

VOICE



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JKV Awarded The '2021 Excellence In Senior Living Healthcare' Honor

By Kim Morgan-Vagnuolo, Village Voice Contributor

South Florida Business & Wealth recently announced that Gerry Stryker, President & CEO at John Knox Village was awarded the "2021 Excellence in Senior Living Healthcare" honor.

The following excerpt was published in **SFBW Magazine**:

Gerry Stryker is a nationally recognized eldercare leader and visionary with over 30 years in the Senior Living Community industry. His commitment to developing vital, multi-generational communities, ongoing research with education and innovation excellence has attributed to his early leadership achievements in developing and managing four successful start-up Senior Living Communities in three states.

Favorite Quote: "How do leaders earn respect? By making sound decisions, by admitting their mistakes and by putting what's best for their followers and the organization ahead of their personal agendas." – John Maxwell

Fun Fact: I'm a master scuba diver trainer.

What challenges have you faced in your career, and how did you overcome them?

When I was in middle school, I was too overweight to be on the Pop Warner football league. In high school, I worked with coaches and teachers who gave me the skills and knowledge to

get in shape and the why of its importance. I played defensive tackle throughout high school and received a scholarship to play at



JKV President & CEO Gerry Stryker accepts the "2021 Excellence in Senior Living Healthcare" award.

Ithaca College.

What has been the most monumental moment of your career thus far?

The construction and opening of The Woodlands in 2016, Florida's only GREEN HOUSE Project® Model of Care, and in 2021, the opening of the Center for Healthy Living and the all-new Aquatic Complex on the JKV campus.

How is the healthcare industry important to you personally?

In graduate school at GW [George Washington University],

I participated in a feasibility study on how the hospital/healthcare system can aid in developing senior living options and healthcare. That really turned the light on for me after losing my grandparents in their early 70s and I really missed getting to know them.

How did the pandemic disrupt your specific role in the healthcare industry, and how did you adapt?

We learned how to use our relationships at the city, county and state level to create influence in advocating for John Knox Village. When we knew we had to start vaccinating residents, we used our genuine, personal relationships to position JKV as the first site outside of a hospital in the state of Florida to administer the Pfizer vaccine.

What's the best piece of advice you've ever gotten?

"High Performing CEO's Understand the Four Behaviors: Decisiveness, Ability to Engage, Adapt Proactively, Delivery Reliability" from the Harvard Business Review.

What do you love most about working in healthcare?

I love providing inspiring, visionary and strategic leadership that transcends generations and makes a difference in the life of older adults as well as transform and support intergenerational communities.

ON THE COVER

The ladies and gentlemen of Resident Auxiliary Services (RAS) take a rare break from the many duties involved with running John Knox Village's coolest shop on campus. (Photo by Marty Lee)

Keep
CALM
And
VILLAGE
ON



JOHN KNOX
VILLAGE
Where possibility plays

'You Couldn't Be In A Safer Place'

Where were you on 9/11? I am sure similar questions were asked on the day President Kennedy was assassinated, when we successfully landed on the moon, when the verdict for the O.J. Simpson trial was announced, Pearl Harbor, the Hindenburg explosion, etc.

All tragic in different ways. With 20 years' perspective on 9/11 we are still, I believe, shocked that American citizens were attacked on U.S. soil and in U.S. airspace. I am sure each of us recollects vividly where we were, how we felt, and how as a nation we stood in disbelief, horror, and shock:

How even 20 years later, all those feelings of loss and grief remain omnipresent and how even 20 years later, we still grieve.

Grief is a funny thing. It is unique to each person. Often, we may hear, "It's been 20 years—she should be over it," (perhaps at the loss of a spouse). Nobody can impose their feelings or expectations on another. Rather, it's our own individual journey.

As we grow older, I believe our perspective, of course, evolves. Hopefully, despite each year we still manage to grow. We glean a more introspective ability to identify what are the most important things in our lives, and that—as we say here at JKV there is still a remarkable opportunity of "possibility."

There is always hope, optimism and the ability to connect. These connections are what I believe is the "glue" to a healthy and balanced life: That we do not dwell in some of our own thoughts and feelings, but that we expand our knowledge and connections with others to broaden our perspectives.

This sense of

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Monica McAfee
Chief Marketing &
Innovation Officer



VOICE

Discover

What's Inside?

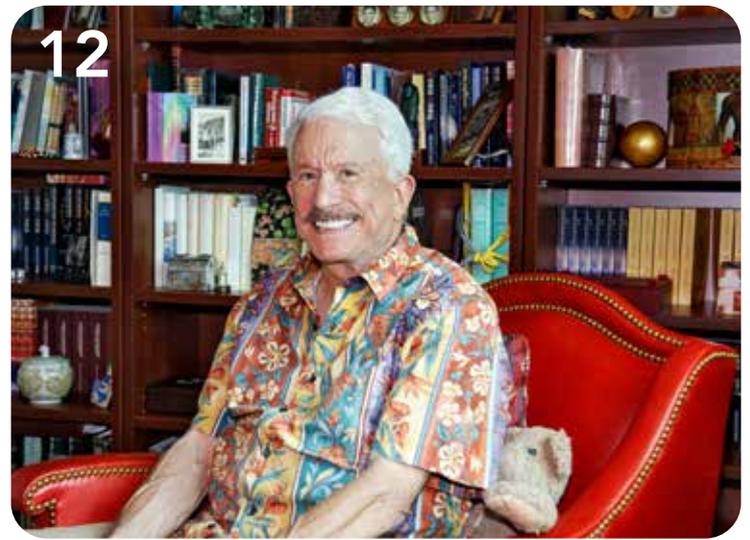
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Heritage Tower resident, Phillip Elton Collins is a prolific writer and author of more than 20 books of transformation. Read his story on page 12.

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

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



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

Live Your Best Life Now:



Melissa Jill Clark Shares Her Thoughts And Vision

By Melissa Jill Clark



Melissa Jill Clark, Lifestyle and Aquatic Coordinator

It was a beautiful morning in October 2019. I had arrived in South Florida late the night before after a long day of travel. I stepped outside of the luxury high-rise building in which I was accommodated, into a breathtakingly beautiful oasis of palm trees, flowers, foliage and well-kept landscaping that was nothing short of pristine.

I was picked up by a gentleman named William in a golf cart to take me to the Auditorium, where I would be making my first presentation of Active Aging Week to this community in which I was privileged to be invited.

As we drove in the golf cart, I proceeded to tell William that I felt like I was in a Disney World for adults. "Everyone here is so friendly," I told him. William had asked me about my attaché which carried my laptop, and what I was planning to do with it. When I told him that I was here to give a series of presentations, workshops, and classes to the residents of this community, he said to me, "You are so blessed. You get to impart goodness and make a difference in people's lives."

I smiled and agreed, because what he said resonated with me completely. I told him, "Thank you, and so are you."

To this, William replied with a

big warm smile on his face, "This is my goal with every resident I encounter each day."

The First Visit Was Magic

This whole exchange was simply magical and only the first of many wonderful conversations and moments that I got to share with both residents and staff alike at John Knox Village.

The staff, from the very top down, genuinely cares for the residents and the opportunity to serve them. The atmosphere is so upbeat, and residents here are truly heartwarming. I embraced the warmth and kindness in which I was received.

When the week came to an end, I left with a grateful heart for the experience and all the amazing human beings I was able to meet and share with over the course of just a few days.

Welcome Back To JKV Via Zoom

During 2020, while the world was under lock down, I was asked to do a series of Zoom presentations and to create some Life Coaching programs for the residents. Then, when the world was opening up again in March of this year, I came again to visit as a consultant, and shortly after, was invited to come back to JKV and join the staff full time.

JKV's Lifestyle And Aquatic Coordinator

I am beyond excited for the programs I will be bringing to this community and for all that is in store. With my background in health, wellness and life fulfillment, I



JKV's Lifestyle and Aquatic Coordinator Melissa Jill Clark will lead relaxation and yoga sessions in the near future.

come here with a heart full of passion to inspire, empower and equip all people to live their very best life now.

While serving in a retirement community in New Jersey, as Director of Life Enrichment and Community Outreach, I learned some very valuable lessons from the precious residents with whom I worked. I always told them that they taught me exactly how I want to be when I grow up. I learned from them that age is not a number, but the sum of three things: Your attitude, your lifestyle, and your health.

So, with my 25-year background in health, fitness, aquatics, yoga, meditation and life coaching, I use all of these tools to help innovate new

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Twenty Years Ago: 9/11 REMEMBERED

Residents And Staff Who Were Living In NYC During THE TWIN TOWERS TRAGEDY

By Marty Lee, Village Voice Contributor



On Sept. 11 of this year, the skies above Manhattan will again be lit in memory of the 20th Anniversary of the World Trade Towers tragedy.



There are some 700 recorded 9/11 memorials in the U.S. Remnants of the World Trade Center towers, typically steel girders, have been incorporated into many of the memorials. Some 1,100 pieces had been made available for that purpose. Pictured above is the 9/11 Memorial located at Fire Station 3 in Palm Beach Gardens, FL. Marty Lee photo.

I remember the time, place and what I was doing that morning. I was watching the "Today" show on NBC, and out of the corner of my eye, I saw the video of a plane hitting the World Trade Center. I thought to myself, they must be playing a trailer for an upcoming thriller movie. But no, the voices coming from the "Today" show were sounds of disbelief and horror.

Hospital and Sue was at home. Shortly after the first plane hit a tower, someone walked into my office to tell me that a tower of the World Trade Center had been impacted by an airplane. I am old enough to have been living in New York City when the Empire State building was hit by a plane, so my first reaction was that this was another similar tragedy. When the second tower

9/11 occurred just one month before I started working with John Knox Village on Oct. 15, 2001. Living in Florida, I watched it live from more than 1,000 miles away. However, many folks living or working at JKV today, were in New York City 20 years ago. On that day, at that time, they saw firsthand another "day that will live in infamy."

Dr. Paul Rosen and his wife Sue were living in NYC on the 29th floor of an apartment building at 72nd Street and York Avenue (across the street from Sotheby's). "We had a direct view toward the World Trade Center," Dr. Rosen said.

"I was in my office at New York-Presbyterian

was hit, the reality of what might have happened set in. From our apartment we could see a large grey cloud where the World Trade Center had stood."

For many, the shock of seeing what was happening, connected with thoughts of those trapped inside the Twin Towers. Village Towers apartment resident Don Patriss was living in Manhattan on West 60th Street. He was relaxing at home on his day off from teaching at Mount St. Vincent College in the Bronx.

"When I heard the news, I turned on the TV and saw one of the Towers fall," Don said. "Soon people were fleeing the area of Downtown Manhattan. The people were covered in ash.

"I had former students who worked on the top floor and never made it down. One was on the phone to his wife who was pregnant, and he knew he wouldn't make it but left a message for his unborn child. Years later I hear that message and weep.

"Before I left Manhattan to move to Florida, I went to the 9/11 Museum downtown, but after a few minutes inside, I left as the memories of that time in New York City streamed back and I was once again crying."

Concerns For Family And Lost Friends

JKV's Administrative Assistant of Plant Operations, Elizabeth Talatinian recalls that day and the tragedy of people close to her. "My older brother was supposed to be in the North Tower that day," Elizabeth told *The Village Voice*. "He was working with Hewlett-Packard at the time, and his installation team went to do an install of a computer system."

"My brother's boss kept him back one day to finish up something back at the office. He was okay, but he lost his whole team."

Another current Cassels Tower resident Chris Aubanel was living on 17th Street in New York City, when he learned that a plane had hit the first

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Anything Is Possible

The Annual Campaign For JKV Community Enhancements



Mark Dobosz

How does "Anything is Possible" work?

Traditionally, many organizations conduct special campaigns just for buildings (capital campaigns), specific individual program campaigns (special project campaigns), or annual support or endowment campaigns. We have chosen to combine all of these to provide greater transparency and ease of giving for our donors.

"Anything is Possible" is a comprehensive annual campaign that blends both the enhanced program goals of JKV with the space needs to support those programs in the seven areas of wellness that impact all members of the JKV community. Through this approach everyone can better see how programs and

spaces are interrelated in purpose and use.

Additionally, "Anything is Possible" is flexibly structured so that a donor will have a variety of options in which to participate by supporting any, or all, of the seven areas in programs and/or spaces depending on their personal interest and inclinations in any given year. Each year JKV has strategic program and space enhancement opportunities in each of the areas of wellness that allow participants to consider when evaluating their philanthropic choices.

How is "Anything is Possible" related to the 50th Anniversary Campaign Fund and other JKV Foundation fundraisers?

We have consolidated all of our fundraising efforts under "Anything is Possible" to create an alignment between our annual and special efforts to raise charitable dollars for enhancing both programs and spaces in the JKV community.

All existing donors to the 50th Anniversary Campaign and other fundraising activities will continue to not only receive their current appropriate recognition

and naming opportunities but will be included in any expanded and enhanced recognition under the comprehensive "Anything is Possible" annual campaign.

Where can I find a list of current and future opportunities to support in "Anything is Possible"?

A full list of program and space opportunities in the seven areas is available in the JKV Foundation office. Additionally, Mark Dobosz and Odalys Rosua will be joined by JKV Foundation leaders in various chat sessions with resident groups to provide a more in-depth overview and answer any questions. You can always contact Mark Dobosz at the JKV Foundation office at (954) 784-4757 or email mdobosz@jkvfl.com. The Foundation office is located on the west-side of the first floor of Cassels Tower.

—Mark Dobosz
Executive Director



A Family Of *Belonging* And *Connection* At JKV



Rev. Rachael Gallagher
JKV Spiritual Life Director

A decade's worth of work in ministry has taught me that regardless of our spiritual backgrounds or religious beliefs, we all share common goals of belonging and wanting to connect with others: With the Divine, and with our truest selves.

But I have never experienced more of a sense of belonging and

soon as we entered the Wellness Park's gate, a group of friendly residents (and their dogs) introduced themselves to us and gave us some helpful tips for getting acclimated to the community.

Later that weekend, we attended chapel service and I preached my first message as the new Spiritual Life Director. The amount of support and kind words I received after that service overwhelmed me and let me know that I have landed in the absolute best possible community.

In the days and weeks since our first weekend on campus, I have gotten the opportunity to build personal relationships with several residents who have already become friends and who are like family.

Paul and I have spent quality time learning about rich lives filled with adventures. We have been inspired to take up new hobbies and learn new skills from residents who have spent years doing exciting things like scuba diving, motorcycling around

had hoped it would be and more. The Village is "Where Possibility Plays" and we are thrilled to be a part of that possibility.

We couldn't feel more at home and more alive than we do as new members of the John Knox Village family. I have laughed so hard with residents and staff that my cheeks hurt, and the joys we have shared let us know that we are home.

My heart and mind are confident that I am right where I need to be, for now and in the future.

I look forward to the endless possibilities of what is in store for all of us as part of the John Knox Village family. It truly is a family of belonging and connection.

Rev. Gallagher can be reached at (954) 784-4784 or rgallagher@jkvfl.com

—Rev. Rachael Gallagher

The Village is "Where Possibility Plays" and we are thrilled to be a part of that possibility.

connection than I have in these past couple of months since I have been at John Knox Village. From the day my husband, Paul and I arrived at JKV, we have been met with warm smiles, kind words, and instant friendships.

One of our first stops on campus was to the Wellness Park to let our two dogs, Gatsby and Daisy Mae stretch their legs and get some fresh air after the long road trip from Philadelphia. As

Europe, and making music all over the world.

We have begun to connect with local community leaders who have led us to the best restaurants that South Florida has to offer, and we have visited in the homes of our new friends, hearing about the high and low points of their lives.

In just a couple of short months, it has become abundantly clear that JKV is everything we



Smart Home Devices

By Marc Storch, Village Voice Contributor



Marc Storch

doorbells to other devices. Now with more intelligent technology installing security cameras is much easier. Whether it is looking outside to protect you from intruders or looking inside and keeping an eye on your pets throughout the day, cameras can make your house way more secure. The good news is that many systems are cheaper now because of their popularity.

Smart Homes

Living a much greener lifestyle can also be helped by some smart home devices. For example, changing out your old thermostat for a smart one makes it easier to monitor your usage and optimize the way you use your AC or heat. They also can connect to your phone, so you can get the house all cooled down by the time you get home from a day out.

Smart outlets might sound kind of nonsensical, but if you remember the “Clapper,” smart outlets take it a whole step further. Smart outlets allow you to control which outlets are drawing energy and when. So, if you have an outlet that just has a blender plugged into it and you use it once a week, you can turn that off and not

draw what is called “Vampire Power” from your electricity.

Automate Your Daily Planning

Have you ever wanted to be able to speak out your plans for the day and then it magically be added to your calendar? Today, virtual assistants are not only on your phone, but they are also tiny devices that can sit on your counter or desk. Systems like Amazon’s Alexa or Google Home can make your day-to-day life easier.

At the end of the day, adding these smart devices to your home, or your life, is best taken in chunks. It is ultimately up to you what devices make the most sense. You can pick and choose what makes your life easier and what just creates more headaches. If you pick up any of these devices and want some GroovyTek help to get those set up, reach out and get scheduled today.

Marc Storch is a personal technology trainer for GroovyTek, a five-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.

NEED A NURSE? Call Village Coordinator

Did you know that John Knox Village has a dedicated Nurse Monday through Friday answering your calls as the Village Coordinator?

Pamela Share, LPN, is currently working in the role as Village Coordinator and she takes all of the calls routed to Wellness as a Triage Nurse. Pam also works with the Health Care teams and does thorough communication and tracking of the status and location of our residents when they may be hospitalized.

If you call the Wellness office directly, you will frequently hear that the Nurses are not available to

answer. This is oftentimes because they are out in the field around campus responding to emergency calls, or Wellness visits.

Please know that if you call (954) 783-4004 or just the 4004 extension, between 8:30 a.m. and 5 p.m. during John Knox Home Health Agency operating business hours, you will reach our Village Coordinator.

After hours, weekends and holidays, the Village Coordinator line is forwarded directly to Security. Whether Security or Pam are manning the phones, they have direct access to the Wellness Nurses either through

their assigned cell phones or by using the radio.

Please dial (954) 783-4004 or just ext. 4004 for the Village Coordinator or call the Wellness Clinic at (954) 783-4076 or just ext. 4076, or email nurses@jkvfl.com for the Wellness Nursing for non-emergent matters or follow-up.

Also, Security can always reach Wellness on your behalf.

We look forward to your calls.

–Maria Hannah, RN
John Knox Home Health Agency
Administrator

Change? Change For A Dollar To Feed The Parking Meter.



Pete Audet
President Resident Senate

"Pfew," I think you need to change that baby's diaper. Oh look, they're changing the guard at Buckingham Palace... the red tunics, the bearskin hats.

And on to one of the best changes—Fall will soon be upon us. Baseballs get elongated into footballs, the leaves of Florida begin to change and fall—"kerlunk!!"—another palm frond hits the ground...Seriously...up north the colors are thinking about changing—the greens turning to reds and yellows; the woody smell; the squirrels running around with acorns in their mouths.

Get to a hilltop and gander at the fall canopy. Magnificent.

The changes we're seeing at JKV—the streets are finally coming back to

normal tapping the dirt on all the new underground utilities, "lift station" and roof on Cassels Tower. The Pavilion is progressing as a new landmark joining the Aquatic Complex.

Yes, change ... kids going back to school sporting pristine backpacks filled with unsullied folders and brand-new pencils topped with fresh unblemished erasers. When COVID subsides consider volunteering at a local school.

Change—caramel apples and pumpkins are replacing watermelon and seaside saltwater taffy. Change—put away the beach blankets, snorkels and masks...change...are you ready for cooler fall weather, lower humidity?

How about taking some longer walks around our campus? Change... can bobbing for apples and wandering through corn mazes be far behind? Change...do you remember the flask of something warm hidden under the stadium blanket at the homecoming game?

Fifty degrees is a mite nippy, eh? Maybe change means something else to you. Is it really true that there is a traditional ban on wearing straw hats and dressing in white after Labor Day?

Exact change. Growing up in Chi-

cago I was always changing buses. The bus only takes exact change. Anybody remember bus transfers? One time I asked how much, "with or without" was the answer. "If you want to change buses you'll need a transfer; cost ya five cents more."

Talk about change. Here at John Knox Village we will be changing our Senate Executive leadership. Our new Senate President, who will be taking over in December, is Jeanne Jordan. Mark Levey will be our Senate Vice President; Jack Richards will serve as Treasurer; and Elizabeth Cobb will continue to serve as our Senate Secretary.

When your paths cross, congratulate them and wish them well. Me? I plan to continue watching the important things that go on around our campus—the tropical clouds reaching high in the sky, the midday toad soaking monsoons that keep our verdant grounds looking so great, and finally the absolutely superb orange-red cloud-laced sunsets

I also plan to keep an umbrella handy and take a sweater along. Change is in the air so keep your toes in the sand and your eyes to the skies ...

—Pete Audet

The John Knox Village Foundation



Beatrix "Bea" Wilbur
Foundation Board Member

'Without A sense Of Caring There Can Be No Sense Of Community'
-- Anthony D'Angelo

Your Foundation Board has been busy in 2021 refocusing on the best ways to utilize Foundation assets. Our past efforts have been mainly respon-

sive in that we supported proposals received with the requests from designated and established funding areas.

However, since January, some of the projects funded include: Pool bicycles, treadmills, and a wheelchair for the Aquatic Complex; flooring for eight homes in The Woodlands as well as recliner chairs for non-rehab bedrooms there; a new altar for the Spiritual Life Program and the purchase of additional chairs for residents to use in the Wellness Park.

Due to the generosity of residents over the years, we have accumulated significant capital. In addition to continuing our responsibility to honor our residents and staff requests, we are now in a position to assume a more proactive role.

We began to explore areas that would impact the greatest number

of residents. Not only would these projects expand the opportunity for new and exceptional services, but their support would also provide budget relief and hopefully reduce the pressure of large increases in future monthly fees.

A notice sent out by the Foundation to all residents on June 21, 2021, presented an overview of the new projects included in the more than \$1 million donation. Examples of enhanced programming ideas we approved include the purchase of two T6 Nu Step models which will have the capacity to record fitness progression and a new Hur Senso that will identify fall risks and areas of weakness, as well as provide balance, cognitive and motor tasks through a variety of games and assessments for the Fitness

Continued on page 19

COVID-19, *Vaccines*, Breakthrough Cases

By Tereza Hubkova, MD, Village Voice Contributor



Tereza Hubkova, MD

Not a day goes by when COVID-19, vaccines, the Delta variant, and current case counts are not making headlines around the world. With Delta being the predominant—and more highly contagious—variant impacting the U.S., our top stories aren't likely to change within the foreseeable future. This, despite having reached the 70 percent-vaccinated threshold in the U.S.

Booster shots and vaccines covering new variants will likely become our new reality. While available SARS-CoV-2 vaccines thus far appear to be safe in the short-run, a significant percentage of Americans are concerned about their unknown long-term safety and hesitate to get the shot.

Different kinds of wars are fought on many fronts, and besides healthy lifestyle and vaccines lowering our risk of severe disease, we need to focus on treatment, as well. For this issue I decided to dive into the available literature on outpatient treatments for COVID-19 aimed to lower the need for hospitalization, as well as for prophylactic (pre-emptive) treatment of those exposed to COVID.

The Possible Benefits Of Melatonin

Melatonin, according to an analysis of Cleveland Clinic's COVID-19 registry, was associated with a 28 percent lower risk of positive tests for SARS-CoV-2 among a cross-section of the population, and a 52 percent lower risk in African Americans. Given the overall safety of melatonin, taking 2 mg once per day (in the evening) seems to be reasonable. Melatonin can cause vivid dreams (which can be unpleasant if they are nightmares), lower blood pressure, and occasionally cause dizziness, headache, or upset stomach, so consult with your physician before taking it. I have used melatonin with my patients for well over a decade—in my

experience significant side effects are rare.

A handful of older drugs now repurposed for the treatment of COVID seem to have some success, at least in some studies. A randomized, double-blind, and placebo-controlled study of 4,488 patients in various countries has shown that the use of an anti-inflammatory drug colchicine (commonly used in the treatment of gout) in COVID-19 patients over age 40 with risk factors such as obesity or diabetes afforded a 25 percent reduction in hospitalizations and 44 percent reduction in deaths. Gastrointestinal side effects like nausea, upset stomach, or diarrhea occurred in about nine percent of those taking colchicine—but that seems a worthy temporary discomfort given the benefit.

Budesonide

Another promising therapy reducing the need for urgent care and speeding the time to recovery is an inhaled steroid drug budesonide (commonly used in people with chronic respiratory diseases). Budesonide seems most effective when started early—within seven days of the onset of symptoms—the earlier the better, and with minimal side effects.

A ridiculously cheap anti-parasitic medication ivermectin (routinely used to treat, as well as, prevent parasitic infections in large parts of the world) may be able to reduce the risk of death from COVID an average of 62 percent, according to a meta-analysis of 15 trials summarized in the July/August 2021 issue of the American Journal of Therapeutics.

In a letter to the National Institute of Health from January 2021, Dr. David Chesler, a physician from Virginia, reported his very positive experience of using ivermectin (at the same dose previously used for scabies outbreaks) along with vitamin D, C and zinc, and doxycycline during outbreaks of COVID in several nursing homes under his care.

Ivermectin's Use In Other Countries



John Knox Village was proactive in January, getting the vast majority of residents protected in a continuing series of on-campus COVID-19 vaccinations.

Ivermectin has been approved for early treatment and prophylaxis of COVID in my home country of Czechia, as well as neighboring Slovakia, and many other countries throughout the world. But ivermectin has been discouraged in the U.S. following reports of injuries from people self-medicating with highly concentrated veterinary dosages—at levels prescribed for horses. I hope we will see more studies on it and settle any questions on its risk/benefit ratio.

Remdesivir Has Shown Benefits

Finally, Remdesivir, a newer and more expensive intravenous antiviral drug (initially developed to treat Ebola) when given to people already hospitalized with COVID-19, shortened their hospitalization time from an average of 15 days down to 10 days, and lowered their risk of dying as well.

While these medications are certainly not perfect, and mostly not yet FDA approved for the treatment of COVID, our goal should be clear: Openly discuss the pros-and-cons of all options with your doctor to stop this pandemic.

Be well and stay safe.

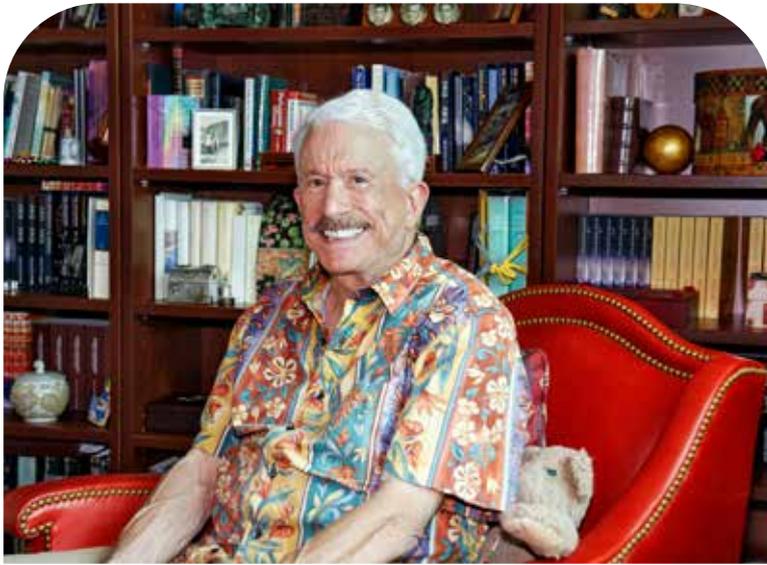
—Tereza Hubkova, MD

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**.

It's A Great Time To Be Older

New JKV Resident With Varied Experiences Shares His Vision

By Marty Lee, Village Voice Contributor



Heritage Tower resident, Phillip Elton Collins is a prolific writer and author of more than 20 books of transformation.

This issue of the Village Voice spotlights Phillip Elton Collins, former newspaper bureau chief, adman, television commercial producer, therapist, acupuncturist and current transformational author. Phillip is a recent JKV resident, having moved there in April.

Phillip grew up in the South. "I was born on the east coast of Georgia," he said. "Dad was a golf pro and a businessman in the Brunswick-Jekyll Island area." Phillip's dad was an orphan from central Alabama, while mom was from Georgia. "They instilled in me a universal consciousness that all people were a version of each other. I learned there was no limit to what we could do."

The Collins family eventually moved to Tampa, and Phillip went to Stetson University and then to the College of Journalism at the University of Florida. The Collinses often travelled to New York City for concerts, shows and culture. "I always knew, even as a child, I would live in New York.

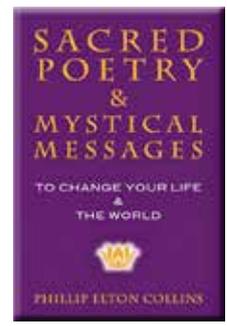
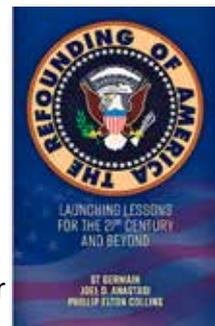
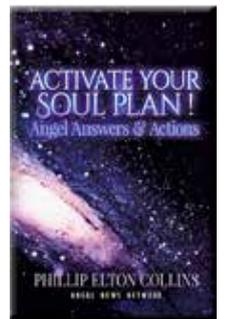
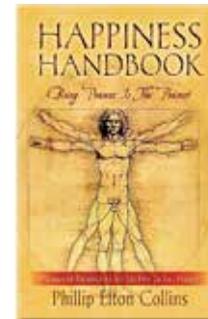
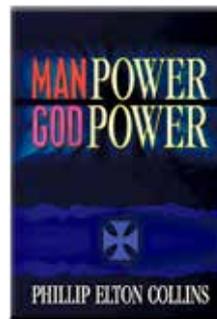
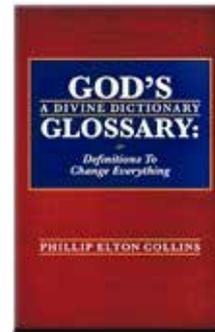
"Dad's seafood business in Tampa was successful and I grew up in privilege, but my dad always gave opportunities to everyone regardless of race. Dad gave to the poor and taught us, that we of privilege needed to be of service to others."

A Move To The Big City

Phillip got his chance to relocate to New York City, first at Young & Rubicam Advertising, one of Madison Avenue's biggest agencies, and then he created a very successful career in TV and film production becoming Director of Marketing for George Lucas' Industrial Light & Magic Commercials, producing spots that are still advertising icons.

Highly successful in the marketing and advertising business, Phillip sought for deeper spiritual meaning and followed a new path. He fulfilled a dream in becoming a metaphysical Psycho-Therapist, processing the emotional and mental aspects of being human, Reiki Master Teacher, and a doctor of acupuncture. Finally, he started a school to teach what he had learned and write and publish some 20 books on these subjects.

Phillip relocated to South Florida permanently in the early 2000s. He has been with his partner Jim Gozon for 15 years. Jim was interested in the new Westlake development at John Knox Village, and they decided to look. However, with the timeline of construction, they did not want to wait. They gave a list of conditions for making the quick move to JKV.



Eureka: The Impossible Happens

Phillip and Jim wanted side-by-side apartments, on the fifth floor of Heritage Tower, and they had to be facing south. Their Life-Plan Consultant, Susan Lawrence called within weeks and said, "Guess what Philip? The impossible has happened." Two apartments that fit the exact criteria were now available. "She got the deposit within 45 minutes," Phillip said.

"The thing about JKV is that you need to be young enough to make the move before you need it. Cause once you need it ... it may be too late," he said.

Phillip has definite opinions on the opportunities for fulfillment and enrichment now available to him at John Knox Village.

"For most older folks, with the rearing of families largely complete, the worst of career pressures behind

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Lifelong Learning WITH A TWIST

By Anne Goldberg, Village Voice Contributor & Savvy Senior



Anne Goldberg

his life with meaning. He tinkers with motors, springs, doohickeys and whatchamacallits and builds from there. For him, that recycle center is the source of untold projects that delight and challenge him. Now that's what I call lifelong learning.

How To Beat COVID Boredom

With COVID-19 rearing its ugly head for an encore, you may find yourself once again wondering how to fill your day in a way that has you excited to get out of bed.

It got me thinking. If my cousin can create learning situations that offer him meaning and purpose from a recycle center, how can you, or I, find it in our day-to-day life?

Traditional lifelong learning is in a classroom and there are great Zoom classes offered by NSU's and FAU's Lifelong Learning Centers



Lakeside Villa resident Reed Brown enjoys the campus Wood Shop as an outlet for his creativity.

My beloved and I drove to North Carolina recently; a long-awaited road trip to visit my favorite cousin and his wife at their home in Chapel Hill. In their early 70s, they live on a few lush acres bursting with trees and foliage. We had fun picking blueberries during the day and looking for fireflies at night.

My cousin has been retired for years. Day to day, he cares for the property and the house. He loves to grow food and tinkers in his garage workshop. What is really impressive

course) and see what inspires you. Creativity is great for the brain.

And, if you have a garden, work it. Gardening is one of the habits of people who live the longest. Planting, pruning and caring for plants helps humans live longer and happier. Don't have a garden but want the joy of gardening? Indoor plants need love too.

Be a Savvy Senior. Be a lifelong learner and look for creative ways to challenge your brain.

Be a lifelong learner and look for creative ways to challenge your brain.

to me though, is how engaged in life he is. His daily trips to the local recycle center yield exciting treasures such as kitchen appliances, tools, batteries, books and more. Now you may think getting excited by a trip to a recycle center is kind of, well, silly, but stay with me.

On one fateful trip last year he found a beat-up rowing machine. He brought it home and began tinkering with the broken equipment, determined to resurrect it. This is one of the projects that fills his mind. He wakes up in the morning excited to get to the garage and see what his brain can devise. He is literally reconstructing the rower with his imagination, and it infuses

and ILIR (Institute for Learning in Retirement), both of which partner with JKV. Many universities offer free online classes too. But lifelong learning is not limited to a classroom setting.

Find Or Follow Your Passion

Finding a project you enjoy that challenges your brain is key here. Build a model. Paint. Want to learn to play the piano? You don't even need a piano. All you need is a computer. Same with sewing, knitting and crafting. Declutter photos by making collages with pictures that are meaningful. You can digitize the important ones and let go of the rest. Go to a thrift shop (masked of

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

'You Can Get Anything

At The JKV Reside

By Marty Lee, Village Voice Contributor



(L) JKV resident Claire Dunn is president of the Resident Auxiliary Services (RAS).



(R) Lyn Walk is the RAS Thrift Shop manager.

In this continuing series, the **Village Voice** focuses on residents, who showcase a unique dedication to an activity or volunteer opportunity. August's featured residents are the volunteers who supervise and operate the Resident Auxiliary Services (RAS) Thrift Shop.

A visit to the Resident Auxiliary Services (RAS) Thrift Shop is reminiscent of the 1967 song lyrics by

Large, as a resident-directed non-profit organization.

Marsha Ellington, RAS Publicity Chair described RAS's mission in 2019: "The purpose of RAS is to render volunteer services for the general welfare of the residents of John Knox Village, working in cooperation with the JKV administration.

"Some of the volunteer opportunities involve working at the Large Print Library and stamp desk and at the Curiosity Shop (Thrift Store). The shop is the primary fundraiser for the organization. Donated items are sold at reasonable prices. The income derived provides funding for requested items and programs which first must be approved by the Board of the RAS." The Board of Directors includes 10 members at large, officers and committee chairs.

bake sales, cookie sales, donations and memorials." Claire chuckled when she added, "Green stamps were also turned into cash. Remember those?"

Through the years, RAS and its consignment efforts led to the opening of the on-campus RAS Thrift Shop. Located in the northeast corner of the JKV campus, the Thrift Shop offers a full array of donated items, including an extensive inventory of women's and men's clothing, shoes, housewares, china and glassware, small kitchen and household appliances, electronics, CDs, furniture, art, knickknacks and tchotchkes. Sales of these donated items have funded the purchase of numerous items for JKV.

"RAS has helped to purchase defibrillators, hospital beds, an EKG machine, a pool table, the putting green, security cameras, construction of a new fitness studio as well as The Woodlands," Claire said. "We have also bought a van, popcorn machine, bingo machine and of course donated to the Employee Holiday Fund every year. And very importantly, we fund the purchase of books for the many Village libraries and music programs for our various choral groups."

Claire said that RAS is celebrating its 45th year and has donated close to \$2 million to JKV. The team of resident volunteers makes it all work. "Because of the devotion of our volunteers, RAS



Volunteers Mary Busenburg and Nancy Custance showcase the latest fashions available at the RAS Thrift Shop.

Arlo Guthrie, "You can get anything you want," but in this case, not at Alice's Restaurant, but at the RAS Thrift Shop."

John Knox Village was founded the same year as Arlo's famous song. Nine years later, in 1976, RAS was formed by two residents Juana Hux and Sarah

RAS President Claire Dunn

The current resident president of RAS is Claire Dunn. She describes the organization's early years: "RAS began selling consignment items and baked goods with all proceeds dedicated to projects around campus. Then along came a fashion show,

You Want

nt Auxiliary Services Thrift Shop

has been, and is, a huge success," Claire said.

RAS Store Manager Lyn Walk

Resident volunteers at RAS bring their enthusiasm and career experience to the job at RAS. Store Manager Lyn Walk has enjoyed a long, and varied career, including airline stewardess, BART (Bay Area Rapid Transit) train operator, and owner of a floral and gift shop in Alameda, CA.

"I must have inherited an entrepreneurial gene," Lyn said. "I love merchandising, selling and especially

worth quite a bit. It sold for \$300."

Don is another active volunteer who brings life experience to his job at RAS. He is an artist, a resident senator, a welcome ambassador for new residents and an experienced sales and store manager.

"I was formerly the general manager of Grand Furniture in Virginia Beach, VA," Don told The Gazette. "Since I was in the furniture business, I am a worker in the furniture department." However, Claire interrupted and said, "Don is indispensable."

question that arises."

Joyce DeJong, and her husband Don, have had a long association with RAS.

"I am a pricer," Joyce said. "Our team checks everything when it comes in. We wash glassware, linens and anything that needs cleaning. Everything electrical or electronic is checked to make sure it all is in working condition. If it needs adjusting, we send it to the men's workshop for further evaluation. We decide on the pricing to make



John Knox Village resident volunteers manage and operate the on-campus RAS Thrift Shop.

interacting with the customers."

Lyn shares that enthusiasm with a team of 25 volunteers, with 16 to 18 working on any given day. "We never know what inventory will be arriving. We have had Tiffany lamps, Waterford crystal, Persian rugs, fine art, miniature doll houses. Recently, we acquired a metal toy from the '30s, and volunteer Don Williams thought it might be

Working Together For Common Purpose

Indispensable is a word that applies to all RAS volunteers. Lyn mentions Carol Woodburn, as another example of an indispensable volunteer. "She is a kind and caring person who knows virtually every customer by name. After eight years' experience at the shop, she can answer almost any

everything very reasonable."

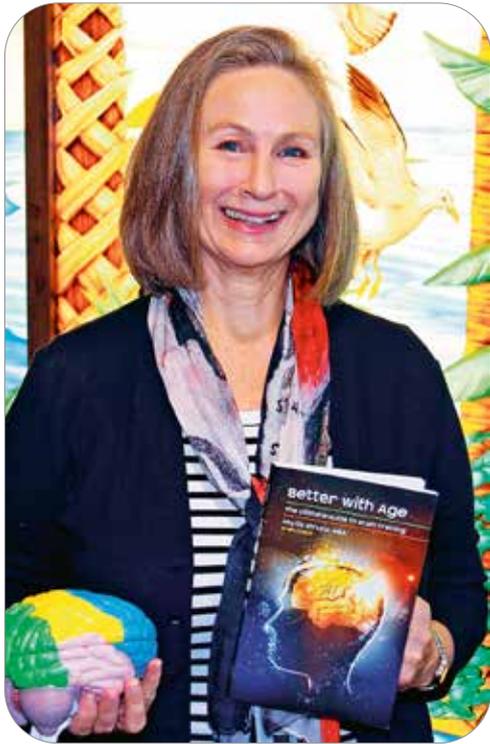
The Thrift Shop is open Tuesday mornings and Thursday afternoons specifically for JKV residents and employees. For many, it is a regular stop twice a week to peruse the items for sale and renew friendships.

Longtime JKV resident and former RAS volunteer Edith Meinholtz visits

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Redefining Your Life Story's Success

By Phyllis Strupp, Village Voice Contributor



to share from our experiences if we live through them. The payoff of a personal life story is a golden harvest of wisdom to share with others. Your story protects you from the horrible feeling of being useless to others.

Remember, over age 40, the brain is optimized for wisdom. No setback need stop your story in its tracks if you reframe setbacks into successes by learning your lessons. As long as you are alive and learning from setbacks to grow richer in wisdom every day, your brain thinks you're a success.

Be The Hero

No matter what happens in your life, you have the last word on your story—it's all yours. Unlike other stories, the personal story has no end until death.

Chapters of your story begin and end, but you must keep your story alive and growing if you live.

You are the hero of your story. It is up to you to make the words of your personal story reveal truth about life, love, loss and wisdom from your own perspective. Your brain has no idea what's going to happen next in your story. It is waiting for you to figure that out. Just remember that if your brain gets the idea that you are done growing your story, it will be inclined to take an early checkout.

Your story must keep growing for your brain to get better with age. However, sometimes a past setback can stop your story in its tracks. You have had some setbacks in your life. Even if you forget about them and move on, you might be keeping your brain from moving on.

Reframe Failures

When a setback gets stored in your memory with the label "failure," it's like having an open file on your computer. The brain will hold it open until you reframe the setback into a success by learning from it. These "open failure files" can create negative self-talk, like "I'm a loser," which keeps you focused on a loss narrative about your life.

Over time, a loss narrative can

produce chronic negative thoughts about the self and others. A pattern of poisonous thoughts, also called rumination, is a cue for reframing setbacks into successes. If unchecked, rumination can wreak havoc with sleep and brain performance. As your brain's resources are drained by ruminating about past setbacks, memory retrieval may slow down.

It's easy to close any open failure files. Learn a lesson and harvest wisdom to share from the troublesome event and start thinking of the setback as triumph. Once you close the open failure files, your rebooted brain will perform better, allowing memory, motivation and mood to bounce back. Your self-talk becomes kind and encouraging, making your words work for you, rather than against you.

The power of positive thinking about yourself is the key to keeping your story and your brain getting better with age. Chronic positive feelings about yourself refresh the brain and excite the mind to keep your story growing.

Congratulations. You've won the survival jackpot. You have survived another day and have more wisdom to share. Sweet dreams.

The sultry midsummer nights are upon us. It's a good time to sit and talk and catch up.

Let's talk about how your life story is coming along.

If you are reading this column, I guarantee you that your life story has been a string of successes so far. If you don't see it that way, you are using the wrong definition of success. You might be thinking the problem is: I don't really know you, and if I did, I would know that you have achieved some legitimate failures. But you are wrong.

Redefine Success

Forget all your preconceived notions about success. When it comes to making sense of your life story, you need to think like a brain. The brain is very smart in defining success. Since the brain is an organ, its yardstick for measuring success is survival.

Therefore, no matter how awful an experience was, your brain thinks you're a winner if you live through it. If you are dead, that's the end of your story. Still alive? Hooray, the future is open wide.

As Friedrich Nietzsche put it, "That which does not kill us, makes us stronger." And not only stronger but wiser. We always have wisdom

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





Banging Potato Salad

In Good Taste: Summertime Is Right Time For Chef Mark's Banging Potato Salad

By Rob Seitz, Village Voice Editor

It would be hard to dispute that potato salad belongs in that **Top Five List** of quintessential summertime foods.

Not surprisingly, John Knox Village Executive Chef Mark Gullusci has a recipe for that. He calls it his **"Banging Potato Salad."** One bite of his banging recipe should be convincing enough.

In addition to which, research suggests that potatoes have a beneficial effect on a person's entire immune system, "especially if eaten cold—or in a potato salad," according to a study as reported in the **Scientific Blogging Science 2.0** publication.

So, Chef Mark with this recipe, offers this duo of good taste and good for you.

Banging Potato Salad

(Yields 6-8 Servings)

- 3 lbs. Russet potatoes, peeled and cubed to 1 inch
- 1 diced red bell pepper
- 3 diced stalks of celery
- 1 cup thinly sliced green onions

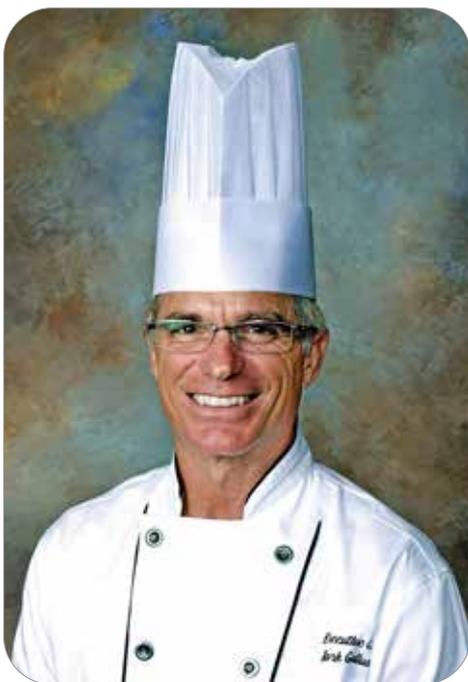
- 1 cup bacon crumbles
- 2 cups mayonnaise
- ½ cup Dijon mustard
- Kosher salt and ground black pepper to taste
- ¼ cup white vinegar
- ½ cup shredded cheddar cheese

Method Of Preparation:

Place cubed potatoes in a pot with cool water, bring to boil and cook seven to 10 minutes, until tender. Strain and place on a cookie sheet to cool, may be placed into fridge to speed up the cooling.

Once cool, mix potatoes with other ingredients, Cover with plastic wrap and let cool for an hour.

Here's a thought. Enjoy the potato salad with a hamburger, baked beans and a margarita. It's a great combination for entertaining during an August picnic or after-pool gathering.



John Knox Village
Executive Chef Mark Gullusci

Certain foods just seem to remind people of summer. Hamburgers, of course. Baked beans, naturally. Margaritas, this writer hopes so.

LIVING WELL CORNER

Tips For Having Balance In Your Life



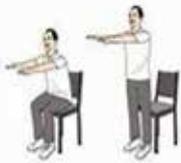
Maria Leon

When you are young and active, the concept of balance isn't something that occupies your thoughts. In fact, most of us probably took balance for granted when we were younger.

We may only have thought of it briefly when we slipped on ice or tripped over something. As we age, our bodies start to lose their ability to maintain balance. This is exacerbated by muscle loss, if we're not getting as much exercise as we used to.

People also experience loss of balance after surgeries or when taking certain medications. That can lead to an increase in falls and a reduced feeling of stability. However, just because we are getting older doesn't mean we can't still maintain great balance and do the things we love.

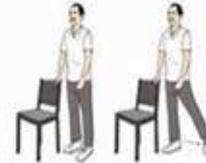
Specific exercises can help your body build muscle that improves and



Sit to Stands



Hip Extensions



Hip Abductions



Single Leg Stance

supports balance. Getting better balance means understanding how balance works.

Whenever we move our bodies, our brains use nerves and chemical signals to communicate with different muscles. These systems work together to help us do everything from standing up, sitting down, climbing stairs, and stepping over obstacles.

The human body uses signals from different senses to help us maintain balance and prevent falls. Our eyes help us identify if we need to pick up our feet or move one way or the other. In our ears, we have canals that help the brain identify how we are positioned—whether we are upright or lying down, for example. These canals also help us gauge where we are in relation to gravity.

Our joints and muscles also help us balance throughout the day. They adjust and react to different movements, working to keep us upright and in proper alignment.

When there's a problem in any

of these systems, you may experience poor balance. For example, if you have joint pain in your hips, you may compensate by leaning forward or backward. This can throw off your natural balance, making it easier to fall.

Fortunately, there are exercises you can do to help maintain and improve your balance. Overall, strength training is an incredibly useful tool for fall prevention. It can help build core strength, increase muscle, and support joints.

Incorporate some of the balance exercises above into your daily life three times a week starting with one set of 10 each and progressing to three sets of 10.

Good balance reduces your risk of injury. It can also improve your mobility and quality of life. By making balance exercises part of your daily routine, you can do more and enjoy more. A little time each day is all it takes.

—Maria Leon

JKV Fitness Professional

It's A Great Time To Be Older

Continued from page 12

us, successful first or second marriages for many of us, the daily stresses of life reduced, a few pennies saved, we often find the best of our lives is after 50. When we can wake up and fulfill who we really are and satisfying why we are here. And if we don't know the answers to these, we have the time to find out.

"Pandemic or not, people are living longer, and we have more time to realize our full potential at this stage of our lives.

"Here at JKV, our staff and community are striving each day to provide information and resources that can help us increase our self-empowerment, self-expression and creativity to

make decisions that pave the way to living our best lives now.

"In spite of pandemic challenges, programs are about to get even better still, and these will be made available through virtual forms of communication (and live when appropriate). Many of our greatest achievers and artists accomplished their most expressive and successful work during their later years. Our campus is filled with talent of every variety, and it is the mission of JKV to bring this out into our community in a grander way as our campus expands and grows with a new cultural center and state-of-the-art homes on the western end of our campus. We have been given many visions what this will look like and be. Stay tuned for

every single resident becoming a part of it all.

"Cultural attitudes about aging are being replaced by the realization that we are vital people with an essential gift to offer humanity. It is called wisdom: Gained from our long experiences, talent and gifts, and knowing how to apply it. Not so long ago, elders were considered the back bones of many cultures. Here at JKV we are the whole body reflecting out into the world.

"One of the many opportunities of joining the JKV community is experiencing the highlights of the aging journey. We are not ending our lives, for many, we are just beginning."

NUTRITION NOTES

How To Avoid Dehydration



Rachel Graham

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

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

Between the ages of 20 to 80, our body water content decreases by 15 percent, increasing the risk for—and consequences of—dehydration. Water needs vary from day to day and from person to person, however, the general rule of thumb is you should be drinking at least six to eight cups, or 48 to 64 fluid ounces of fluids per day.

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

Sometimes, masked by the aging body, symptoms of dehydration can be overlooked. These symptoms include dry mouth, little or no urine, sunken eyes, lethargy, low blood pressure, dry skin and rapid heart rate.

If you suspect that you might be dehydrated, try drink-



ing small, frequent amounts of a fluid such as water. And remember, always contact your doctor if your symptoms do not improve.

Some tips to help preventing dehydration include the following:

- Drink small amounts of fluids throughout the day, rather than drinking large amounts all at once.
- Avoid coffee, alcohol and high-protein drinks because they have a diuretic effect.
- Fear of incontinence can diminish your urge to drink voluntarily. Therefore, try drinking more during the day and limit drinking before bed.

—Rachel Graham
JKV Chief Clinical Dietician RD, LD/N

The John Knox Village Foundation

Continued from page 10
Studio.

The Life Enrichment team has been approved to receive funding for two new Performing Arts events, followed by “Meet the Artist” receptions. Residents will benefit from bringing high-caliber musicians on campus. Life Enrichment is also planning to be a sponsor of the local film festival that will host filmmakers from around the world.

Transportation will be able to purchase three new carts and lease two buses for five years. Dining Services has received \$100,000.00 in budget relief funding in support of the existing 2021 budget. (Think of all those home-delivered meals while delivery fees have been waived).

The Board added a strong request to have flowers and appropriate festive decorations for special holidays.

Our mission to enhance and improve the lifestyle and well being of John Knox Village residents is dependent on input of residents as well as staff. Please continue to recommend suggestions for future ideas to innovate as well as improve our lives. Your feedback is an important guiding component to keep us moving in the right direction and measure the success of our initial efforts.

—Bea Wilbur



Foundation Board Chair Kit Frazer recently presented President Gerry Stryker with a \$1.1 million check from the Foundation.

'You Couldn't Be In A Safer Place'

Continued from page 3

community gives us strength, power, and hope. While we watched as our nation and people were devastated by the tragedy of 9/11, we also saw political parties cross the aisle, different socioeconomic and cultural groups came together. For a while we truly were the "United" States.

Over the course of the past 19 months, I have watched this very special place—John Knox Village—unite us in our sheer will to stay safe and to protect the well-being of residents, team members and the broader community.

There have been milestones along the way: Thinking of where we've been and where we are generally going, there have been days that it has felt like "one step forward and two steps back."

I can't help but think these are unprecedented times and that as the saying has gone "we are all in this together." As a united front, the Leadership team has worked closely with local and national government officials, health experts and industry

observed great empathy, gratitude, appreciation and uplifting despite this horrid virus. I have observed residents taking care of, and looking out for, one another and JKV team members.

There has been tremendous selflessness. So, in the face of honoring those we lost on 9/11 and in the remembrance of those losses, there remains great strength as we continue to come together 20 years later: To serve one another; to always honor the past and find ways to "keep calm and carry on."

I am reminded of the courage and grace of both of my grandmothers—Natalie Morrissey and Rose Kullak. How their immigrant families traveled to the unknown U.S. of A. How they survived the Great Depression, raised families amidst adversity and focused on the achieving the Great American Dream.

They possessed resilience and showed grace through each journey, not to mention incredible senses of humor.

and manifest our dreams.

This is evident in the smiles I know I see behind masks, by the ability of our talented team members to continue to "pivot," by providing programming that prevents isolation and providing care that is unsurpassed.

JKV's innovation expands the capabilities and the ability to be a community of "We" and "Us." When we opened The Woodlands five years ago, we described The GREEN HOUSE® Project model of care as: "Home is not a place, it's a feeling." This is something unique to JKV. It is a big part of why we are experiencing such incredible growth, occupancy, sales, and community engagement.

With my deepest admiration to and for each of you: Our Leadership, Board, Residents, Team Members, and our local and global neighbors. This too shall pass, and we will continue to be a place to "Age Greatly!"

'I can be changed by what happens to me. But I refuse to be reduced by it'—Maya Angelou

—Monica McAfee
Chief Marketing & Innovation Officer
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JKV's innovation expands the capabilities and the ability to be a community of "We" and "Us."

leaders to create "best practices." Team members have remained arm-in-arm (with 6-foot physical distancing) to provide exceptional service. We have provided tireless care and continue to go the extra "Village" mile to ensure everyone's safety.

Some of these decisions have been met with some resistance, annoyance and generally thought of as inconveniences. As my dear colleague, JKV COO Bill Pickhardt has stated it is a "Shared risk." That we are in an unknown and must evaluate, educate, inform and follow-through on plans that are set for the "greater good." I have

As JKV vaccine and immunology medical expert Dr. Mark Cochran has said during one of our many COVID Campus Town Hall Meetings: "I am so impressed with John Knox Village's handling of preventive protocols and its care for the residents and staff. The Village is a virus 'cold spot' in comparison to the rest of the area and state. You couldn't be in a safer place."

We are an example of best practices and an esprit de corps which defines the integrity and culture of the Village. COVID-19 may be with us for the near future, however we all will stand united in our endeavor to thrive, overcome,

The joys of 700
WELLNESS
& peace of mind

The Fire Guy's View:

Don't Get Too Comfortable



John Stanley

Current environment notwithstanding, I cannot help but ponder where our country would be if our great explorers, scientists, inventors and visionaries just wanted to stay comfortable. These noteworthy people stepped outside of their comfort zone to engage their passion and have brought to us many things that are nothing short of life-changing.

The Wright brothers made bikes; Nikola Tesla's first job was at a telephone exchange; Henry Ford started as a watch repairman; Maya Angelou, was the first black streetcar conductor in San Francisco; Jonas Salk initially aspired to becoming a lawyer; Johann Sebastian Bach began as an organist for his church; Martin Luther King Jr.'s first work was making cigars. The list goes on. None of these people were remarkable at the start, but because they left their comfort zone, we reaped the rewards.

Most of us prefer being comfortable. Especially when it is associated with relaxation, winding down, vacation, but I tell you, too much comfort is not good thing. Comfort tends to breed complacency, and complacency breeds stagnation, and stagnation, well...is the beginning of the end if not quickly corrected.

Consider this; how many times have you, by doing the same thing all the time, ever discovered something you liked that you didn't know you did. How many of us have from an early age settled into what food

we like, never experiencing some new food that we found to be delicious.

I know, you're saying to yourself I just don't like it, or it just doesn't look good. I have done the same thing for years concerning Oriental food, but well into my 50s decided to step outside of my comfort zone and tried some Chinese food and found it to be not so bad. Now it really didn't tick all the boxes where food consumption is concerned, but it wasn't as bad as I thought.

I have begun to read other philosophers who don't necessarily match my preconceived notions of life. Am I philosopher? No, but I can learn. Whereas I was once not so concerned with being healthy, I have begun to read a wide variety of things relating to body health. Am I nutritionist? No, but I can learn. I try and imbibe in at least on one area (philosophy, science, music, creative writings and new food) per week that I know nothing about or have ever tried. You don't have to like everything you try, but you have to at least try to have an opinion.

Learning new things is not easy and most especially things that you know nothing about. Many of us install our own limitations to what we know by saying to ourselves, I am not smart enough, or that is just too hard to learn, or even that would take years to figure out. To that I say, "poppycock." We have at our fingertips most of the time, basically all the knowledge of the world and even better a video of someone doing or teaching the very thing we want to know.

Yet the barriers we have for learning and understanding are, for the most part, self-imposed. No one seems to want to learn anything new or delve into the controversial areas of discovery of ideas/thoughts for fear of failing, being denigrated or even being made fun of for failing or being wrong. My grandfather told me when I was young that "those who say they don't make mistakes are probably not doing anything".

We must step outside of our famil-

iar box to meet new things and ideas face/mind first. None of us have it all figured out (certainly not me by a far stretch), but that doesn't mean we stop looking for the answers. Don't be afraid of being wrong...it is ok (please don't tell my wife I said that, she thinks I am right all the time).

I jest, but I truly believe it is ok to be wrong or not be good at something. Seek out new things to do and to learn. Think outside the box or what is common thought. Read things you wouldn't ordinarily read. Listen to things you don't ordinarily listen to. Participate in things you don't ordinarily participate in.

And without reservation do not resist new ideas or thoughts to be entertained by your mind, because you may find fault with yourself or find yourself to have been in error. I have been told that I am cynical to a fault because I question everything. But truly it is because I don't want to assume my perspective or understanding of one thing, or another is correct or without question (and nor should anyone else's). It is also my desire to know truth from a logical and scientific method standpoint and to experience all that life has to offer.

The people I listed above decided to think outside the box and beyond the constraints of popular consensus. Trust me, all the people listed above encountered naysayers, doubters and those who could not think outside the box. I am certain that before the light bulb the candle makers would not have supported the idea of a light bulb, nor would the horse and carriage salesman endorse an automobile.

Step outside of your comfort zone and try something new once a week and I promise it will be for the better. Don't put yourself on the shelf to only collect dust, because once you start collecting dust the next thing is to be antiquated and not worth anything.

—John Stanley
JKV Fire Prevention & Safety
Coordinator

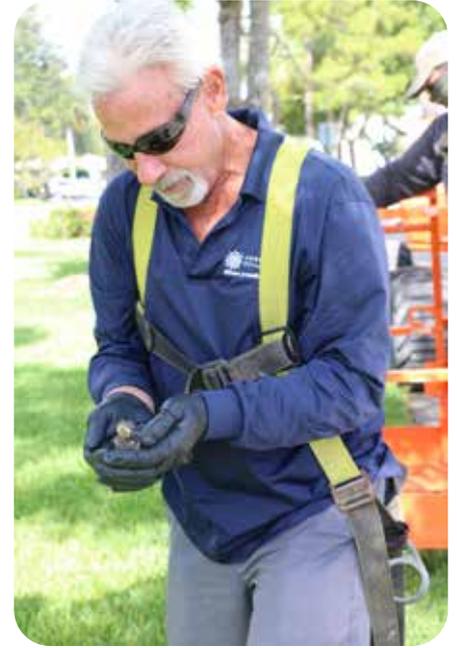
Around The Village



Congratulations Doris Castano

Dining Services' Banquet Captain and JKV Employee Scholarship recipient, Doris Castano, has graduated from the Professional Culinary Arts & Hospitality program at Atlantic Technical College. The 1,200-hour program is accredited by the Accrediting Commission of the American Culinary Federation Education Foundation.

Catering Manager Susanne Russell presented Doris with an amazing congratulatory gift basket. Thanks from Dining Services for enabling Doris to achieve her goal, will be sent to the Employee Scholarship Committee.



Groundkeepers Kevin Kluge and Nathaniel Crouch found a fledgling bird chirping in the grassy swale just to the west of the Dixie Gate recently. They located the nest, drove a lift over to the site and put the bird back in its nest to join another young bird.



JKV Wellness Park

"A Place Where People and Pets Can Be Unleashed"



The JKV Wellness Park needs a much larger seating area.

The Rotary Club of John Knox Village is asking for donations to pour **an expanded concrete slab.**

YOU CAN HELP!

Donate "concrete" at the following levels:

- \$ 30 - Sponsor • One Square Foot
- \$125 - Sponsor • Half Square Yard
- \$250 - Sponsor • One Square Yard



In Case You Missed It...

Even in these COVID-careful times there always seems to be something fun, enlightening, educational or entertaining taking place at John Knox Village. Here's photographic proof...In Case You Missed It!



JKV staff hit the bricks looking for new employees during a recent off-campus Job Fair. These are tough times to find good help, however there were many qualified attendees and job offers were extended for positions throughout the Village. Shown here (L-R sitting) are: Florivel Elias, Stacy Lademar and Carmen Sorvill from Human Resources. Standing are: Michael Greenspan (Environmental Services) and Kelly McIntyre (Gardens West).

Our two- and four-legged friends from Canine Assisted Therapy, Inc. brought smiles to residents' faces during their Patriotic Pet Parade through the campus.



Residents and their staff chaperones have some fun after walking through the "Beyond Van Gogh" immersive experience in Miami. They enjoyed listening to a symphonic score as they journeyed through projections of his most famous works of art.



In a display of esprit de corps during the current staffing issues caused by COVID-19, professionals from the Fitness Studio would spend a couple hours a day putting together and delivering resident meals. Shown here (L-R) are; Dining Services Director Joe Mallen, Executive Chef Mark Gullusci, Maria Leon, Erik Nenortas, Ashley Tarantola and Jasmine Tennie from Fitness, and Dining Room Manager Mirjan Vehbiu.



Due in part to JKV's partnerships with agencies at the city, county and state level, the Village was able to leverage on-campus COVID-19 testing for three straight weeks with the Broward Department of Health, until the positivity rate for Broward forced DOH to use its resources for the greater community. Here, Heritage Tower resident Jan Stanwyck gets tested.

Donations received during the months of June - July 2021

To John Knox Village

Employee Scholarship Fund

Bone, Barbara
in memory of Bill Pace & Mary Moore
Cason, Ernest & Maude
through the Cason Trust
Countrymark Refining & Logistics, LLC
Davidson, Bill
in memory of Mary Moore
Harrison, Fran
in honor of Barbara Bone
Haun, Twylah & David
Husgen, Ursula
in memory of Mary Moore
Hyatt, Jane
in memory of Mary Moore
Johnson, Herb
in memory of Mary Moore
Kadin, Ada
in memory of Eleanor Ellison
Lessieu, Anne
in memory of Mary Moore
Martin, Fran
in memory of Martha Casselberry
Meyer, Barbara & Jimmy
Pearson, Nels
in memory of Mary Moore
Reinhold, Robin
in memory of Laurel Blake
Siolek, Mary
in memory of Mary Moore
Swanson, Liz
Thomson, David
Welin, Margaret
in memory of Mary Moore

To John Knox Village Foundation

Benevolent Endowment Fund

Michel, Fred & Irene
through the Michel Trust

Chapel Endowment Fund

Michel, Fred & Irene
through the Michel Trust
Rietberg, Barbara

Charlotte Symonds Fund

Redd, Carol
in memory of Laurel Blake,
Martha Casselberry, Mary Moore
& Joe Viana

Foundation Unrestricted Fund

Archard, Ann
in memory of Judy Fritz, Ellie Hill
& Jean Kramer
Audet, Karen & Pete
in memory of Bob Kauth
Colli, Terry
Dalsimer, Diane & John
in memory of Jack McNamara
Dayton, Nelson
in memory of Bill Pace &
Harry Warren
Fitch, Dennis & Michael Kearns
in memory of Joe Viana
Frei, Carol
in memory of Scott Anselmo,
Robert Kauth, & Jack McNamara
Gambino, Maddy & Ray
Haun, Twylah & David
Jimenez, Barbara
in memory of Ray Klingler
Jonas, Cynthia
in memory of John Bowling,
Charles Campbell & Betty Pfendler
Kearns, Micheal & Dennis Fitch
in memory of Joe Viana
Kelly, Robert
Lycke, Liz
McKay, Tom
in memory of Laurel Blake
Redd, Carol
in memory of Bob Kauth
Schnell, Katherine
in memory of Jack McNamara
Scott, Sam
in memory of Bill Pace
Smith, Ruth
in memory of Jack McNamara

Healthcare Enhancements Fund

Johnson, Sue
in memory of Bill Pace
Meyer, Barbara & Jimmy

Intellectual Enhancements Fund

Johnson, Sue
in memory of Mary Moore

Mental Wellness Enhancements Fund

Redd, Carol

Physical Enhancements Fund

Barton, Diane & Bob
Chittenden, Bruce
Folsom, Doug
Mallen, Joe
McAfee, Monica
Meyer, Barbara & Jimmy
Murphy, Fran
Pickhardt, Bill
Price, Thom
Stryker, Gerald & Carol Dummond
Sutton-Pauling, Gail

Residents Assistance and Inouye Support Fund

Cason, Ernest & Maude
through the Cason Trust
Kieswetter, Carolyn
Reinhold, Robin
in memory of Fran Harrison

Resident Music Endowment Fund

Bone, Barbara
in memory of Jack McNamara
Johnson, Sue
in memory of Jack McNamara
Schmidt, Franklin
in memory of Jack McNamara

Transportation and Mobility Fund

Meyer, Barbara & Jimmy
Voelkel, Bruce
in memory of Frank Askin

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

Live Your Best Life Now

Continued from page 5

and exciting ways to bring life fulfillment and joy to absolutely anyone who will be open to the programs I am here to offer.

Having been here at JKV, for just several months now, I am planting my roots and setting the foundation for the programming that I will be bringing to this community of truly amazing human beings.

Live Your Best Life Now

I have so many golden nuggets of information that I have learned and taught over the years. I will be sharing these through new and innovative programming here at John Knox Village, and also with all of you moving forward, as I write a new column in The Gazette monthly, called "Live Your Best Life Now."

Life is a gift. Our health is a gift. Time is a gift. The present is all we really have. Let us all be cognizant to do everything we can to receive these precious gifts by living fully; to take good care of our bodies, and our minds, to honor our true selves, and to live our very best lives now,

I personally am living my own best life right now by being here at John Knox Village. I am truly beholden for the warm welcome that I have received from residents and staff alike. I am grateful for the support from upper management and for the platform in which I can do my very best work and provide innovative programming which will have the potential to significantly enhance the lives of all who take part.

I am overwhelmed with joy and gratitude for the warmth I receive each day from the residents. I am enjoying my work here immensely and I am relishing in the play too. Staff and residents are encouraged to work and play together every day, and this is exactly what we do. This is just one of the many things that makes JKV extremely rare and unique, and an incredibly awe-inspiring place to be.

I am elated beyond words to be here in this wonderfully enchanted life plan community and I look forward with anticipation for all that is to come.

JKV's Lifestyle and Aquatic Coordinator Melissa Jill Clark will lead relaxation and yoga sessions in the near future.

–Melissa Jill Clark

JKV's Lifestyle And Aquatic Coordinator

'You Can Get Anything You Want'

Continued from page 15

every Tuesday and Thursday. "I love this place and the people in it," Edith said. "I always pat the volunteers on the back and say, 'we only shop the best places.' I shop thrift stores and I know this is the best."

Thanks To Every RAS Volunteer

Claire Dunn credits all who have made the organization a success. "We thank all those volunteers who have worked endless hours for years, not for payment but because of their generous hearts and the kindred spirits developed in the shop, the workshop and the campus itself."

While the RAS Thrift Shop is not open to the general public, make some friends at John Knox Village and ask them to give you a tour and accompany you to the Thrift Shop. Learn more about JKV by calling (954) 871-2655 and make plans to visit the campus.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHURCH SERVICE RESERVATION REQUIRED St. Coleman 10:30am 1st Presbyterian (Pink) 9:30AM St. Henry's Catholic 9:30am Coral Ridge Presbyterian 10:15am Christ Church 10:15am	CORAL SQUARE MALL RESERVATION REQUIRED ONE TRIP ONLY 1st Mon. of Month 10:30am-12:30pm Walmart Superstore RESERVATION REQUIRED ONE TRIP ONLY 1st Mon. of Month 1pm-3pm	PUBLIX ONE TRIP ONLY Depart 8:30am Return 9:30am Heritage Tower Northeast Villas East Lake Depart 10am Return 11:30am Village Towers Lakeside Villas Depart 12pm Return 1:30pm Cassels Tower South Gardens	WALMART/MARKET RESERVATION REQUIRED ONE TRIP ONLY Walmart Superstore 3rd Wed. of Month 9am-11:30am 4th Wed. of Month 9:30am-12 Noon Pompano Marketplace Walmart Market Dollar Store Ross Dress for Less Joann Fabrics Pompano Plaza Marshalls TDBank Chase Bank Tuesday Morning Publix	TRADER JOE'S RESERVATION REQUIRED ONE TRIP ONLY Trader Joe's 2nd Thurs. of Month 10:00am-12:30pm Office Depot Nordstrom Rack	PUBLIX ONE TRIP ONLY Depart 8:30am Return 9:30am Cassels Tower South Gardens Depart 10am Return 11:30am Village Towers Lakeside Villas Depart 12pm Return 1:30pm Heritage Tower Northeast Villas East Lake

COPIES ARE AVAILABLE AT THE FRONT DESK OF VILLAGE TOWERS, HERITAGE TOWER, EAST LAKE & CASSELS TOWER. PLEASE MAKE RESERVATION THROUGH JKVCONNECT OR THE FRONT DESK CONCIERGE AT THE TOWERS.

Twenty Years Ago: 9/11 REMEMBERED

Continued from page 6 tower.

"I remembered the guided tour [Chris took] of the tower observation deck two weeks before. It was explained that the towers had been designed to withstand the direct hit of a Boeing 707 taking off from Kennedy airport, that might lose control and hit one of the towers," Chris said.

Preparing For The Casualties

"When the towers collapsed – a few hours later as I remember well – the hospital on 12th Street, St. Vincent Hospital, was expecting hundreds of casualties and put hundreds of beds along the streets around the hospital to accommodate the wounded. However, none came. All the people in and around the towers were either killed outright or ended up walking home."

There were tragedies also in Washington D.C. and Shanksville, PA that day. South Gardens villa resident Joyce DeJong's hometown is Johnstown, PA located just 30 miles from Shanksville.

"We were in Shanksville, a month after the attack," Joyce said. "We could see the big hole from a bridge, but nothing left of the plane – Flight 93. Next to it, in a field, Shanksville had put up crosses for everyone who was lost. People left memorabilia: Hats, shoes...personal items by the crosses. It gave family and friends an emotional attachment with those lost. It was a very moving sight."

According to Britannica.com, "Some 2,750 people were killed in New York, 184 at the Pentagon, and 40 in Pennsylvania (where one of the hijacked planes crashed after the passengers attempted to retake the plane); all 19 terrorists died.

Police and fire departments in New York were especially hard-hit: Hundreds had rushed to the scene of the attacks, and more than 400 police officers and firefighters were killed."

No Matter How Painful – We Remember

In all of our lives, there are those

pivotal and consequential moments that we remember vividly even decades later. For some of The Village Voice's older readers, it might be the Pearl Harbor attack, or D-Day. For those of us who grew up in the '60s, it might be the assassinations of President John F. Kennedy, Civil Rights leader Martin Luther King, or Senator Robert F. Kennedy. For everyone reading The Village Voice, the tragedy of 9/11 is indelibly imprinted on our memories. We recollect exactly where we were, who we were with, and what we were doing as the day's events unfolded, even 20 years later.

An entire generation of young people have come into this world since 9/11. While we, the parents and grandparents remember well the events of that day, let us share our wisdom with our children and grandchildren. Let us resolve to do our best to prevent another 9/11. We are but one humanity, all connected to each other, living on one planet: Earth.



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, 10 a.m.-12:30 p.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 & Gus Miller	NE 603 & LS 608
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

NSU Lifelong Learning

NSU
Florida

Ron and Kathy Assaf
College of Nursing
**NOVA SOUTHEASTERN
UNIVERSITY**
**Lifelong
Learning
Institute**

**NSU Lifelong Learning Presents: "The Health Risks Associated With Social Isolation"
Zoom Presentation on Tuesday, Sept. 21,
at 1:30 p.m.**

Join Dr. Timothy O'Conner in a live, virtual discussion about the impacts that loneliness and isolation have on health, including how to avoid them, especially during COVID-19. Dr. O'Conner has a Ph.D., RN, LNHA, a Master of Science degree in Nursing and Acute Hospital Administration, a Post Master Certificate in Long-Term Care Administration, and is a Doctor of Philosophy in Nursing.

To join the Zoom Presentation, RSVP to the Life Enrichment Department at (954) 783-4039 for log-in 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
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