

VOICE



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Dr. Mark Cochran



After a lifetime spent in the field, Dr. Mark Cochran is a fan of vaccines. Here, Northeast Villa resident Frank Perkins received his first dose of the Pfizer BioNtech COVID-19 vaccination during the on-campus Jan. 19 clinic, held on the Village Centre.

Who isn't tired of where we are in this insidious pandemic, and who wouldn't want a return to normal? While such will be difficult, it is foreseeable. As the **Village Voice** was going to press, globally about 240 million people have been infected resulting in five million deaths, 700,000 in our country alone.

We are fortunate now to have available several very effective and safe vaccines that have dramatically decreased the number of hospitalizations and deaths.

The good news is that more than 6.5 billion vaccine doses have been administered worldwide and some countries are close to vaccinating 90 percent of their most at-risk populations, less than 60 percent in the US.

As with other respiratory virus vaccines, there is no protection from getting infected or from transmitting virus to others, vaccinated or not. This fact alone tells us that vaccine strategies by themselves will never eliminate the virus, however, if vaccine-induced immunity can be present in over 90 percent of the whole population, we will ultimately be able to live, and work, in a manner similar to how we do with influenza.

We have the benefit of seeing this play out in some countries that are close to that target. Countries to watch are Denmark (97 percent of people older than 60 are fully vaccinated, has lifted all restrictions), Spain (97 percent), Israel (90 percent, reopened but now dealing with new surge).

It is important to mention the development of very effective anti-viral therapeutics. Clinicians now have

access to an expanding list of drugs, including monoclonal antibodies and medications that prevent the virus from making more of itself in the infected person.

This includes Remdesivir and the new Molnupiravir. These are the same type of drugs that changed the course of HIV infection from a fatal disease to a chronic and even cured one.

These drugs were specifically developed and proven to interfere with the virus disease cycle, resulting in fewer hospitalization days and deaths. We have come a long way, and this is only part of a growing list.

A look into 2022 should consider several facts:

1. Immunity wanes with this kind of virus, unlike measles which provides lifetime immunity. This means that immunity will need to be boosted regularly.
2. Vaccinated people can still be infected, spread infections, and some will experience more than mild symptoms.
3. There is a risk of new variants, perhaps even one that evades vaccine-induced immunity.
4. The immediate objective is to limit the number of hospitalizations to a manageable number so that healthcare systems can provide all services for all people.

The genie is out of the bottle but going forward our lives can approach

normalcy in this scenario.

Populations will need to be 90 percent vaccinated; receive regular boosters (some designed to target the most recent variants, just like flu, annually); virus will be present in the population, but hospitalizations will be manageable with anti-virals; and occasional virus exposure and infection will serve to bolster existing immunity.

I can live with this.

—Mark Cochran, PhD

Dr. Mark Cochran holds a doctoral degree in Microbiology and Immunology and has been the medical expert during several of JKV's COVID Town Hall Meetings. He recently retired from Johns Hopkins Medicine, where he had built and led the Johns Hopkins HealthCare Solutions team, which included his work in creating the model of care used by residents and staff at JKV's on-campus Center of Healthy Living.

His experience includes drug discovery, vaccine discovery and development, business development, clinical research, disease management, Wellness and Lifestyle management, program management, and venture capital initiatives. He has also held leadership positions in organizations such as Johns Hopkins Medicine, Bayer Pharmaceuticals (in Germany and USA), Blanchette Rockefeller Neurosciences Institute, MDS Capital Corp., and NeuroVentures Capital.

ON THE COVER

From Blessing of the Pets and the wildly popular Volunteer Fair to first-ever Pickleball and bocce ball tournaments, Active Aging Week at John Knox Village had a little bit of everything for residents.

(Photos by Marty Lee)



JOHN KNOX
VILLAGE

Where possibility plays

Utilizing Life's Insights In Leading

JKV's Future

It's 6:15 on a Friday morning and the sun is beginning to rise in South Florida. JKV Resident and Community Board Members are gathering for our weekly walk, followed by our breakfast conversation.

This tradition began almost six years ago at our Annual LeadingAge Conference. LeadingAge, is our professional association that represents communities like JKV on both a state and national level, providing advocacy, strategic planning, governance and leadership development along with various educational programs from professionals around the country and world.

The purpose of our walks is to engage with this spirited and insightful group of early risers, regarding life's experiences, future trends and transitions in play at JKV.

JKV is home to nearly 1,000 residents whose life experiences are vast and incredibly interesting.

Throughout my career, now spanning over 36 years, I have been fascinated by the opportunity to ask questions of these talented souls and to learn from and apply the wisdom found in their responses.

Our morning walks start with greetings and of course acknowledgements for our little people in fur coats too. We are a pet-loving group.

I would be remiss to not share a few barks for Trevor, Luke, Winston



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Gerry Stryker
President/CEO

VOICE

Discover

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Residents and Staff alike enjoyed the Opening Celebration of AAW, held at Stryker's Poolside Sport Pub. Shown here (L-R) are: (NAME), Mary Jane Graff, David Thomson, Denyse Cunningham, Life Enrichment Coordinator Jacquee Thompson and Bartender Samuel McQuennie.

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

Copy Editors: Dorothy Cleveland, Boots Maurer, Sondra St. Martin & Eleanor Smith

Photographers: Marty Lee Word of Mouth Advertising & Rob Seitz

Layout/Printing: Eternal Designs (561) 843-1157 & Mark Lewkowicz

Chief Marketing & Innovation Officer: Monica McAfee

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
[JohnKnoxVillage](https://JohnKnoxVillage.com)

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:

Be Grateful And Create The Life You Love

By Melissa Jill Clark, JKV Lifestyle and Aquatics Coordinator



Lifestyle and Aquatics Coordinator Melissa Jill Clark kicked off Active Aging Week with a Gentle Water Stretch and Healthy Brunch she called RISE!



Residents (L-R) Kenneth Shanahan, Carol Ann Woodburn and Fred Schieferstein took part in a healing stretch, with meditative movements in the resort pool at the Aquatic Complex.

Gratitude is such a powerful emotion, one that can make your life better in so many ways. It's difficult to feel depressed or sad when you are feeling gratitude.

When you're grateful for what you have, you feel abundant, and you're filled with joy, which overflows to those around you. When you walk into a room, people are drawn to you because they feel lighter and happier, just by being in your presence.

When you feel grateful, you can give from a heart that is content and fulfilled. When you give, you help others, and ultimately, you're helping yourself, because it feels amazing. There is nothing better than the feeling of helping others and seeing them smile.

Gratitude For Your Best Life And Health

Studies have proven a multitude of benefits from keeping a gratitude journal and writing daily for what you are grateful. People who keep a journal have a greater sense of

peace and contentment in their lives. They tend to exercise more regularly, practice better self-care, eat healthier, report fewer physical ailments, and sleep better at night. They also have a much better outlook on themselves, others, and the world as a whole.

Overall, when focused on all that we have to be thankful for, we find a greater sense of feeling connected to others and a more optimistic view on life.

Gratitude Blocks

Sometimes, my life coaching clients get stuck and cannot seem to feel grateful. Usually, this is because of something that they're holding onto emotionally, whether consciously or subconsciously, they're blocking them from feeling emotions such as gratitude, joy, peace, and love. Often people are blind to these blocks because they have lived with them for so long. This is where I come in to help them identify the source, to heal from it, and to ultimately let

it go. This is the first step toward finding one's purpose, and fulfillment in life.

Sometimes, the block is because people don't feel well physically. Self-care is number one priority. I help my clients create their own self care plan, and I hold them accountable. People are amazed at how a little bit of love for themselves can go such a long way toward feeling better.

Once these blocks are cleared, a whole new world opens.

Creating The Life You Love

You are the master of your life. You have the power to create the life you love. Take care of yourself and make time to do the things that truly make your soul happy.

At John Knox Village, we offer so much from which to choose. There's something for everyone.

Every October, we celebrate Active Aging Week. During this week, we offer a multitude of programs, highlighting what we offer daily

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We Don't Know Them All, But We Owe Them All

JKV TO HONOR RESIDENT-VETERANS NOV. 11

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

If you are not included, but wish to be added to a follow-up listing in the January-February 2022 Village Voice, please email

Communications Manager Rob Seitz at rseitz@jkvfl.com with the following information: Your name, military branch and rank.

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

First	Last	Branch	Rank	First	Last	Branch	Rank
Adams	John "Jack"	U.S. Marine Corps	Sergeant	Lamberton	Chris	U.S. Marine Corps	Corporal
Allen	Steven	U.S. Air Force	Sgt	Lampe	Donald	U.S. Navy	Seaman 1st Class
Allison	William	U.S. Navy		Lawrence	Eddie	U.S. Coast Guard	Chief Petty Officer
Allsworth	Emerson	U.S. Navy	Seaman	Liedtke	Norm	U.S. Navy	Lieutenant JG
Arch	Allan	U.S. Navy	Lt (jg)	Logue	Ken	U.S. Air Force	2nd Lt
Aubanel	"Chris"	U.S. Army	Non-commissioned Officer	Loree	Dr.Paul	U.S. Army	Captain Medical Corps
Audet	Pierre "Pete"	U.S. Army	Captain	MacVicar	Mack	U.S. Army	Master Sergeant
Ault	Ronald	U.S. Army	Captain	Mandt	John	U.S. Marine Corps	Corporal
Bagush	Stanley	U.S. Air Force		Maurer	June	U.S. Army Air Forces	Corporal
Baker	Milton	U.S. Navy	Commander	McDowell	Thomas	U.S. Navy	Lieutenant
Banks	Robert	U.S. Navy	Fireman	McKinney	Ben	U.S. Navy	Lieutenant JG
Barrette	Charles	U.S. Air Force	A 1C	Mellett	Richard	U.S. Army	Corps of Engineers, Lt. Colonel
Barron	John	U.S. Army	1st Lieutenant	Meltz	Barry		GM-15
Barrows	Thomas	U.S. Navy	Sailor	Mennes	Charles	U.S. Navy	Ensign
Bayer	David	U.S. Navy	Captain	Menter	Martin	U.S. Air Force	Airman 1st Class, Weather
Bednarek	Frederic J.	U.S. Navy	Petty Officer 2nd Class PH2	Meyer	James	U.S. Army	Corporal Medical Corps
Blagg	Terry	U.S. Army		Miller	August	U.S. Navy	Lt. Commander
Brandon	Russell	U.S. Navy		Miranda	Rafael	U.S. Army	PFC
Calvet	Russell	U.S. Army	SP-4	Moore	Kenneth	U.S. Army	
Chappell	E. Hugh	U.S. Navy	Lt (jg)	Morrison	Abigail "Gail"	U.S. Air Force	Lieutenant
Claiborne	Ross	U.S. Army		Murphy, Jr.	James "Russ"	U.S. Air Force	Captain
Clark	Earl	U.S. Air Force	Staff Sergeant	Noon	Patrick	U.S. Navy	
Cogswell	Clark	U.S. Army Corp of Eng.		Oberlin	Emerson	U.S. Army	Specialis 4th Class
Cole	Peter	U.S. Navy	Chief Petty Officer	Onoprienko	James	U.S. Air Force	Lieutenant Colonel
Collier	Robert	U.S. Army Medical	1st Special Forces	Owens	Robert	U.S. Army	Private First Class
Collins	Phillip	U.S. Navy	J.O.	Pearson	Nels "Ray"	U.S. Army	Sergeant
Cortina	Angel	U.S. Army	Captain	Percival	George	U.S. Army	Sergeant E-6
Culler	Larry	U.S. Air Force	Captain	Perkins	Frank	U.S. Army	Corporal
Davidson	Bill	U.S. Navy	Lieutenant Commander	Poggio	Ronald	U.S. Army	Specialist 4th Class
Dixon	James	U.S. Air Force	Colonel	Porter	Sidney W.	U.S. Army	Sergeant E-5
Dunn	Dustin	U.S. Coast Guard	E5, 2nd Class Petty Officer	Rechkemmer	Clark	U.S. Army	SP-5
Eckert	Russell O.	U.S. Army	Corporal	Rodriguez	Jorge	U.S. Army	Corporal
Evans	Roy	U.S. Navy	Lieutenant	Rooney	Richard	U.S. Army	PFC
Featherstone	Dr. Michael	U.S. Army	Specialist 4th Class	Root	Hugh E.	U.S. Army Signal Corp	Corporal
Felski	Jerry	U.S. Army	Spec-4	Sarik	Raymond	U.S. Army	SP-4
Fick	Charles	U.S. Army		Schweter	Mae	U.S. Army WAC	Sergeant
Flynn	C. Ray	U.S. Air Force	Colonel	Seibert	David R.	U.S. Army	1st Lieutenant
Fulwood	Samuel	U.S. Air Force	Airman First Class	Shamberger	James	U.S. Army	Lt
Furlano	John	U.S. Army	Corporal	Shulman	Frank	U.S. Army	Private First Class
Gambino	Sal "Ray"	U.S. Navy		Siegel	Harold	U.S. Army	Captain
Gilman	Howard "Gil"	U.S. Air Force	Airman	Smith	Paul	U.S. Army	LTC
Halligan	John "Jack"	U.S. Army	E5 - Specialist	Snedeker	Mary	U.S. Naval Reserve	Commander
Hardy	Dana	U.S. Army	Specialist E-5	Somers	David	U.S. Army	Corporal
Harris	Donald			Souza	Herbert	U.S. Air Force	AIC
Harris	Emmerson	U.S. Navy	Petty Officer 2nd Class	Spears	William	U.S. Army	
Holm	Thomas	U.S. Navy	Eclectician's Tech 3C	Speirs	Edward	U.S. Navy	Lt. Commander
Hubbard	Robert	U.S. Air Force	Master Sergeant	Sprague	Jed	U.S. Air Force	Staff Sargeant
Hunziker	Charles	U.S. Navy	YNT3 - Yeoman 3rd Class	Stepp	James	U.S. Navy	Lt JG
Inouye	K Denny	U.S. Army	Staff Sergeant	Stevens	Edwin	U.S. Navy	
Jenkins	Alexander	U.S. Navy	Lieutenant JG	Talley	Robert	U.S. Army	
Johnson	Herbert	U.S. Air Force		Terzich	Joel	U.S. Army	Corporal
Johnston	Thomas	British Army -		Thompson	John	U.S. Army Security	Specialist 6
		3rd Carbiniers	2nd Lieutenant	Thomson	David	U.S. Army	Private First Class
Jones	Clyde "Bill"	U.S. Navy	Lieutenant Commander	Townsend	Sam	U.S. Navy	Hopital Corpsman
Kartrude	Faye	U.S. Air Force Nurse	1st Lieutenant	Vaughn	John	U.S. Army	Corporal
Keenan	Thomas	U.S. Army	Corporal	Vikmanis	Valdis	U.S. Army Reserves	E-5
Kelly	Robert	U.S. Air Force		Vordermeier	Harry	U.S. Air Force	Lietenant Colonel
Kennedy	Gerry	NY Army Natl. Guard	SP-5	Wakeman	Joe	U.S. Navy	Seaman 2nd Class
Kent	John	U.S. Navy	Lt	Webb	William	U.S. Army	SP-5
Kessell	Samuel	U.S. Coast Guard		Williams	Don	U.S. Navy	E-4
Kilmer	Nelson	U.S. Air Force	Airman 1st Class	Woodham	James (Tom)	U.S. Army	Captain
Kleingartner	Elmer "Fred"	U.S. Navy	Lt. Commander	Young	Harold	U.S. Navy	
Kline	Daniel	U.S. Navy	HM-2	Zeiber	William A.	U.S. Army	1st Lieutenant
Kling	Dr. George	U.S. Army Medical	Captain	Zilly	Charles E.	U.S. Navy	Yeoman 2nd Class
Korn	Geroge	U.S. Navy	Seaman				

November Is The Month To *Thank* So Many



Rev. Jamie Champion

On Nov. 11, the United States celebrates Veterans Day – a holiday that memorializes the courage and sacrifice that the men and women of this country have displayed while serving in the Armed Forces. As of this year, there are around 19 million veterans in the United States. While that may sound like a large number, veterans only make up around 10 percent of the U.S. adult population.

Veterans Day is not just a U.S. holiday. It is also celebrated in Great Britain, France, Australia, and Canada.

At John Knox Village, we have more than 130 veterans who have served in all branches of the United



Observance of Veterans Day is always a major celebration at John Knox Village.

States military. In order to embrace Kennedy's quote, to truly show our appreciation to veterans, we must live a life that honors their sacrifices, their courage and their commitment.

November is also the month during which we celebrate Thanksgiving. Let us be thankful and grateful for all that we have because of the men and women who served

those who serve and put their lives in harm's way to carry out their mission decided on by leadership should be respected and remembered.

On Veterans Day, take a moment to count the freedoms and liberties that we have, consider the safety and security that we enjoy, and remember those who died and were willing to pay what Abraham Lincoln called, "The last full measure of devotion."

–Rev. Jamie Champion

...to truly show our appreciation to veterans, we must live a life that honors their sacrifices, their courage and their commitment.

States military, as well as the British Army and Canadian Navy. That means that JKV goes above the national average with 15 percent of our residents being veterans.

Honoring Our Veterans

So how do we appreciate our veterans on this day and, in truth, all year-round? John F. Kennedy once said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." It is not enough to thank them for

in the military. Let us support our veterans during good and difficult times. Let us show our appreciation by continuing to value what it should mean to be a U.S. citizen.

It is up to those of us who are here now to continue the legacy that they started: To remember their sacrifice and ensure that the freedoms and liberties for which they fought, continue for the next generation.

While we may not all agree on decisions that are made by politicians, we should agree that

Rev. Jamie Champion is a veteran himself, having served in the U.S. Marine Corps from 1995 to 2000 and achieving the rank of Sergeant. He was a Spanish Linguist and served in Guantanamo Bay, Cuba for 18 months, and the remainder of his service as a Communications Collection Team Leader and Platoon Sgt. with A Co., 2nd Radio BN in Camp Lejeune, NC. Twelve years after leaving the Marines, he was called to the ministry and completed his bachelor's degree in religion and received his Master's of Divinity degree in Healthcare Chaplaincy.



Anything Is Possible

Giving Can Make You Happy



Mark Dobosz

It doesn't take a scientist to know that doing pleasant things for people feels good. However, researchers have discovered that even thinking about doing something generous has mood-boosting benefits in the brain.

In a 2017 study published in *Nature Communications*, researchers from the University of Zurich, in Switzerland, told 50 people they would be receiving about \$100 over a few weeks. Half of the people were asked to commit to spending that money on themselves, and half were asked to spend it on someone they knew.

The researchers wanted to see whether simply pledging to being generous was enough to make people happier. Before doling out any money, they brought everyone into the lab and asked them to think about a friend they would like to give a gift to and how much they would hypothetically spend. They then performed functional MRI scans to measure activity

in three regions of the brain associated with social behavior: Generosity, happiness, and decision-making.

Their choices—and their brain activity—seemed to depend on how they had pledged to spend the money earlier. Those who had agreed to spend money on other people tended to make more generous decisions throughout the experiment, compared to those who had agreed to spend on themselves. They also had more interaction between the parts of the brain associated with altruism and happiness, and they reported higher levels of happiness after the experiment was over.

The JKV Foundation is extremely fortunate to have a wonderful group of residents, team members and friends of JKV who love the feeling of being happy because they share their philanthropy to ensure that the well-being of fellow JKV community members is enhanced and increased.

"Other studies have shown that older people who are generous tend to have better health," says Dr. Philippe Tobler, associate professor of neuroeconomics and social neuroscience at the University of Zurich, "and other research has indicated that spending money on others can be as effective at lowering

blood pressure as medication or exercise. Moreover, there is a positive association between helping others and life expectancy. Perhaps because helping others reduces stress."

Next time you think that the best way to make yourself feel better is to buy yourself a treat, consider that the opposite is true. Consider making a philanthropic gift to support the programs, services and spaces that will help your fellow JKV neighbors and team members have extraordinary engagement and a greater sense of well-being and purpose.

Don't delay your happiness a second longer. Make a gift to the JKV Foundation's annual fundraising effort "Anything Is Possible" – because it truly is, and it can start with you.

Thank you again for those who gain their happiness by supporting the JKV Foundation and a warm invitation to anyone who also wants to "get me some of that" happiness.

–Mark Dobosz
Executive Director



Monthly Service Fee Assistance Program Announced

This is a new program because we think some of our long-term residents may need it – and the current Benevolence program is not satisfying that need.

The program lasts only for three years, until Westlake is occupied and more people are sharing the cost of our facilities. In the meantime, we intend to use the information gained from tax returns to redesign the Benevolence program so that more residents can qualify. Even if they don't, or if Westlake does not yield a tangible benefit, the worst that can happen is that deserving residents will get a three-year MSF credit.

As a Life Plan Retirement Community, John Knox Village hopes to assure that its residents have sufficient financial means to enjoy Village life and normal outside activities, including family visits, shopping and entertainment. It recognizes, however, that time may erode discretionary income, causing some residents to make difficult choices.

To help bridge this erosion of lifestyle, The John Knox Village Foundation recently announced a **Monthly Service Fee Assistance Program**, primarily for long-term residents for whom such fees have come to represent a *“Financial Burden that would require them to curtail otherwise normal activities.”*

Mechanics of the Program:

- The Program will provide a flat rate subsidy equal to 3% of the resident's January 2022 monthly service fee. The calculated amount will be paid as a credit to Monthly Service Fees billed beginning in February 2022 until December 2024 or until such earlier time as the resident qualifies for the JKV Benevolence Program as it may be amended.

- For example: If the resident's monthly service fee for January 2022, including the announced increase, was \$3,000 they would receive a credit of \$90 per month (3% of \$3,000) against the service fee beginning in February for each month in 2022, 2023 and 2024. The amount of the credit (\$90) would remain unchanged, even though the monthly service fee itself would likely increase in 2023 and 2024.

Objectives of the Program

- Objectives of the Program are to provide needed assistance until we

expect the 146 Westlake apartments to be occupied and the cost of maintaining and operating campus facilities is spread over a larger number of residential units.

- It will also provide interim relief and supporting data as the Foundation undertakes a needed extensive revision of the Benevolence Program. Residents participating in the current Benevolence Program will not be affected.

Qualifications for The Program

- Qualifications for the Program—and its 3-year service fee subsidy—are primarily through self-selection. The Foundation knows and expects that there are many residents who need assistance now, or will soon, and hope they will apply.

- In doing so, applicants will also assist in the redesign of the Benevolence Program by providing their tax returns and other data.

The Foundation reserves the right to deny any application based on a review of the associated tax return or other factors in its sole discretion but does not intend qualification to be a rigorous process. It must also be clear that this is a one-time program with defined objectives and anticipated outcomes. It is not offered in response to the pending increase in the 2022 Monthly Service Fee nor should anyone expect changes based on future MSF increases. To assure program credits begin in February, the open application period will end Dec. 1, 2021.

Complete details and forms may be obtained from Mark Dobosz in the JKV Foundation office on the first-floor of Cassels Tower or by calling 954.784.4757 or mdobosz@jkvfl.com
All inquiries are strictly confidential.

The Memories Of This Year?



Pete Audet
President Resident Senate

Thanksgiving time is here again. Here's a few things for which we can be thankful: Turkey, football, nice weather, COVID vaccinations, holiday planning, pumpkin pie and chestnut dressing.

Do you remember the colors of fall leaves? Maple, oak and aspen leaves? Raking them up and having leaf fun with the kids? Smoky smells? My favorite tea woodsy, Lapsang Souchong.

Of course, there was the cheering on of your football team, while toasty

under your stadium blanket. Ah, the first snow of the season (wait – I live in Florida – ahhh glad they are now memories: Snow, leaves, raking).

The memories of THIS year? COVID Part Deux, the arrival of the Delta variant, frequent hand washing, 6-foot physical separation, the ability to recognize our masked friends, the Aquatic Complex opening, enjoying friends at Stryker's, Zoom zoom (Mazda's tagline takes on new meanings).

Speaking of enjoying, when was the last time you had a good sugar cookie? Thin and crisp? The kind I helped my Grandma make in her kitchen. I forget the ingredients, but never the taste... right off the cookie sheet. Cool down? Nah, that's what your mouth is for. Memories of my house on 310 Wood St., in Bloomington IL—about four blocks from Miller Park Zoo. I can still hear the lions roaring at night.

Fall is for memories. Think back. Do you remember the cracks in

the sidewalk cement on your block growing up? Years later I went back and the same crack was right where I left it, but the front yard catalpa tree I lounged in had been chopped down.

Corn mazes, picking apples, seeking out the perfect pumpkin to carve (yuck, remember the gooey seedy mess inside?). Maybe we're just too busy to notice all the new memories we have available to us.

Nostalgia does like last week's memories, so I challenge you right here and now to go bake some cookies (you can give me one), admire all the wonderful flowers and trees we have here at John Knox Village. Make some guacamole dip and watch a movie. Journal for at least long enough to go back and read some earlier entries with a smile at what you did.

Go back two years with me. Two years ago, I'd just been elected Resident Senate President. The old "Lobster pot" pool was just closing to build the new Aquatic Complex. The

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JKV Rotary Club Makes

Wellness Park Project A Success



JKV Rotary President Carol Redd thanks all the residents who gave generously to the Wellness Park improvement project, during an evening affair at Stryker's Poolside Sports Pub.

The Rotary Club of John Knox Village gratefully recognizes and sincerely appreciates the generosity and support of the many who donated to the Wellness Park improvement project.

We have been overwhelmed by the outpouring of support and the donations from our residents in honor and in memory of special persons and beloved pets. We acknowledge and recognize those still with us and those fondly cherished in memory.

It has been a pleasure working with Mark Dobosz and Odalys Rosua of our JKV Foundation. Grounds Manager Jim Witt has supervised the project to its completion. We all now benefit from the enhanced gathering area and additional seating.

Thank you to one and all!

—Carol Redd, President
The Rotary Club of John Knox Village

Hiking Into 80, Or What I Did On My Summer Vacation

By Village Towers Residents Michael Featherstone and Barbara Morningstar

We were in a cloud. Not figuratively...no, we were literally hiking through one of the low hanging clouds that frequent the north Georgia mountains in the Fall. Misty and cool, it feels like we're hiking through a gray-hued watercolor painting.

At an altitude of over 3,300 feet, we've just finished hiking up one of north Georgia's highest peaks, Frosty Mountain. A day before, we'd been hiking under a clear blue sky along a similar trail, one of many that spin out like a spider webs that centers on the beautiful Amicalola Falls Lodge. The lodge overlooks the southern end of the Appalachian mountains and most rooms feature stunning views of

mountain sunsets.

Amicalola is a Cherokee Indian word meaning "tumbling waters" and a scant quarter-mile walk from the entrance to the lodge is the centerpiece of the park—Amicalola Falls, the largest waterfall in the southeast, which drops more than 700 feet in a series of cascades.

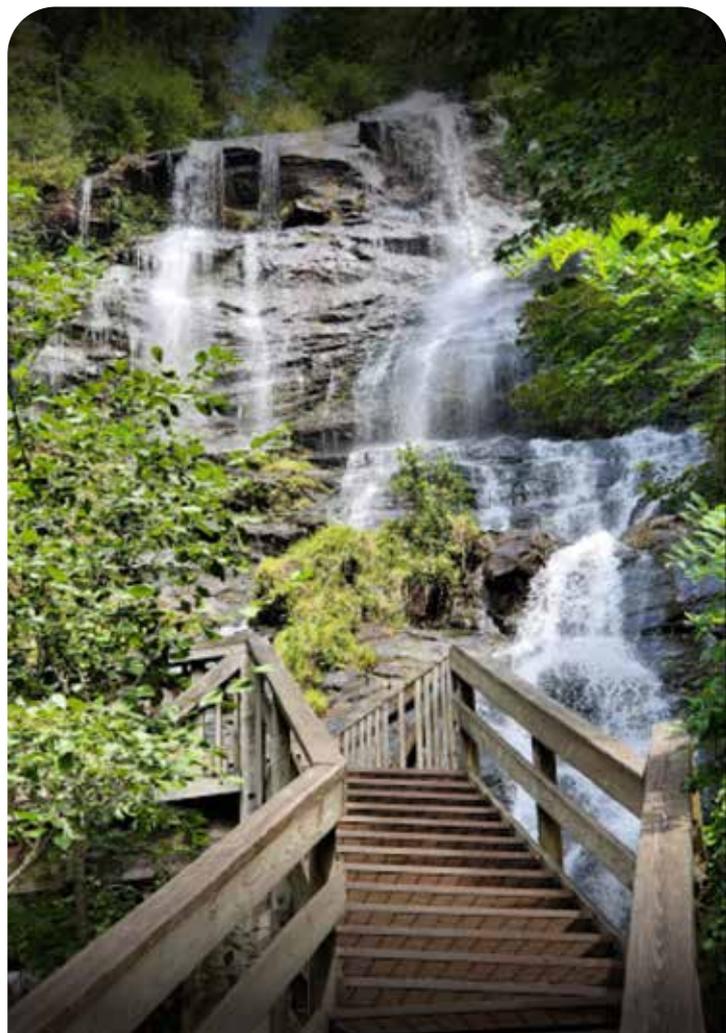
For spectacular views of the falls, there is a one-mile walkway from top to bottom. The drawback is that it involves 604 stair-steps each way, and trust me, it's the ascent that gets you. Sorry, no escalators.

For the more adventurous or experienced hikers, it is possible to circumnavigate the falls on a challenging trail. Hiking poles may not be required, but we wouldn't try it without them. For the armchair traveler, one can drive on a nicely paved, curvy two-lane highway from top to bottom with a few scenic overlooks and parking along the way.

Many of the lodge visitors are there for the hiking trails that originate from the lodge. Probably the most utilized trail is the eight-mile-long Appalachian Trailhead Approach Trail, which stretches from the lodge to Georgia's Springer Mountain, the southern terminus of the famed Appalachian



Village Towers Residents Michael Featherstone and Barbara Morningstar are shown in front of Amicalola Falls, in northern Georgia.



Amicalola Falls is one of many attractive mountain hamlets hidden away in the scenic north Georgia mountains.

Trail—meandering 2,181 miles to Mount Katahdin in Maine.

We opted for making the "Approach Trail" part of several short hikes which started and ended at the lodge. The "Frosty Mountain" hike was just such a trek. It totaled 8.39 miles, with 1,000 feet of ascent and took us a bit over five hours to complete.

Barbara and I have learned that the best strategy is to plan hikes so that the ascent is mostly at the front end and it's an easier downhill cruise at the end. That is actually "sort of" true. Many of the hiking trails have sections with extensive tree roots and rocks that can make the downhill trek a real adventure requiring complete focus on terrain (for me the uphill portions are easier).

We have discovered the solution to that problem for - ahem - senior hikers. We chanced upon a network of roads that often parallel the much more challenging trails and allowed us to enjoy a more casual walk in the woods.

These graveled roads are virtually free of traffic. We rarely saw a vehicle of any kind on them. As with the trails, the roads pass over clear streams and offer secluded views of small cascades unavailable even from the trails. As we

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Elders Enjoyed Their Version Of

AAW

Active Aging Week wasn't just for the "youngins" at John Knox Village. Our young-at-heart Elders also enjoyed themselves during AAW. Team members from Meaningful Life, Gardens West, Seaside Cove and The Woodlands made sure every Elder wishing to participate in an AAW-themed activity had that opportunity. Here is a sampling of how the week went for them.



Eldersplash was a big hit with Elders and the JKV team. During her time in the water, Woodlands Elder Nancy Lee Matthews was heard saying: "this is my first time swimming in two years and it is wonderful."



Fitness Outreach Coordinator Jasmine Tennie helps Woodlands Elder Nancy Lee Matthews navigate through the Aquatic Complex's resort pool, during the Eldersplash portion of Active Aging Week.



Mitchell "Mitch the Magician" Davie, got some assistance from Speech Pathologist Adee Okhovat with Elder Patricia Martus during his magic and comedy act in front of Elders in The Woodlands' Life Enrichment Center.



Guide Kristen Drago and Driver James Barnes helped Eileen Maass roll a strike during the Senior Bowling League outing to Diamond Strikes Lanes.



JKV is a pilot test site for an Eldergrow project, with funding from senior advocacy agency LeadingAge Florida. With its elevated garden box, Elders can easily plant and water a variety of plants. Here Meaningful Life Coordinator Hana Salem assists Billie Theonaris.



Elders, and JKV staff alike, had a terrific time during the off-campus bowling event, as part of Active Aging Week.

Active Aging Week

SEVEN DAYS OF EDUCATION, ACTIVITIES, FITNESS AND FUN



By Marty Lee, Village Voice Contributor



Residents and Staff alike enjoyed the Opening Celebration of AAW, held at Stryker's Poolside Sport Pub. Shown here (L-R) are: (NAME), Mary Jane Graff, David Thomson, Denyse Cunningham, Life Enrichment Coordinator Jacquée Thompson and Bartender Samuel McQuennie.



Richard Aronowitz (L) and Kevin Soyt were among numerous residents who joined Spiritual Life Director Rachael Gallagher for a breakfast at Stryker's Poolside Sport Pub, followed by a Reflection Walk to help develop a closer sense of community.

Begun in 2003 by the International Council on Active Aging® (ICAA), the weeklong Active Aging Week (AAW) campaign calls attention to, and wholeheartedly celebrates, the positivity of aging today. It showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way. John Knox Village wholeheartedly embraced Active Aging Week six years ago, and the activities, events and opportunities have grown every year.

While Active Aging Week 2020 was physically distanced, with strict

attendance limits on all activities due to COVID-19 protocols, a full schedule of events was showcased, many of them Zoomed to residents who could watch and participate from the safe environs of their homes.

This year, with near universal double-vaccinations among residents (and Pfizer booster shots implemented campus-wide in mid-October), events and activities were closer in scope and participation to pre-2020 Active Aging Weeks.

According to the plan developed by ICAA, AAW focuses on a weeklong

schedule of events and activities designed to involve the Seven Dimensions of Wellness: Physical, intellectual, environmental, vocational, social, emotional and spiritual. From the intellectual, vocational, social and spiritual One-Day University on "The Power of Mindset," to the physical and social fun on the Pickleball and bocce ball courts, and aerobic fitness in the pool, to the all-encompassing wellness opportunities of the Volunteer Fair – there was something for everyone during AAW.

Continued on page 14



Local Chef Alice Colin provided a "Tasting Thailand" cooking demonstration in the Welcome & Innovation Center Kitchen. She prepared a Thai Coconut Chicken and Vegetables dish to much acclaim for the dozen residents in attendance.



Spiritual Life Coordinator Rev. Jamie Champion lead a group of residents on "Journaling with Spiritual Life." Each participant received a journal and writing prompts to help document inspirations, thoughts and special moments.



Two- and four-legged residents, and guests enjoyed the Blessing of the Pets ceremony with Spiritual Life leaders Rachael Graham and Rev. Jamie Champion officiating.

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Education, Opportunity And Participation

If education and knowledge are your passions, you would have learned about the Cultural Literacy for Religion; the Art of Thai Cooking; Journaling to document the special moments in your life; Life-changing Habits of Centenarians; The 7 Dimensions of Technology and how to improve your life via smartphones, computers, apps and websites; Understanding and Improving your Memory; Learning the American

Sign Language to communicate with the hearing impaired; and The Power of Mindset. Each of these lectures, seminars, Zoom meetings or demonstrations was designed to give participants the tools necessary to improve their lives in meaningful ways.

For the more physically involved participants, AAW included Water Relays in the lap pool, a Pickleball Tournament – crowning the first JKV champions, and a Bocce Ball Tournament to determine the Village's greatest at positioning their bocce closest to the pallino.

Honoring Village Pets

For many Village residents, particularly during the pandemic, their pets have provided emotional, social, physical and spiritual support. To celebrate that important relationship, the pups and kitties of the Village were included in two special events. On St. Francis' Feast Day, JKV's spiritual leaders Rev. Rachael Gallagher and Rev. Jamie Champion, invoked the "Blessing of the Pets." More than 30 Village pups and one cat were joined with six therapy dogs and their volunteers from Ft. Lauderdale's



It was ladies versus the guys in the first-ever JKV Pickleball Championship. Shown (L-R) Ellen Isaacs and Cecilia Dehlin went up against John Carter and Russell Brandon. The guys were no gentlemen and beat the ladies.



Cassels Tower resident Dennis Fitch won the AAW Water Relays. Residents were asked to swim two lengths of the pool, of 50 yards. Out of the event came a new challenge where residents Fitch, Michael Featherstone, Ellen Isaacs and Stephanie Messana have challenged employees Marsha Dixon, Erik Nenortas, Thomas Rodriguez and Gloria Gantes to a swim off, which was scheduled to take place Oct. 29th.

ATION, ACTIVITIES, FITNESS AND FUN



Residents John Mandt, Larry Hardham and Ron Lane watch as Judy Lane throws the bocce ball as part of the AAW Bocce Ball Tournament.



Lifestyle & Aquatic Coordinator Melissa Jill Clark provided a thought-provoking presentation on the five "Blue Zones," a number of places around the world where a higher-than-usual number of people live much longer than average.

Canine Assisted Therapy in thanks for the special partnership we enjoyed with furry friends.

The second pet-oriented event captured a special moment in the valued pet/parent relationship through photography. Participants in the Furry Friends Foto Opportunity received portraits to keep as special mementos and to share with family and friends.

Accolades go to Life Enrichment Manager Jamisyn Becker, Meaningful Life Manager Gloria Gantes, Fitness Manager Marsha Dixon, Lifestyle Coordinator Melissa Jill Clark

and their teams for the planning, implementation, guidance and supervision of the week's events, designed to fully engage every resident regardless of interest and ability.

Volunteer Fair Highlighted The Week

The fitting culmination of the week's activities was the Volunteer Fair held in the Village Centre Auditorium. The Fair honored the volunteerism of JKV's residents – more than 50 percent of residents volunteer their time and talents in the Village or outside in the Greater Community – and the opportunity

to "sign-up" to one or more of the volunteer offerings.

While AAW was filled with opportunities to participate in a wide range of events, it was really just an introduction into the 52-week, 365-day a year schedule of activities contained on the JKV events calendar. Active Aging is the holistic goal at JKV, where each day is another celebration of life enjoyed to its fullest.

Residents who signed up to volunteer were given tickets to dunk President Gerry Stryker in a Dunk Tank, as part of AAW Closing Ceremonies.



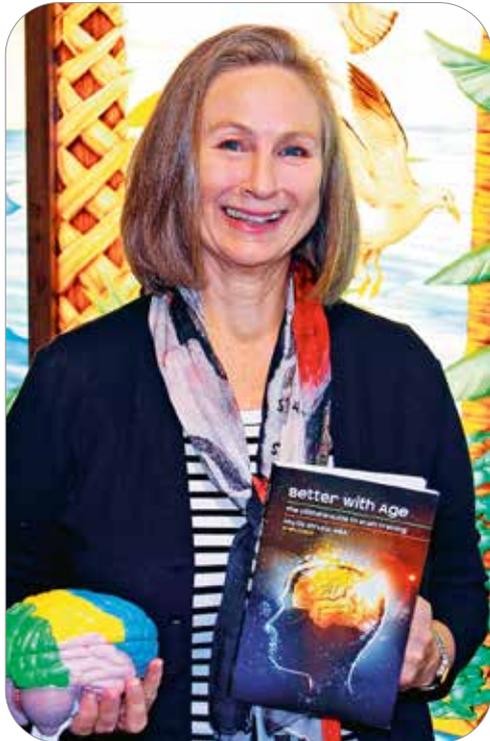
South Garden Villa resident Jane Middleton took part in the Amazing Obstacle Course. After completing a number of balance, agility and endurance activities, she worked on her hand-eye coordination, using her non-dominant hand to build a paper cup castle.



Village Towers resident Jack Richards enjoyed dunking President Gerry Stryker. The Dunk Tank was part of the Friday Festivities, as part of the closing of Active Aging Week.

Brain Health Is A Team Sport

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

We are ending the year 2021 much as we started it: In a state of flux. The pandemic has created a sea of turmoil by altering lifestyles and ending lives. Indeed, social psychologists have coined the term 'pandemic flux syndrome' to describe a jumble of feelings, including anxiety, hope, sadness and exhaustion, often accompanied by a desire to make major changes in one's life.

For almost two years, a continuing state of flux has intensified cognitive and mental health challenges for people of all ages. Fortunately, a major opportunity to regain our strength is at hand: The holiday season. But we need the right mindset to make the most of the holidays this year. Our brain fitness and mental health depend on it.

The Brain Is A Social Organ

One of the most important "aha's" of my life is this: The brain is a social organ. I still remember the day I learned this, because of the paradigm shift which it triggered in my life.

In 2009, I earned a "Brain Research in Education" certificate

from the University of Washington/Seattle to learn more on how to ethically educate the public on research findings. Brain conferences for educators were recommended for continuing education. At one conference, a researcher explained how human relationships sculpt brain tissue biochemically.

Silly me, I thought my brain was all mine, but it is not. My brain is something I co-create with other people. Brain health is a team sport. We need others: our brains say so. The American myth of rugged individualism had misled me. The Bible had it right with "love your neighbor as yourself."

This interdependence gives us the best of both worlds—individuality and community—for an amazing brain. But our need for connection can make us especially vulnerable in times of loss or social isolation. Our brains may need a helping hand.

Memories Bring Joy

In good times and flux, we need to turn to others for connection. However, the pandemic has made connecting with others so complicated. The rituals that help us stay connected such as baptisms, weddings, celebrations of life, reunions, and holiday gatherings are often cancelled or postponed. Differing attitudes about vaccination and mask wearing can create friction and disrupt gatherings.

In addition, the sudden loss of friends and family members due to death or relocation has affected many, including me. My brother died suddenly this summer under unfortunate circumstances. Fortunately, we were able to gather for his celebration of life within six weeks. I went through family pictures and movies for hours to pull together a montage for this event. His daughters wrote a heartfelt obituary and read a remembrance of him at

the celebration of life. People from his high school class who had been out of touch for 50 years shared beautiful memories of him via Facebook. There was so much more to my brother's life than I knew. All of this shared remembering was very comforting and increased our family's connection. We became more grateful for each other.

Share Memories To Stay Connected

Our interdependence makes it especially hard to lose a loved one, but as the old saying goes, it is better to have loved and lost than to never have loved at all. But we need to reach out to others when sadness and despair linger after a loss. When in-person gatherings aren't an option, find another way.

Sharing cherished memories allows us to rejoice in our relationships and stay connected, no matter how much flux there is in the world around us. There is so much to celebrate and appreciate in every human life, so much to give thanks for on Thanksgiving and every day of the year.

*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*





Pumpkin Pancakes

In Good Taste: Be A Turkey For A Day, Or Enjoy Chef's Pancakes All Month

By Rob Seitz, Village Voice Editor

This time of year readers of virtually every lifestyle publication will find some chef's take on a traditional gobbler recipe. To stuff or not to stuff. Roasted versus deep fried, etc. Why be traditional?

There are 29 other days in November to think about eating besides the fourth Thursday and John Knox Village Executive Chef Mark Gullusci has a sweet recipe to that could kick-start every morning this month.

Chef Mark's quick, easy and delicious Pumpkin Pancakes are for the kind of almost-winter mornings where you can spend some extra moments indulging in this great comfort-meal before tackling

another busy day in South Florida, or at Pompano Beach's premier Life Plan Retirement Community.

So, with tongue firmly in cheek, be a turkey for one day in November, but enjoy these pancakes all month long.

Ingredients

- 1 cup wheat flour
- ½ cup white all purpose flour
- 2 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- 2 eggs
- 2 tbs. canola oil
- 1 tbs. sugar (honey or sugar substitutes could be used)
- 2 tsp. vanilla

- ½ cup pumpkin puree
- 1 tsp. nutmeg
- 1 tsp. ginger
- 1-1/2 tsp. cinnamon

Preparation

Mix all dry ingredients. Mix the oil, egg and vanilla. Fold all ingredients together until mixed smoothly. DO NOT over mix. If the batter is too thick, it can be adjusted with a little warm water.

Butter pan or griddle or apply a pan spray. Place silver dollar-sized amounts of batter on griddle or pan. Cook on medium-high for 1-1/2 to 2 minutes on each side and serve with toppings.

LIVING WELL CORNER

Power Of A Plant And Fitness 2021 Reflections



Marsha Dixon, BS C-EP



Jasmine Tennie, BS, C-EP

John Knox Village has had a year of creativity and perseverance to say the least. We've enjoyed pep rallies outside of the Towers, Pickleball training and tournaments, Water Volleyball with the Fitness Team, and splashing aquatic fun with the Elders during Active Aging Week.

We've also had the opportunity to connect with our fellow team members in different departments, lending a helping hand during these challenging times. We look forward to continuing the fellowship in 2022.

In the spirit of promoting alacrity for wellness, the Fitness Team will be hosting an assembly to introduce the world-renowned Stephen Ritz.

Ritz is an educator, author of *The Power of a Plant*, and urban farmer who created the Green Bronx Machine. As innovator and creator of this impact-driven, for-purpose organization with 501(c)(3) status, Ritz teaches the importance of rich nutrition by way of Vertical Wall



STEVEN RITZ



Gardens. His message and work have been shared among those living in underserved communities all the way to the White House.

As part of a community that celebrates longevity and wholeness, we would like Ritz to help us build our own Vertical Towers at JKV. The opportunity of having organically grown fruit, vegetables, and plants to serve our residents, Elders, and members of the greater community would be life-changing.

Ritz will be visiting us in December (date and time to be determined). We hope you would join us for this presentation of a lifetime and the unveiling of one our first Vertical Towers. Look for date, time and additional information in the near future.

In addition, we look forward to bringing back many of our beloved outings, such as the beach walk, gentle hikes, and bird watches.

Our partnership with the Alzheimer's Association, American Heart and Lung associations, will continue its charity and outreach support. Classes such as Cardio Drumming and Zumba Gold will continue to be featured, along with new programming that incorporates cognitive engagement and brain health.

We are honored to be entering into a New Year with you all. We hope that 2022 brings you success in health and peace.

*—Marsha Dixon, Fitness Manager
and Jasmine Tennie, Fitness
Outreach Coordinator.*

NUTRITION NOTES

Food, Family, Friends And Fighting Diabetes



Wendy Chuy, NDTR

As restrictions start to ease up and we start gathering with our friends and families, we also start going and eating

out at restaurants. Do you get stressed thinking about the menu?

It is important to choose the right foods to avoid raising your blood sugars. Do you monitor your carbohydrate intake? Do fat and low sodium foods matter? Talk about making dinner as stressful as balancing your check book.

Dining out can be enjoyable, if you plan ahead. Try to drink some water before you order. That way you eat less by ordering with your eyes instead of your stomach. The key is not to be extremely hungry, which helps avoid overeating.

To reduce fat and carbohydrates, make wise food choices such as baked,

steamed, grilled or broiled foods instead of fried, breaded, crispy or creamy meals. Try to ask for veggies and salads instead of carbohydrate side dishes such as rice, potatoes or pasta.

Always ask for sauces and added condiments on the side to have better control of your portion sizes. These include salad dressings, ketchup, mayonnaise, butter, etc.

The key to managing your blood glucose is portion control, regardless of the meal you are having. If you are having a pizza, skip the extra cheese, consume only one or two small slices, choose a thin crust and have lots of veggies on the pizza.

If you are eating fast foods, such as subs, choose lean cuts of meats such as turkey, roast beef or lean ham and choose whole grain instead of white bread. If you like soups, try to skip the bread bowls and choose broths made with tomatoes over those made with cream or butter.

If you like Italian, you might want to try veggie pastas or whole wheat pastas instead of traditional white, enriched pasta. If you love Chinese food, watch for the sodium content. Try stir fries, steamed dishes and

dumplings instead of pan-fried dishes. If you do have a choice, brown rice is a better option over white rice as part of your dish.

If you are craving Mexican food and soups, choose grilled fajitas with chicken or fish. Avoid the extra sour cream, cheese, fried shells and refried beans.

Friends and family gatherings can be both enjoyable and healthy. Remember you can always share meals by ordering multiple appetizers instead of an entrée each. Sharing desserts among friends makes the experience more enjoyable and you get to taste different types.

Sugar-free desserts are always an option and if you do not see it on the menu ask your waiter. Eat slowly and monitor your choices of beverages.

The only calorie/sugar-free beverage is water. Fruit juice, even homemade, has more sugar than water. Do not forget that alcohol has carbohydrates and it can raise your blood glucose so monitor your intake. As with everything, moderation is the key. Let's be thankful for each other's company and the friendships we have made along the way. Happy dining.

—Wendy Chuy, NDTR

An Introduction To The *JKV Race Relations Task Force*



JKV Risk Manager Kirsten Whiting makes a point during a Resident-Staff Race Relations meeting held over the summer.

The hedges around John Knox Village have done a wonderful job of protecting us from COVID-19, even as we mourn those we have lost and hope that those who are still recovering will regain their health and strength.

But these same hedges could not protect us from seeing the picture of the killing of George Floyd. And over the months since his and the tragic deaths of many other people of color, these hedges should not keep us isolated from the injustices around us.

Cassels Tower resident Norma Jenkins used the death of George Floyd and others to spur her self-examination about racism and her effort to begin a discussion at JKV about racism.

We live in a Village that prides itself on being a "family:" The family which includes residents and staff. The majority of our staff are people of color, as well as, many different ethnic and cultural backgrounds.

The first few meetings spurred the formation of a book club where books on racism were discussed and copies provided to the libraries, thanks to the generosity of RAS: An agenda, which included trying to reach out to

the community and promote black-owned businesses; a proposal to have ethnic food trucks come on campus; a discussion of how we can foster JKV resident interest in helping children in area schools.

Time passed; Delta variant appeared; Teddy Tennie, who helped Norma lead this group, left JKV; and here we are months later. We have realized that we need to, first and foremost, take our message to our staff of color and let them know that we are a dedicated group of residents who will work with and for them to gain respect for all who live and work here.

Secondly, there are two schools in close proximity to JKV where we can make a difference in children's lives. Whether they are rich, poor, Black, Hispanic, Muslim, Jewish, or White – they will witness these Old people who are taking the time to be with them in a giving environment.

—Ellen Isaacs, So. Garden Villa Resident

Utilizing Life's Insights In Leading JKV's Future

Continued from page 3

and our precious pets in Heaven's Wellness (Dog) Park. We have over 200 pets at JKV and they remind us daily of the importance of "Unconditional Love."

With over 70 Botanical acres of gardens and water scapes at JKV, our journey begins with the question: Which way should we go?

Followed by, who's leading? Laughter often follows this question as you can appreciate we're all creatures of habits and many Type "A" personalities.

Well-being is important to us all and so a brisk walk with occasional strolls to take in the beauty around us is what the story of "Ferdinand the Bull" was all about, right?

Our Rose Garden is a special place to stop and literally "Smell The Roses" in bloom. JKV is 54

to retreat to one of the Board members' on-campus homes and break bread, while enjoying our favorite morning beverage.

It's fun to see us all in action, with our tasks. Some serve as barista, bread toasters, fruit makers and of course there's always a few talkers.

The conversation begins, "How is JKV doing?" The opportunity to listen to the responses to this question and many others is truly the purpose of this special



President Gerry Stryker (C) enjoys his Friday morning walks and breakfast with residents. He is shown here (L-R) with Tom McKay, Jan Spalding, Art Battista and Diane Barton. Regular group member Terry Colli was unavailable for the photograph.

Our Rose Garden, is a special place to stop and literally "Smell The Roses" in bloom.

years young as a property and the maturity of our trees, landscape and grounds are well maintained and beautiful to experience. The waterfowl are also appreciated and yes, do have names too.

To witness the transformation of JKV's Master Vision Plan by walking our campus is truly amazing.

Walt Disney would say "If you can Dream it, You can do it," and our residents, governance, team members and those in the greater community would acknowledge, it does take a Village to achieve it.

Following our walk is our time

gathering time.

Insights shared allow me and our group a sounding board to exchange ideas and gain perspectives that otherwise would be lost opportunities in our daily roles and scrimmages at JKV.

I truly believe these practices of residents, team members, governance and the greater community being actively engaged is what differentiates and creates a value proposition to "Why should I live, work and play at JKV? Or be associated with JKV?"

Many communities welcome

and appreciate the longevity of their residents, team members and greater community stakeholders by acknowledging their presence, followed by the response, "I will take it from here."

At JKV, I'm grateful to be a part of an actively engaged community that appreciates the resources in the lives living in our neighborhoods.

I also appreciate the "Power of Moments" that are created when people are challenged through deep-knowing relationships that result in the integration of the larger community resources when embraced to make a difference for all.

With Gratitude and Appreciation!
Cheers,


GERALD STRYKER
President/CEO

The Fire Guy's View:

Final Thoughts



John Stanley

By the time this **Village Voice** goes to press, I will no longer be employed by John Knox Village. I am not going to belabor the reasoning for this departure, suffice to say...A private business made a decision, a consensus of the management deemed necessary and in keeping with their mission statement.

Being someone who wholeheartedly believes in business autonomy and individual liberty, I fully support any business to operate and employ how the leadership sees fit, even if I disagree with the reasoning.

I would like to say first that serving as the Fire Prevention and Safety Coordinator at JKV these past two-plus years has been the most life-changing and spiritually rewarding employment in my life.

The interactions I've had with both residents and staff have had a monumental effect on my life, perspective of life and my previously askew worldview. I am deeply saddened to be leaving, but given my theological beliefs, I am eternally blessed, beyond words, to have had an opportunity to experience all of you.

As I write this, I am reminded of a Bible scripture: Thessalonians 2:17 KJV – "But we brethren, being taken from you for a short time in

presence, not in heart, endeavor the more abundantly to see your face with great desire." (I encourage you to read the entire chapter). How this translates to me is even though I am apart from you, you remain in my heart and I cannot wait until the next time we are together.

So, what I have I learned that has blessed me so much during my employment at John Knox Village.

...That the desire to convey charity and compassion surpasses all boundaries of race, culture, gender, personal preferences, theological ideology and economic status.

...That everyone has something valuable to offer, which enables us

...That I never knew that a Type A personality, list-making, pragmatist could enjoy creative writing. But I left my comfort zone and tried.

...Truth is seldom found in the consensus, but in an earnest, thoughtful, unbiased search for the truth. In that search suppress the need to be right. Don't shortchange yourself by repeating the mantra of "I am not smart enough to learn that." That is a self-defeating excuse to saying, "I don't want to take the time to learn." ...Dare I say lazy? The truth is required for continued spiritual and mental growth.

Seek the truth regardless of what everyone else is doing.

That the desire to convey charity and compassion surpasses all boundaries of race, culture, gender, personal preferences, theological ideology and economic status.

to be more human and being more human requires humility.

...I still don't know everything, but neither does anyone else, regardless of how old you are.

...Aging is not a death sentence, life is...I mean all of us start towards death the moment we are born, but that doesn't mean a life and mind-free condition is not available to each of us, if we choose.

...Just because you're not from the United States or are new to the United States, doesn't mean that you don't understand the American Experience, and more importantly the value of the things most American born here take for granted. Please remind us Americans of those things every now and again.

...The value to the soul of actively listening to the insight and perspective of those who are not like us.

...and most importantly, how the chirping of a smoke detector is 10x louder and more annoying at 2 a.m.

There are far too many people at JKV that I would like to thank personally, but I am constrained by the limits of this article and how big their head would get...you know who you are. Rest assured, I will do everything in my power to make sure that I personally thank all of those who have touched my life and attempt to relate how much you mean to me, given the limits of the English language.

Let me close by saying, with all sincerity...I love you all and will cherish the memories I have made with each of you, forever.

—John Stanley
JKV Fire Prevention & Safety
Coordinator



By Marc Storch, Village Voice Contributor



Marc Storch

The iPhone 13 was rolled out in September and has been a rousing success. The new line features four phones: The iPhone 13, iPhone 13 Mini, iPhone 13 Pro, and iPhone 13 Max. Now you may be thinking, those model names don't mean anything to me. Well, you are in the right place; we have put together a guide to each of the new models to make the process of choosing easier.

Let's start with the base model, the iPhone 13. Although it looks pretty similar to previous models, this phone has gone through its redesign inside. Some of the most notable features are the 6.1-inch screen and a significant battery upgrade. In addition, this line has an A15 processor at its core that makes it way more efficient, offering all-day battery life. Are you an avid cell phone photographer? In that case, you will be excited to hear that the dual-camera system in this phone is way more capable of capturing photos in lower light and stabilizing a shaky hand.

IS IT TIME TO UPGRADE TO THE iPhone 13?



iPhone 13 Pro Max

iPhone 13 Pro

iPhone 13

iPhone 13 Mini

Screen size has seemed like it has only been getting bigger and bigger with each new model. However, with last year's model and this new one, there is an option for people who prefer a smaller phone. Check out the iPhone 13 Mini. It has pretty similar features to the baseline iPhone 13, but it is sporting a 5.4-inch screen.

Avid phone users will want to look at the Pro or Max options to make the most out of their phone. Taking the dual-camera system that lives on the 13 and 13 Mini, the Pro and Max options have a three-lens camera system, making the night mode we discussed earlier much better.

Also, being bigger phones and meant to be used more frequently, both have bigger batteries than the Mini and standard iPhone 13. The screens on these two also make it easier to see outside in bright sunlight.

Of course, just because there is a new phone out does not mean that you have to buy one of these, but if you are looking for an upgrade, one of these might be a great option, especially if you

are already familiar with the iOS system. Because all of these are great phones that will work for you, one of the best ways to make a decision might be to go to a store and hold one. In the long run, you want a phone that is easy to use and nice to handle, not necessarily the top of the line.

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.



How Can A Speech-Language Pathologist Help Me?



JKV's SLPs (Speech Language Pathologists) are Lauren McGovern (L) and Adea Okhovat are here to assist residents and short-term guests from the greater community.

When you hear the words "speech language pathologist (SLP)" or "speech therapy," the first thought that comes to mind is most often, "I can talk, what do I need that for?" or "my speech is fine."

The title of the SLP is likely to be one of the most misunderstood and underrepresented titles when it comes to recognizing the job duties and role of a speech therapist. In reality, one may require the services of a speech pathologist for a variety of reasons across a lifespan. Our primary objective at John Knox Village is to increase the quality of life of our residents and assist in aging in place. How, you may ask?

Speech Pathologists provide vital services to those individuals who have communication, cognitive, or swallowing impairments following

illness, trauma, or disease. They can assist in differentiating between symptoms of the normal aging process, versus more significant changes in function requiring a diagnosis and treatment.

We know the brain controls many aspects of thinking: Remembering, planning and organizing, making decisions, multi-tasking, and more. These cognitive abilities affect how well we do everyday tasks and whether we can live independently.

A speech therapist can implement "Cognitive Therapy," which will include a variety of brain aerobic exercises, utilization of compensatory strategies, and the development of a home exercise program to continue the treatment beyond the therapy room.

Communication is power. Whether it is expressing your needs, conversing with friends, or just saying hello, communication is one major key to a meaningful life. One may be a candidate for speech therapy if they have experienced changes in their vocal quality or loudness, if they have slurred or unintelligible speech, or if they are having difficulty producing and understanding language. Improved communication can create a positive impact on our residents' overall quality of life.

Lastly, there is a high prevalence of "dysphagia" or swallowing difficulties as one ages. At JKV, our

speech pathologists play a lead role in helping residents' swallow safely to reduce the risks of choking and aspiration, while maintaining adequate hydration and nutrition.

We have all heard someone say, "I think something went down the wrong way," when having a drink or a bite to eat. If these moments of possible aspiration—or food or liquid going the wrong way, occur frequently or consistently—then you may be at a higher risk of becoming ill from it. An SLP would recommend to the physician any type of diet modifications that may need to happen to help keep that individual safe as well as implement any swallowing exercises that may help improve that individual's ability to swallow stronger.

Early detection of such cognitive, communicative, or swallowing changes can have a huge impact in your ability to make progress, prevent a further decline, or slow the progression of symptoms.

At JKV, we have speech therapy services available to all residents: Whether you live independently, in assisted living, long-term care, or while in short-term rehabilitation. Contact your primary care physician if you feel a speech evaluation is right for you.

For further information, please contact our Therapy Department, located on the first floor of The Woodlands at (954) 247-5816

—Lauren McGovern MS. CCC-SLP

Live Your Best Life Now

Continued from page 5

throughout the year, to motivate our residents to partake.

During this year's celebration, I taught "RISE!," which is a signature program offered Mondays through Fridays at 8 a.m. at JKV. Together we awaken our body and our senses to a new day, focusing on what we are grateful for as we begin our day together.

I also presented a kickoff to our weekly Mastermind Group, "Aging Greatly," where we come together as a group, to inspire and empower one another to make small habit changes that will impact our health and our lives greatly.

These are just two of the many programs presented. The purpose is to create an environment that makes

it easy for our residents to live life greatly with gratitude and joy.

I encourage you to create the life that you love too. It will literally brighten your world.

—Melissa Jill Clark
JKV's Lifestyle And Aquatic
Coordinator

Donations received during the months of August-September 2021

Marilyn Askin
Karen and Pete Audet
In tribute to Fr. Richard Moran
David A. Bayer
Legacy Society
Donna Brown
Cason Trust
Bruce Chittenden
Earl R. Clark
In tribute to Fran Harrison
Harris Cohen
*In tribute to Fred Chekanow,
Frank Askin, Frank Jaeger,
Neil Issacs 90th Birthday*
Patricia S. Costigan
In tribute to Tony Walk
Mr. and Mrs. John P. Dalsimer
*In tribute to Bob Aron, Frank Askin,
Edward Murphy*
Michael Featherstone
*In tribute to Mary Lou Adams - 50th
Anniversary, Bill Cunningham*
Doug Folsom
Katherine A. Frazer
Legacy Society
Carol Frei
*In tribute to Olga Del Zio,
Bernice Schwenke*
Lois L. Fry
*In tribute to Fran Harrison,
Georgia Goodell*
Margaret A. Gerloff

Twylah and David Haun
Suzanne Higgins
In tribute to Joan Jean
Robert Kaminski
Michael Kearns
In tribute to Leroy Sparks
Reba V. Kinsey
In tribute to Rose Urbina
Stacy Lademar
In tribute to Edward Murphy
Eloise Lambeth
In tribute to Fran Harrison
Elisabeth Lycke
In tribute to Laure Blake
Joe Mallen
Monica McAfee
Tom McDowell
Legacy Society
Mary P. McNulty
In tribute to Rose Urbina
Martha & Dick Mellett
In tribute to Fran Harrison
Fred & Irene Michel Charitable Trust
Fran Murphy
Loretta Neff
Legacy Society
Barbara Pease
In tribute to Fran Harrison
Nancy Peltzer
Shirley Phillips
*In tribute to Juliana Siveria,
15yrs with PNC*

*Jasmine Tennie, Doris Constanza
Jack McNamara*
Bill Pickhardt
Dorothy E. Porges
In tribute to Fran Harrison
Thom Price
Carmel E. Provencal
In tribute to Fran Harrison
Clark Rechkemmer
Carol Redd
In tribute to Tony Walk
Rotary Club of JKV
Karen Scharrett
In tribute to Bill Pace
Franklin R. Schmidt
In tribute to Tony Walk
Janice Sheppard
In tribute to Fran Harrison
Sondra St. Martin
*In tribute to Bob Kauth, Rose Urbina,
Edward Murphy, Tony Walk*
Gerald Stryker
William Sullivan
In tribute to Edward Murphy
Gail Sutton-Pauling
June Totura
Bruce Voelkel
*In tribute to Tony Walk,
Barbara Croston*

Conversations With David



David Haun (L) and Foundation Executive Director Mark Dobosz took to the stage for a Q&A and selected readings from two of David's books: "The Old Preacher's Best Bathroom Book," and "Pathways Of Life."

Heritage Tower resident David Haun was guest author during a recent "Conversations With An Author," event hosted by the John Knox Village Foundation and Resident Senate Library Committee.

Foundation Executive Director Mark Dobosz, hosted and emceed the morning event.

David, a retired reverend, provided selected readings from two of his books, "The Old Preacher's Best Bathroom Book," and "Pathways Of Life."

This was the third in a series of "Conversations With An Author," that has included South Florida literary legends Dave Barry and Carl Hiaasen.

Look for more similar events in 2022.

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

Senate News

Continued from page 10

Glades Grill was still Auditorium offices and the kitchen was where the ping pong table was kept. I remember flying my kite on the grass where our new Pavilion now sits.

The Dining Room still had the Executive Dining Room and we used the Lakeside Dining Room for functions like Rotary Club dinners, Happy Hour and even used it for overflow dining.

Remember it overlooked Rex Foster Lake? Two years ago, COVID? What's COVID? Coronavirus what's that? As we swing from limb to limb in the trees of our lives, I don't know about you, but I need to pause every once in a while, and look fondly back and admire all the vines that brought me here. (And don't forget to say Hi when our vines cross).

You know what? We ain't done yet, are we? Mama used to tell me that "they" can take away most everything you got, but (tapping her noggin) "they'll" have a mighty tough time taking away what you got up here.

So, commit stuff to your brain. Memorize verses, poems and the like. I'm not saying "live in the past," but have enough in your apperceptive mass (look that one up) that you'll enjoy a walk down your memory lane from time to time.

Finally, I want to thank all who have made my journey as your Senate President these last two years satisfying, memorable and fun. As I turn my gavel over to Jeannie Jordan in December, I remember the closing jingle from the Mickey Mouse Club, "Now's the time to say goodbye to all our company... M I C – see ya real soon – K E Y – why? because I love you ..."

–Pete Audet

Hiking Into 80, Or What I Did On My Summer Vacation

Continued from page 11

age and face a few more balance and attention challenges than we had even five or six years ago, we found these roads a comfortable alternative when we tired of the trails.

One such road originating very near the Lodge was High Shoals Road. It ambles upward through the Chattahoochee-Oconee National Forest to a picturesque little mountain church appropriately named High Shoals Baptist Church. The adjacent cemetery contains numerous headstones of Civil Wars soldiers. This is a comfortable four-mile country road round trip with most of it bordering the stream that becomes Amicalola Falls.

Amicalola State Park is located near Dawsonville, GA and is one of many attractive mountain hamlets hidden away in the scenic north Georgia mountains. There are several other touristy things to do.

Burt's Farm is a modest diversion offering old fashioned apple cider and tractor rides in the Fall, not to mention more pumpkins than you've ever seen at one spot. The park is also near Helen, GA, a Bavarian-themed town with one of the America's best known Oktoberfests. If you're looking for a mountain getaway - consider Amicalola Lodge and Falls and the North Georgia Mountains: About a 10-hour drive from JKV.

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

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.

— 2022 JKV SENATE LEADERSHIP —

-----Executive Committee-----



Jeanne Jordan
President



Mark Levey
Vice President



Elizabeth Cobb
Secretary



Jack Richards
Treasurer

-----At-Large Members-----



Diane Dalsimer



Tom McDowell



Bruce Voelkel



Pete Audet
Past President

----- Standing Committee Chairs-----



Stephanie Messana
Building, Grounds,
& Housekeeping



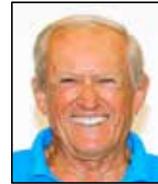
Carol Redd
Communications
& Technology



Tom Regan
Dining



Tom McDowell
Finance



Paul Loree
Health Services



Jan Spalding
Life Enrichment



Bill Spiker
Long-Range
Planning



Barbara Kamakaris
Security, Safety,
& Transportation

----Resident Board Members----



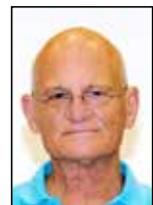
Diane Barton



Terry Colli



Art Battista



Tom McKay

----Select Committee Chairs----



Susan Seidler
Legislative



Karen Audet
Library



Peggy Golden
Volunteer Services



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

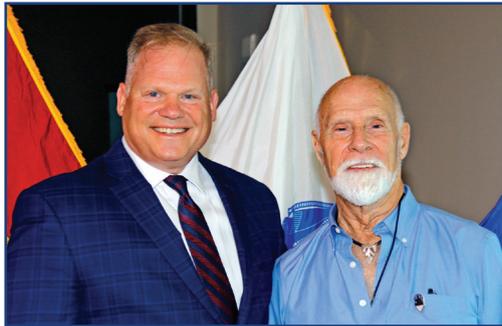
John Knox Village Resident Senate Officers (numbers listed in Directory)

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

Join Us on Veterans Day



Honor Our JKV Veterans on Thursday, Nov. 11 at 11 a.m. in the Village Centre Auditorium

At the 11th hour on the 11th day of the 11th month of 1918, World War I ended. Since that date, the U.S. has honored its military men and women with the national observance of Veterans Day. At JKV we have more than 130 resident women and men, who served in our country's military during times of war and peace. Look for detailed information, including seating capacity in the Auditorium for the ceremony, in the November Month-At-A-Glance.

Contact the Life Enrichment Department at
(954) 783-4039 for more information.



Our Mission Statement:

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

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

www.JohnKnoxVillage.com

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



JOHN KNOX
VILLAGE

Where possibility plays

For More Info Contact
(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
   JohnKnoxVillage