virtually" with just a few participants—all six-foot physically distanced. Shown here (L-R) are: Resident Senate President Pete Audet, Chairman of the Board Paul Simpson and President Gerry Stryker.



The Plant Operations team has taken Friday Friday to a new level, wearing colorful tropical shirts every Friday. It seems to lighten the spirits of Staff and Residents alike.



Cassels Tower resident Nancy Johnston struts herself from her sixth-floor balcony during a recent Life Enrichment Team Pop-Up Musical event. As the name implies, the Pop-Ups are fun, quickly assembled events to help us all get through these uncharted times.



Life Enrichment Manager Jamisyn Becker offers a hot dog to South Garden Villa resident Laraine Legg during a drizzly, but fun, afternoon with the JKV Hot Dog Cart.

 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.



JOHN KNOX
VILLAGE

Where possibility plays

Year In Review...

Grateful And Inspired!

Similar to other historical world events, we will always remember the year 2020.

I was in Florida's northeast coastal city of Amelia Island in early March attending a dynamic conference for our profession called "Senior Living 100."

The top 100 innovative communities in our field were invited to attend and share best practices in the service of older adults.

I remember physicians from Johns Hopkins, Harvard and Stanford quickly pivoting, to address and share insights regarding COVID-19.

Their parting words, "this Pandemic will have a multi-year impact."

Our first Resident and Governance Board meetings were held on March 9th and we began this now 10-month journey of, "What does COVID-19 mean to JKV residents, staff, our extended families and our greater communities?"

We have all learned the terms by now and the importance of PPE (Personal Protection Equipment): Facial coverings, hand washing 101 and proper 6-foot physical distancing.

Personally, I am looking forward to a real hug soon.

The moments that have impressed me most were demonstrated by the willingness of our Village to transform, innovate and provide services that would keep the well-being and safety of our residents and staff our first priority.

That meant using our influence and network at the Governor's office, Broward County Commission,



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Gerry Stryker
President/CEO

ON THE COVER

The 5th Annual Active Aging Week was a success, given the COVID-careful events that were held with small in-person attendance, while following JKV's strict precautions. Clockwise from top left are: Carol Venuti and Bridget posing during the "Forever" Friends Pet Photo session; Jed and Sandy Sprague hold up their caricatures that were drawn during a Soiree Under the Stars event; Lyn and Tony Walk enjoy a beverage in the Welcome & Innovation Center Courtyard during a Soiree Under the Stars evening event; Mitch Davie, aka Mitch The Magician, put on four in-person shows in the Auditorium.

VOICE

Discover

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Editor: Rob Seitz | (954) 784-4741 | rseitz@jknvfl.com
Copy Editors: Dorothy Cleveland, Boots Maurer, Sondra St. Martin & Eleanor Smith
Photographers: Marty Lee *Word of Mouth Advertising* & Rob Seitz
Layout/Printing: Eternal Designs (561) 843-1157 & Mark Lewkowicz
Chief Marketing & Innovation Officer: Monica McAfee

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651 SW 6th Street | To Learn More Info Contact | web JohnKnoxVillage.com
 Pompano Beach, FL 33060 | (954) 783-4040 | JohnKnoxVillage

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JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.

SO LONG

Nanette



FAREWELL

Here's a glimpse of Nanette's time here at JKV for 8-½ years.

This will be my last article for the Village Voice. It is hard to believe that I have been here 8-½ years. It has gone by so fast and it has been lots of fun—really.

I will retire from the John Knox Village Foundation on Dec. 31. I know, you didn't think I was old enough to retire, did you?

Working from home these last months allowed me to be with my retired husband 24/7. Guess what? We enjoy being together that much.

Deciding to retire was an easy decision. We are ready to travel (by car until we feel safe to fly) and we have children spread all over the country that we miss. And I am hoping for a grandchild soon. Fundraisers are optimists you know.

I was hired after spending five years with my alma mater in Tennessee. Prior to that, I was Director of Major Gift and Planned Giving at Holy Cross Hospital for 15 years. It truly seemed all of my

work experience prepared me for my position at the John Knox Village of Florida Foundation.

The Woodlands Campaign was underway and the Foundation Board of Directors wanted a professional fundraiser to help them attain the \$5 million goal. The Foundation Board was instrumental in helping me meet generous residents who make John Knox Village the special place that it continues to be.

The hardest part of this job, which I know you will identify with, is getting to know our residents very well and then grieving their passing, but I always remind myself how much richer my life is because I knew them well. There are too many to name.

We were successful in raising over \$6 million in outright and planned gifts for The Woodlands. The response from the residents at all levels of giving was awe-inspiring. We

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Top Row of photos (L-R)

Nanette met her now-husband Mark Olson, when he was JKV's Director of Marketing.

In her role of running JKV's Sharing & Caring program, Nanette helped many community groups, including Meals on Wheels.

Nanette (R) with her across-the-Cassels-Tower-hall bestie Mary Sue McDermott.

Nanette and Mark Olson with VT resident Sam Townsend and Olga Del-Zio and Olga's nephew at the Opera.

Bottom Row of photos (L-R)

Nanette, Foundation Chair Kit Frazer, President Gerry Stryker, Broward County Commissioner Lamar Fisher, Pompano Mayor Rex Hardin and a U.S. Marine representative at the Wreaths Across America ceremony at the Pompano Cemetery.

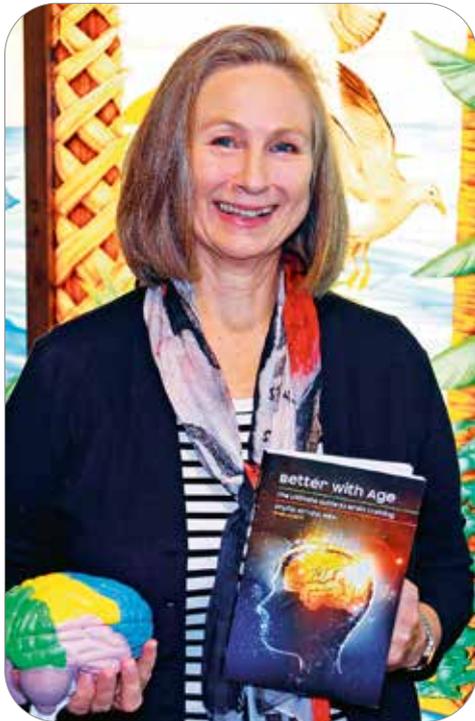
Nanette following her passion during a local SCUBA dive.

Nanette with members of the Foundation Board during a hard-hat tour while The Woodlands was under construction.

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

HARVESTING PEARLS FROM 2020: Our Brains Are Depending *On Us*

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

The pearl is the only gem that is intentionally formed to solve a problem. When a grain of sand slips into the shell of a mollusk, the critter creates a smooth pearl to surround the invader and get rid of the irritation.

Similarly, a pearl of wisdom is formed to solve a problem. When a troubling thought slips into our minds, we use wisdom to create a beautiful thought—a pearl of wisdom—to get rid of the irritation.

As we experience the autumn of life, this wisdom-making work is especially important for brain vitality. That's because your brain is at the mercy of the thoughts that swirl around in your head. If

Find Your Pearls Of Wisdom

So, we need our pearls of wisdom to fill our minds with life-affirming thoughts that keep our brainspan—the brain's productive life—in sync with our lifespan.

Given all the grains of irritation that may have slipped into our minds during this pandemic year, we have lots of pearl-making work to do this autumn. Our brains are depending on us. But given the continuing constraints on our daily interactions with others, it's time to consider some new ways to harvest and share wisdom.

Over the past few decades, an increasing awareness of wisdom's role in healthy aging has triggered wisdom-related research. While there is no one definition of wisdom, most agree that it includes these traits:

- **Altruistic concern for the welfare of others**
- **Pragmatic knowledge of the social aspects of life**
- **Emotional stability**
- **Self-understanding**
- **Tolerance of differing values**
- **Dealing effectively with uncertainty**



Zoom meetings are a good opportunity to develop online pearls, such as during Active Aging Week. Here Life Enrichment Coordinator Yael Fishman introduced Melissa Jill, who gave a "virtual" presentation on Living Your Best Life Now, in the Village Centre Auditorium.

1. Can I truly appreciate the little things in life?
2. Can I easily express my emotions without feeling like I am losing control of the situation?
3. Does reviewing my past give me a good perspective on my current concerns?
4. Am I good at identifying subtle emotions in myself?
5. Have I learned valuable life lessons from others?
6. Do I often use humor to put others at ease?

Looking back over the past six months, the pandemic has offered us many opportunities to expand our wisdom—if we choose to do so. For example, spending more time at home gives more time to appreciate the little things in life, unless we choose to focus on what we can't do or don't have. Perhaps we have taken our health or comfortable home for granted—and these are big things, not little things, which many people do not have. Since wisdom is a social endeavor, consider discussing these questions with friends and family.

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A pearl of wisdom is formed to solve a problem. Be sure to collect your pearls for a life-enriching present and future.

irritating thoughts are frequently bathing your brain tissue in stress hormones, your brain might be aging faster than your body. On the other hand, inspiring, energizing thoughts produce a healing chemistry that slows the brain's aging.

If you are wondering how wise you are, some researchers have been laboring away on questionnaires that help you figure that out. These questions (in order of importance) will point you in the right direction to get started in assessing your wisdom:

2020: *What A Year!*

Perspective From Chairman Of The Board



Paul Simpson
JKV Board of Directors
Chairman

This continues to be a most challenging year for the world, our nation and for John Knox Village of Florida. It is just these kinds of times that enable us to learn who we truly are.

Difficult times tend to either bring out the best or the worst in people. I have seen nothing but the best in the people who are part of our JKV community. The challenges we have been facing have brought us together as we united to care for and protect one another.

Just as each person has a personality, I believe that every organization has one too. I sometimes refer to our "secret sauce" that has consistently set us apart from other communities.

Our Village is a living organism consisting of many different groups of people: The residents, management and staff, the Board of Directors and all of the alliances we have in the greater community. I have been moved by the heartfelt gratitude that our residents have expressed for all of the people who work on their behalf, especially the health care workers.

As the year has progressed and we have all focused on the requirements imposed upon us by the pandemic, I marvel at how our community has continued to create the future by manifesting our vision and completing important projects of our Master Site Plan...on time and within budget. Our financial operating performance for the year is likely to be surprisingly close to budget due to Leadership's capable management and the suc-



John Knox Village Chairman of the Board Paul Simpson had the pleasure of introducing Dr. Tereza Hubkova for her Zoom webinar during the Fifth Annual Active Aging Week.

cessful application for available government support.

Everything we would expect to achieve in a normal year is being accomplished in this challenging year. We have just completed our Fifth Annual Active Aging Week, with over 12 amazing speakers and programs.

Our innovative solutions to present programs and conduct meetings without having everyone physically together has attracted national attention and JKV has just received an award for technology. While everything else was going on this year, we also had our investment grade bond rating of A-reaffirmed, which is no small thing.

It is ironic, and significant, that the challenges this year have given us opportunities to become more creative, stronger and to move ahead with the John Knox Village we intend to create.

Terry Colli, who chairs the Resident Fiscal Committee, recently said that he moved to JKV a few years ago because he "found it to be the best, and since he has lived here, the Village has become even better."

We are not a community that lives in the past. Nor are we an organization where the status quo is good enough. Who would want to live in a place like that? During the past several years the energy we have devoted to making JKV even better is reflected today. Without our strategic plan and our implementation of it, we would not have The Woodlands, Seaside Cove, a 6,500-square-foot Fitness Studio, upgraded resident apartment and villa homes, a Welcome and Innovation Center and a world-class Aquatic Complex that is about to open.

All of this reflects our commitment and passion to our vision statement which says in part that we are "dedicated to providing an environment of whole person wellness in which the people we serve thrive."

As we prepare to celebrate Thanksgiving with our family and friends this year, let's give thanks for each other and our contribution to the greater good of making our John Knox Village the very best life plan community.

—Paul Simpson

Find Happiness In A Gratitude Journal



Rev. Bridgette Sullenger
Spiritual Life Leader

Gratitude is appreciating what you have that fills your life and makes your days. This is what makes a gratitude journal so valuable and uplifting. When we appreciate what we have, no matter how small and/or insignificant, it might seem we begin to focus on the positive aspects of our life rather than the negatives.

It is like the quote from author Douglas Wood that says, "The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time."

grateful for? Yes.

Looking back at my gratitude journal there were some days I wrote a very nondescript sentence like, "Today I am grateful for pretty clouds." One day I even wrote, "Today I am grateful for air." I think I was having a rough day and being a tad sarcastic, however, the ensuing chuckle that it brought me when I did my week in review certainly brought me some joy.

I understand that life has not been the most fun this year; however, there are things and events and

This year has certainly changed the way of the world. As we come into this season, we usually recall why we are thankful.

We can be thankful for a million things from a good cup of tea or coffee, good friends, a good book recommendation to a full pantry and a place to call home.

Earlier this year I attended a Zoom event that focused on how to write a gratitude journal. Taking most of the research from **Psychology Today** magazine and four research studies, including one from the National Institute of Health, the article titled, "The grateful brain. The neuroscience of giving thanks," explained the key concept that once we become aware that there are things for which to be grateful and actually put them down on paper with a pen that we become more engaged, more positive, less depressed, have improved sleep and lowered anxiety, as well as increased dopamine in the brain which heightens happiness.

A gratitude journal begins with the same sentence every day: Today I am grateful for _____. Gratitude is not simply saying or writing about why you are better off than others.



In honor of St. Francis of Assisi's love of animals and to help kick off the Fifth Annual Active Aging Week, Spiritual Life Director Rev. Dr. Bridgette Sullenger performed a Blessing of the Pets service in the Wellness Park.

The pandemic brought on so many world challenges and focusing on a gratitude journal and what I had that I could be thankful for brought me to a deeper sense of life. Did I have a spiritual awakening lightning bolt moment? No. Did I come to see that even amid change, frustrations, and world challenges that there was always a silver lining and something to be

people and times that we can focus on with a heart full of gratitude.

Giving thanks in the form of a gratitude journal is simplistic and complex. It is also rewarding and fulfilling. I believe it was Gerald Good who reminded us, "If you want to turn your life around, try thankfulness. It will change your life mightily." I couldn't agree more.

Glades Grill Heats Up Food Scene At JKV's New \$6.9 Million Aquatic Complex

Westlake Projects, More Jewels In The Making

By Rob Seitz, Village Voice Editor

Residents, new and current, can almost smell the aroma of hardwood smoked chicken wings, blackened grouper and more wafting from the Glades Grill—John Knox Village's newest dining venue.

By end of November, the Glades Grill will be part of JKV's new \$6.9 million Aquatic Complex. It will be the latest jewel on the 70-acre campus and includes a resort-style pool, a four-lane, 75-foot-long lap pool, Stryker's Poolside Sports Pub, a Jacuzzi, fire pit and two each Pickleball and bocce ball courts. Sun sails are installed over the resort pool to provide a shady alternative.

"As our premier dining venue, Glades Grill will showcase fresh, seasonal, organic and more healthful menu choices than we've previously offered," Director of Dining Services Joe Mallen told the Village Voice. The 60-seat Glades Grill will offer indoor and outside dining overlooking all the action at the Aquatic Complex.

Residents, family and guests can enjoy cocktails at Stryker's, a poolside pub named after JKV President Gerry Stryker who provided a sizable gift to the Aquatic Complex project.

"With construction nearly completed and once final inspections are approved the Aquatic Complex will be open for business," said Thom Price, Director of Plant Operations. "Besides relaxing, dining and drinking, residents and guests will be able to swim in our saline pools either on their own or by participating in many of the water programs offered by our Fitness Professionals."

Price will not have long to bask in the success of the Aquatic Complex's completion, though. Construction of the Westlake Pavilion is underway.

The 24,637-square foot project includes a 400-seat Performing Arts Center, two new indoor and lakeside restaurants—the Pearl and Seaglass—a Nautilus Bar and a pre- and post-event Gallery Space.

Running concurrently with the Pavilion project will be a redesign of the Village's water system. The campus' two current lakes—Rex Foster and Lake Maggie—will be rerouted to provide everyone on campus with more expansive and enhanced water views.

The Pavilion is part of JKV's most ambitious project in its 53-year history—Westlake at John Knox Village. The project's crown jewels will be the two independent living residential buildings—The Vue and The Terrace—adding 150 new, customizable state-of-the-art apartments, with covered parking, seven open-air floorplans ranging in size from 1,231 to 2,259 square feet.

First-floor common areas of the Vue will boast many new amenities, including a high-tech production theater technology hub, business



The Glades Grill will have indoor and outdoor seating for 60 when it opens. Those wishing to dine outside will enjoy overlooking the new resort-style swimming pool.



Executive Chef Mark Gullusci has designed the Glades Grill kitchen to his specifications, so expect delicious meals to be coming out of his kitchen soon.

center, art studio, Sacred space, club room, library, a bakery, a coffee and wine bar shop called the French Press and the Westlake Eatery, a fast-casual restaurant serving freshly made fare all day.

"As we open additional dining venues, we want each one to differentiate itself and have its own character and personality," said Dining Director Mallen. "The Glades Grill is next in this exciting journey."

Great Traditions



Pete Audet
President Resident Senate

John Knox Village holiday decorations wrapping our streetlights and lights entwined in the trees...the wreaths on the entryways...the gift-wrapped and bow tied Christmas trees all garlanded.

It's all coming soon, and we still have some time (not much) to get ready. Thanksgiving is just around the corner. We know who comes at the end of the Macy's parade on Thanksgiving—more in a bit. So, you'd better start making your Thanksgiving plans soon.

I've been told that the first thing a smart person makes for Thanksgiving is reservations and if unavailable will stop at the store for pumpkin pie.

I've got a great recipe for Thanksgiving dressing—been invited back several times (not me...the dressing). Equal parts: Chestnuts, sausage, hamburger, celery, onions, mushrooms, seasoned stuffing mix.

Don't mince anything. Cut everything coarsely.

Boil and peel the chestnuts. Usually it's one chestnut for me, one for the dressing. They are soooo good. You ought to end up with at least a cup of everything. In a big pot, put cup of water, one stick of butter, add seasoned stuffing mix, stir well until all absorbed.

Put it all in a 13-gallon garbage bag (yup garbage bag—I've done it for years). Get a 9x13 pan/baking dish ready. Most times, instead of greasing or using Pam, I put aluminum foil in the pan because it makes clean up so

much easier).

Knead the trash bag until it's well mixed. Twist the top and cut one of the corners, like a big pastry bag and start squeezing it into the pan. I usually make so much that I need another baking dish and because I love Karen, and she loves oysters, I add a bunch of those in the second pan. Decorate the top with button mushrooms, cover with aluminum foil and bake for 2+ hours at 325° to 350°.

While you're waiting for the dinner to cook, take a walk around John Knox Village. The tower lobbies are all being decorated: The model train displays, the Holiday trees all trimmed, the beautiful lights all over.

The villas and lighted trees floating on the Lake and on the rooftop of Cas-sels Towers. It makes me feel grateful I'm living at JKV. As you're walking remember to smile and say "Hi" to everyone you meet.

Back to the food. I have found out

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The John Knox Village Foundation



Kit Frazer
President John Knox Village Foundation

In my last article for the **Village Voice**, I spotlighted three resident members of the John Knox Village foundation. This month I am featuring the other two resident members of the Foundation: Carol Frei and Sondra St Martin.

Our board consists of six resident members and three community members. I will feature our community



Carol Frei
Foundation BOD Secretary

members next time.

Carol Frei and her late husband Rudy have been active residents of John Knox Village since they moved here in 2012. They managed our annual Bazaar and served on several of our Senate committees.

Carol has always been active in her community serving as chairman of the Heart Association of Broward County,



Sondra St. Martin
Member, Foundation BOD

holding several offices in the Broward County Medical Association, the NSU Museum of Art Fort Lauderdale, Philharmonic Society president, Opera Society president whose board she still serves on.

Carol lives in Village Towers, is always willing to step up when asked and currently serves as the Secretary

Continued on page 19

Lillian Kimmel

JKV's 103 Year-Old Example Of Resilience

Submitted by Cassels Tower resident and Lillian's daughter, Diane Dalsimer



Cassels Tower resident and daughter Diane Dalsimer wishes her mom—Lillian Kimmel—a happy 103rd birthday as Woodlands Concierge Jumah Day looks on.

There is a lot of talk these days about the need for resilience to help sustain us through this challenging health crisis. Let me tell you about a special, resilient lady.

Her name is Lillian Kimmel. She was 103 years old when she passed on Oct. 13 peacefully in her home in The Woodlands, our remarkable long-term skilled care establishment. Her life's journey began in New York City as the youngest child of two immigrant parents.

She had four older brothers. She told stories of being carried around by them wherever they went. And, thanks to the wisdom and kindness of the oldest brother, Nat, his siblings were all able to obtain a college education.

Lil dreamed of being an actress until late in her college program when she changed focus and decided to go to law school. Then, she met Sol Kimmel who had already attended law school but had been teaching math to pay his way.

While clerking in a law firm, Sol realized that his teaching job provided a more secure income than a law practice at that time, so he stayed. After they were married, Lil gave

up her dream and did what women were expected to do at that time—stay home to make a home. She was challenged by two successive miscarriages, but she didn't get discouraged (thank goodness!).

While raising two children, she engaged in community activity and the synagogue, and worked for the New York City Welfare system where she progressed from

an investigator to a supervisor. All normal and not traumatic, you may think. Then, at the ages of 50 and 55, Lil endured two mastectomies, but she was not defeated by breast cancer.

When Lil and Sol moved into John Knox Village, Lil was preparing to see Sol through his fight with dementia. He had been diagnosed with Alzheimer's disease. To assist others with their struggle, she organized and facilitated a support group for caregivers. She supported Sol through his decline while living in their JKV villa. When he died in 1999, Lil continued to be an active participant in John Knox Village: Senator of her cluster, co-chair of the annual Bazaar, chair of the Legislative Committee, leader of the nascent Jewish community celebrations, and member of the Investment Club.

Then tragedy struck. My brother, Richard, died suddenly of pancreatic cancer in 2003. With the support of staff and other residents who had also suffered the death of a child—and with time,—she regained her optimistic and outgoing self.

With time it became clear that smaller accommodations would be more appropriate, so she moved into an apartment in Cassels Tower. At this point her attention was focused on the conversations about the need for a new skilled nursing home. She educated herself about THE GREEN HOUSE® Project, which she supported wholeheartedly and financially.

Fast forward to her time in Gardens West and an incident that resulted in her being cared for in a rehab home in The Woodlands.

Her recovery was not complete, so she moved into a long-term care home.

Now she was experiencing the fruit of her efforts to improve long-term care at JKV.



Lillian Kimmel enjoyed a COVID-careful 103rd birthday celebration in The Woodlands.

Lil supported the other residents in her home and carefully observed the actions of the staff. While she appreciated the care she received, she didn't tire of reminding the Shahbazim to "read the book," so they would reinforce the training they had received.

May dear Lillian rest in peace.

We Don't Know Them All, But We Owe Them All JKV TO HONOR RESIDENT-VETERANS NOV. 11

In honor of Veterans Day, here is a list of all known John Knox Village resident-veterans as of deadline for this issue of the November-December Village Voice.

If you are not included but wish to be added to a follow-up listing in the January-February 2021 Village Voice, please email or call Rob

Seitz, JKV Communications Manager with your name, military branch and rank.

He can be reached at rseitz@jkvfl.com or (954) 784-4741.

Thank you...We are free because you were brave.

First	Last	Branch	Rank	First	Last	Branch	Rank
John P. "Jack"	Adams	U.S. Marine Corps	Sergeant	Chris	Lamberton	U.S. Marine Corps	Corporal
William	Allison	U.S. Navy		Donald	Lampe	U.S. Navy	Seaman 1st Class
Robert	Aron	U.S. Army	Corporal	Eddie	Lawrence	U.S. Coast Guard	Chief Petty Officer
Emerson	Allsworth	U.S. Navy	Seaman	Norm	Liedtke	U.S. Navy	Lieutenant JG
Christian	Aubanel	U.S. Army		Dr.Paul	Loree	U.S. Army	Captain Medical Corps
			Non-commissioned Officer	Mack	MacVicar	U.S. Army	Master Sergeant
Pierre "Pete"	Audet	U.S. Army	Captain	John	Mandt	U.S. Marine Corps	Corporal
Ronald	Ault	U.S. Army	Captain	June	Maurer	U.S. Army Air Forces	Corporal
Stanley	Bagush	U.S. Air Force		Charles	McDermid	U.S. Army	Corporal
Robert	Banks	U.S. Navy	Fireman	William	McDougald	U.S. Air Force	Private First Class
Charles	Barrette	U.S. Air Force	A 1C	Thomas	McDowell	U.S. Navy	Lieutenant
John	Barron	U.S. Army	1st Lieutenant	Ben	McKinney	U.S. Navy	Lieutenant JG
Thomas	Barrows	U.S. Navy	Sailor	Stephen	McMillan	U.S. Army	Captain
David	Bayer	U.S. Navy	Captain	Howard E.	McPherson	U.S. Army	Sergeant
Frederic J.	Bednarek	U.S. Navy	Petty Officer 2nd Class PH2	Richard	Mellett	U.S. Army	Corps of Engineers, Lt. Colonel
Carl	Boomhower	U.S. Army	Corporal	Charles	Mennes	U.S. Navy	Ensign
Russell	Brandon	U.S. Navy		Martin	Menter	U.S. Air Force	Airman 1st Class, Weather
Milbrey "Otto"	Burgett	U.S. Marine Corps	Corporal	James	Meyer	U.S. Army	Corporal Medical Corps
Ross	Claiborne	U.S. Army		August	Miller	U.S. Navy	Lt. Commander
Earl	Clark	U.S. Air Force	Staff Sergeant	Kenneth	Moore	U.S. Army	
Peter	Cole	U.S. Navy	Chief Petty Officer	Abigail "Gail"	Morrison	U.S. Air Force	Lieutenant
Robert	Collier	U.S. Army	1st Special Forces	James "Russ"	Murphy, Jr.	U.S. Air Force	Captain
		Medical Corps		John	Murphy	U.S. Air Force	Captain
Larry	Culler	U.S. Air Force	Captain	Patrick	Noon	U.S. Navy	
Bill	Davidson	U.S. Navy	Lieutenant Commander	Emerson	Oberlin	U.S. Army	Specialis 4th Class
Ron	Davis	U.S. Army	Specialist 1st Class	Robert	Owens	U.S. Army	Private First Class
George	Dewell	U.S. Navy	Seaman Apprentice	James	Onoprienko	U.S. Air Force	Lieutenant Colonel
Ted	Dolinski	U.S. Navy	Electronics Maint. Officer	William	Pace	U.S. Army	2nd Lieutenant
Dustin	Dunn	U.S. Coast Guard	E5, 2nd Class Petty Officer	Nels "Ray"	Pearson	U.S. Army	Sergeant
Russell O.	Eckert	U.S. Army	Corporal	George	Percival	U.S. Army	Sergeant E-6
Roy	Evans	U.S. Navy	Lieutenant	Frank	Perkins	U.S. Army	Corporal
Paul	Fasana	U.S. Army		Ronald	Poggio	U.S. Army	Specialist 4th Class
Dr. Michael	Featherstone	U.S. Army	Specialist 4th Class	Sidney W.	Porter	U.S. Army	Sergeant E-5
Charles	Fick	U.S. Army		Joe	Rahll	U.S. Army Air Force	1st Lieutenant
Samuel	Fulwood	U.S. Air Force	Airman First Class	Liebert "Lee"	Robin	U.S. Army	
John	Furlano	U.S. Army	Corporal	Jorge	Rodriguez	U.S. Army	Corporal
Ray	Gambino	U.S. Navy		Hugh E.	Root	U.S. Army Signal Corps	Corporal
Howard "Gil"	Gilman	U.S. Air Force	Airman	Mae	Schweter	U.S. Army WAC	Sergeant
John "Jack"	Halligan	U.S. Army	E5 - Specialist	David R.	Seibert	U.S. Army	1st Lieutenant
Dana	Hardy	U.S. Army	Specialist E-5	Frank	Shulman	U.S. Army	Private First Class
Donald	Harris			Dave	Slack	U.S. Air Force	
Emmerson	Harris	U.S. Navy	Petty Officer 2nd Class	Mary	Snedeker	U.S. Naval Reserve	Commander
Thomas	Holm	U.S. Navy	Electrician's Tech 3C	David	Somers	U.S. Army	Corporal
Robert	Hubbard	U.S. Air Force	Master Sergeant	Leroy	Sparks	U.S. Army	
Murray	Hunter	Canadian Navy	Engineering Technician	William	Spears	U.S. Army	
Charles	Hunziker	U.S. Navy	YNT3 - 'Yeoman (typist)	Edward	Speirs	U.S. Navy	Lt. Commander
			Petty Officer 3rd Class	Jed	Sprague	U.S. Air Force	Staff Sargeant
K.Denny	Inouye	U.S. Army	Staff Sergeant	Edwin	Stevens	U.S. Navy	
Curtis	Iverson	U.S. Army	Specialist 1st Class	Robert	Talley	U.S. Army	
Frank	Jaeger	U.S. Navy	Seaman 1st Class	Joel	Terzich	U.S. Army	Corporal
Alexander	Jenkins	U.S. Navy	Lieutenant JG	David	Thomson	U.S. Army	Private First Class
Herbert	Johnson	U.S. Air Force		John	Thompson	U.S. Army	Socialist 6
Thomas	Johnston	British Army - 3rd Carbiniers	2nd Lieutenant			Security Agency	
Clyde W. "Bill"	Jones	U.S. Navy	Lieutenant Commander	James	Tilbrook	U.S. Army	
Faye	Kartrude	U.S. Air Force Nurse Corps	1st Lieutenant	Sam	Townsend	U.S. Navy	Hopital Corpsman
				John	Vaughn	U.S. Army	Corporal
Murray	Kaufman			Harry	Vordermeier	U.S. Air Force	Lietenant Colonel
Robert "Bob"	Kauth	U.S. Army	Sargeant 1st Class	Joe	Wakeman	U.S. Navy	Seaman 2nd Class
Thomas	Keenan	U.S. Army	Corporal	Anthony (Tony)	Walk	U.S. Air Force	Major
Robert	Kelly	U.S. Air Force		Harold	Young	U.S. Navy	
Samuel	Kessell	U.S. Coast Guard		William A.	Zeiher	U.S. Army	1st Lieutenant
Nelson	Kilmer	U.S. Air Force	Airman 1st Class	Charles E.	Zilly	U.S. Navy	Yeoman 2nd Class
Elmer "Fred"	Kleingartner	U.S. Navy	Lt. Commander				
Dr. George	Kling	U.S. Army Medical Corp.	Captain				



5th Annual *Active Aging Week*

Was A 'Virtual' Success

By Jamisyn Becker, Village Voice Contributor

The Life Enrichment team at John Knox Village was so excited to be able to plan this year's 5th Annual Active Aging Week.

As you know, this year has presented all of us with new challenges, but that did not prevent the team from delivering the same high-caliber, robust activity schedule for residents for the week.

There was a combination of live, in-person events, and others offered "virtually" on Zoom. This "new way of doing things" has pushed many of us to go outside of our previous comfort zones and grow in ways we never

knew we could.

Some of us have stretched ourselves to learn new technology. That, in itself, is Active Aging at its best.

This year's Active Aging Week brought many events from which to choose. Some favorites from the week were our virtual cooking classes with Carol Green, our in-person cooking demo with our very own Executive Chef Mark Gullusci, while others enjoyed the Fitness Challenge and Dance Around the Clock events.

We were also fortunate to have a variety of lectures, notably, "Boost-

ing your Immune System" with regular Village Voice contributor and Medical Director of Advent Health, The Center for Whole Person Health, Dr. Tereza Hubkova and "Making SENSE of Brain Health" with Dr. Linda Sasser.

The week concluded with a "Soiree Under the Stars" – an outdoor celebration at our new Welcome and Innovation Center, where residents and the team were able to safely gather and celebrate the week and the opportunity to be together again.

–Jamisyn Becker
Life Enrichment Manager



Mitch the Magician solicits the help of Heritage Tower's Sandy Sprague for one of his card tricks.



Pabla Ayala from Out of the Box Food Truck gives Village Towers resident Alice "Ali" Lehmann her order after a Block Party was held in the Wellness Park.



Residents enjoyed themselves on the Thursday evening Soiree Under The Stars, the first event in the courtyard of the new Welcome and Innovation Center. Shown here (L-R) are: Nancy Custance, Ingrid Halaby and Pat Harrell.



Cassels Tower resident Benita Ferrara had a contemplative moment in the JKV Rose Garden during "Roses and Reflections with Rev. Dr. Bridgette Sullenger."



Meaningful Life Coordinator Cherrelle Lowe leads Gardens West Elders in a sing-along Talent Show as part of Active Aging Week.



Teddy Tennie (L) and Nick Sconiers brought back the Name That Tune game for this year's Active Aging Week.



A pumpkin decorating event took place in The Woodlands, during Active Aging Week. Meaningful Life Coordinator Bea Loo helps Elder Hermina Levin as Lori Crump looks on.



Jane Middleton (L) and Benita Ferrara found the little Buddha clue at Lake Maggie as part of the Scavenger Hunt and Flamingo Bird Search.



Lakeside Villa resident Carol Venuti brought Bridget to take part in the Blessing of the Pets ceremony in the Wellness Park.



A trick by Mitch the Magician, using dollar bills was one of the most enjoyable for residents. His show was one of the first larger in-person events held in the Village Centre Auditorium after JKV's COVID-19 restrictions were loosened a bit.

Week Was A 'Virtual' Success



Mitch Davie, aka Mitch the Magician, receives applause from his assistant President Gerry Stryker after—seemingly at random—pulling the Queen of Spades from his deck of cards.



Life Enrichment team member Nick Sconiers leads the Team Suede Shoes during the name That Tune competition.



Village Towers resident Andrea MacVicar provided a discussion on "Surviving Life...Through COVID-19" for a Zoom and in-person audience in the Auditorium.



Gloria and Fred Chekanow take notes during Chef Carol Green's Zoom presentation on "Foods to Boost the Immune System (That Taste Delicious).



Executive Chef Mark Gullusci provided a small in-person group of residents with the first cooking demonstration ever in the Welcome Center Kitchen. He prepared, and residents enjoyed samples of, Seafood Cioppino with Smoked Sausage and Sambuca.

"I would like to take the opportunity to thank everyone for participating in this week of events whether in person or in the comfort of your homes on Zoom. I am especially proud and thankful to the Life Enrichment team—Yael Fishman, Bea St. Pierre, Jacquie Thompson, and Nicholas Sconiers and our Production and Events Manager, Teddy Tennie, who worked tirelessly to continue to think outside of the box and provide innovative programming during this unprecedented times—and our Marketing team, Kim Morgan, Rob Seitz, Thomas Rodriguez, Mark Lewkowicz and Marty Lee working behind the scenes to create our collateral and capture the moments throughout the week on video and camera. It has been so great to be able to see each other again in person again and enjoy these moments together. Let us all raise our glass and toast to continuing to age actively together."

—Jamisyn Becker, Life Enrichment Manager

Meds, Nutrients And COVID-19

Maintaining Your Health Goals During The Pandemic

By Tereza Hubkova, MD, Village Voice Contributor



Tereza Hubkova, MD

There are people with cardiovascular disease and high blood pressure are at higher risk of developing severe COVID-19, requiring hospitalization, intensive care, and unfortunately, about a three times higher risk of death.

A lot of controversy surrounds some commonly used cardiac medications such as statins (cholesterol lowering medications) and ACE inhibitors (used for high blood pressure), since both classes of medications increase the number of the ACE 2 receptors that SARS-COV-2 uses to enter the cells. In other words, if cells were like houses, and coronaviruses were burglars, these medications increase the number of doors and windows through which the burglars can enter the house and cause trouble.

Having said that, the Coronavirus SARS-COV-2 seems to attack not just lungs, but also the lining of our arteries, the heart and the brain, where the same medications (statins, ACE inhibitors and ARBs) may provide a protective, anti-inflammatory effect.

Several studies are now trying to sort the controversy out and investigate if these cardiac medications are helpful in COVID-19 or not. Given the unfortunate manipulations of public opinion about another medication, Hydroxychloroquine (driven by political and financial interests put above human lives), one can only hope that we indeed will hear the truth.

Meanwhile, I thought it might be useful to share with you that many commonly used cardiac medications can put their users at risk of nutrient deficiencies, with potential negative impact on their immune systems. My goal is to increase your awareness, not to create



Prior to the pandemic, Dr. Tereza Hubkova routinely gave presentations on the importance of proper nutrition, exercise, adequate sleep, laughter and love to a healthy lifestyle.

panic – when after all, approximately three times more Americans die each year of cardiovascular disease (about 647,000 Americans) than of COVID-19 (more than 190,000 Americans to date), thus far. Do not stop your cardiac meds because of this article, but you might want to ask your physician to check your nutrient level, and supplement accordingly.

Nutrients Versus Medications

Which nutrients are affected and by which medications? Blood pressure medications such as diuretics, ACE inhibitors and ARBs seem to deplete us of zinc – a key nutrient for our immune system. In fact, zinc seems to reduce the ability of many viruses to replicate (multiply), that is why we take zinc lozenges when coming down with the flu. Other immune boosting nutrients depleted by diuretics are magnesium and potassium, and some, like Lasix, can even deplete the hugely important vitamin C.

Diet Adjustments That May Help

Great sources of zinc are seafood, animal protein, mushrooms, nuts and seeds. For magnesium, potassium and vitamin C, eat a variety of fresh fruits

and vegetables, from leafy greens to berries.

Statins can deplete us of coenzyme Q 10 and selenium, two additional nutrients crucial for the immune system. Ask your physician to check your levels – coenzyme Q 10 can be taken as a supplement while Brazil nuts, mushrooms, animal protein and eggs are among the best sources of selenium.

How about the “king” of nutrients for the immune system – the sunshine vitamin - vitamin D? We know that a low level of vitamin D correlates with severe COVID. Most people living in the South are told not to worry about their vitamin D, as they are getting plenty of sunshine. But many medications lower vitamin D level through accelerated degradation including cardiac meds spironolactone and nifedipine, anti-epileptics carbamazepine and phenytoin, anti-cancer drugs tamoxifen, taxol and cyclophosphamide, prostate cancer medication

cyproterone acetate and steroids such as dexamethasone. Ask your physician to check your level and keep at above 30 ng/ml with supplemental vitamin D3, if needed.

Maintain A Healthy Lifestyle

Medications can be tremendously helpful and even save our lives, but do not forget that a healthy lifestyle (healthy diet, optimal weight, moderate exercise, adequate sleep, laughter, love and social connection despite physical distancing) is the best booster for your immune system. It can help you not only make it through this pandemic, but also shrink your risk of heart disease, diabetes, cancer and live a longer, fuller, happier life with no side effects.

–Tereza Hubkova, MD

Dr. Tereza Hubkova is former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS. Dr. Hubkova is a regular contributor to The Village Voice.



Veggie Burger

In Good Taste: Healthy Holiday Beefless Burgers Packed With Veggies, Flavors

By Rob Seitz, Village Voice Editor

Even in these uncharted COVID-19 times, the holidays are replete with time-honored traditions that include favorite meals, often packed with calorie-filled starches, gravies, not-so-lean meats, sweets and extra servings.

To help in a small measure, John Knox Village Executive Chef Mark Gullusci offers this hearty, healthy and flavorful veggie burger recipe.

Chef Mark's major goal when creating this recipe was—if he was going to call it a veggie burger—to make certain it actually had vegetables in it. He succeeded. His has five cups of vegetables.

Many recipes are almost 100-percent beans, and while this recipe includes 1 cup of them, they are far from the star. Although a regular hamburger is easier to make, there is nothing difficult to this process.

A food processor helps chop the veggies, so they look like coarse crumbs.

Eggs and Panko breadcrumbs help firm up the middles of the burgers, so they stay tighter when you take a bite.

Once you make the burger mixture, you can keep it in the fridge for 24 hours, or you can form the patties, cook them and freeze for up to three months—until the holidays are over.

Veggie Burger (Yields 4 Servings)

- 1 cup pulsed or finely chopped broccoli
- 1 cup diced red onion
- 1 cup sliced Cremini button mushrooms
- 3 gloves minced garlic
- 1 cup cooked quinoa
- 1 cup black beans
- ¼ cup shredded parmesan cheese
- 1 cup Panko breadcrumbs
- 4 eggs
- 2 tbsp. Worcestershire sauce
- ¼ tsp. ground black pepper
- ½ tsp. granulated garlic

- ½ tsp. granulated onion
- ½ tsp. kosher salt

Method Of Preparation:

Sauté mushrooms in skillet with 1 tbsp. olive oil for 3 minutes, add garlic and sauté another minute or 2 to bring out garlic flavor. Set aside to cool.

Meanwhile place the broccoli, red onions, quinoa, eggs, cheese and seasoning into a mixing bowl. Pulse the black beans in a food processor until they are course. Once the mushrooms are cool do the same to them. Add remaining ingredients and blend well.

Form four 5-ounce patties. Heat 1 tbsp. blended oil in a skillet and brown the patties on each side for approximately 2 minutes until a crust is formed. Place in a 350-degree oven for 7 minutes or until internal temperature reaches 155 using a probe thermometer.

Serve on your choice of bread/bun with sliced onion, lettuce or arugula and sliced tomato.

JKV residents can find a videotaped cooking demonstration of Chef Mark making this recipe on the John Knox Village YouTube channel. Enjoy his veggie burger cooking demo at: <https://www.youtube.com/user/JohnKnoxVillage/videos>

Pandemic Effects And Positive Measures That Can Be Taken



Ashley Tarantola

This pandemic has affected every population around the world, in particular, the elderly population: Due to their debilitated physical quality, delicate immune systems, association with chronic underlying diseases, decreased psychological capability, and fragile information receiving and processing ability.

As shielding measures are put into practice for these high-risk groups, such as isolation,

the elderly are often greatly affected by those isolation protocols. The elderly are faced with many challenges, since they not only belong to the COVID-19 risk group, but they also suffer increased morbidity and mortality as a result of the withdrawal of social interaction and mental stimulation.

Social isolation and loneliness have been associated with an increased prevalence of vascular and neurological diseases and premature mortality. Additionally, it is well known that social exclusion is significantly associated with higher risks of cognitive impairment, which, in turn, increases the risk of Alzheimer's disease and accelerates disease progression of existing conditions.

Emotional distress, which is likely to be provoked by the current situation, is another risk factor for premature

death, since anxiety is known to predict all-cause death and is especially detrimental in people aged 75 and older. Besides the psychological burden of isolation, the reduced opportunities for physical activity represent an additional health-damaging burden in the long run.

In the process of recovering from the COVID-19 pandemic, the resilience of the elderly deserves further attention. Resilience is described as "the capacity to cope with difficult situations," which usually fluctuates across the lifespan and is often interrelated with some psychological conditions. A similar, but different term, coping, defined as "the behavior to protect oneself by avoiding psychological harms from bad experiences," is also an important characteristic when older adults are experiencing stressful life events.

Recovery of an individual is more than just one's own resilience, it also requires strong resilience of communities, health care systems, economic systems and even the whole country. Families and care givers need to be holistically involved in the care of the elderly, with increased sensitivity to their mental health. Here are some measures that can be taken to ensure their psychological well-being:

- Ensuring the adequate three-pronged precautionary measures as suggested by the World Health Organization (6-foot physical distancing, hand washing, and mask/face covering wearing). Security is the first step to ensure mental peace and quality of life.

- Social connectedness with their loved ones is essential, together with social integration. They need to be involved in decision-making at familial levels, during times of such crisis.

- Providing adequate emotional support is vital to those living alone. Ensuring their basic needs, safety and dignity will help them to stay free from stress and fight loneliness, more so in lockdown situations. Their doubts need to be addressed periodically to help relieve the pandemic-related anxiety.

- Currently, tele-facilities for health care consultations are better than physical access. That decreases the physical health risks and reduces fear. All elective surgeries (like hernia, cataract, knee-replacement, etc.) are best avoided.

- Digital screen time is better reduced, more so for the elderly to prevent misinformation and panic. They need to be updated about the COVID-19 situation and the necessary measures in a relevant manner. Vivid data and unnecessary statistics are better avoided.

- Encouraging physical activity and ensuring proper nutrition is vital for their overall wellbeing.

The elderly might be fragile due to age, but they are

definitely not weak. Their resilience can be noteworthy, if adequately cared for. Helping them in small, practical ways will make a big difference. For example:

- Offer practical help with day-to-day tasks: Shopping, picking up prescriptions or medicines.

- Help them plan ahead—discuss the next few days and listen for concerns they have, or things they may need help with.

- Make contact daily by phone - have a chat and listen to what they say.

- Share facts and give clear information that is easy to understand.

- Look out for changes in mood or behavior - this might mean they are struggling and need extra support.

- Be aware of any cognitive difficulties - they could become more anxious, angry, stressed, agitated, or withdrawn.

- Provide emotional support through any other informal networks and health professionals.

—Ashley Tarantola
JKV Fitness Professional



NUTRITION NOTES

How To Eat Dairy When You Need A Lactose-Free Diet



Rachel Graham

As more people arise with specific dietary needs, the market continues to innovate new food options, to ensure that there is no shortage of food for people with food intolerances and/or allergies.

As almost 65 percent of our population suffers from some form of lactose intolerance, lactose-free dairy and dairy alternatives are on the rise (and we are not just talking milk). Dairy products like cottage cheese,

yogurt, creamers, and ice cream are now coming out with low-lactose options.

Milk boasts the largest amount of lactose-free options ranging from almond milk to oat milk. Almond milk has the look and feel of milk, although it has a nuttier taste, of course. It may contain less protein than regular milk, but is still high in the nutrients, calcium, fiber and vitamin D.

Coconut milk is also popular and is very similar to full-cream milk, as it is denser than regular milk and is full bodied. Be careful with coconut milk though, as it is low in protein and high in saturated fat.

Hemp milk, sometimes described as thicker and grittier than real milk, is high in protein and Omega 3 fatty acids, so the nutritional content of this milk is to be desired.

Soy milk, the most known dairy alternative, is very high in protein and a vegan option that contains many other nutrients such as potassium.

Oat milk is naturally sweet and mild in flavor, attracting some to its purchase. It is however up to double the number of carbohydrates and about half the amount of protein and fat of regular milk.

Other options include rice, cashew and quinoa milk. Also look for non-dairy creamers made of the same bases as listed above.

Looking for a substitute for butter? Choose olive oil or



spread peanut butter or avocado on your toast in the morning. Coconut oil is also a good substitute for baked goods.

The good news is that cheese already has a significantly reduced amount of lactose that allows for some people who are lactose-intolerant to digest. Aged cheeses like Colby Jack, Monterey Jack, Pepper Jack, Swiss, Brie and Parmesan contain little or no lactose. Look for lactose-free icons on the packaging of your favorite Cabot cheese products. Even Lactaid brand has come out with a lactose-free cottage cheese.

Looking for something sweet to top off your dinner? Many ice cream brands now have lactose-free options, including Breyers Lactose Free, Coconut Bliss ice cream, Lactaid brand ice cream, SO Delicious and Tofutti.

Even yogurts are made from nutritious sources like almonds, coconuts and soy. The trick is to look for a high-quality brand that is free of artificial sweeteners, colors and preservatives, like Ripple, Blue Diamond Almond Breeze yogurt, Silk yogurt alternative, Good Plants dairy free yogurt and Non-Dairy Chobani.

Here's to a Lactose Free lifestyle!

—Rachel Graham
Assistant Director of Dining Services

The John Knox Village Foundation Continued

Continued from page 10

of the Foundation board.

Sondra St. Martin came to John Knox Village in 2015, having worked at Eastern Airlines for 28 years. After its demise, she worked as a consultant for Continental Airlines in one of its Marketing Programs.

The Cassels Tower resident then worked in art sales, then a marketing firm from which she retired. After retirement, she was very active in various volunteer positions at Bonnet House, serving on the Board of the Bonnet House Alliance and active in training volunteers in the Curatorial area.

She has also been actively involved in Cystic Fibrosis, Gold Coast Guild, Children's Aid Club and Pinion and is a member of the Broward Library as well as the Museum of Art.

Sondra lived in Brasil (yes that is its correct spelling) from two-and-a-half years of age until graduating from high school, then returning to America for college. She has been active as a JKV Marketing Ambassador, Chair of the Rotary Program Committee, secretary for the Life Enrichment Committee, Senate Alternate and she volunteers in the large print library, as well as at The Woodlands.

We are fortunate to have a Board

of Directors with varied backgrounds who all contribute so much to keeping John Knox Village the wonderful community we all love to live in.

I would personally like to thank all of the residents who have contributed to the Foundation's funds. These funds continue to enhance our campus. One major example is our three new transportation vehicles. Feel free to stop any of us if you see us on campus, introduce yourselves and get to know us personally.

—Kit Frazer
Chairman of the Board

Year In Review... *Grateful And Inspired!*

Continued from page 3

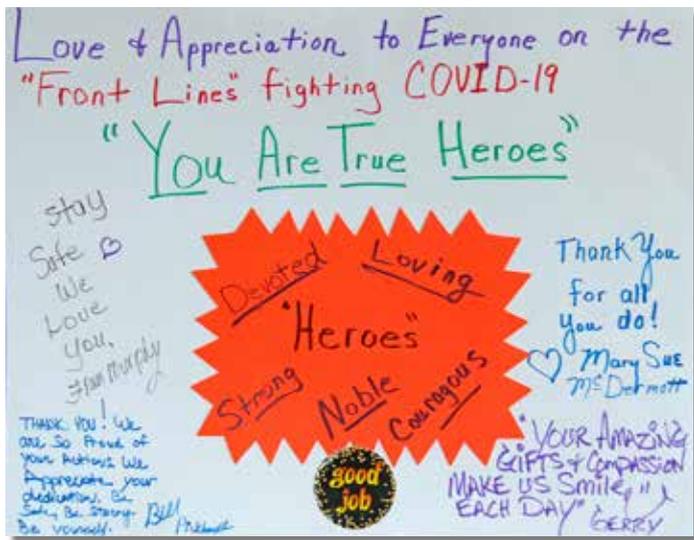
City of Pompano Beach Mayor Rex Hardin and commissioners to ensure JKV was positioned well to take on these daily challenges, interpretations and ultimately providing clarity to our Village question, "What does this mean to me?"

In retrospect, the JKV team of devoted staff, residents, Board of Directors and LeadingAge Florida partners were absolutely amazing.

Recently, Board members commented that during all these obstacles, JKV continues to achieve unprecedented success. I



Broward Sheriff's deputies and members of the Pompano Beach Fire Rescue team joined us for a Thankful Thursday at Gardens West.



The images of our community partners, Broward Sheriff's deputies, Pompano Beach Firefighters, Paramedics assembled together with our residents, staff and Board of Directors to celebrate our staff heroes created an authentic expression of gratitude and emotional pride that we hold as precious memories.

Therefore, always learning—not always knowing—life's purpose, compassion and making a difference in our life's journey to our last breath truly differentiates our community.

I'm proud to be a part of this year's time of resilience and embrace of change: Always working with, for and alongside in service to our residents.

May your Holidays be filled with Blessings of Gratitude!

Cheers, Gerry

—Gerald Stryker
President/CEO

One of the very many signs recognizing staff during these unprecedented times.

believe our focus on the individual resident, family member and staff member to be the reasons for these achievements.

Amid growing layoffs and unemployment, one of JKV's greatest achievements has been in transforming staff job responsibilities to sustain our staff's wages and avoid the uncertainty of being unemployed.

Deep knowing relationships are an important part of JKV's lifestyle and culture. Experiencing our Thankful Thursdays and observing the heartfelt cheers of encouragement as team members beginning their daily scrimmage have truly made a difference.



In President Gerry Stryker's mind, the flexibility and out-of-the-box thinking by Staff on behalf of JKV residents, has been heart-warming. Here, dressed in 50's outfits and donning appropriate facial coverings, Cherrelle Lowe (L) and Hana Salem used a push cart with items from that decade to entertain Elders in The Woodlands, Seaside Cove and Gardens West.

Getting Old Is Not For *Sissies*

By Anne Goldberg, Village Voice Contributor & Savvy Senior



Anne Goldberg

Years ago, I had two posters of octogenarians in my home gym. One was a man in a very brief swimsuit, ripped like Schwarzenegger and the other was a woman, also in a swimsuit, with the body of an Olympic athlete. The titles on both were "Getting Old is Not for Sissies!" (actually based on a quote by Bette Davis.) I was in my late 40s and I loved those posters. Those super grands were my role models.

Fast forward 20 years, and through the ups and downs of life, I did not become a senior body-builder. I haven't quite got buns of steel or a six-pack. In fact, it's more like buns of sponge and a two-pack, but I am no sissy and do not quiver in fear over getting older. After all, I've earned my Elder stripes and I'm here to reap the rewards.

Sissy? No, not me. I've developed muscle in another area. I have developed the "muscle" of resilience.

With Age Comes Resilience

Life has thrown so many ups and downs at me. I have endured and survived its most painful losses and disappointments. With age, and the experience it has brought, I have seen that, while I never get over certain events, I do get through them. More often than not, I get through them with a



Avid Harley Davidson motorcyclist and workout enthusiast Cassels Tower resident **Dusty Dunn** rarely misses a chance to hit the exercise machines in the Fitness Studio.

greater understanding and empathy for myself and others.

Resilience gives me the strength to prevail. Psychology Today defines it as: "That ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes."

To Love And To Be Loved

Resilience is born of experience and pain, and yet it is the nectar of life, born of perspective and wisdom. Being resilient is knowing that, with time, suffering eases and life sweetens again. As long as I am breathing, there is the opportunity to love and be loved, to share and experience good times. So no, getting old is not for sissies. It requires strength, and a stubbornness of spirit that comes from a life lived.

Be a savvy senior. Know that while aging is inevitable, becoming old is an option. See the good. Know you can prevail.

Anne Goldberg, The Savvy Senior, has a mission to help seniors know they are old enough to have a past and young enough to have a future. Her vision is to create an army of senior volunteers bringing their wisdom and experience back to the community. She helps seniors live into their future with vitality by teaching them how to use computers, with conferences and workshops on "The Art of Living Longer," with decluttering & organizing, and with "Tell Your Story Videos," preserving the stories and wisdom of your life for future generations. Visit: www.SavvySeniorServices.com



A COVID-19 Positive, Care On Demand

By Leslie Schlienger, Village Voice Contributor



Leslie Schlienger
Home Health Agency
Administrator

One of the most interesting things that has risen out of the COVID-19 pandemic has been the use of telemedicine.

What might have taken five years to catch on, has ramped up in only a few months. In January if you called a doctor and said you wanted to have a face-to-face appointment over the computer or phone they would have laughed and said call for an office appointment.

Some 90 days later they all became proficient in assessing you and making recommendations for your ongoing care by scheduled Zoom appointments. The

point there is—scheduled. Most primary care and specialists are doing the majority of their visits this way now.

We introduced virtual care at John Knox Village just as the Pandemic was making its way to the area. Virtual care is still here and available for our residents 24 hours a day.

Care On Demand, from Baptist health, is a service that allows you to speak and see a doctor for Urgent Care so that you don't have to drive to Urgent Care facilities or to the Emergency



Room. It is not for every situation, but it is good for those times when your doctor's office is not open and you really don't want to wake him or her up at 2 a.m.

Once you have the application on your Smartphone you can do it yourself or, if you are not feeling well enough to manage that, a JKV Wellness Nurse

can help you do it. If you do not have a Smartphone, they will bring an iPad or a smart phone with them when they come to you.

There is no charge from JKV for a Wellness visit if you are ill. There is a \$20 charge from Care on Demand when you use the service.

Care on Demand physicians will send you a report that can be given to your primary care physician so he or she can be kept in the loop.

For more information call the Wellness Nurses at (54) 783-4004.

—Leslie Schlienger

Leslie Schlienger is Administrator for the John Knox Home Health Agency. The Home Health Agency's offices are located on the third floor of the John Knox Village Professional Center Building. She can be reached at (954) 783-4049 or email: lschlienger@jkvfl.com



So Long, Farewell Continued

Continued from page 5

have changed the face of long-term care in Florida and beyond.

At the tail end of that campaign, we embarked on raising money to build a "Wellness" park that looks a lot like a dog park today. We exceeded what we needed for that campaign also.

Today, that space is a welcome respite for residents with and without pets to stop and enjoy a lovely green space to rest and recuperate from everyday busyness. If anyone had told me that one day I would get to help design and install a dog park, I would have thought they had lost their mind.

That said, it was one of the most fun things I did here. And having Mary Moore's son-in-law, as New York President of the SPCA as our keynote speaker the day of the ribbon cutting was especially gratifying.

More recently, the Foundation was able to help significantly by contributing over \$1 million toward the renovations of what is now Seaside Cove. What a transformation and your

gifts to the Transportation Fund have secured three new sedans for your travels off campus.

The Foundation has grown in many ways these last few years. Since 2012 the Foundation and John Knox Village has raised over \$12,400,000.

In 2019, the Charitable Gift Annuity Program was moved over to the Foundation. Our not-for-profit status was revised to broaden our ability to raise funds for John Knox Village.

The Foundation continues to spearhead the Sharing & Caring Program: Our social accountability program for the greater community. This program has provided us with some amazing partners in the community—BSO, Meals on Wheels, Wreaths Across America, Innovation Charter School and the Broward Children's Center. I hope you were able to read the recent report in the last Village Voice.

The most surprising outcome of my time here has been meeting my

husband at JKV and getting remarried in 2014. No one was more surprised about that than I was. My time here has enriched my life in so many ways...

I must thank my colleagues that I work with every day and the wonderful volunteers on the Board of Directors of the Foundation. Your advice and wisdom has helped the Foundation grow and has helped me personally in many ways as well.

None of this would have happened without YOU. You gave the Foundation your support and guidance. Whenever we made a misstep, you let us know. I am grateful. I believe we will have a new Executive Director very soon—hopefully by time this issue of the Village Voice is in your mailbox. You have been so very kind to me and I will miss all of you very much. Please extend every kindness to the new Executive Director. He or she will continue to take the Foundation to new heights with your support.

—Nanette J. Olson

It's Hockey Time In Village Towers

Submitted by Dr. Michael Featherstone

It's the winter of 1959-60, and Williams Lake in Waterford, MI is frozen solid. Perfect weather for hockey, but the Tom Pearsall version of the NHL plays all of its games in the warm comfort of the Pearsall living room.

There were six teams in the National Hockey League then... perfect for our league because there were six participants. Linda Pearsall (Barbara's older sister) and her boyfriend Harold Tipolt (later married), Tom Pearsall and his wife Helen, Barbara Pearsall (now Morningstar) and her then and now sweetheart Mike Featherstone.

Each one had a team—one of the "original six teams" and that winter we battled for our own little Stanley Cup on a rod hockey game...Google it.

Fast forward 60 years and the photo shows Barbara and Mike back at it. It was Barbara's birthday present this past August. Since we were snuggled in our Village Towers apartment and not venturing outdoors except in the wee hours of the morning to walk the JKV campus, it seemed like a perfect way to pass the time and remember all the fun we had that chilly winter in Michigan.

We soon learned old rivalries



Village Towers resident Barbara Morningstar and Michael Featherstone enjoying the long-time rod hockey game competition.

die hard, and what a blast we've had. We've learned the game really enhances brain activity and hand-to-eye coordination. Flexibility is important too as, on occasion, the puck flies off our plastic rink and under the table.

Barbara's Toronto Maple Leafs—the same team she had in 1959—

hasn't lost the knack for decimating Mike's hapless Detroit Red Wings.

So, if you happen to pass by VT-102 and hear a lot of screams and hollers, not to worry. It's probably the third period of a particularly close game.



In mid-September members from the John Knox Village Administration and representatives from Moss Construction joined residents for a ceremony to begin the Westlake construction project. The residents graciously moved from their Lakeside villas to other homes on campus, so the villas could be razed as part of the project's first steps.

Donations received during the months of August-September 2020

To John Knox Village

Employee Scholarship Fund

Bowling, Marilyn
Costigan, Pat

*in memory of Arlyne Horgan,
Jim Henschel, Jody Snoberger
& Robert Todd*

Haun, Twylah & David

Hipskind, Andrea

Isaacs, Ellen

in memory of Pete Deitrich

Jenkins, Norma

Knowles, Lee

Lewis, Margo

Loree, Sally & Paul

McDowell, Sue & Tom

Milanovich, Rose

Miller, Romaine

*in memory of Nancy Gifford &
Cecilia Lopes & in honor of Twylah Haun*

Peltzer, Nancy

Phillips, Shirley

in memory of Arlene Helvie

Spalding, Jan

in memory of Pete Deitrich

Stanley, Peggy

in memory of Susan Gutman

Stevens, Edwin

Welch, Fran

To John Knox Village Foundation

50th Anniversary Capital

Campaign Fund

Bednarcik, Wendy

Chittenden, Bruce

Folsom, Doug

Harrison, Fran

in memory of Cecil Lopes

Mallen, Joe

McAfee, Monica

McKay, Tom

in memory of Tony Ruggiero

Mellett, Marty & Dick

Murphy, Fran

Olson, Nanette & Mark

Pickhardt, Bill

Pingpank, Robert

in memory of Richard Nolan

Spalding, Jan

in memory of Tony Ruggiero and

in honor of Nanette Olson

St. Martin, Sondra

Stryker, Gerry & Carol Dumond

Sutton-Pauling, Gail

Wilbur, Bea

*in memory of Don Broaddus,
Violet Burke, Pete Deitrich,
Jack Huizenga, Norma Lyons,
Daniel Smith, Jeannette Stagg &
Tom Wilbur*

Benevolent Endowment Fund

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

Chapel Endowment Fund

Michel, Fred & Irene
through the Michel Trust

Charlotte Symonds Fund

Hipskind, Andrea

Lewis, Margo

Milanovich, Rose

Moon, David

in memory of Eugene Smith

Peltzer, Nancy

CNA Training Fund

Milanovich, Rose

Foundation Unrestricted Fund

Allebaugh, Frances

in memory of Pete Deitrich

Allsworth, Emerson

Cuddy, Joyce

Dalsimer, Diane & John

in memory of Pauline Ulitsch

Fitch, Dennis & Michael Kearns

in memory of Arlene Helvie

& Francis Miller

Gambino, Maddy & Ray

Gutman, Susan

Haun, Twylah & David

in memory of Francis Miller

Heger, David & Ken Raiten

Haun, Twylah & David

Huizenga, Jack

Kearns, Michael & Dennis Fitch

in memory of Arlene Helvie &

Francis Miller

Loree, Sally & Paul

Maurer, Boots

in memory of Pete Deitrich

Naylor, Harvey

Pingpank, Robert

in memory of Richard Nolan

Raiten, Ken & David Heger

Rhodes, Phyllis

in memory of Pete Deitrich

& Jack Huizenga

Spalding, Jan

in memory of Jack Huizenga

Gardens West Fund

Hipskind, Andrea

Health Center Other Fund

Miller, Romaine

Peltzer, Nancy

JKV Resident Music Fund

Lewis, Margo

in honor of Elaine McNamara

Maggie Goetz Birds Fund

Bonewits, Johnnie D.

through the Johnnie D. Bonewits Trust

Bowling, Marilyn

Kuntz, Barbara

in memory of Susan Gutman

Lewis, Margo

in honor of Betsy Bousfield

Residents Assistance Fund

Cason, Ernest & Maude

through the Cason Trust

Cohen, Harris

Durkin, Marlene & Harry

in memory of Pete Deitrich

Emmerson & Shelby Harris Family Trust

Higgins, Suzanne

in honor of Nanette Olson

Lewis, Margo

McGinn, Marlene

in memory of Pete Deitrich

Milanovich, Rose

Rose Garden & Oak Tree Fund

Bonewits, Johnnie D.

through the Johnnie D. Bonewits Trust

Burkart, Joyous

in memory of my son, Eric

Kuntz, Barbara

in memory of Bette Wasson

Mowrer, Ana Maria

in memory of Bette Wasson

Toshiko Inouye Fund

Bowling, Marilyn

Transportation Fund

Heger, David & Ken Raiten

Hipskind, Andrea

Fletcher, Christine

through the Christine Fletcher Trust

Patriss, Don

Raiten, Ken & David Heger

Sams, Harriett

Wellness Park Fund

Burkart, Joyous

in memory of Taffee

Welch, Fran

Wings On The Water Fund

Hipskind, Andrea

Lewis, Margo

Woodlands Fund

Fletcher, Christine R.

through the Christine R. Fletcher Trust

Johnson, Herb

Knowles, Lee

Miller, Romaine

St. Martin, Sondra

in memory of Pete Deitrich

Voelkel, Bruce

in memory of Francis Miller

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

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Harvesting Pearls From 2020 Continued

Continued from page 6

Seek Your Online Pearls

These days, one of the most exciting opportunities we have to boost our wisdom is through online interactions. When we interact in person, sometimes we can overlook what people are “saying” with their facial expressions. Also, we can lose awareness of the emotional energy we share with others.

On a Zoom event, you can see everyone’s face up close and personal—including your own.

What emotions do you see people conveying in their facial expressions? Does your face express joy, sadness, frustration, or something else? Notice what a delightful difference it makes if someone smiles or uses humor. Give it a try and see how easy it is to share your wisdom with a smile.

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

Senate News Continued

Continued from page 10

leftovers do reheat and are scrumptious until everything’s all gone, and if you plan your leftovers correctly, they all run out at the same time, cranberry, turkey, dressing, sweet potatoes and rolls.

If you don’t feel like loosening your belt after dinner, are you really eating enough? You know what goes good with pumpkin pie? Football—and as the turkey’s L-tryptophan starts working—a nap.

Yep and thoughts of Santa Claus wandering in my head from the Macy’s parade and the phone calls to family...if we’re lucky visits from the Grands. Was yours a ‘flag football’ after-dinner memory? Or maybe it was planning your ‘Thanksgiving Friday Sales’ rush – you know ... which stores to hit first – down to which floors in the department store have what you want. One of my memories is eyeing the turkey leg – wondering who gets dibs on it.

Sometimes when it’s still available I’ll use “the after-dinner two-hour rule” and mumble hoping no one hears “well, if no one wants the leg, I’ll eat it.” And lastly, before the second nap takes over, you begin watching *It’s a Wonderful Life*.

Finally, December comes with thoughts of Hanukkah - the Festival of Lights and the menorah: Latkes and apple juice. And then comes Christmas and Santa – the gifts, the wrapping paper and the gift that warms our heart.

I’ll leave you with my best thoughts and heartfelt wishes for an extraordinarily joyful season.

–Pete Audet

JKV-PNC, A Rich & Rewarding Partnership

January of 2021 will be the 10th anniversary of John Knox Village's partnership with PNC bank. The branch, located on the first-floor west wing of Cassels Tower, opened on campus Jan. 9, 2011.

Through the decade the Pittsburgh, PA-based financial institution has become a vital resource for residents and staff alike. In October it reopened for full service, following JKV's strict COVID-19 protocols and guidelines.

The JKV branch maintains its hours of Monday-Friday, from 9 a.m. to 4 p.m. It is closed for lunch from noon to 1 p.m. The bank staffs two employees to assist residents and staff. The ATM (automated teller machine) is up and running, as it is available for funds 24 hours a day, seven days a week.

Other services available at the branch include free checking, direct deposits for residents' social security and employees' checks, automatic bill payments at no charge, on-site safe deposit boxes and future educational opportunities at The Village.

Residents also can take advantage of having their monthly service fees automatically deducted from their PNC Bank accounts. For more information about this benefit, please see Debbie Williams in the Accounting Department's office on the first floor in Cassels Tower.

PNC team members participate in the annual Holiday Parade. Sadly, this year's version has been cancelled due to COVID-19 concerns. The bank's Wealth Management division also began a five-part Seminar and Symphony Series in December 2019. Three of the series were presented before the pandemic. A "virtual" event was held during Active Aging Week, when residents heard from PNC Estate Planners and then listened to a live performance from members of the South Florida Symphony Orchestra.

It has, indeed, been a rich and rewarding 10-year partnership.



PNC has been an active partner in the day-to-day happenings at John Knox Village, including participating in the annual Holiday Parade.

Below is a poster that promoted the Symphony Series, before COVID-19.



JOHN KNOX VILLAGE
Where possibility plays



PNC WEALTH MANAGEMENT



SOUTH FLORIDA SYMPHONY ORCHESTRA
Sebrina María Alfonso, Music Director

Presents:

Seminar and Symphony Series



A five part series that combines invaluable wealth management information and live performances with Members of the South Florida Symphony Orchestra.

<p>Friday December 20, 2019 11 AM - 12:15 PM Trust versus Will – Focus on Probate Avoidance</p>	<p>Friday January 17, 2020 2-3:15 PM How Old Are Your Documents? What state were they executed in?</p>
<p>Tuesday February 4, 2020 2-3:15 PM Choosing a Trustee or Personal Representative</p>	<p>Thursday March 5, 2020 11 AM - 12:15 PM Gifting Strategies Exemption Amount</p>
<p>Thursday April 2, 2020 11 AM - 12:15 PM Charitable Gifting</p>	

At Lakeside Dining Room. Refreshments will be served.



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).....	(954) 783-4091
ACTIVITIES (Questions or to sign up for upcoming programs).....	(954) 783-4039
ADMINISTRATION	(954) 783-4021
AT&T TELEVISION SUPPORT HOTLINE	(954) 788-2000
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.) (Open Mondays 9 a.m.-5 p.m. for men)	(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: Pete Audet	VT 613
Vice President: George Baczynski.....	HT 514
Secretary: Amy Barrow	CT 1706
Treasurer: Ellen Isaacs	SG 604
At Large: Beverly Cardinal.....	HT 302
At Large: Bill Spiker	CT 506
At Large: Eleanor Smith	LS 407
Former President: Gus Miller	LS 608
Resident Board Member 1: Jan Spalding	LS 401
Resident Board Member 2: Diane Barton.....	LS 317
Resident Board Member 3: Tom McKay	HT 403

Committee Chairs:

Building, Grounds & Housekeeping: Harry Wood.....	HT 1007
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: Tom McDowell.....	HT 718
Legislative: Fred Depenbrock	EL 214
Library: Marcia Ellington.....	HT 404
Life Enrichment: John/Diane Dalsimer	CT 315
Long Range Planning: Dick Mellett	CT 1415
Security, Safety & Transportation: Reed Brown.....	LS 303
Volunteer Services: Art Battista	NE 603



Veterans Day

**Join Us for a COVID-Careful
Veterans Day Ceremony
Wednesday, Nov. 11 at 11 a.m.**

JKV is honored to count among our residents more than 100 men and women who served in the U.S. Army, Navy, Air Force, Marines and Coast Guard.

The Nov. 11th ceremony will begin at 11 a.m. as a Zoom meeting, along with a small in-person group in the Village Centre Auditorium.

Look for Zoom log-in information in the November Month-At-A-Glance calendar or **contact the Life Enrichment Department at (954) 783-4039 for more information.**



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**