

VOICE



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JKV Art Group Update



Timothy Leistner

The resident Art Group has continued classes thanks to Zoom. They meet/Zoom every Friday from 1:30 to 3:30 p.m.

Once it is safe to do so, the group will return to the Art Villa in South Garden #644 and meet in-person.

Since September 2020, the group has had an instructor to guide and inspire them—Timothy Leistner. Timothy has a rich background. He has worked as an art therapist. He has also been an instructor at various colleges in Florida and he continues instructing art classes with other groups in Florida.

Currently there are 10 in the Art Group, working mostly in watercolor. Some paint in acrylic.

If you are interested in joining the Art Group, or if you have any questions, please contact Barbara Kuntz at (954) 788-1796.

Here is a nice sampling of the excellent work done by members of the JKV Resident Art Group.



Current members of JKV Art Group are (L-R) Ken McAlice, Jim and Sandy Kamp, Joyce DeJong, Barbara Kuntz, Don Williams, Priscilla Hay, Leslie Depenbrock, JoAnn Culligan and Mitzi Duman. The Group would welcome new members. If interested contact Barbara Kuntz at (954) 788-1796.

ON THE COVER

The multi-million dollar Aquatic Complex opened with a splash. Resident cannonballers are (L:-R): Liz Lycke, Paul Loree, Marcy Lambert, Dennis Fitch and Jane Middleton. They are jumping into the 75-foot, four-lane lap pool, however there is also a resort-style pool, Pickleball and bocce ball courts, Stryker's Poolside Sports Pub, the Glades Grill indoor and poolside dining venue, fire pits and a Jacuzzi®.



JOHN KNOX
VILLAGE
Where possibility plays

Bringing The Dream To Life

"Never let it be said that to dream is a waste of one's time, for dreams are our realities in waiting. In dreams, we plant the seeds of our future." – Unknown

I recently spent some quality time with a group of residents who I admire and appreciate very much. The discussion was focused on our creative approach as we try to attract prospects to live at JKV. To provide some context for newer residents, about 3-½ years ago we went through a "Positioning, Experience and Design" session. This included brainstorming with residents, Board and team (staff) members.

We scrutinized how we were presenting JKV in the marketplace. The big takeaway at the time was that for as unique as life is at JKV, the messaging did not differentiate us in the marketplace.

There was a "sea of sameness" in the Life Plan Community space. In addition to the on-site discussions and collaboration with professional creative types we also conducted focus groups with prospective residents. The input and feedback from all these stakeholders helped us land with our new brand identity (logo, advertising themes, collateral/merchandise, etc.).

It is how we came to have the eye catching "patchwork" of mosaic pieces (which represent the variety of people and places on campus) and our now copied "Hello Sunshine" (font) tagline, "Where Possibility Plays!"

Over the past two years we have seen several competitors latch on to the colors and fonts we have been using. Despite imitation being the highest form of flattery—copying our look and feel—it was time for JKV to shake up the marketplace again.

Following JKV procedures, we entertained bids and presentations from four agencies to help take the community to the next level. We landed with LevLane, an agency based out of Philadelphia. The exciting thing about

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Monica McAfee
Chief Marketing &
Innovation Officer



where
POSSIBILITY
plays

VOICE *Discover*

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Enjoying their Surf 'N Turf Dinner. Clockwise Karen and Pete Audet, along with Doris Costano and fellow residents Ron and Judy Lane took part in the first of, what will be many, delicious meals served at the Glades Grill.

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

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

Looking for a previous issue of our magazine?

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



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

651 SW 6th Street
Pompano Beach, FL 33060

To Learn More Info Contact
(954) 783-4040

web JohnKnoxVillage.com
[f](https://www.facebook.com/JohnKnoxVillage) [i](https://www.instagram.com/JohnKnoxVillage) [y](https://www.youtube.com/JohnKnoxVillage) [in](https://www.linkedin.com/JohnKnoxVillage) JohnKnoxVillage

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.

Take Joy in Being Part of the Story.

Leave YOUR Legacy - Be a Mensch



Mark Dobosz

When Robin Williams died, Steve Martin called him “a mensch.” It is safe to say that everyone considered Robin Williams not only to be a very funny man, but also one of the kindest.

Calling him a mensch is the greatest eulogy because a mensch

Strive to live your life as a mensch, and you’ll have left your greatest legacy for anyone who has met you.

is a person who is decent and honorable, a person of high integrity who has genuine caring for his fellow man. A mensch always looks for an opportunity to do good in life, to be of help to others and to give without regard for anything in return.

A mensch does not cut corners in their relationships with people. You always feel safe in the presence of a mensch because you instinctively know that they will not deceive you, undermine you or diminish you in any way. Being called a mensch is the ultimate compliment you can receive.

Strive to live your life as a mensch, and you’ll have left your

greatest legacy for anyone who has met you.

It’s never too soon to start your legacy—to pursue both success and significance. Here are some steps you can take today.

1. Leave A Six-Word Memoir

The Six-Word Memoir is the brainchild of Larry Smith, founder, and editor of SMITH Magazine. It poses a simple challenge: “Can you tell your life story in six words?” The unsubstantiated story is that Ernest Hemingway wrote the now-famous six words “For sale: baby shoes, never worn” to prove that an entire story could be told using just half a dozen words.

In a similar manner, the Six-Word Memoir is a way of naming your mission in life. Staring at a blank

most uncertain times. Creating a philanthropic legacy through your will helps you commit to what you feel deeply about and your personal higher values.

More and more, we see people wanting to make a difference who are looking to leave a positive imprint on the world and a legacy of goodness. Members of the JKV Legacy Society are a testament to individuals who wrote their philanthropic legacy with the JKV community in mind. For more information on including the JKV Foundation in your will, call me at (954) 784-4757, email at mdobosz@jkvfl.com or stop by my office on the first floor of Cassel Towers.

3. Pursue Your Passions Because They Are Infectious

Your passions are your legacy. Passion comes from an outpouring of the interests and ideas that make a difference in your life. Finding and pursuing your passion allows you to see your destiny clearly.

That’s what happened to me with building butterfly gardens. I can attest to the fact that life won’t be any fun if you don’t pursue your passions to the fullest. It’s contagious. It’s spiritual. Leaving a legacy is an important part of your life’s work. A legacy develops from a life dedicated to self-reflection and purpose. What will be revealed and what will endure is a truthful and value driven body of living. Don’t miss the opportunity to pursue your passions and then continue to look for new adventures.

–Mark Dobosz
Executive Director

page can be daunting, but choosing six words to define your mission and what you want your life to stand for may not be so hard and may even be energizing and stimulating. Try thinking of six poignant words that can define the footprint you want to leave in your life’s path.

2. Write Your Philanthropic Legacy

“By asking ourselves how we want to be remembered, we plant the seeds for living our lives as if we matter.” Jim Kouzes and Barry Posner

Considering your philanthropic legacy gives you a compass to help you move with purpose and determination even in the

Ceremony Raises Roof On JKV's New Pavilion

JKV, Moss Construction Celebrates By Topping Out

By Rob Seitz, Village Voice Editor

Topping out is a tradition dating back some 1,300 years and remains a treasured ceremony within the construction com-

tened to congratulatory remarks by VIPs and had chances at raffle prizes ranging from smoker grills to a 75-inch high-definition television set.

first quarter of 2022."

Speaking for many of the residents and staff in attendance, as well as those throughout JKV's 70-acre botanical campus, President & CEO Gerry Stryker said: "Many, if not all of us, have watched from several perches around the Village at the amazing work you have done in such a short period of time. From all of us, to all of you, 'thank you.'"

A two-minute time-lapse video was shown during the ceremony capturing the work rising from a dusty cleared field to the roof beams being placed atop the Pavilion. **Village Voice** readers can view the video at this link <http://bit.ly/JKVpavilion>.



Bob Moss, founder and chairman of Moss Construction, spoke during the topping out ceremony for JKV's new Westlake Pavilion, as his project team managers look on. In front of the stage were just some of the many items raffled off as part of the celebration.

munity. In 700 AD Scandinavian mythology, a topping out ceremony was held once the last beam was placed atop a structure.

The lore had it such that there is a spirit of its own in each tree. The builders would ask the forest to allow them to use a tree and once the home was constructed, the highest leafy branch of that tree was attached to the roof so the tree spirit might still have a place to live.

This ages-old tradition was celebrated on March 11 at John Knox Village, South Florida's premier Life-Plan Retirement Community. In partnership with Moss Construction, JKV residents and staff were welcomed, for the first time, into the Westlake Pavilion.

Along with Moss managers and construction workers, all were treated to a delicious lunch, lis-

and a 400-plus seat Performing Arts Center, which is where the topping out ceremony was held.

"There are four important milestones in a construction project," Bob Moss, chairman and founder of Moss Construction, told the gathering. "First is earning the contract, second is the ground-breaking, third is the topping out celebration and fourth is the grand opening.

Thanks to your hard work we are right on schedule to celebrate the grand opening milestone in the

JKV's Westlake Pavilion is the latest jewel on the horizon for its 1,000 residents, 800 employees and the greater community. The 37,117-square-foot project will have two indoor and lakeside restaurants, a nautically themed bar, pre- and post-event space



JKV residents, employees, along with Moss Construction workers and managers enjoyed the topping out ceremony in JKV's new Westlake Pavilion. The celebration was held in what will be JKV's 400-plus seat Performing Arts Center.

DESPITE PANDEMIC, JKV WINS 2 Prestigious International Awards

#1 Beacon Award & #1 Pinnacle Award For 'BEST IN WELLNESS'

By Rob Seitz, Village Voice Editor

In a nod to the obvious, 2020 was a challenging year...for everyone. A world-wide pandemic has a way of doing that.

By March 2020, as COVID-19 was

occupational] in our programming across the campus."

Shifting To Meet The Challenge

"Pivoting," "flex-mode" and "all-hands-on-deck," became JKV

Best In Wellness

"We are incredibly proud to receive the first-place Pinnacle and Beacon Awards for best in wellness, especially since 2020 was such a challenging year," said JKV President & CEO Gerry Stryker. "JKV prides itself in always staying relevant and forward-thinking for all of our 1,000 residents, so that each one continues to pursue purpose, stay active and engaged, with the security of being cared for today and in the future."

The award was created as a joint effort between ICAA and NuStep, LLC, a major manufacturer of recumbent cross-trainers used in healthcare, senior living and fitness.

The ICAA is responsible for leading, connecting and defining the active-aging industry. CEO and Founder Colin Milner told the Village Voice, "Senior living communities have long been aware of how important wellness is for the health and well-being of its residents, but in recent years, wellness has evolved from being a programming option to becoming a way of life."

This evolution is also reflected in a survey recently conducted by the ICAA in which it was found that 59 percent of senior living communities state their business model will be wellness-centered with care services by 2023, however John Knox Village has successively partnered with its residents and staff to create relevant, meaningful opportunities and inspire participants to improve their quality of life, added Milner.

"To be recognized by the ICAA

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John Knox Village was honored with two first-place awards from the International Council on Active Aging for the community's lifelong learning and life enrichment programming during COVID-19 wracked 2020. JKV staffers shown here (L-R) are: Life Enrichment Manager Jamisyn Becker, Chief Marketing & Innovation Officer Monica McAfee, President & CEO Gerry Stryker, Fitness Manager Marsha Dixon and Meaningful Life Manager Marti Engel.

beginning to ravage the planet, the programming at JKV shifted from large-group, closely held wellness, educational and entertaining events to one-on-one, small group or Zoom sessions.

"With the pandemic looming over us for much of 2020, we had to take a more personalized, one-on-one approach to wellness," JKV Chief Marketing & Innovation Officer Monica McAfee told the Village Voice. "At JKV we incorporate the Seven Dimensions of Wellness [physical, emotional, spiritual, intellectual, social, environmental and

programming buzz words. For the JKV Life Enrichment, Meaningful Life, Fitness and Spiritual Life teams on whom programming of the Seven Dimensions of Wellness fall, that challenge was met, subdued and continues to be drubbed.

For the teams' collective efforts in 2020, JKV was recognized by the prestigious International Council on Active Aging, with Number One ranking for both the ICAA NuStep Pinnacle Award for "Top 5 Best in Wellness" senior living communities in North America and NuStep Beacon Award for "Top 25 Best in Wellness."

Mom's Invaluable Contributions

By Rev. Dr. Bridgette A. Sullenger and Rev. Jamie Champion,
JKV's Spiritual Life Directors, Village Voice Contributors



Rev. Bridgette Sullenger
Spiritual Life Leader

May is the month we celebrate and honor our Mothers. It is also a time of beauty and awareness of all that nature has to offer.

It seems so fitting that nature offers us such beautiful reminders of life in the very same month we celebrate and honor the women who create and share life.

An article by the Joint Economic Committee of the United States Congress titled: "How Working Mothers Contribute to the Economic Security of American Families," addresses the shape of American families and how over 70 percent of mothers are in the labor workforce and are directly responsible for the economic support of families and households.

This doesn't seem like news to us. We have seen women from all over share in working responsibilities, household responsibilities and general family duties.

In this month of May, we honor and celebrate women of all backgrounds who support and nurture others in many capacities. May is the time we look at women, especially mothers, and their contribu-

tion to our world. And let us not forget the other "mother" figures in our lives: Aunts, grandmothers and sisters.

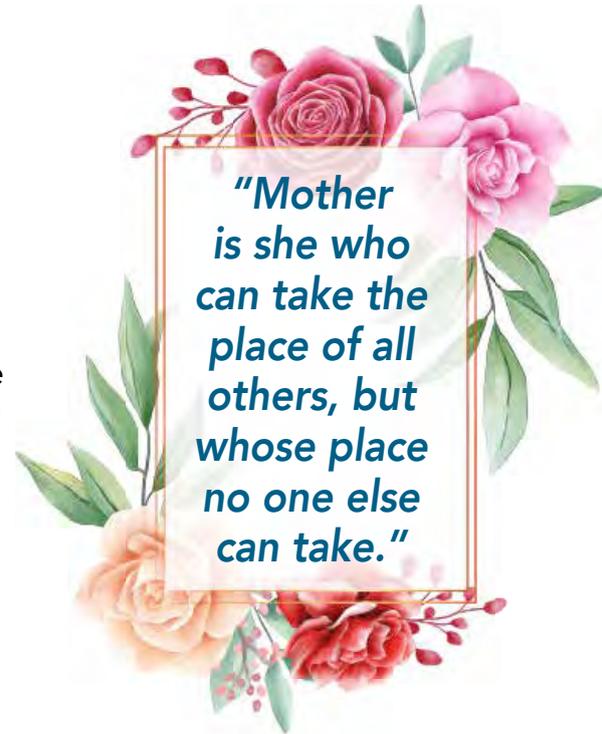
It is important to note that a typical salary for a mother of today would be the equivalent of \$100,000 annual salary. While understanding the monetary implications, what we know of the contribution of women and mothers is that they are invaluable.

You cannot really put a price on someone who contributes so much to life. A few things that we recognize and celebrate are their unconditional love and patience. Loving someone and showering them with patience and support as they grow and develop is a task that requires endless hours of their time, not to mention unconditional love.

It requires a deep connection to their own self, as well as an understanding that the future depends on them. Knowing that mothers are the primary, and usually first, teachers, we can thank them for teaching us determination, ambition, trust and responsibility. Their teaching is vital to ongoing development, future relationships and how we learn to treat others.

We learn so much from our mothers and we are reminded that a "Mother is she who can take the place of all others, but whose place no one else can take." (Cardinal Gaspar Mermilod). Yes, mothers are invaluable.

They are our first connection to life, they are our first teachers, they are the ones who mold



us into who we are and they are the ones whose invaluable presence gave us our presence in life. This month we celebrate mothers everywhere and their invaluable contributions to our lives and our world.

—Rev. Dr. Bridgette Sullenger and
Rev. Jamie Champion



Why Transition To Digital Banking?

By Matt Munro, GroovyTek President and Village Voice Contributor



Matt Munro

online banking became more necessary for folks due to the pandemic. Now, most banks hope to capitalize on this “forced” conversion trend and maintain the momentum related to converting more and more of their clients to online or digital solutions.

So, is it time to make the change? Is it time to move away from paper checks and convert to online bill pay?

Is it time to set up online banking accounts to enable 24/7 access to account balances, statements and more? Obviously, this is a personal decision, and individual factors come into play, but in general, the time is right to make a move.

Save Time, Save A Trip To The Bank

Why? Well, the banks are investing in their digital banking platforms. The services will continue to evolve and improve; most of the banking innovations moving forward will be related to their digital capabilities. Further, just like how cell phone companies have transitioned away from flip phones, moving to digital accounts and bill pay is inevitable.

Banks will most likely begin to cut down on in-person staff and hours, so you might as well start the transition now, on your terms. Just imagine the time you might save by not having to visit a brick-and-mortar bank for basic banking services ever again, no drive-time, no wait-time; you can now bank from home.

The next concern that leads many to avoid making the transition has been security related. As we all know, banking is a very regulated business. At this point in 2021, it is safe to say that online banking has become extremely secure; over the past decade or more, there has been enough runway in this area that the banks have worked to develop the safest environments possible for



online transactions.

Yes, you need to be aware of how you are operating online as always, but once you are logged in securely to your banking accounts, you can act with confidence that you are operating securely. Again, keep your guard up against the usual scams and hacking suspects, such as phishing emails and bogus offers for a free cruise.

Still, if you are securely logged in and operating within the bank’s online environment, you should be confident and comfortable knowing the stakes are super high for the banks to do everything in their power to have a safe and productive online service.

If you are interested in learning more about making the transition, call the John Knox Village Marketing Department at (954) 783-4040 to receive a complimentary GroovyTek consultation.

Matt Munro is President of GroovyTek, a four-year-old company which takes a personalized approach— anchored in respect and patience—to help people become confident navigating personal technology independently and on their own terms.

As we, at GroovyTek, often discuss with our clients, we find ourselves living in the midst of the digital revolution.

The traditional ways in which we acquire information, consume our entertainment, stay connected with friends and loved ones, take and save pictures, use coupons when shopping, and more is changing and becoming more and more based on applications designed for our personal technology – smartphones, tablets and computers.

For many of us, myself included, one of the last areas of our lives that we are comfortable converting to a more digitized approach has been banking. I personally always held onto traditional banking because I had an affinity for the tangibility of handwriting my checks. I always felt more in control of my finances when I was writing the checks, reviewing the paper bills, and walking the bills out to the mailbox. It just felt right to me.

The Digital Shift To Banking

That being said, for years, banks have been hoping, and working, to convince their users to convert their transactions to digital means. In fact, for most millennials and younger folks, there is no difference between online or digital banking and traditional banking. To them, it is all just banking.

Along with so many other consumer services, transitioning to

Some Well Deserved Fun At JKV



Pete Audet
President Resident Senate

By now we're getting used to going over to the Aquatic Complex for some well-deserved fun.

You see, not all of us feel safe enough, quite yet, to travel and see the folks we haven't seen in over a year, but we do feel safe enough to amble over with a book and sit in a lounge chair, or at a table by Stryker's Poolside Sports Pub, or try a cannon ball into the pool.

And how about that easy entrance railing to assist those of us who need a little extra help getting in. That pool

is twice as big as the old "lobster pot." And the lap pool—is that a challenge just waiting for you?

Speaking of challenges, have you gone for an evening swim? The ambiance is just perfect: The tropical lighting glancing off the vegetation. Undulating water with reflections coming down from those sails—absolutely marvelous. You all need to invite a friend to experience it – they'll want to know more about JKV living and how to move here.

Oh, and have you tried the Glades Restaurant? I had a nice lunch at one of the outdoor tables ... I really want one of their shirts (I think the yellow shirt looks a bit better than the blue, but they're both nice).

Yep, I'm buying one if they start selling them. Hey, what a great idea, I'll ask Glades Grill Manager Porche Braxton to look into it. Just don't ask me to take your order or refill your water. I'd love to help, but I wouldn't know where to start.

Have you gotten used to Pickle-

ball or Bocce ball? Those courts are just waiting for our use. Oh, and the changing rooms OMG—good golly they are really nice. Lockers, showers and sinks. Wondering if they are planning to decorate the changing room walls with some nice artwork?

Speaking of artwork, have you noticed the original Guy Harvey underwater sea life painting at Stryker's Poolside Sports Pub?

Speaking of places to go and things to do, what are we going to do with our COVID-19 Face masks once this pandemic is behind us. It's getting close to retire the saying "We'll get through this together" and revise it to "Hey !! We got through this together." And as the COVID protocols are easing, aren't we glad we live at John Knox Village, where our health concerns are Priority One. Maybe we can put our masks in a Hope chest as in "HOPE we NEVER have to use these things again!

—Pete Audet

The John Knox Village Foundation



Carol Frei
Foundation Board Member

The longer we live at John Knox Village, the more we understand the advantages of making this "home." And we realize that our support is very necessary. I am amazed at the number of residents that reside here because they have had a parent here (or is still here). We have a number of siblings also residing here. I am an only child of older parents, so this is

impressive to me. As we observe life around us, we see that "It Takes a Village" has a special meaning. How gratifying it is to see residents support the Village.

The JKV Foundation was established many years ago to accept donations and pledges to continue making enhancements and to provide benevolence over these many years. Especially through this COVID-19 period, we are grateful that management has taken precautions seriously and quickly. Thank you!

With that being said, I am reminded by tax season that it is not too early to plan your 2021 required minimum distribution. A gift to charity from your IRA is called a "qualified charitable distribution (QCD)." Consult with your tax attorney or professional advisor who would know your situation the best. Do ask about the

QCD from your IRA as it may be the best tax-savings vehicle available for retirees.

The JKV Foundation offers many funds to which you can donate that support enhancements to our many needs above and beyond what we get as a resident. As you think about your charitable priorities and personal passions and interests, I would encourage you to review how you can be a part of meeting those needs and priorities at JKV that are near and dear to your life in the community. The JKV Foundation Board has recently gone through the process of reviewing all the funds to determine which have overlapping purposes and could be combined to streamline the options for donors inside and outside of John Knox Village.

This solution will not only enhance

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The *Heart* Of The Matter About Blood Pressure

By Tereza Hubkova, MD, Village Voice Contributor



Tereza Hubkova, MD

What is your blood pressure? It is vital information as high blood pressure is a risk factor for strokes, vascular dementia and heart attacks. It damages the kidneys and eyes and puts a strain on the heart leading to heart failure over time. It is often called the “silent killer,” as it can damage our bodies for many years before symptoms develop, but by then an irreversible damage has often been done.

Normal blood pressure is equal or less than 120/80. Up to 120-130/80 is called “elevated” blood pressure and blood pressure above 130/80 is considered high.

Over 40 percent of American adults are suffering from hypertension. But is that really the case?

Based on those criteria, over 40 percent of American adults are suffering from hypertension. But is that really the case?

With pressure on productivity in the business of health care, appointments tend to be rushed, and blood pressure is often measured incorrectly, with potentially harmful consequences. Pay attention next time you go to see your health care provider and do not be afraid to speak up if you suspect that the proper protocol was not followed.

Proper Blood Pressure Checks

Blood pressure should be measured in a quiet and warm setting, after five minutes of rest, with both feet on the ground and back support. You should also be reminded not to have any caffeine, alcohol, tobacco or exercise within 30 to 60 minutes of your appointment and use the bathroom first if you feel that your bladder is full.

The blood pressure cuff must be of the correct size – too small a cuff can falsely elevate the reading. Your arm needs to be completely relaxed, supported by a chair or a counter so the cuff is at the level of your heart.

Remain silent when your blood pressure is being taken, repeat measurement a minute or two later and average the two numbers or do a third measurement if the first two numbers are more than 10 points apart.

Our blood pressure fluctuates during the 24-hour cycle of day and night—our circadian rhythm. It is usually the highest in the morning, upon awakening, and should go down (“dip”), by 10 to 20 percent at night. “Non-dipping” signals a higher risk

of cardiovascular problems. In fact, it may even be worse than having high blood pressure during the day with proper nocturnal dipping. But how do you know if you are a “dipper” or a “non-dipper?”

The answer is a 24-hour blood pressure monitor that you walk around and take care of business as usual, and which takes automatic readings every 30 minutes or so, even when you sleep.

The same device should also be used to confirm “white coat hyperten-

sion” – a situation when some people with normal blood pressure have high readings only in the doctor’s office (which can be intimidating), but not at home, and thus should not be treated. On the contrary, it can also detect “masked hypertension,” when people have normal readings in the doctor’s office (perhaps as they feel all relaxed, “in good hands”), but live with high blood pressure at home. It is estimated that masked hypertension can occur in up to 20 percent of untreated people and can truly be “the silent killer.”

Despite being invaluable, 24-hour blood pressure monitoring is not widely used, and not always covered by insurance.

Maintaining Proper Blood Pressure

What about preventing high blood pressure in the first place? I recommend enjoying primarily a plant-based diet rich in fiber, colorful polyphenols, antioxidants, vitamins and minerals, healthy oils such as extra virgin oil, sustainably and organically harvested fish, a daily handful of nuts, a few stalks of celery, leafy greens, berries, a couple cloves of garlic, mushrooms, and miso soup with a little bit of seaweed. Avoid sugar and excessive salt, maintain optimal weight, exercise at least 150 to 300 minutes per week, sleep seven to eight hours per night, spend time in nature, and have a daily routine to manage stress and staying socially connected.

Be well and stay tuned.

–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**.

Positive Attitude About Aging

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

Welcome to the decade of healthy aging, which began this year. Optimizing “functional ability” is the goal of The United Nations’ Decade of Healthy Aging (2021-2030).

On the heels of the COVID-19 pandemic, it may be tempting to overlook long-term aging concerns and return to your usual lifestyle. Not so fast, especially if you are over 60.

Another Pandemic

We have another pandemic to be concerned about. A dependence pandemic is also affecting the whole world, regardless of economic status.

The World Health Organization (WHO) recently published a report entitled, “Decade of healthy aging: Baseline report.” According to the report, at least 142 million people over age 60 are currently unable to meet all their basic daily needs. That is over 20 percent more than the 116 million people who have had COVID-19.

Over the past year, we have had to break our habits to stay healthy. Before we go back to our old lifestyle ways, let us consider what healthy aging is all about, and how we can promote it.

Definition Of Healthy Aging

WHO defines healthy aging as “the process of developing and maintaining the functional ability that enables well-

being in older age.”

Functional ability is defined as five interrelated abilities that all older people should enjoy:

1. Meet basic human needs.
2. Continue to learn and make decisions.
3. Be mobile.
4. Build and maintain relationships.
5. Contribute to society.

Cultural Hostility To Aging

Avid readers of my column have already figured out that brain health is key to these five abilities of healthy aging. The good news is that this Decade of Healthy Aging campaign may help us improve our brain health, as well as quality of life.

But first, we must navigate a major obstacle: Cultural hostility to aging. Many Americans view aging as a bad thing. The older brain is a piece of equipment that is wearing out and losing its social utility. Senior moments and failing memory are giggled at as normal. Retirement is a loss of usefulness.

Here is a more positive attitude about aging. What does not kill you makes you wiser—and more useful—every day. The longer you live, the more wisdom you must harvest and share. Wisdom, not speed, is the brain’s performance benchmark over age 40.

It is time we pioneer new ways to see aging in a positive light and embrace healthy aging.

Brain Health Requires Growth

The WHO report’s five abilities of healthy aging (mentioned above) require a healthy brain. You must keep your brain growing to keep your brain healthy. Over the past 15 years, I have worked with thousands of people ages 60 to 110 on brain training to “use it” rather than “lose it.” From my experience, these five habits keep brains growing and getting better with age:

1. Choose your words carefully.

The brain submits to physical surgery, but words are the scalpel of the mind. Beyond midlife, the struggle to maintain brain health is won or lost with words, more so than nutrition, exercise or supplements. Words let

you conquer fear and maintain hope. Take charge of your words. Choose to say kind things to yourself and others.

2. Challenge yourself to learn.

Curiosity motivates the mind to learn. Learning makes your brain grow new connections. Commit yourself to lifelong learning in a class. If you stop learning, your brain takes an early checkout.

3. Motivate yourself to move.

If you like to move, good for you, keep it up. If you like to sit and have trouble motivating yourself to move, use social momentum to make it easier. Walk with a friend or participate in a class.

4. Have a personal MAP.

Meaning and purpose are different for everyone. It is your duty to find purpose in meaningful ways. Ask for help if you are having trouble figuring it out. Without a personal MAP, your brain becomes confused and disorganized.

5. Remain useful.

Sharing our wisdom to serve others is the evolutionary point of a long life. Gray hair, wrinkles, retirement and physical challenges mark the beginning of a new life chapter, not the end of our stories. Find new ways to share wisdom from your own life experiences. You will remain socially useful and help your brain get better with age.

Before you return to your usual lifestyle in the months ahead, consider if one of these tips could help you maintain your functional abilities and independence in the years ahead. While you are at it, have fun as you model healthy aging for others.

*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*

Center For Healthy Living

OPENS AT JKV

By Rob Seitz, Village Voice Editor



John Knox Village residents enjoy the convenience of an on-site primary care physician, Howard S. Koch, M.D.

John Knox Village continues to be at the forefront of promoting wellness by providing easy access to first-class health care with the opening of its Center for Healthy Living (CFHL).

CFHL has strategic partnerships with Everside Health, Johns Hopkins HealthCare Solutions, and Holy Cross Health. This partnership combines JKV's excellence in managing health care, with the partnership's top-tier research, clinical discoveries, and advancements in achieving optimal mind and body health.

This collaboration embodies the vision of JKV President & CEO Gerry Stryker who believes that creating a platform for integrative complimentary wellness programming with the overall objective to improve the lives of those inside John Knox Village, and eventually the greater community, is paramount to well-being.

He states, "On-campus health centers are at the forefront of evidence-based medical and behavior change best practices that tailor health solutions to get results and meet patients wherever they may be in their personal health journey."

The Professional Team

The on-site CFHL Holy Cross

Health provider for JKV residents is Howard S. Koch, M.D. With some 40 years of medical experience, Dr. Koch practices in various retirement communities, has a Medical Director certification in long-term care facilities, and 20 years' experience in hospice and palliative care.

A longtime Florida resident, Dr. Koch initially practiced in Miami Beach for 10 years and returned home to Broward County where he established his geriatric practice of 30 years.

For the past five years he has served as the Associate Program Director for the University of Miami's Internal Medicine Training Program at Holy Cross Hospital. Throughout his many roles, Dr. Koch has stayed true to his passion and continues to practice as a geriatrician in the community.

Holy Cross board-certified Physician Assistant Myrlene Ismael-Allyne, PA-C will attend to the needs of JKV employees. She specializes in Internal and Rehab medicines, with more than 19 years' experience.

Myrlene has served as an Internal Medicine PA for medical facilities such as Heartland Rehabilitation Center of Boca Raton and the prestigious Maimonides Medical Center in Brooklyn, NY. She has six years' experience in Internal Medicine and 19 years in Rehab Medicine, serving populations in various retirement communities and long-term care facilities.

Health And Wellness

By building clinical protocols into JKV's electronic medical records system, the Village is better equipped to treat the chronic diseases that impact up to 90 percent of resident and employee health care costs, including diabetes, depression, hypertension, chronic kidney disease, COPD, hyperlipidemia, obesity and cancer

patient and caregiver advocacy.

These protocols allow JKV residents to receive quality and consistency in life-changing care right on campus. Among services, the CFHL will provide are:

- *Routine physicals: Well Women and Well Men*
- *Wellness counseling*
- *Immunizations and vaccinations*
- *Chronic condition management (Diabetes, Asthma, High Cholesterol, Hypertension, Depression, and more)*
- *Diagnosis and treatment of routine ailments or medical conditions such as colds, flu, etc.*
- *Office-based lab work, urinalysis and blood draws*
- *Office-based diagnostic testing (i.e., EKG)*
- *Lab services for bloodwork, strep, pregnancy, mononucleosis, and glucose rapid testing*
- *Preventative care services*
- *Health, disease prevention and wellness*
- *Education programs and activities*
- *The Seven Dimensions of Wellness*
- *And much more*

Integrative Wellness Programs

To enhance the overall wellness and well-being of JKV residents and employees, the JKV Center for Healthy Living will work with its Everside, Johns Hopkins and Holy Cross partners to implement Integrative Wellness programming. The CFHL's ultimate goal is to find ways for all residents and employees to be well, healthy, fit, engaged, mindful and, perhaps most importantly, happy.

The John Knox Village Center for Healthy Living is located at 550 SW 3rd St., Pompano Beach, FL 33060 on the first floor of the formerly named JKV Professional Center Building.

The Aquatic Complex's *Splash*

By Marty Lee. Village Voice Contributor



Enjoying their Surf 'N Turf Dinner. Clockwise Karen and Pete Audet, along with Doris Costano and fellow residents Ron and Judy Lane took part in the first of, what will be many, delicious meals served at the Glades Grill.

In early-March, residents got their first taste of the offerings at the Glades Grill, a casual Caribbean-inspired restaurant. Opened in the renovated Village Centre Auditorium, the Glades Grill overlooks the Aquatic Complex with its resort-styled walk-in pool, four-lane lap pool, two Pickleball and two bocce ball courts and the now popular Stryker's Poolside Sports Pub.

Heritage Tower residents David and Twylah Haun joined with Harry and Joyce Wood for lunch at the opening of the Glades Grill. The enthusiasm David shared with the *Village Voice* was as fabulous as his meal.

"We always have appreciated the quality of the meals served here at the Village," David said. "Our meal on the first day of the opening

of the Glades was fantastic. The service was outstanding, the surroundings so pleasant, and the food was delicious. We also have ordered food from the just-reopened Bistro, and feel their new menu matches or surpasses

any menu at any restaurant in the area."

As David scanned the entire Aquatic Complex just outside the Glades Grill window, he further added, "What an amazing complex we have added here to the Village. In my years as a minister, and in our visitations [to other retirement communities] when The Woodlands was being considered here at the Village, I never have seen a retirement community with an aquatic complex as grand as what we now have at John Knox.

"For anyone who loves to swim, or float, there is no facility around that matches what our Village offers. And even if water is not your thing, Stryker's Poolside Sports Pub may be a worthy draw. Sincerest thanks to all who made it possible."

Resort-Style Pool And Lap Pool

While the two new dining venues add to the wide variety of options JKV residents enjoy for daily meals, the hit of the Aquatic Complex opening are the two pools: Resort-style pool for aquatic exercise, fitness, and just cooling off, plus the four-lane lap pool for those seeking a more endurance-oriented activity.

Marsha Dixon, JKV's Fitness Studio Manager, has scheduled the days and times for free swim sessions in both the resort and lap pools, plus scheduled water exercise classes.



With the opening of the Aquatics Complex a day earlier, it was an especially festive St. Patrick's Day. The first event was held at the Stryker's Poolside Sports Pub. Shown here (L-R) are: Pat Harrell, Jack and Judy Malloy, Peggy Woehry and Dani Manalac.

My Debut Is All Wet



Fitness Professional Ashley Tarantola leads residents in the first water aerobics class the first day the resort pool was opened.



Cassels Tower resident Andrea Hipskind gets aqua therapy in the pool from John Knox Home Health Agency PTA Kristie Sento. Call JKV's Director of Nursing Christy Kelly at (954) 783-4009, ext. #1257 or ckelly@jkvfl.com to find out if aquatic physical therapy is right for you.



Residents Cecilia Dehlin, Helen Simon and Edna Dusel were among the first to play on the new Pickleball courts at JKV's Aquatic Complex.

Pickleball And Bocce Ball

Dozens of residents are regular participants in the variety of exercise classes offered at JKV's Fitness Studio. They have all been anticipating the opening of the swimming pools, and the Pickleball courts. Once the courts were completed and ready for play, Marsha and fellow fitness professional Jasmine Tennie worked the phones. Within minutes, both instructional sessions quickly filled with at least 10 participants each.

Since most JKV residents are new to Pickleball, the Fitness Department

recruited Bob Savar to lend his talents. Bob has been playing Pickleball for several years and is a PPR Certified Pickleball Instructor.

Residents Jackie and Dave Bayer jumped at the opportunity to give Pickleball a try. "All of us were first timers," Dave said. "We all need work on our mobility and eye-hand coordination, but that was why we were there. At this point, we are encouraged and enthusiastic. Pickleball practice may replace our morning walks.

"The Aquatic Complex is first class in every respect. We also hope

to do the water aerobics every Monday, Wednesday and Friday."

With the opening of the much-anticipated Aquatic Complex, JKV residents will enjoy, not only a great venue for exercise and fitness, but also for sunning poolside and socializing in a COVID-careful environment. Add to that casual dining at both Glades Grill and Stryker's Poolside Sports Bar, and you have the makings of the new focal point at John Knox Village.

Call the Marketing Department at (954) 871-2655 to schedule a tour of the new JKV Aquatic Complex.

JKV Has **HURRICANE PLAN** In Place, Again Amid **COVID-19**

'Let's Prepare For The Worst And Hope For The Best'



Fran Murphy

Hurricane Season runs from June 1 through Nov. 30 and this year is promising to be a busy one. Once again, the John Knox Village Emergency Operations Team is ready, and again ready amid the ever-present threat of COVID-19.

The Village has a comprehensive Tropical Storm and Hurricane plan which is reviewed and updated annually. Our challenge this year, once again is to integrate COVID-19 preventive protocols into our plan to protect Residents and their pets from both a Hurricane and COVID-19.

Part of that plan is communication. Hurricane meetings for Senators will be held live in the Village Centre Auditorium and via Zoom on May 21 from 10 a.m. to noon. Villa Residents will meet in the Auditorium and via Zoom on May 24, from 10 a.m. to noon. East Lake, Cassels Tower, Heritage Tower and Village Towers Residents will meet in the Auditorium and via Zoom on May 26, also from 10 a.m. to noon.

Residents must sign up with Life Enrichment to come to the Auditorium (50 people or less). Meetings will also be recorded and rebroadcast on Channel 8001 and JKVConnect-time to be determined. Residents can sign-up using JKVConnect or by calling (954) 783-4039.

John Knox Village is not in an evacuation zone. We do not evacuate our high rises or East Lake during a storm. During a severe storm with damage or an embedded tornado, Residents may be asked to move into hallways or another area of the building temporarily.

A team of staff, such as Directors, Managers, Nurses, Maintenance, Housekeeping, Volunteers and Security, will be available in each apartment building and the Village Centre. Resident Senators assist with communication to and from their cluster areas.

Residents in the apartment buildings are provided with power for oxygen and breathing equipment, so they do not have to leave their home. Generators provide power to Life Safety Equipment. Residents in Gardens West, Seaside Cove and The Woodlands will shelter in place as well with full generator power and air conditioning. The Village Centre Auditorium has full generator power as well.

Our Villa Residents are asked to evacuate their home for storms over a Category One to be able to assist them in an emergency. They are relocated to the main buildings and the Auditorium when choosing to remain on campus.

Just as in 2020, we will be using COVID-19 protocols such as health and travel screenings, masks, six-foot physical distancing, and strict sanitation procedures.

Fewer Residents will be placed in the Auditorium and we will use vacant units, party rooms, etc. to control the number of people in one area. We may use the next-door Forum Building classrooms as well, if absolutely needed. Residents with COVID-19 or displaying its symptoms, will be housed separately from others.

Villa Residents with pets may be housed in high-rise locations with other Residents with pets if they are able to manage them safely and bring necessary food, bedding, and supplies. Pet relief stations for dogs will be available in each building and



Renovations Painter Rafael Isea is shown installing shutters at the Fitness Studio as part of JKV's hurricane preparedness, in advance of 2019's Hurricane Dorian.

Residents can bring cat boxes as well for use once the doors to the building are locked. Current pet vaccine records will be required. Pets will not be housed in the Auditorium, due to potential allergies and the size of the group.

All Residents will need to have food and water for seven days and an extra two-week supply of medication. Those relocating will need to bring bedding, personal items, as well as food (the Dining Room will be closed and no delivery available until safe to do so) and water for three days. Residents will be asked to leave the rest of their supplies home for use upon return.

A list of suggested items will be available on JKVConnect, in this issue of the Village Voice and in your Resident Manual.

The Village will keep Residents informed as services are changed and preparations are made. Please contact your Senator or JKV Risk Manager Kirsten Whiting at (954) 783-4077 if your plans change or if you have questions.

Please purchase necessary food and items now as supplies are limited just before a storm. Let's all prepare for the worst and hope for the best during this challenging Hurricane Season.

—Fran Murphy
JKV Director of Compliance and Risk

Continued on page 23



THE
GLADES
GRILL

Miso Glazed Salmon

In Good Taste: Chef Mark's Miso Salmon Flying Off Glades Grill Plates

By Rob Seitz, Village Voice Editor

Miso is a wonderful marinade and goes well with meat and seafood, but especially so with this mildly flavored fish. Salmon are known for their leaping ability as they go to spawn, and after trying this quick, easy and delicious recipe, you will see why it is flying off the plates at the Glades Grill.

Glades Grill Miso Glazed Salmon (Yields 4 Servings)

- 4 six-ounce salmon fillets
- ¼ cup brown sugar
- ½ cup red or white miso paste
- ¼ cup sake (+ one cup for the chef!)
- ¼ cup mirin (sweet sake)
- ¼ cup low sodium soy sauce
- 1 tbsp. sesame oil

Method Of Preparation:

Place all ingredients, except for the salmon, in a bowl and mix well. Pour mixture into a small baking dish. Place salmon flesh-side down and marinate for at least one hour.

Preheat oven to 400 degrees. Remove salmon and place flesh side up on a baking sheet pan. Bake 12-15 minutes. Turn oven to broil high setting and open the door slightly to watch.

Broil until a nice dark brown crust forms; this is from the sugars in the marinade caramelizing. Remove and serve with sliced scallions and sesame seeds on top if desired.

The Glades Grill, John Knox Village's newest restaurant and an integral amenity within the campus' new Aquatic Complex, has been open for nearly a month and among the more than 30 items being offered on its ambitious menu, the miso glazed salmon stands out as one of the most requested.

In Executive Chef Mark Gullusci's hands, this Japanese-styled sweet and savory recipe showcases his vision for JKV's premiere dining venue.

"The Glades Grill menu offers fresh, seasonal, organic and more healthful items than have previously been offered," Chef Mark told the Village Voice.

Hydration - The Basics



Erik Nenortas, CTRS, CPT

The single most critical nutrient for the body is water. The human body is composed of up to 70 percent water. Our brain is composed of 95 percent water, blood is 82 percent water and the lungs are nearly 90 percent water.

Thus, it is vital for the body to stay constantly hydrated. Hydration is the process of providing an adequate amount of water to bodily tissues. Every single cell in our body needs water to function well and work appropriately. Water is involved in so many important processes in the body that being just two percent dehydrated can hinder your body's ability to perform adequately.

Proper hydration is key for optimal functioning of the body's network of systems and processes. Your body uses water to maintain proper temperature, remove waste and to lubricate all joints. Skin, stomach, kidney and urinary health are all affected by the amount of water available in the body.

Water can also suppress one's appetite naturally and increases the body's ability to metabolize stored fat. It is suggested that the average person requires a minimum of eight glasses of water daily. This is a great goal to maintain every day. People who are at a higher risk of becoming dehydrated are those who exercise regularly, are sick, have certain medical issues, or cannot meet recommended daily fluid intake.

Keep in mind, by the time you are thirsty, your body is already dehydrated. Once dehydrated, endurance declines and strength can significantly drop. Symptoms of dehydration include the following:

Thirst, dry mouth, fatigue, impaired memory and concentration, headache, constipation, muscle cramps and dizziness. Drink water at regular intervals whether or not you are thirsty. It is essential for you to stay hydrated to experience optimal performance while at your JKV Fitness Studio.

7 Tips for Staying Hydrated:

- Drink an eight-ounce glass of water before each meal.
- Drink a glass of water after each trip to the restroom.
- Keep a bottle of water at your side encouraging you to drink water throughout the day and refill often.
- Make sure you drink water before, during and after exercise.
- Reduce your caffeine consumption as it can cause you to urinate more often. The same can also be said for alcohol consumption.
- Start and end your day with a glass of water.
- Set up an alarm in your phone to establish regular water breaks.

There are a couple of great ways to tell if you are properly hydrated. The color of your urine is usually a very good indicator. If it is clear, then you are properly hydrated.



The darker the color, the better the chance you are possibly dehydrated.

Be advised, certain foods and medications can also change the color of the urine. Another way to measure your hydration level is to weigh yourself before and after exercise. The difference in weight will give you a reasonable indication to your hydration level. If you maintained or put on weight, then you could assume you are hydrated. If you have lost weight directly after exercise, then you need to drink fluids to replace what you have lost.

Finally, it is very important to consider the temperature outdoors when making your daily plans. Stay updated on local weather forecasts so you can plan activities safely when it is hot outside. Because your body loses fluids through sweat, you can become easily dehydrated during times of extreme heat. Try to drink more water than usual and remind others you are with to drink enough water also. Keep your body temperature cool to avoid heat-related illness by avoiding direct sunlight, staying in air-conditioned buildings and by wearing light-weight, light-colored clothing.

—Erik V. Nenortas
JKV Fitness Professional, CTRS



NUTRITION NOTES

Choosing A Protein Powder



Rachel Graham

According to the online health resource PubMed Health, up to 50 percent of elderly adults in the U.S. may not be getting enough protein in their diet.

Protein powder supplementation may provide several benefits for the elderly population. It is easy to consume and may have beneficial effects on maintaining or building lean muscle mass.

Many may not realize, but protein powders happen to be a very large product category with many choices, that can be confusing to even the healthiest of eaters.

The types of protein used in protein powders can be divided into two categories: Animal source proteins and vegetable source proteins. Animal source proteins include milk protein derivatives like whey and casein, beef and egg white protein. Vegetable source proteins include soy, rice, pea, hemp and sprouted grain proteins.

The most popular type of protein powder, whey protein, is derived from milk and contains very little fat and carbohydrates. For most people, it is the best all-around choice in terms of taste (one of the best-tasting), quality (it's the highest) and cost (it's the most economical).

Egg white protein, like milk proteins, is also naturally very low in fat and carbs. It is cholesterol-free and an excellent choice for those who wish to avoid dairy products. It was very popular before milk protein surpassed its popularity due to their better taste and lower cost.

Plant proteins are an ideal alternative to whey, milk or egg white protein. They are derived from a variety of sources, including peas, hemp, sprouts and grains and seeds like brown rice, quinoa, millet, spirulina, chia and more. Plant protein is rich in vitamins and minerals, and often provide antioxidants, amino acids, fiber and more. It is well tolerated by lactose-sensitive individuals and is typically suited for



vegetarian or vegan diets.

Considerations when thinking about using a protein powder to supplement your diet include the following: If you have renal disease, you should be aware of the potassium, sodium and protein content of a protein supplement.

If you have gluten sensitivity, you should read all labels for hidden sources of gluten. Individuals with a true dairy allergy should avoid powders containing whey and casein. Individuals with a soy allergy should not only avoid soy protein but should avoid products containing lecithin. If in doubt, always discuss a new supplement with your physician.

The best way to take a protein powder or shake is to make it a daily habit that you do at the same time every day. Protein powders can be mixed with water or milk (any variety will do) along with fruit of your liking (using frozen fruit will make for an even creamier and thicker shake). Protein powders also come in a variety of flavors ranging from the basic chocolate to the sweet cake batter flavor. Try a few different ones until you find the one that suits your taste buds!

–Rachel Graham, RD, LD/N
JKV Chief Clinical Dietitian

| SUMMARY OF APPROVED FUND CHANGES BY JKV FOUNDATION BOARD | | |
|--|-----------------------------------|--|
| CURRENT FUNDS | JKV FOUNDATION BOARD ACTION TAKEN | NEW FUND NAME |
| Tropical Tree Fund | COMBINE INTO NEW FUND | Environmental Enhancements Fund |
| Rose Garden & Oak Tree Fund | | |
| Wings on Water Fund | | |
| Wellness Park Fund | | |
| Woodlands Fund | COMBINE INTO NEW FUND | Healthcare Enhancements Fund |
| Health Center Other Fund | | |
| Crowley Medical | | |
| Chapel Capital Fund | COMBINE INTO NEW FUND | Spiritual Enhancements Fund |
| Chapel Maintenance Fund | | |
| Residents Assistance Fund | COMBINE INTO NEW FUND | Residents Assistance & Inouye Support Fund |
| Toshiko Inouye Fund | | |
| Heritage Tower Fund | COMBINE INTO NEW FUND | Physical Enhancements Fund |
| 50th Anniv. Capital Campaign Fund | | |
| Gardens West Fund | | |
| Piano Tuning Fund | RENAME | Staff Professional Training Fund |
| CNA Training Fund | | |
| Charlotte Symonds Fund | RENAME | Charlotte Symonds Employee Assistance Fund |
| Transportation Fund | RENAME | Transportation and Mobility Fund |
| | CREATE NEW FUND | Intellectual Enhancements Fund |
| | CREATE NEW FUND | Mental Wellness Enhancements Fund |
| | CREATE NEW FUND | Caring and Sharing Fund |
| Maggie Goetz Fund | NO CHANGE | Maggie Goetz Bird Fund |
| Benevolent Endowment | | Benevolent Endowment |
| Chapel Endowment | | Chapel Endowment |
| JKV Resident Music Fund | | JKV Resident Music Fund |
| Foundation Unrestricted | | Foundation Unrestricted |

The John Knox Village Foundation

Continued from page 10

each fund will provide increased opportunities to make greater impact for the residents from expanded support from all our stakeholders and benefactors. We took a very thoughtful and careful approach to ensure the initial concept and intent is maintained, with honor to those who perpetuated the foundation of it.

This explanation provides clarity related to how we serve the current and future needs of our Village and those who follow us.

With gratitude to all our donors and a special thank you to those responding with new donations – It Takes a Village.

–Carol Frei
JKV Foundation Board Member

Bringing The Dream To Life

Continued from page 3

this talented group is that they do work both in and out of the field of senior living.

Over the course of a month, we conducted internal meetings with a similar mixture of folks who worked on our original positioning. This gets me back to my appreciation and admiration for residents, their willingness to participate in this endeavor and for their insightful and invaluable feedback.

In one conversation resident Diane Barton mentioned when she was a senior in both high school and college that she "ruled!" And now that she is a JKV senior she has the option to "rule" and have as much fun, opportunities to continue to grow, and most importantly give back and stay connected with the community both inside and outside the hedge.

We are delighted that despite COVID-19 we have been able to gather in smaller group settings to spend time with one another, to enjoy socializing and a sense of community more deeply. Foundation Executive Director Mark Dobosz has worked with Marketing and Newcomer Resident Chair, Amy Barrow, to host "Mix and Mingle" events for new residents and JKV Ambassadors. I encourage you, as you are getting out and about a bit more, if you see a new face, smile and introduce yourself.

Other events hosted in collaboration with our talented Life Enrichment, Dining Services and Catering teams at the Welcome and Innovation Center include Wine Tasting events, smaller Happy Hour events, prospect brunches for both IL and Westlake sales, etc.

Westlake sales are going well.

and team (staff) members safe bodes well for our sales positioning.

We continue to share unparalleled outcomes, which only validate and affirm the level of quality care, prevention and planning that JKV has in place to take care of all your healthcare needs.

The completion of the breathtaking Aquatic Complex, the variety of Internationally recognized, Award-Winning outdoor programming, general Life Enrichment, Fitness, Meaningful and Spiritual Life programming and the opening of The Glades Grill further positions JKV as a premiere choice for Life Plan living.

Celebrating all these outcomes garners great press. Keep looking for coverage in the media as well as radio, TV, print and digital advertising. Your willingness and ability to authentically share your experiences and stories provides an excellent and innovative value proposition for us to share with prospects and for you to express to friends and family members.

Through the thoughtful leadership of our Chairman of the Board, Paul Simpson, the dedication of the entire Board, the support of the Foundation and its Board, residents, committee members, the administrative and leadership teams, the entirety of all JKV team members (staff) and finally, JKV visionary, CEO and President Gerry Stryker's the philosophy and sentiment of "working with, for, and alongside one another" comes to life.

It takes each of these mosaic pieces to make the Village.

As we continue to realize our dreams, we want to express our gratitude to and for each of you. It is the people, along with the services, programs, care and amenities that bring the dream to life.

Cheers,

—Monica McAfee

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

To learn more about LevLane, the full-service advertising agency referred to in Monica's column, visit their website at www.levlane.com. To learn more about their philosophy for marketing retirement communities click on their section titled: Age + Experience. A LevLane Perspective On Marketing Senior Living to view a lively video.

These themes of Purpose, Place, Power and People are a big part of what drives life here at JKV.

These themes of Purpose, Place, Power and People are a big part of what drives life here at JKV. This is what we will share with our prospects; all grounded in the vibrant lives you lead each day here at JKV. Your stories, your aspirations, your willingness to graciously share your experiences is what embodies the JKV culture, and it is what is so appealing to prospective residents.

We look forward to featuring some of our new creative ideas with everyone in the next few months.

These compelling messages, along with the ability to continue targeted and strategic marketing efforts, will help to attract new residents. Throughout this unprecedented time, we have been able to maintain 90 percent Independent Living occupancy. We have seen the deeper bonds and friendships made translate to sales. One silver lining of COVID-19 is that it has provided the opportunity for "deeper knowing." This is a guiding principle of The GREEN HOUSE® Project model of care and founder, Dr. Bill Thomas', recognition for human connection. By "knowing" our residents and prospects we can provide a more enriching and personalized experience.

In the month of March, Sales Director Kim Ali, along with Life Plan Consultants worked with current JKV residents to coordinate their 10 percent Deposit contracts for Westlake. In April, we have begun converting Priority Depositors to 10 percent status. To date we have a total of 37, 10 percent deposits. Our stretch and primary focus objective is to get to 90, 10 percent deposits by June 30. We have moved from a \$100 Priority Deposit to a \$1,500 fee.

The total number of Westlake apartment homes in The Vue and The Terrace buildings is 150. We need to get to a total of 105, 10 percent deposits no later than January 2022. Getting to this objective allows us to move forward with financing. Then construction would commence in February 2022. Given the robust 10 percent conversion status of deposits we hope we can move the timeline a bit more quickly.

With the housing market so robust and the fact that COO Bill Pickhardt, Home Health Administrator Leslie Schlienger, their remarkable team members, all departments, administration, Board and leadership have been working so tirelessly through COVID-19 to keep residents

3 Strategies for Coping With Personality Changes When Dementia Is Involved



Article written by Positive Care Approach to Care, with permission for the *Village Voice*

Did you know that your brain's shape is thought to influence your personality?

While more research needs to be conducted, BBC News reported that researchers suspect that your personality traits are linked to differences in the thickness and volume of various parts of your brain.

So, you may wonder: How does that relate to the personality changes I've seen in my person living with dementia?

Well, when Alzheimers or another form of dementia sets in, the brain first undergoes a series of chemical changes. And these chemical changes will, over time, cause physical changes to the brain.

So, if our personality is influenced by the thickness and volume of parts of our brain, it becomes more understandable that dementia may cause a person to change quite a bit.

Nevertheless, seeing a person that you may have known for a long period of time change before your eyes can truly be difficult to process. To help you cope a little better, we've compiled a few points for you to think about and keep in mind as the care partner for a person living with dementia:

1. Acknowledge the changes

While it can be difficult to accept, the physical changes to the brain are permanent. So, the changes you're seeing are not likely to reverse and may advance as dementia is progressive.

If you can, you may want to try to acknowledge the changes that are happening. By acknowledging their changes, you allow yourself to let go of what once was. By accepting that things are different now, you're allowing yourself to see and approach things from a new perspective that may benefit you both.

2. Recognize it might be the dementia, or it might be the dementia allowing the person to be a little more of who they always really were.

The personality changes you are seeing may be from dementia, but the dementia may also help bring out the person they've always truly been or strived to be.

As dementia begins to affect a person's frontal lobe, our emotional and impulse control center, a person may have a harder time hiding their true self. What could this look like?

A heart-first person who was taught to make decisions based on logic over emotion may start to focus more on the feelings of those involved. An extrovert who enjoys closeness and physical connection, but learned to check to make sure another person would want the same, may go in for hugs and put their arm around people near them without thinking.

Social norms can require us to pause and think through our impulses to see if they are appropriate for the situation, and when dementia settles in, those impulses can happen whether it is appropriate or not.

But it may also be that the new personality you see is not them at all. Your person may have been a kind and sweet being all their life, but now appears as cold and distant. This can happen when dementia has destroyed the wiring in the person's brain that's needed for them to show emotion.

3. Realize that this is not a choice of theirs

This is hard as it can feel so personal, but if you can accept that the changes you are seeing are not a choice and not from spite, you'll both be better off.

Some forms of brain change, particularly frontotemporal dementias

(uncommon brain disorders), can make a person incredibly impulsive. In addition, this variant can affect younger people, with diagnoses happening as early as their 40s. This in turn can complicate the diagnoses, as these sudden, erratic behaviors may be written off as a mid-life crisis. So if you observe a person's personality change drastically, maybe they're doing things they would have never done before or suddenly being very rude and out of character, you may want to consider getting a medical evaluation.

While it can be hard to cope with these sudden changes to a person's personality, it is important to remember that if dementia is involved, the **brain's wiring into who I am and how I am is one of the very early parts to be affected by dementia.**

So as the caregiver (or care partner as we'd call you here at Positive Approach to Care®), you'll want to try to remember that these changes are not voluntary.

To say it as Teepa would in role-playing as a person living with dementia:

"And it's not me, and that's the really hard part. It's truly not me - it's me not being able to be me anymore. And in that case, you'll want to let go of the idea that this is a choice I am making, and realize that I have lost my choice."

Conclusion

Seeing a loved one's personality change before your eyes can truly be difficult to process and accept. But if you can try to acknowledge these changes and accept that it might be time to let go of what once was, you allow yourself to see the new them more objectively, and to devise an approach that is likely better for you both.

Continued on page 25

The Fire Guy's View:

Not Everything Is As It Seems



John Stanley

hear..." they just need to get rid of that bum, he is the worst." This, in my opinion, is a fast-food judgment based on personal frustration...your team is not winning.

How about this one? We have an encounter with someone who gives a very negative response, like anger, to our approach. Our first response is to say that person is a jerk, they do not understand the issue, or they are just plain mean. Now I am not suggesting that these are one of the reasons, but the likelihood that they are is slim (yes there are jerks out there...depending on when you ask my wife, I could be one).

The same preemptive judgment also plagues the technological world, like fire alarms. I cannot count the number of times in my career that I have gone to a customer's location and heard, as it relates to the fire alarm panel incessantly beeping, "replace this broken panel or I am going to take a hammer to it."

How many times in our life have we encountered problems and our imme-

beeping (I have met some people that are like fire alarm panels).

Now if I were to just succumb to this "replace the panel approach," then, if the issue is a piece of equipment, wiring or the environment, a few days later I still have the problem with the beeping panel.

My years in the Navy as a sonar technician, and years as a fire alarm technician, rarely have I been able to fix an issue by "just replacing the panel" or never if I "take a hammer to it." Given that experience, I have learned to take a much more pragmatic approach to solving electrical and electronic problems. You know, cause and effect.

We encounter people every day, who respond angrily to our encounter. They may be very short with us as we communicate with them. They could be even unresponsive to our requests. This does not necessarily mean they are broken and need to be replaced.

Sometimes people are responding negatively or not responding at all to you, not because they are broken, but because of other circumstances or issues they are dealing with in their life (those devices tied to them or the environment), that you are not aware of.

Take the time to be more observant, more receptive and more forgiving as we deal with people and encounters in our life. Taking a hammer to people does not help. Getting rid of people will not fix them.

Take the time to tolerate the beeping to determine what the real problem is and perhaps help correct the problem that is causing the beeping. If you do, you will not have to keep dealing with the same problem (incessant beeping) and maybe we can help others fix the root cause. Trust me, you will be better for it.

—John Stanley

JKV Fire Prevention & Safety
Coordinator

It seems to me that society has developed a fast-food approach to solving problems: A type of immediate gratification to our own short-term frustration.

Most are very quick to judge that something must be broken if it does not work the way they think, provide the answers quick enough, or just plain annoys them. And since it must be broken, it should be replaced, regardless of the symptoms being produced without further and detailed examination.

I have learned to take a much more pragmatic approach to solving electrical and electronic problems.

Additionally, when the problems relate to people, there is a rush to judge the person and not fully examine the circumstances that produced the response, reply or behavior. The rush to judge and subsequently removal the person, negates any possibility of determining the true root cause.

I tend to be a person who relates many of the issues before me to football, which is not to say that other sports do not provide the same relatable comparison, I just know football better. How many times, when watching a football game, have we seen a quarterback get sacked, throw an interception or even fumble, do you

diate response is to take a "hammer to it?" In most of these scenarios it was not a problem with the panel, but something tied to the panel or something in the environment.

In the case of the fire alarm panel, it is monitoring everything tied to it, including the wire, so that anything that affects the equipment and wiring tied to the panel also affects the panel.

It should be said that fire alarm panels are very needy. By that, I mean they will continue to beep until what they are reporting is acknowledged by the operator. And in some cases, dependent upon the trouble, will repeatedly remind you with incessant

JKV Honors Its Vietnam Veterans



JKV Resident Vietnam War Veterans honored recently include (Top row L-R): David Thomson, Jim Kamp, Dana Hardy, Jim Onoprienko, Robert Collier, Fred Chekanow and Dave Bayer. Bottom Row: William Johnston, Tom Woodham, Burn Loeffke, Richard Mellett, Farrell Patrick and Jerry Felski. Also honored, but unavailable for the photo were: Ron Ault, Russell Calvet, Dustin Dunn, Paul Loree, Ed Speirs and Jed Sprague.

National Vietnam War Veterans Day is observed every year on March 29 and is a way to thank and honor our nation's Vietnam Veterans and their families for their service and sacrifice. The day honors U.S. Armed Forces personnel with active-duty service between Nov. 1, 1955 to May 15, 1975, regardless of location of service.

In a service of honor, JKV Spiritual Life Director Rev. Jamie Champion, himself a U.S. Marine Veteran, welcomed JKV Vietnam War Veterans, family and friends to the Village Centre Auditorium.

"We want to thank all of you who have attended and especially thank all of our Vietnam Veterans," he said,

"Your struggle, your sacrifice and your perseverance are hallmarks of what make our nation a great one. They are a testament to you and a benchmark for us."

The **Village Voice** shares our thanks to the many Vietnam Veterans for their service.

JKV Has Hurricane Plan In Place

Continued from page 16



This is a good time to review the Hurricane Preparedness Guides that were distributed in May.

To assist in your preparation, please know Individual Services are available through the John Knox Home Health Agency. **For information, please contact them at (954) 783-4009.**

As a reminder, now is the time to make sure you have a two-week supply of prescription medicines and you are stocked up with the following items:

Suggested Items for Your Hurricane Kit:

- One gallon of water per person per day for seven days
- Two flashlights with batteries and spares (Use of candles, oil lamps or sterno is prohibited)
- A five-day supply of non-perishable food that can be eaten without heating/cooking
- A manually operated can opener
- A 14-day supply of medications
- Battery operated radio with extra batteries

Items Should You Need to Evacuate:

- A three-day supply of food ready to take with you
- Pillow, blanket, towels and wash cloths
- Change of clothing
- Three-day supply of personal medication
- Flashlight with extra batteries
- Three gallons of drinking water per person
- Manual can opener
- Keys to your apartment or villa and automobile

Donations received during the months of February - March 2021

To John Knox Village

Employee Scholarship Fund

Bousfield, Betsy
Cason, Ernest & Maude
through the Cason Trust
Countrymark Refining & Logistics, Inc.
Dalsimer, Diane & John
Davis, Dee
in memory of Margaret Green
Frei, Carol
in memory of Ron Davis
Haun, Twylah & David
Hay, Priscilla
in memory of Ron Davis
Horn, Virginia
in memory of Margaret Green
Jenkins, Norma
Knowles, Lee
Loree, Sally & Paul
Milanovich, Rose
Priscilla J. Hay
in memory of Ron Davis
Rechkemmer, Clark
Redd, Carol
in memory of Elsa Bonilla
Stevens, Edwin
Welch, Fran

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Chittenden, Bruce
Colli, Terry
in memory of Jerry Oshinski
Folsom, Doug
Furunes, Sue & Drew
in memory of Margaret Castendyck
Mallen, Joe
McAfee, Monica
McDowell, Sue & Tom
Murphy, Fran
Ortigao, Lucinda
in honor of Nanette Olson
Pickhardt, Bill
Price, Thom
St. Martin, Sondra
Stryker, Gerald & Carol Dummond
Sutton-Pauling, Gail

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

Lewis, Margo
in memory of Margaret Castendyck
Milanovich, Rose
Redd, Carol
in memory of Carl Boomhower
& Margaret Green

CNA Training Fund

Milanovich, Rose

Foundation Unrestricted Fund

Allebaugh, Frances
in memory of Carl Boomhower
Audet, Karen & Pete
in honor of Denis Inouye's birthday
Cuddy, Joyce
Dalsimer, Diane & John
in memory of Elsa Bonilla
Fitch, Dennis & Michael Kearns
in memory of Margaret Green
Frei, Carol
in memory of Margaret Green
Gambino, Maddy & Ray
Haun, Twylah & David
in memory of Curt Iverson
Heger, David & Ken Raiten
Inspiration Press, Inc.
Kearns, Michael & Dennis Fitch
in memory of Margaret Green
Kitson, Carol
in memory of Ron Davis
Kuntz, Barbara
Loree, Sally & Paul
Miller, Romaine
Naylor, Harvey
Oliver, Robert
Raiten, Ken & David Heger
Voelkel, Bruce

Gardens West Fund

McDowell, Sue & Tom

JKV Resident Music Fund

Lewis, Margo
in memory of Ron Davis & Anita
Ferguson
Miller, Romaine
in memory of Ron Davis

Piano Tuning Fund

Lewis, Margo
in memory of Jack Deinhardt &
George Gilbert

Residents Assistance Fund

Cason, Ernest & Maude
through the Cason Trust
Emmerson & Shelby Harris Family Trust
Lewis, Margo
in memory of Ron Davis
Milanovich, Rose

Rose Garden & Oak Tree Fund

Celia, Retha
in honor of Jane Pasco & Rose Urbina

Toshiko Inouye Fund

Kitson, Carol

Transportation Fund

Heger, David & Ken Raiten
Patriss, Don
Raiten, Ken & David Heger

Wellness Park Fund

Bruce Voelkel
in memory of Carl Boomhower
Welch, Fran

Woodlands Fund

Johnson, Herb
Knowles, Lee
The Dreamers, friends of Lorrie Brooke
in memory of Ron Davis

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 and Rejuvenate Spa services.

(954) 247-5800
www.WoodlandsJKV.com



700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

JKV Wins 2 Prestigious International Awards

Continued from page 7

and NuStep for first place in Wellness in North America is a tribute to our staff and residents alike who embrace this philosophy," McAfee said.

"As the older adult population continues to grow and more individuals seek a better, longer life, where they choose to live is becoming increasingly important. How communities structure their wellness culture can have a significant effect on health and longevity. It is more than just practicing wellness; it's about having it permeate all aspects of life. As winners of the Pinnacle and Beacon awards, JKV is leading the way.



In a homage to their much-needed flexibility once the COVID-19 pandemic struck, the Life Enrichment team had "Pivot, Pivot, Pivaht!" T-shirts made. Shown here (L-R) are: Jacquée Thompson, Jamisyn Becker, Bea St. Pierre and Yael Fishman.

3 Strategies for Coping With Personality Changes

Continued from page 21

Your person's changing personality may or may not be who they've always truly been, but it is who they are now. Always remember that this is not a choice, but a sign of a changing brain. If you can try to meet them where they are and stay flexible on this ever-changing journey of dementia, you will be much more likely to create a space that allows you both to thrive in your new roles.

Positive Approach to Care is the original author of this article. "Interested in reading more articles like this? Visit www.teepasnow.com."

"Our organization is inspired by and interested in learning more about dementia with Teepa Snow and the Positive Approach to Care methods. While our organization is inspired by these methods, any knowledge or skills we offer are only representative of our organization, independent of Positive Approach to Care."

All Signs On APRIL 1ST Pointed To *Something Silly*



Well, We Do Live In Flori-Duh
(Between Cassels Tower &
South Garden Villas)

There was a lot of head-scratching taking place around campus on April 1st. Some of the new signage really threw off Residents and Staff. Then someone had an "Ah-Ha' Moment and checked the date.

The signs came courtesy of retired JKV Foundation Executive Director Nanette Olson, who saw these whimsical signs on her way to the Denali National Park and Preserve in Alaska.



Hit The Brakes!!!
(Northwest Corner Of
The Fitness Studio)



In Florida That's
A Thing
(Sidewalk Near Lake Maggie)



We're Going To Need a Bigger
Can Of Raid
(At Aquatic Complex)



Is This Turnabout Really Fair
Play? (At The Heritage
Circle Turnabout)



Great, One More Thing To Worry
About...Planes With Bad
Altitudes! (East Of East Lake)



Hello 9-1-1??? YES, A Moose
Smashed Into My Car
(Intersection Of Village Towers,
Lakeside And North East)



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) 783-4048 |
| 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)..... | (954) 783-4054 |
| CASSELS TOWER FRONT DESK..... | (954) 783-4036 |
| DINING ROOM (For reservations)..... | (954) 783-4062 |
| (For delivery or takeout)..... | (954) 783-4061 |
| DIXIE GATE (SW 6th Street Entrance)..... | (954) 784-4732 |
| EAST LAKE FRONT DESK..... | (954) 783-4058 |
| FITNESS STUDIO..... | (954) 784-4730 |
| FOUNDATION (For questions about making donations, call Executive Director Mark Dobosz) | (954) 784-4757 |
| GARDENS WEST FRONT DESK | (954) 784-4050 |
| GLADES GRILL (For reservations) (Open Thursday-Monday 11 a.m.-8 p.m. Closed Tuesday and Wednesday)..... | (954) 546-6116 |
| (For takeout)..... | (954) 546-6115 |
| HERITAGE TOWER FRONT DESK..... | (954) 784-4737 |
| HOME HEALTH AGENCY | (954) 783-4009 |
| HOUSEKEEPING | (954) 784-4727 |
| LIFE ENRICHMENT (Questions or to sign up for upcoming programs) | (954) 783-4039 |
| MAIN GATE (SW 3rd Street, John Knox Village Blvd. Entrance)..... | (954) 783-4079 |
| MAINTENANCE (To report a maintenance issue) | (954) 783-4030 |
| PALM BISTRO (Open Tuesday-Sunday 11 a.m.-8 p.m. Closed Monday)..... | (954) 247-5820 |
| PNC BANK (Open Monday-Friday, 10 a.m. - 2 p.m. until further notice)..... | (954) 781-0816 |
| REJUVENATE SALON CASSELS TOWER (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.) (Open Monday 9 a.m.-5 p.m. for men)..... | (954) 783-4013 |
| REJUVENATE SALON WOODLANDS (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.)..... | (954) 247-5817 |
| RAS CURIOSITY SHOP (Tuesday, 9-11 a.m. and Thursday, 2-4 p.m.)..... | (954) 784-4753 |
| RESIDENT RELATIONS/SOCIAL WORK (Call Joanne Avis) | (954) 783-4023 |
| SEASIDE COVE FRONT DESK..... | (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: Elizabeth Cobb..... | EL 110 |
| Treasurer: Ellen Isaacs | SG 604 |
| At Large: David Haun | HT 914 |
| At Large: Bill Spiker | CT 506 |
| At Large: Carol Aron | VT 1018 |
| 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: Terry Colli | NE 501 |

Committee Chairs:

| | |
|---|--------|
| Building, Grounds & Housekeeping: Stephanie Messana | NE 609 |
| Communications: Art Battista | NE 603 |
| Dining Services: Tom Regan..... | SG 524 |
| Fiscal: Tom McDowell | HT 718 |
| Gardens West: Carol Frei | VT 913 |
| Health Care Services: Paul Loree..... | HT 100 |
| Legislative: Susan Seidler | HT 514 |
| Library: Karen Audet | VT 613 |
| Life Enrichment: Jeanne Jordan | VT 217 |
| Long Range Planning: Bill Spiker | CT 506 |
| Security, Safety & Transportation: Barbara Kamakaris | LS 716 |
| Volunteer Services: Mark Levey..... | NE 519 |

Memorial Day

Honor Our Military Heroes May 31 at 11 a.m.

You are invited to attend a COVID-careful Memorial Day Ceremony on Monday, May 31 at 11 a.m. in the John Knox Village Centre Auditorium. Join resident veterans, family, friends and staff members, as we honor the men and women who gave the ultimate sacrifice, while serving in the U.S. military. In accordance with current physical distancing protocols, seating will be limited.

To RSVP, contact the Life Enrichment Department at (954) 783-4039.



Our Mission Statement:

John Knox Village of Florida, Inc. is dedicated to providing an environment of whole person wellness in which the people we serve thrive. John Knox Village of Florida, Inc. is committed to supporting our employees, partners and the greater community.

www.JohnKnoxVillage.com

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



**JOHN KNOX
VILLAGE**

Where possibility plays

For More Info Contact
(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
   JohnKnoxVillage.com