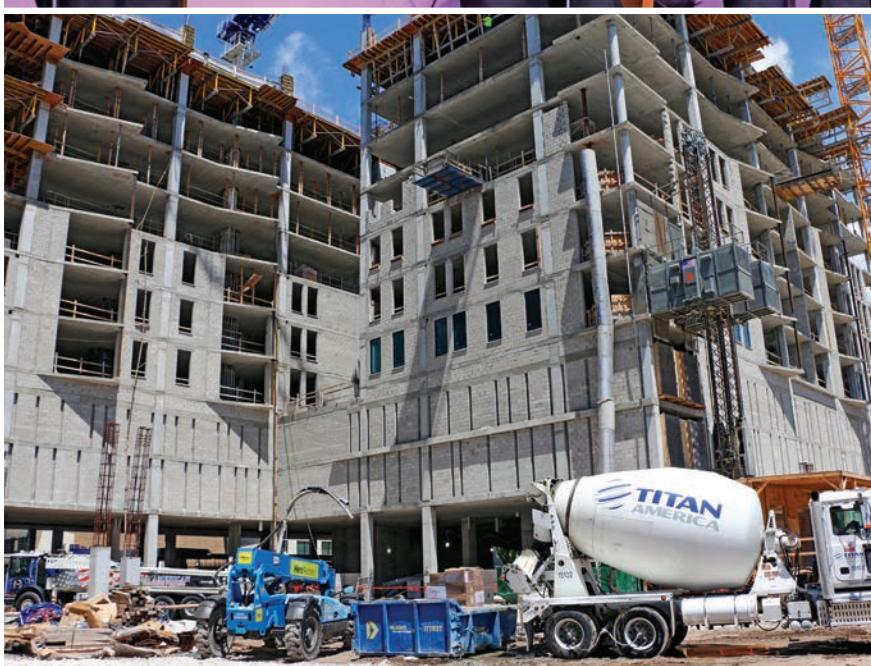


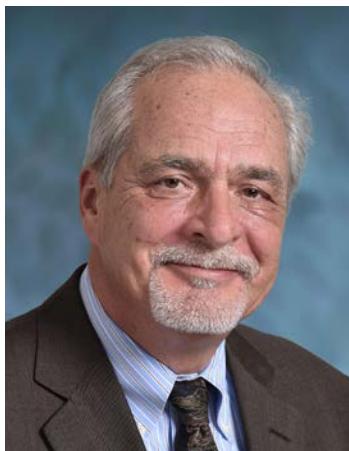
JOHN KNOX VILLAGE

Vol. 46 Number 5 | September/October 2022

# VOICE



**INSIDE:** • BA.5 & Monkeypox Updates From Medical Expert – Page 2  
• From The Woodlands To The Amazon – Page 6  
• Will We See You In September? – Page 16



Dr. Mark Cochran

I write this after testing positive for COVID. I was with family after the grandchildren had just returned from a visit to Disneyland. What could go wrong? From the group of 10, six have tested positive. I am no longer a COVID-virgin.

I am sure many of you know of someone who has recently been infected, and possibly reinfected. What is going on? Blame more than likely goes to the SARS-CoV-2 Omicron sub-variant known as BA.5. Why is that?

Coronaviruses change over time. Most viruses do. The reason is that they make mistakes when they reproduce themselves inside cells. They have turned that into an advantage. By constantly loading their progeny (viral offspring) with slightly different versions of themselves they can probe their host to select a version that has an advantage. The advantage could be higher infectivity, broader host range, faster replication—anything that would further assure its long-term survival. It is a random process where the biological environment selects a “winner.” Like any parasite, no virus “wants” to kill its host—resulting disease is just a by-product of their life cycle. Our bodies harbor many viruses which happily coexist with us and cause no harm.

The BA.5 variant has dominated the number of new cases across the world. In the US, it took only two months to cause three out of four new COVID-19 cases. This variant has several spike protein mutations

## Omicron BA.5 & Monkeypox



**The BA.5 variant has dominated the number of new cases across the world.**

making it better at infecting human cells and evading immunity from vaccination or previous infections. Many people previously infected with other variants are becoming re-infected. The good news is that this variant seems to cause a less severe infection, though certainly hospitalizations and deaths have resulted from it.

### Take Action Now

Here is what you need to know and do. Vaccination does offer protection against this variant especially against severe infection, hospitalization and death. However, the degree of protection against BA.5 is significantly less. Be current with your vaccination AND booster schedule. For our age group that means if you received your booster more than four months ago, you should get another one. Check the CDC web site for specific recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

There will be new versions of vaccines and boosters toward the end of this year designed to specifically protect against Omicron and its variants. Regardless, get your booster now if due rather than wait for the newer version. The CDC will issue new guidance on further boosting once any new version has been approved.

### Continue To Be Vigilant

Reinfection, even if vaccinated, does add increased health risk and should be avoided. This point further emphasizes the need for continued caution. You know it – masks, distancing, hygiene – especially in groups and in enclosed spaces.

As for me and my infection, so far so good. Thanks to my current vaccine status and the use of Paxlovid, I am managing. I hope to be back on my motorcycle soon.

### Monkeypox Some Perspective

The most recent outbreak of global concern is the spread of monkeypox. As of this writing, there have been more than 30,000 confirmed cases across 84 countries with more than 10,000 in the U.S. The World Health Organization will likely soon declare this infection endemic.

The monkeypox virus is in the same variola family of virus as smallpox, cowpox, horsepox, but not related at all to chickenpox. While smallpox can only infect humans, monkeypox also infects animals such as rodents, which can serve as a disease reservoir. Monkeypox symptoms are much less severe than smallpox, causing a painful rash which forms scabs, lasting two to four weeks, and is not fatal.

Incidence of monkeypox so far has

*Continued on page 25*



JOHN KNOX  
VILLAGE  
*Where possibility plays*

# Crucial Conversations

One of the things that first attracted me to JKV was the “culture” of the community. It appeared to be warm, welcoming and full of possibilities. I was especially grateful for the rapport between team members, residents, the administration and the broader community at-large.

Admittedly, over the course of the almost seven years of my tenure there have been many opportunities to grow, stretch and experience the highs and lows of working with people.

I was reminded this past weekend when I went through a box of cards and letters, that the most difficult part of working at JKV is having to deal with loss, change and some anxiety. I keep a special box of these precious notes, and many of them are written by those who are no longer with us.

Almost six years ago as we were taking stock in the JKV “brand,” we participated in a Positioning, Experience and Design session, which we hosted for two days off campus with a variety of stakeholders including Board members, residents, administration, team members, and of course the facilitators.

We had several “Crucial Conversations.” The group was challenged to examine where JKV was in its tenure, where we needed to grow and how we could potentially get there. For many of you who moved in over the past few years, you may not be aware that this session brought forth our new look, feel and tagline.

Even as the “Marketing” person on campus, the tagline had to speak to all of us: It is “Where Possibility Plays.” As a takeaway of the event we provided participants with “Rose-Colored” glasses. I will forever be a glass half-full kind of gal. Looking at JKV through what may well be a “rosier approach,” I too recognize the opportunity for improvement. As a community which continues to grow, much like children, we will always experience some type of growing pains.

Back to my opening thoughts about the culture of community, the “thing” that sets JKV apart from other Life Plan Retirement Communities is in fact “possibility.” One thing, amid many, is the ability to have crucial conversations.

Continued on page 22

Monica McAfee  
Chief Marketing &  
Innovation Officer



## ON THE COVER

**It has been a busy time at John Knox Village. Shown clockwise from top left are: A lovely ribbon-cutting ceremony was held in the newly renovated Cassels Tower Rejuvenate Salon and Spa. The JKV Jazz Series in the Cultural Arts Center (CAC) kicked off with the Louis Armstrong tribute band Troy Anderson and the Wonderful World Band. Construction continues on the Westlake project. The Brazilian Voices put on a Samba and Jazz concert for residents and outside guests in the CAC.**  
(Photos by Marty Lee and Rob Seitz).

# VOICE

## Discover

### What's Inside?

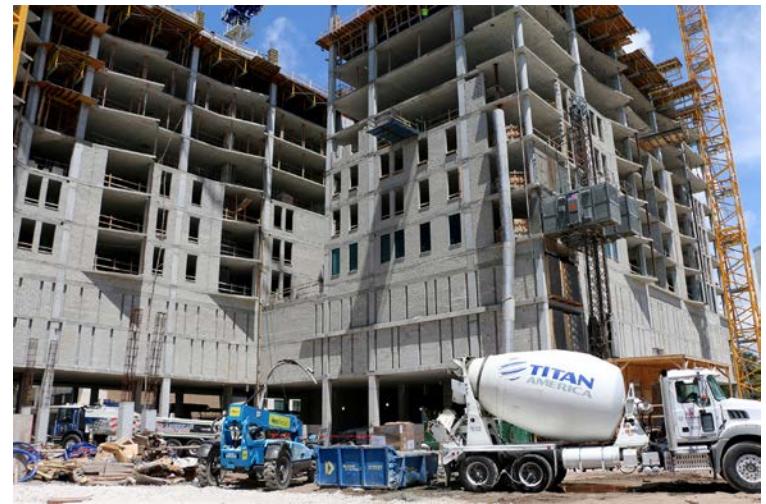
Vol. 46 Number 5 | Sep-Oct 2022

#### IN EVERY ISSUE

- 3** News From Marketing  
Crucial Conversations
- 8** John Knox Village Foundation  
Your Gifts Make A Difference
- 9** Live Your Best Life Now  
'Fall' Into Peace!
- 10** Senate News  
Change...Patience...Growth
- 17** Cooking With Carol: Sweet & Savory  
Chicken
- 18** Living Well Corner  
What To Look Forward From Fitness
- 19** Nutrition Notes  
Food Cravings 101
- 21** News From Spiritual Life Coordinator  
Acceptance Of Our Differences

#### FEATURED STORIES

- 2** Updates From JKV's Medical Expert
- 5** Spotlight On Another JKV Community Partner
- 6** From The Woodlands To The Amazon And Back: A Life's Journey
- 7** Familiar Face Is JKV's New Technology Engagement Coordinator
- 10** Westlake Construction Project Spotlight
- 11** John Knox Village Still Making Headlines
- 12** What's FLiCRA Up To?



**Ground-level view of The Terrace, with The Vue on the left.**

- 13** Foundation Board Funds New Round Of Programs
- 14** Things Looking Up At JKV
- 16** Will We See You In September? Great Entertainment Offerings At JKV
- 19** Don't Leave Medicines Out In Common Areas, For Your Safety
- 23** JKV Foundation Updates And Revises The JKV Benevolence Program

#### COMMUNITY INFO

- 24** Donations
- 26** Bus Transportation Schedule
- 26** 2022 JKV Senate Leadership
- 27** Important Contact Info

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

**Editor:** Rob Seitz | (954) 784-4741 | [rseitz@jkvfl.com](mailto:rseitz@jkvfl.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](http://JohnKnoxVillage.com/blog)



**JOHN KNOX VILLAGE**

A LIFE PLAN COMMUNITY | POMPANO BEACH

651 SW 6th Street  
Pompano Beach, FL 33060

To Learn More Info Contact  
(954) 783-4040

web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
[f](https://www.facebook.com/JohnKnoxVillage) [t](https://www.twitter.com/JohnKnoxVillage) [@](https://www.instagram.com/JohnKnoxVillage)

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

# Spotlight On Another *JKV Community Partner* Bonnet House Museum And Gardens



Jody Leshinsky  
Life Enrichment Manager

When I think of Bonnet House Museum and Gardens, the first thing that comes to mind is the Florida landscape that almost none of us can remember. Thanks to Hugh Taylor Birch, a prominent Chicago lawyer who sought refuge from city life in the wild and undeveloped sub-tropics of the 1870s, there is a 35-acre tract of land that abuts A1A that looks pretty much as it did in the early 1900s.

When Birch's daughter married Chicago-born artist Fredrick Clay Bartlett, the oceanfront property was bestowed to them. Not only did Bartlett design and build Bonnet House, but he and first wife Helen created their art and entertained at this magnificent estate. After Helen lost her battle to cancer, Bartlett married his third wife, Evelyn Fortune Lilly in 1931. Bartlett died in 1953, while Evelyn continued to spend her winters at the house until 1995.

## Tour The Bonnet House

As one explores the eclectic house, complete with art galleries, a piano room, a formal dining room set as though dinner will be served at any moment, a tiki bar where Evelyn sipped her daily Rangpur



*The Gardens at Bonnet House, located just across A1A from Ft. Lauderdale's beach, provide a shady respite from the South Florida September sun.*

Lime cocktail and orchid house, you can almost feel the history around you and imagine what life might have been like in a simpler time.

John Knox Village has forged a partnership with Bonnet House to provide programming and benefits for our residents, both on and off the JKV campus. By showing their JKV ID, residents and one guest receive complimentary admission for self-guided tours and a 10-percent discount in the gift shop. In addition, residents receive Bonnet House member discounts for educational lectures and art classes at the Bonnet House.

## JKV's Community Partner Benefits

Twice a year, the Life Enrichment Team schedules and coordinates customized group tour outings and provides the transportation to Bonnet House. At various times of the year, Bonnet House conveniently

presents art classes and educational lectures here on the JKV campus.

There are three special events presented at Bonnet House that no one should miss. Holiday Magic is a multi-day affair in December where the grounds and house are decorated and lit for the festive season. The International Orchid and Garden Festival is a two-day event in February; and the Wine & Food Festival is a two-day event at the end of March showcasing some of South Florida's finest restaurants and other food purveyors and more than 100 tables of wines and spirits.

All these events, and the fees associated with them, will be listed in the appropriate Month-At-A-Glance calendar. For additional information, please contact Life Enrichment Coordinator Jacquee Thompson at 954-783-4038.

—Jody Leshinsky  
JKV Life Enrichment Manager

# From The Woodlands To The Amazon And Back: *A Life's Journey*

By Marty Lee Village Voice Contributor

John Knox Village is a community of nearly 1,000 residents and more than 800 employees. We see friends, neighbors and helpful staff members as they are today. Yet inside each and every one of us, we are the culmination of life's experiences, our interpersonal relationships, our education, careers, thoughtful long-range goals and accidental circumstances. Whether we are 30, 50, 70 or 90, we are everything that has influenced our past, to become whom we are today.

In this column, we will look at one of the dedicated persons who makes a difference at JKV and in their community.



**Kristen Drago is a Guide in The Woodlands, where she supervises four long-term care homes with 65 staff members and 48 Elders. She is shown here with Elder Hermina "Mimi" Levin and aide Patricia Wasserman.**

## Kristen Drago – Woodlands Guide

Kristen Drago is a guide in The Woodlands at John Knox Village, where she supervises four long-term care homes including 65 staff members and 48 Elders living in those homes. Kristen hires and supervises the Shahbazim. Her specialty, however, is life enrichment: She is involved with the families and serves as support for and with them. She knows every one of the Elders under her care by name. As Kristen told *The Village Voice*, "I research them and get to know the Elders personally. I learn

their histories, their motivations and understand the music they enjoy."

Kristen came to JKV with a special interest for her duties and responsibilities. In health care since she was 20 years old, she began assisting in the office for her stepfather Dr. Erwin Vasquez, who always had a passion for seniors.

The late Dr. Vasquez was the founder of the Light of the World Clinic, established in 1989 with a mission to provide quality culturally sensitive health care and preventative medical services to the disadvantaged residents of Broward County. Both Kristen and her mother Elaine

Miceli Vasquez are on the Clinic's Board of Directors.

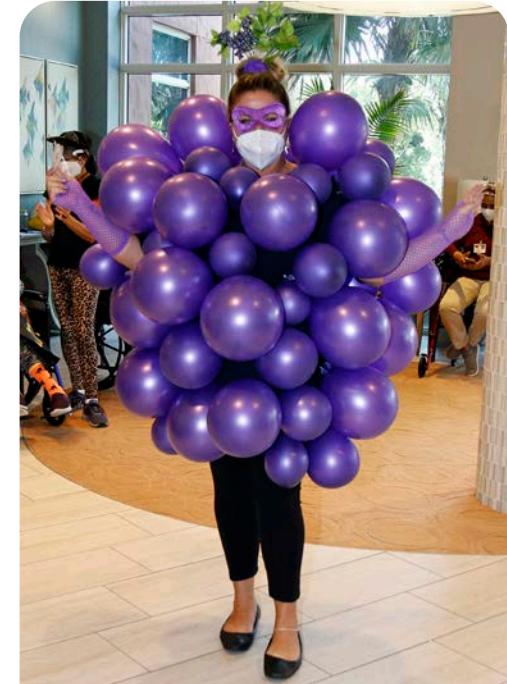
During her 11 years with Dr. Vasquez, Kristen said, "I learned everything from my stepfather, as the office manager and a licensed medical assistant."

After a stint as unit coordinator at Cleveland Clinic, she then accepted a position as a home health liaison and found her niche. She came to admissions and was a hospice liaison for Cleveland Clinic. The Woodlands was one of her responsibilities.

With her contacts at The Woodlands, she was recruited to join the JKV staff. "I worked in admissions for a year," she said. "I also did marketing and worked as a field person. After one year, I was offered the job as a Guide."

Kristen has now been at The Woodlands for four years, with the last three years as a Guide.

This is the Kristen we know and see daily at The Woodlands and around the Village. We often see her assisting Elders on campus, or on field trips around the Pompano



**Costume Contest Photo: Fun-loving Kristen Drago dressed as a bunch of grapes for employee Halloween Costume Contest, for which she won first place.**

Beach area.

The Kristen we do not see, is the single mother of a 22-year-old daughter and a 14-year-old son. We also do not see, the accomplished "fisherman," or should we say "fisher lady," who during her free time is often by herself on her jon boat fishing the freshwater canals from the Keys to Jupiter.

Kristen has followed her own path in life, which was greatly influenced by her mother. "My mom is my rock," she said. "She was tough. She worked two jobs. She raised us with deep family morals and to respect and help others in need."

"We moved to Florida when I was very young. I spent summers in Long Island where my uncle had a boat and I got into fishing."

While in her teens, Kristen worked for the Jungle Queen Riverboat tourist attraction, just off Ft. Lauderdale Beach. She sat in the little shack selling tickets and got to know the guys on the fishing boats. They would invite her to go fishing.

*Continued on page 20*

# Familiar Face Is JKV's



## New Technology Engagement Coordinator

By Rob Seitz, Village Voice Editor



Jason Cook  
Technology Engagement Coordinator

To say Jason Cook is excited to be John Knox Village's new Technology Engagement Coordinator would be an understatement.

"This is a life-altering dream come true for me," said the techno whiz who spent the past two years at JKV training residents on behalf of the Village's former technology partner GroovyTek. "This is the best opportunity of my life."

"I do not feel what I do here is like I am working. I get to come in and help people every day. It is a real passion, and I cannot thank [JKV Chief Information Officer] Chuck Williams enough for this wonderful opportunity."

Jason discovered his love of teaching as a certified trainer at an Olive Garden restaurant in his hometown of Boulder, CO, working with wait and bar staff. He later cut his technology teeth at Smartmatic, a company that builds and implements electronic voting systems at which his father is a board member.

"At Smartmatic I learned I was good at helping people with their phones and tablets," he said.

Which brought out Jason's entrepreneurial spirit and led to starting his own technology training company, which served residents in communities such as the Boca Raton and Deerfield Beach Century Villages.

Then COVID hit and his business dried up.

Jason envisions a very seamless transition for residents now that he is a full-time JKV employee.

He will be offering complimentary 20-minutes sessions for residents in Cassels Tower on Mondays, Wednesdays and Fridays, in Village Towers on Tuesdays and in Heritage Tower on Fridays. Sessions will be held from 10 a.m. to noon and 1 to 3 p.m. each day. He is also planning on expanding course offerings above his Basic and Intermediate classes on functions of Smartphones and Tablets.

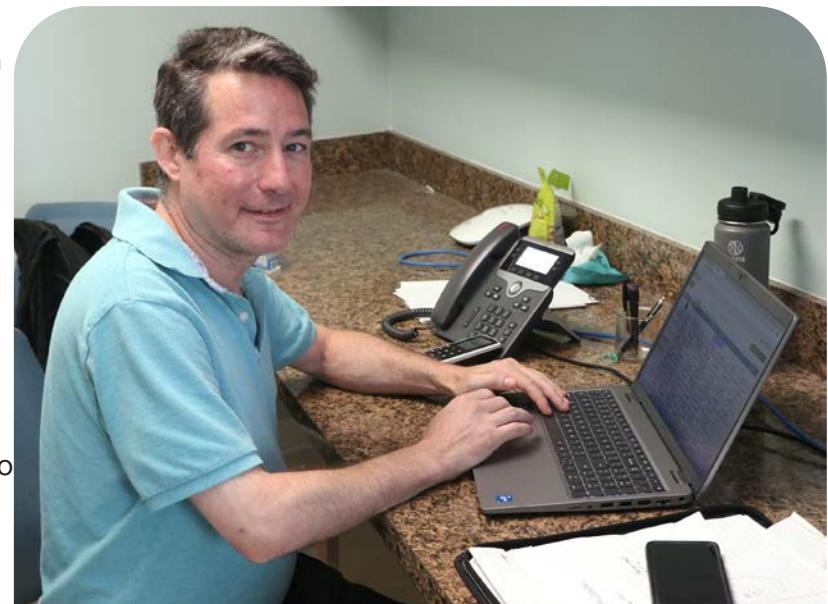
Those classes will be held on Wednesdays and Fridays respectively in the Village Centre Hibiscus Room from 1:30 to 3 p.m. Check the Month-At-A-Glance or JKVCConnect for the class schedule.

Jason is also planning on taking his talents on the road, so to speak. He and Chuck are looking for space in the other apartment buildings where Jason can provide assistance. Making it unnecessary for all residents to go to Cassels Tower to see Jason.

"We will be searching for first-floor locations in Village Towers, Heritage Tower and East Lake to make it that much more convenient for residents in those buildings—as well as villa folks who are closer to those buildings than CT—to get the help they need from Jason," Chuck told the *Village Voice*.



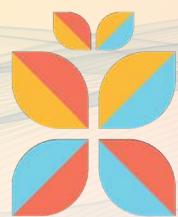
**JKV Chief Information Officer Chuck Williams announced during the August Resident Senate Meeting for All Residents that former GroovyTek employee Jason Cook was the new Technology Engagement Coordinator.**



**JKV Technology Engagement Coordinator Jason Cook will be available for complimentary technology-related sessions in Cassels Tower on Mondays, Wednesdays and Fridays, Village Towers on Tuesdays and Heritage Tower on Fridays, from 10 a.m. to noon and 1 to 3 p.m. each day.**

To sign-up for sessions and classes use JKVCConnect, call him at 954-788-2222 or email him at [jcook@jkvfl.com](mailto:jcook@jkvfl.com)

"Use me, I'm here to help," Jason said.



# JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.

## Your Gifts Make A Difference



Mark Dobosz

When a donor chooses not to specify the way his/her gift may be used, this gift is called "unrestricted." Unrestricted funds are a very powerful form of private support because they allow the JKV Foundation Board to use them where current (and often time sensitive)

needs are greatest.

Most recently, when the Foundation approved funding some of the upcoming Life Enrichment and additional Transportation equipment requests, unrestricted funds played a part in the overall funding formula. Your unrestricted gifts make all the difference in our ability meet the needs of our programs.

We continue to welcome gifts of all sizes to any of the funds, including the unrestricted fund: Because of the generosity of our donors, the JKV Foundation has been able to accomplish so much in enhancing the well-being of the JKV residents overall through Foundation-funded initiatives.

Finally, by making annual ongoing

unrestricted gifts, residents and friends are expressing their common approval of the JKV Foundation, the Board's current direction and their shared trust in the judgment of the Foundation Board and its leadership. It is an important and inspiring message for all of us in the Village.

Regardless of how you choose to designate your gift, we hope you will consider making a gift this year to the JKV Foundation. Together, we are making a difference.

P.S. Don't forget to consider giving a QCD (Qualified Charitable Donation) from your IRA as a way of being cost-effective in your 2022 philanthropy planning.

—Mark Dobosz  
Executive Director



Members of the Moss Construction team, who have worked on the Pavilion and currently on the Westlake project, helped with a back-to-school supply drive for Innovation Charter School. Through generous donations from JKV residents (including \$700 from the JKV Rotary Club) and staff, and the Moss Foundation, some \$14,000 was raised for the school including every school supply Principal Susan Kennedy had requested for her Title 1 school. Shown here (L-R) from Moss are: Paul Patton, Gabriela Morales, Bilal Saad, Kenni Walker, Eric Berke and General Superintendent Steve Whitmer. The monies not spent on supplies will be able to fund projects and events throughout the year.

# Live Your Best Life Now:

## 'Fall' Into Peace!

By Melissa Jill Clark, JKV Lifestyle and Aquatics Manager



Melissa Jill Clark  
Lifestyle & Aquatics Manager

As we are entering the Autumn season, I thought I would use a play on words and invite you to simply "fall" into peace.

There's so much going on in our world today and in our own lives. It is so easy to get caught up and find ourselves stressed out.

Sometimes we don't realize it's happening until we find ourselves losing sleep, compromising our immune systems, and on the verge of panic attacks or even nervous breakdowns.

Sometimes we see it happening and before it gets too deep, we try so hard not to be stressed that we are adding more anxiety to ourselves in the very effort to alleviate it.

There are so many things that can cause stress in our lives. We worry about the economy, our own finances, and what's going on in our world. We worry about our health, the emotional and physical well-being of ourselves and others who we love and care about. The list can go on.

Busy schedules can get overwhelming. Often, we have all good things on our to-do list, but we just have simply too much on them.

The same goes for our thoughts. On average, we can have up to 72,000 thoughts per day. That's a lot



**Residents enjoy a yoga session with Lifestyle and Aquatics Manager Melissa Jill Clark in the Welcome & Innovation Center Courtyard.**

of computing for our brains to do.

It is so important that we take inventory of what we are allowing to take up space in our minds, and in our hearts.

We have control of our thoughts and our thoughts will control our emotions. I encourage you to choose positivity as much as you can. I strive to turn every thought and statement around to a positive and I know that it has made a difference in my life.

I help all my clients do the same because I believe in this whole-heartedly. I have seen people's lives be transformed by changing their thoughts.

Then there's just the quantity of thoughts alone. Sometimes we have so many seemingly harmless thoughts running through our minds, that it can be stressful just because of the volume that we hold within our minds each day.

So coming back to my title "Fall" Into Peace, I want to encourage you to allow yourself to simply just be.

What do I mean by this?

Stop trying so hard. Stop trying to control all the things in this world that you have no power over. Let

that go. Allow yourself to rest. Take the time to slow down and simply just be.

I find yoga and meditation really help accomplish these goals. Moving gently and breathing deeply allows our thoughts to slow down.

Some people think that during meditation they are supposed to stop thinking all together. This is not true. As we breathe and focus inward, our thoughts slow down, they become more clear, and we have more power over them.

So, I encourage you to take the time to slow down, to move gently, and to breathe deeply. You will find yourself living a much more peaceful, meaningful and productive life!

Please join me for any of my yoga or meditation programs and let me teach you how.

You can also make an appointment with me for a one-on-one life coaching session. Call 561-564-1623 or email me at [mjclark@jkvfl.com](mailto:mjclark@jkvfl.com)

It would be my pleasure to help guide you on your journey to living your very best life.

-Melissa Jill Clark



## Change...Patience...Growth



Mark Levey  
President Resident Senate

Where would any of us be without our ability to adapt and go forward in life? We all know that change is inevitable.

To quote a favorite song of mine, "Everything Must Change," from George Benson:

"There are not many things  
In life you can be sure of,  
Except

Rain comes from the clouds,  
And sun lights up the sky,  
And hummingbirds do fly."

We, as the John Knox Village community, are experiencing more changes than we ever expected when we made the decision to continue our journeys here. Whether it's change to our actual campus with the new construction or changes in our dining venues or changes in the team members who we get to know and appreciate.

That's where patience comes into play because adjustment to change is not always easy.

Taking a deep breath and thinking about the change that has been presented can often bring about positive results.

Taking the time to process without overreacting can lead to benefits that we may not experience otherwise.

I know from previous experiences when I have allowed myself to be

patient and process changes around me, it leads to expanding capabilities and growing into the new situation. Even though I rely on past experiences to make decisions concerning the future, it serves me better to move forward instead of backwards. That's where I have an opportunity to grow.

I would never have thought at the beginning of the year, I would be sitting here writing the President's Message for the Autumn issue of the Village Voice. In 2019, when Ken and I moved to JKV, I became fascinated by so much of what happens here. That led me to get involved on campus and the desire to be part of the excitement.

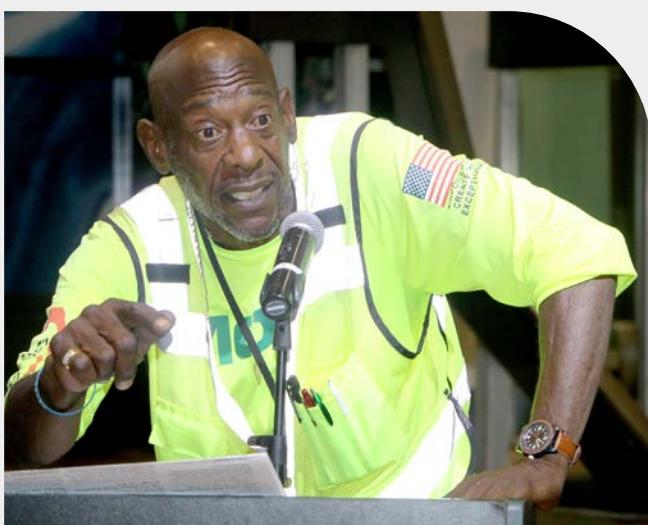
So often, circumstances change not as one expects and we land in a new situation. My hope is that individually, and collectively, we can find the best way for each of us to look ahead to growing and being successful.

—Mark Levey

## Westlake Construction Project Spotlight

### Moss Labor Foreman Eric Taylor

Submitted By Kenni Walker, Moss & Associates-Village Voice Contributor



**Moss Labor Foreman Eric Taylor reads a poem he wrote for the crowd at the August Resident Senate Meeting for All Residents.**

Long-time Ft. Lauderdale-based construction company Moss & Associates is building the most ambitious project in John Knox Village's 54-year history: Its newest neighborhood—Westlake, consisting of two state-of-the-art apartment high rises, The Vue standing at 15 stories and the 11-story Terrace.

For many JKV residents when walking past the ever-growing project, they are greeted by a warm and personable Moss representative.

Labor Foreman Eric Taylor is literally the gatekeeper of

the Westlake Project site. His responsibilities include pedestrian and traffic control, labor supervision, safety and ensuring the housekeeping and cleanliness of the jobsite.

The Westlake site was recently recognized as the cleanest jobsite in Moss' portfolio, so I would say that makes Taylor, Moss' Number One Foreman.

The JKV family truly has a prized possession with Taylor at the helm over the last two years.

The eight-year Moss family employee has been in the construction industry since 2000. A native of Miami, he is a fan of all South Florida sports teams, but especially the Uni-

*Continued on page 20*

# John Knox Village

# Still Making Headlines

By Kim Morgan Village Voice Contributor

## SOUTH FLORIDA SunSentinel

Friday, June 10, 2022

Two new towers will rise in John Knox Village, a senior community that's seeing many changes



John Knox Village, the senior community in Pompano Beach, will grow by another two luxury apartment towers. (John Knox Village/Courtesy)

By Lisa J. Huriash  
South Florida Sun-Sentinel  
June 10, 2022 at 7:00 am

POMPANO BEACH — John Knox Village, a destination for retirees for decades in South Florida, is seeing big growth — embracing younger residents while looking forward to two new luxury towers that are under construction. It's even soon getting a new performing arts auditorium, restaurants and a bar.

The senior community in Pompano Beach, at 651 SW Sixth St., has seen construction for what's being dubbed "Westlake," a \$120 million project that will open in 2024. It will include 146 lakefront apartment homes ranging in size from 1,277 to 2,346 square feet in two towers, The Vue and The Vue wii.

## SFBW

SOUTH FLORIDA BUSINESS & WEALTH



John Knox Village to Host Grand Opening of Pavilion and Groundbreaking of Westlake Neighborhood

The new additions will cost over \$150 million

June 7, 2022 by SFBW Staff 0 comments



John Knox Village of Florida (JKV) in Pompano Beach will celebrate the opening of its \$35 million Pavilion and the groundbreaking of the over \$120 million Westlake neighborhood featuring two luxury apartment towers at 10 a.m. on Thursday, June 8.

The Pavilion will feature a 300-seat Cultural Arts Center, two restaurants and a bar. It will open to the public for selected events starting in the fall of this year. The JKV Life Enrichment team, led by former Cultural Venues Programming Manager for Pompano Beach, Jody Lenahan, is securing world-class entertainers for cultural arts performances. The ceremony will also celebrate the groundbreaking of Westlake, a two-tower, \$120 million expansion.

"Over the past five years, a master site plan has been developed to guide the capital improvements of our 70-acre campus and the opening of our Pavilion and, in 2024, Westlake are the next steps to accomplishing our ambitious goals," Gerry Stryker says, CEO and president of JKV.

## environments for aging

Environments for Aging - Summer 2022 | 10 - 11 | nstbook.com

## Diving in

John Knox Village renovates its pool to become a destination for socialization and relaxation



Left: Shade sails feature a marine color theme of blue and white to complement the expanded aquatic center.

Inset: To provide ADA access, a chair lift is located next to the lap pool while a ramp was added in the new leisure pool.

**S**INCE ITS OPENING in 1958, the John Knox Village campus in Pompano Beach, Fla., has served 1,000 residents. In 2018, the continuing care retirement community's board of directors decided to embark on a major capital improvement project with EDSA (Fort Lauderdale), a planning, landscape architecture, and urban design firm, to guide updating the exterior grounds and buildings on the project, and new buildings on the project.

Upon further examination of the site, however, EDSA proposed adding more deck and building space to the existing building footprint of an adjacent parking lot and redistributing the displaced parking spaces along the perimeter of the building. The new building footprint would also include space for new bocce and pickleball courts and a more accessible pool pavilion and bar building with restrooms.

Completed to date, the new building setting includes a 2,700-square-foot leisure

area like landscaping," says Michael Zabarek, vice president at EDSA (Fort Lauderdale, Fla.), which led the design and planning for the new building and leisure pavilion, and new buildings on the project.

To ensure resident comfort and safety, the company's natural stone deck has a slope to prevent slipping and features lounge chairs, umbrellas, and seating areas. A triangular shade sail system spans the leisure pool and sports courts to remove the sun during inclement weather.

The shade sail system also provides shade for the space in the evening, extending the amount of time residents can utilize the amenities.

Overall, Zabarek says the project upgrade turned a dated swimming space into the heart of the community. "The synergy between the

center Auditorium into a restaurant with direct pool access.

To ensure resident comfort and safety, the company's natural stone deck has a slope to prevent slipping and features lounge chairs, umbrellas, and seating areas. A triangular shade sail system spans the leisure pool and sports courts to remove the sun during inclement weather.

The shade sail system also provides shade for the space in the evening, extending the amount of time residents can utilize the amenities.

Overall, Zabarek says the project upgrade turned a dated swimming space into the heart of the community. "The synergy between the

As JKV celebrated the grand opening of its \$35 million Pavilion and the groundbreaking of the \$120+ million Westlake towers, important news outlets took notice. Here are some of the front-page stories that JKV was published in:

- **Sun Sentinel** and [www.sunsentinel.com](http://www.sunsentinel.com)
- **The New Pelican** and [www.newpelican.com](http://www.newpelican.com)
- **South Florida Business & Wealth** and [SFBW online](http://SFBW online)
- **Senior Housing Business**, national website

Other major news focused on JKV's robust award-winning lifestyle:

- **Fortune Magazine September 2022**, JKV recognized as a "Best Workplace for Aging Services" for the second year in a row.
- **Environments for Aging Magazine** (national trade mag), Summer 2022 edition, full page on Aquatics Complex
- **South Florida Business Journal**, 4-page feature on "Embracing Life: The Changing Face of Aging"
- **Lifestyle Media Group's 7 area magazines**, double page spread on Fitness Manager Marsha Dixon as "Leader in Health, Beauty & Fitness," in their July issue.

"Over the past five years, a Master Site Plan has been developed to guide the capital improvements of our 70-acre campus and the opening of our Pavilion and in 2024, Westlake are the next steps to accomplishing our ambitious goals," states JKV CEO and President Gerry Stryker.

"John Knox Village is embarking on this tremendous project to provide and enrich the lifestyles of its current and future residents,"

said Stryker. "A Master Vision and Site Plan of this magnitude and complexity has taken a team of innovative professionals, guided by our residents, management team and Board of Directors to reach this point in our journey."

The collaborative team involved includes John Knox Village residents and staff, its Board of Directors, Gallo Herbert Architects, Moss Construction, Keith & Associates Engineers, EDSA Landscape Architects, Love & Company Marketing, Weitz Construction, BSSW Architects, Perkins Eastman Architects and Clifton Larson Allen Financial are all key advisors on the Westlake project as well as the Master Site Plan work.

Other stories focused on JKV's internationally-award winning campus life and programming.

Always innovative and forward-thinking, John Knox Village has provided meaningful stories that have been recognized by respected media nationally and internationally. From their COVID-19 Best Practices to JKV being selected as the very first site outside a hospital setting to receive the vaccination in January 2021, they have been covered on **CNN**, **Fox News**, **ABC News**, **Washington Post**, **Wall Street Journal**, **New York Times**, and many other outlets.

LEADERS IN HEALTH, BEAUTY & FITNESS

**MARSHA DIXON**  
FITNESS MANAGER  
JOHN KNOX VILLAGE OF FLORIDA, INC.  
601 SW 6th Street, Pompano Beach, FL 33069  
www.jkv.com | 954.499.1000 | jkdixon@jkvfl.com

What led to your expertise in fitness and health?  
Prior to my position at John Knox Village, my career has been in the field of fitness and health. I began my involvement in the fitness market, my position was made redundant and I turned it into a passion. I began working as a personal trainer in Fort Lauderdale, Florida, focusing on a variety of needs, health and wellness.

I received my Bachelor of Exercise Science and Health Promotion from Florida Atlantic University, and received my Bachelor of Science in Early Childhood Education from Nova Southeastern University. My Senior Living was made during an internship at JKV where I was responsible for creating a variety of group fitness classes, performing fitness assessments, and assisting with the overall health and well-being of the residents.

My passion for fitness and health has continued to grow and I am still involved in the field today. I am currently working at the place where I am today, working within a thriving community of leaders who are dynamic, resilient, and truly unique.

How do you and your practice differentiate from others in your field?  
I believe that the level of care we provide to our residents is one of a kind. We have increased our level of care throughout the community and we pride ourselves in being proactive and responsive.

A class that I teach weekly offers residents a chance to participate in a variety of group fitness classes, including strength training, cardio, and stretching. We also offer individualized personal training sessions, which are tailored to each resident's specific needs and goals.

What was the most rewarding experience in your professional?  
Being able to celebrate the fitness achievements of my residents is the most rewarding part of my job. Every day I get to connect and build relationships with individuals who are dedicated to improving their physical and mental well-being. I get to see the progress they make and the positive impact it has on their overall quality of life.

My passion for fitness and health has continued to grow and I am still involved in the field today. I am currently working within a thriving community of leaders who are dynamic, resilient, and truly unique.

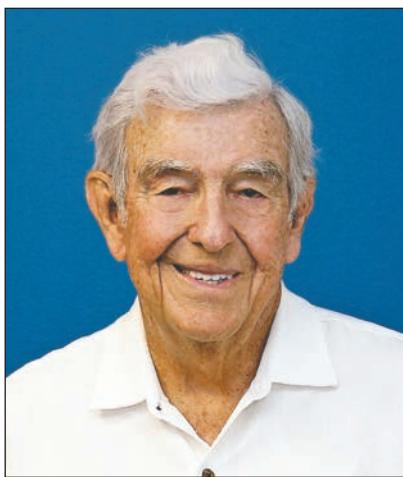
How is your practice affected by COVID-19?  
Due to the fundamental principles of our organization, we have been able to maintain a high level of continuity throughout the pandemic. We continue to provide high-quality care and services to our residents, and we have maintained our focus on safety and infection prevention.

We are able to utilize the fitness achievements of my residents as a way to motivate them to continue with their exercise routine. We have worked closely with Leadership to ensure that we are providing the best care possible.

Due to the hard work of the entire team at John Knox Village, we are setting the standard for senior living facilities across the country. We are incredibly proud of our accomplishments and the progress we have made.

# What's FLiCRA Up To?

By Phyllis Strupp, Village Voice Contributor



David Bayer

There has not been much "FLiCRA News" floating around recently, and there are several reasons for this. Our Florida State Legislature's next scheduled session is from March 7th to May 5th, 2023, and it's normally when the Legislature is in session that we hear the most from FLiCRA, consisting mainly of FLiCRA's Weekly Legislative Reports via email and an occasional "Call to Action."

**At a recent Zoom business meeting of our FLiCRA State Board of Directors, the two main agenda items were about: Enhancing the role a Resident Senate plays in working with the Providers in CCRCs/Life Plan Communities, while also encouraging more resident representation on CCRC Boards of Directors; modernizing current state laws affecting access to capital and related to annual reporting, campus expansions, and escrow requirements.**

As you may know, FLiCRA (Florida Life Care Residents Association) is a statewide non-profit association advocacy group for residents living in life-plan retirement communities such as John Knox Village. Also, JKV has the largest number of dues-paying residents in the state and our very own Cassels Tower resident Diane Dalsimer is its President.

Much like when our JKV ducks scoot across Lake Maggie, however, there is usually a lot more going on in FLiCRA Land than meets the eye. For example, at a recent Zoom business meeting of our FLiCRA State Board of Directors, the two

main agenda items were about: Enhancing the role a Resident Senate plays in working with the Providers in CCRCs/Life Plan Communities, while also encouraging more resident representation on CCRC Boards of Directors; modernizing current state laws affecting access to capital and related to annual reporting, campus expansions, and escrow requirements.

Although the next Legislative Session is some six months away, our Board anticipates legislation regarding both issues will be considered during this session.

Why start on this so soon? Legislators start Committee activity in September of the year before the Regular Legislative Session. Because Florida has a part-time legislature, this is necessary to allow legislators time to work their bills through the Committee process before the Session starts.

A primary mission of the Legislators is to create and amend

the laws of Florida, subject of course to the Governor's power to veto legislation. This requires Legislators to propose bills drafted by a professional, nonpartisan staff. Legislation must then undergo Committee review, three readings on the floor of each house and approval of identical bills in both the House and the Senate.

This complicated process is exacerbated by the fact that in Tallahassee we have 160 State Legislators (120 in the House and 40 in the Senate), all serving with eight-year term limits. And, by the way, there are approximately 2,000



registered lobbyists representing some 4,000 separate entities in Tallahassee.

In a normal year, between 2,000 and 2,500 bills will be filed and about 15 percent will pass. Over 100 of those filed will have the potential to impact the quality of life for residents like us.

Our small FLiCRA staff in Tallahassee will always have their hands full once the Legislature is in session, so it obviously behooves us to do all we can to formally prepare our positions on those subjects most important to our residents and as early as we possibly can.

That is exactly what FLiCRA has been doing. Back to the earlier analogy, we want to have our ducks lined up well before the Florida State Legislature on March 7th, 2023.

I had several other thoughts following our recent FLiCRA State Board meeting.

One was to reinforce how fortunate we are to have a resident-led association like FLiCRA that is dedicated to helping ensure the quality of life in retirement communities: Only 10 states even have organizations like ours, and several of those have fewer members in the entire state than we have right here on our JKV campus.

None of them have achieved the high level of grass roots support that our Florida residents provide or the level of legislative success that we enjoy.

Also, I was reminded, yet again, that although we may not always be able to get everything that we want exactly when we want it, there is a rewarding level of satisfaction in achieving the best possible outcome within the reality in which we live.

—David Bayer  
FLiCRA Region 5 Director  
Cassels Tower Resident

## Foundation Board Funds New Round Of Programs

On June 29th the JKV Foundation Board met to consider funding proposals from various JKV departments. Board members listened to presentations by department directors and managers on programs and services to enhance the well-being of residents. The meeting resulted in the Foundation Board awarding nearly \$600,000 in funds, made possible by your generosity, toward the following projects (see chart).

On behalf of the JKV Foundation Board and Staff, thank you for your support. We hope we can count on your continued generosity to continue enhancing the programs, services, spaces, and equipment for the JKV residents and community.

*-Mark Dobosz  
Executive Director*

### LIFE ENRICHMENT

- Support toward Life Enrichment's performing and cultural upcoming arts programs and some funding to support current existing budget
- ArtSage - Sponsorship

### FITNESS

- HurSenso Machine
- Some funding to support current existing budget

### MEANINGFUL LIFE

- Support toward new or existing Meaningful Life programs and or equipment at their discretion

### SKILLED NURSING

- Funding to support current existing budget

### SPIRITUAL LIFE

- Support toward new or existing Spiritual Life programs or equipment at their discretion.

### TRANSPORTATION

- 1 new Villa Cart – as part of fleet replacement
- 1 new electric bus – as part of fleet replacement

### GENERAL

- An ATM machine for the campus, for Resident and Team Member convenience

### VOLUNTEER SERVICES

- The 2023 Volunteer Recognition Dinner

## Is Aquatic Physical Therapy *Right For You?*

### What is Aquatic Therapy?

Aquatic physical therapy is physical exercises in a swimming pool designed to help patients regain freedom of movement, to reduce and even eliminate pain. The combination of exercises and heated pool water has a safe, therapeutic effect on the body, in many ways unmatched by other means.

### Who Benefits from Aquatic Therapy?

Patients with neck and back pain, including most sports-related injuries, often benefit from aquatic therapy as well as those experiencing severe weakness as a result of injury or surgery. Additionally, the pool's warm water helps soothe the pain associated with injuries or discomforts.

Patients recovering from muscular or skeletal injuries can control the intensity of their therapy by increasing or decreasing the amount of water resistance while performing their aquatic exercises.

Therapy programs are tailored to the individual's needs by a licensed physical therapist trained in aquatic physical therapy. Skilled therapists will provide one-on-one care in the Aquatic Complex resort pool.

### Problems that can be treated with Aquatic Therapy:

- Arthritis
- Balance conditions
- Chronic pain
- Fibromyalgia
- Joint replacements
- Limited weight bearing
- Neck pain
- Neurological disorders
- Knee injuries
- Low back pain (including patients experiencing acute back pain who cannot tolerate standing and walking)
- Post-surgical rehabilitation
- Shoulder conditions
- Multiple sclerosis
- Parkinson's Disease
- Weight loss programs

- Generalized weakness
- Sports injuries including patients who cannot tolerate high impact activities

### Cost

How much does an Aquatic Therapy Cost? Aquatic physical therapy is an acceptable form of physical therapy according to Medicare. Medicare Agency will check your insurance to see if you qualify.

### For more information

JKV's Director of Nursing, Christy Kelly, will be the point of contact along with Physical Therapy Assistant and Certified Aquatic Therapist, Kristie Sento. Appointments can be made for the hours of 8:30 a.m. to 4 p.m., however those hours may become more flexible depending on the demand and hours may be extended in the summer. Christy Kelly can be reached at 954-783-4009, EXT 1257 or ckelly@jkvfl.com

# THINGS LOOKING UP

## Westlake Towers Project

By Rob Seitz, Village Voice Editor



To say things are looking up for Westlake—John Knox Village's most ambitious project in its 55-year history—would be an understatement.

Construction on the two apartment buildings—The Vue and The Terrace—is ahead of schedule, thanks in part to a relatively dry summer and nimble workarounds when frequent supply chain issues arise.

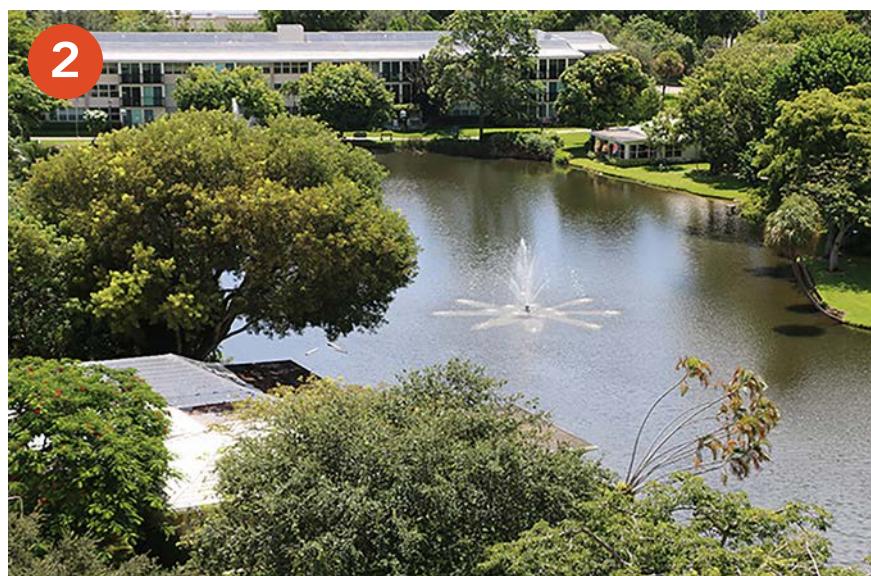
Concrete pours for the 11-story Terrace were completed in August and—weather permitting—the 15-story Vue will be poured out by end of this month or early in October, a month ahead of schedule.

The two luxury towers are called Westlake

because they are rising on the westside of the Village's Lake Maggie. However as part of the \$120 million project, JKV's waterways will be dredged and expanded at the site of the Village's former dining room.

"Once the dredging is complete, residents, guests and staff will have waterviews from more than half of the campus," Plant Operations Director Thom Price told The Village Voice. "With nearly a floor a week being [concrete] poured, this is a very exciting time. We are all watching, in real time, this project going up."

The first-floor common area lobby of the



towers will be the site for amenities including a theatre, art studio, business center, sacred space, library, club room and two restaurants—the French Press, a coffee bar during the day and wine bar in the evenings—and a bistro-inspired Westlake Eatery.

Moving up from the first floor, there will be two stories of covered parking, followed by apartment homes ranging in size from 1,231 to 2,259 square feet.

The 15-story Vue offers one- and two-bedroom floorplans, while all apartments in The Terrace are two bedrooms and all have balconies.

# NG UP AT JKV

## Ahead Of Schedule

"Because new residents who are moving in are trending younger and there are more couples, they are looking for two bedrooms instead of one," said Director of Sales Kim Ali.

Currently, Westlake is more than 80-percent pre-sold, but residents can tell their friends that many fine apartment homes remain and they can be automatically enrolled as Platinum-level members of the Westlake Village Club with a 10-percent deposit on a new state-of-the-art Westlake home.

As Platinum-level Village Club members, future Westlake residents receive many benefits, including complimentary meals



- 1 Eighth-floor view of concrete brick work taking place at The Terrace. Village Towers is in the background.
- 2 View of Lake Maggie from the fifth floor of The Terrace.
- 3 Fourth-floor view of work taking place on the signature "Terrace" from the fourth floor of The Terrace.
- 4 Canopy work taking place on the northside of Cassels Tower leading east to Westlake. Meanwhile, expansion dredging continues on Rex Foster Lake.
- 5 Fifth-floor view south from a Sanibel floorplan looking at the Aquatic Complex.
- 6 Looking east with the Pavilion on the left, The Terrace in the center and The Vue on the right side.

at JKV's four dining venues, access to the \$6.2 million resort-styled Aquatic Complex, award-winning Life Enrichment programming, fitness classes and admission to JKV community partners such as the Ft. Lauderdale International Film Festival, Musicfor America, NSU Art Museum in Ft. Lauderdale, Bonnet House and the historic Sample-McDougald House.

Residents wishing to learn more can call Sales Director Kim Ali at 954-871-2655 or email her at, [askkim@jkvfl.com](mailto:askkim@jkvfl.com)





# Will We See You In September? Great Entertainment Offerings At JKV



The Brazilian Voices recently performed in the Cultural Arts Center, after a show in New York City's Carnegie Hall.

The curtain has risen on the new John Knox Village Cultural Arts Center at the Pavilion. Since that time, many star-studded performances have graced the stage and the halls are still echoing.

In July, Troy Anderson and the Wonderful World Band performed a tribute to Louis Armstrong and had concertgoers trotting down memory lane. The multimedia presentation on the screen behind the band added to the mood and not only did Troy look exactly like Satchmo, but he sounded

identical to the infamous trumpeter and vocalist.

Brazilian Voices, who recently performed with Brazilian singer-songwriter Guilherme Arantes at New York City's Carnegie Hall, brought their dynamic repertoire and unique mix of voices and original arrangements to JKV in August. Their presentation celebrated the Brazilian culture in South Florida with an international mix of musicians and singers. Our Meaningful Life residents experienced a personal and up-close performance in advance of the August concert.

Ashley Pezzotti. At the young age of 25 years old, Ashley has nonetheless performed with renowned artists such as Wynton Marsalis, Arturo Sandoval and Jon Secada.

Nov. 12 brings Latin Grammy Award Winner for Best Instrumental Album and five-time Grammy nominee, Dr. Ed Calle and the Mamblue Big Band. This renowned musician, composer, orchestrator, scholar, professor, and leader is known for his extraordinary ability to sight-read, interpret, and perform virtually any musical style.

The series winds up on Dec. 4, with "ROAR! Carole J. Bufford and the Music of the 1920s and Beyond!" This concert features classics from the Jazz Age songbook made famous by the likes of Sophie Tucker, Louis Armstrong, Al Jolson, Fats Waller, Bessie Smith, Helen Morgan, Ruth Etting and more.

JKV Jazz Series Subscription tickets are \$75 for residents and Single Ticket Sales are \$20 per ticket for residents. To RSVP for these concerts, please call the Life Enrichment Department at 954-783-4039.



**Tito Puente Jr. and His Latin Jazz Ensemble will be performing in the Cultural Arts Center, Friday, Sept. 23 at 7 p.m. Tickets are only \$20. Call Life Enrichment at 954-783-4039 for more information.**

## Upcoming Jazz Series

On Sept. 23 at 7 p.m., the JKV Jazz Series kicks off with Tito Puente Jr. and His Latin Jazz Ensemble. He is the son of six-time Grammy Award-winner and "King of Latin Music" Tito Puente. Puente Jr. is an audience favorite in performing arts centers, casinos, symphony halls and jazz festivals worldwide. He brings a taste of contemporary jazz to the traditional mambo style.

The four-concert series continues on Oct. 15 with swing jazz vocalist

# Cooking With Carol

## Sweet & Savory Chicken Recipe From Memorable Ski Trip

By Rob Seitz, Village Voice Editor

Village Towers resident Carol Frei has many fond memories of family time on the ski slopes of Colorado as her brood was growing up.

Carol, her late husband Dr. Rudy Frei, and their children would make annual pilgrimages with fellow white powder enthusiasts from the Miami Ski Club.



Village Towers resident Carol Frei in the kitchen working on her Chicken Marbella recipe.



Carol Frei (L) recently delighted Village Towers neighbors Dorothy Haley (foreground right) and Peggy Woehry with her Chicken Marbella recipe.

One year—feeling especially adventurous and energetic—and even though they had spent the day skiing, the Freis decided to cross-country ski, with a guide, to a high-mountain secluded cabin. This locale was so “rustic,” it had no electricity or running water.

“We melted snow in a pitcher for drinks,” Carol told The Village Voice. “We ate a chicken dish prepared on a wood-burning stove by candlelight. The smell was unbelievable, and it tasted delicious.”

### Discovering Chicken Marbella

The family thoroughly enjoyed the sweet and savory meal and upon her inquiring its name, Carol was told they were eating Chicken Marbella: A recipe brought to kitchens everywhere for the dinner party-set of the ‘80s from the famous “Silver Palate Cookbook,” written by Sheila Lukins and Julee Rosso. Published in 1982, millions of copies have been sold and it is still available online.

“And guess what? I had the cookbook in my library at home,” Carol said. “Since then, I have made it for our children many times at their frequent requests.”

The cookbook was a natural byproduct for Lukins and Rosso, two New Yorkers who opened a super sophisticated gourmet shop on the Upper West Side, well before such shops and products were common on supermarket shelves.

As Claudie Benjamin wrote in a May 15, 2021 post

on the [Ilovetheupperwestside.com](http://Ilovetheupperwestside.com) website: “The essence and distinction of the enduring Silver Palate recipes were that they were not time consuming to prepare, but tasted as if they were.”

### Invitation To Lunch

Recently, Carol invited two of her Village Towers neighbors over for lunch, neither of whom had eaten Chicken Marbella before. It only took a bite before Dot Haley and Peggy

Woehry became fans.

“What is so nice is that it has to be made ahead of time and refrigerated overnight,” Carol said. “All one has to do is bake it the next day, while preparing other dishes. This is a nice luncheon dish with perhaps a green salad and bread, or for supper include a rice dish.”

### Chicken Marbella

(Yields 4-6 Servings)

- 5 lbs. chicken thighs and legs
- 5 cloves garlic (thinly sliced)
- Salt and pepper to taste
- 2 tbs. dried oregano
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 1/2 cup pitted prunes
- 1/4 cup pitted Spanish green olives
- 1/4 cup capers
- 3 bay leaves
- 1/2 cup dark brown sugar
- 1/2 cup white wine
- 2 tbs. chopped fresh parsley

### Method Of Preparation:

Pat dry chicken with paper towels, placing them in a casserole dish. Mix the dry ingredients, then add vinegar, olive oil, prunes, olives, capers and bay leaves. Pour over chicken. Cover the dish with plastic and put in refrigerator to marinate overnight.

Next day: Remove chicken, placing it in a shallow oven-proof baking dish. Spoon the marinade over the chicken. Sprinkle brown sugar on the chicken and pour the white wine around the pieces.

Bake in a 350-degree oven for 50-60 minutes. Serve on a platter with the juices spooned over the chicken, adding the parsley as the final touch.

# LIVING WELL CORNER

## What To Look Forward From Fitness



Jasmine Tennie, BS, C-EP

The JKV Fitness Team is pleased to announce that outings and specialty events will begin again.

Keep an eye out for unique and alternative forms of fitness to help you stay active. Past events, such as bird watching, gentle hikes, and beach walks will be reinstated as the weather begins to cool. Water volleyball, Elder Splash, and Pickleball tournaments will continue for fun in the sun.

A new addition to the off-campus outings will be Fitness at the Bonnet House. The beautiful historic home will be the sight for JKV to showcase "Meet Me on the Lawn." Ushering in the broader community, JKV Fitness will provide a variation of chair exercise classes among the gardens of the estate. Events that allow for us to keep cool inside are being researched and tailored to JKV residents' fitness levels.

September will bring a Fitness Around the World challenge. A passport with an exercise and an historic fun fact related to the country will be available for your enjoyment and participation. The month will end with an afternoon of dance, trivia, and prizes.

Trivia will be based on the countries featured throughout the month. The dance routines are friendly to all Fitness levels and those in the audience will be encouraged to participate in them to create a dance party atmosphere.

October is Breast Cancer Awareness month. JKV will be teaming up with Gilda's Club of South Florida to

A graphic for Active Aging Week. It features a woman smiling while leaning against the edge of a swimming pool, wearing a blue swimsuit, goggles, and a pink swim cap. The background shows water and a building. The text "ACTIVE AGING WEEK" is displayed in a green banner at the top, with "Humana presents" and "INTERNATIONAL COUNCIL ON ACTIVE AGING" below it. Below the banner, the text "GET READY TO CELEBRATE ACTIVE AGING WEEK" is written in large, bold, black and teal letters. At the bottom, the date "OCTOBER 3 - 9, 2022" is shown.

GET READY TO  
CELEBRATE  
ACTIVE AGING WEEK

OCTOBER 3 - 9, 2022

assemble a fundraising walk to honor all those affected by this disease. The event will take place on campus and swag bags will be available for those who donate. The event is sure to make all those involved feel supported and uplifted. Be sure to wear your pink!

The JKV tradition –Active Aging week (AAW)– back again to foster fun, fitness, and learning. Every year AAW brings together all the departments and even some resident-run groups. The week is filled with incredibly accomplished speakers, specialty classes, games, and a memorable closing ceremony. The Fitness Team is planning a pickle ball

tournament and a much-anticipated rematch swim relay of residents versus team members. Start your training by attending one of the Pickleball basics courses or aquatic fitness classes available.

Although these last two years have challenged us all to be creative in the way we communicate and live our lives, we are happy to be cautiously moving forward with our activities. Please keep a look out for more information on these events and how to sign up in the coming weeks. We are looking forward to aging gently with you.

—Jasmine Tennie  
Fitness Outreach Coordinator, B.S.

A graphic for "The Perfect Fall Retreat". It features a large orange pumpkin in the center, surrounded by dried wheat stalks and small red berries. To the right, the text "The Perfect Fall Retreat" is written in a large, stylized, orange font. The background is a warm, autumnal color.

The Perfect  
Fall Retreat

Pumpkin contains a lot of **amazing properties**, that benefit the skin in many different ways.

Pumpkin is packed with fruit enzymes and alpha hydroxy acids (AHAs), which increase cell turnover to brighten and smooth the skin. Pumpkin also contains antioxidants, Vitamin A and Vitamin C to help soften and soothe the skin and boost collagen production to prevent signs of aging.

Pumpkin Facial  
50 minutes \$70

Almond Oatmeal Pedicure  
50 minutes \$40

only at  
REJUVENATE  
salon and spa

Call for an appointment  
**954-783-4013**

# NUTRITION NOTES

## Food Cravings 101



Rachel Graham

Why do we eat? Are we truly hungry or are we just experiencing a craving for food and from what do those cravings stem?

By deciphering the real meaning of your cravings, you can get insight as to what's truly gnawing at you from within. Cravings can be a sign that something is off-balance and needs tending to or an unidentified emotion.

Rather than expressing emotions, we tend to stuff them down with food, which our bodies translate to as "comfort" at times that we don't feel so comfortable or fulfilled. The more readily we can express our emotions or recognize the reason behind our "cravings," the healthier our bodies, hearts and minds will be.

Let's uncover some common food cravings. Learn what to ask ourselves to decipher a truly hunger-based craving versus an emotional-based craving and learn how to manage



them in the future.

- If you are craving healthy fats like avocados, nuts, seeds, butter, or coconut-milk based products, it may indicate that your body is reaching for more calories and needs more energy. Your body may be starving for nutrition and energy to function normally.
- If you are craving salty foods like potato chips, popcorn or sea salt, it may indicate that you are dehydrated or that you have an electrolyte imbalance.
- If you are craving sugar foods like cakes, brownies, fruit, honey or refined sugars it may indicate blood sugar imbalances, stress, lack of high-quality sleep, hormonal imbalance or a need for increased calories since sugar is easy and quick calories for our body to utilize.

- If you are craving carbohydrates like pasta, bread or crackers, you may have a lack of the amino acid tryptophan which is needed to make serotonin, a mood-regulating neurotransmitter.

- If you are craving meat or animal proteins, you may be deficient in zinc, iron, B-12 or omega-3s which are key minerals often found in higher quantities of animal proteins.

As always, listen in to your body, to its needs and intuition surrounding food choices. If you find yourself having a strong food craving, consider practicing mindfulness during these cravings or when eating to determine if the root of the craving may actually be an emotional or mental trigger.

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

## Don't Leave Medicines Out In Common Areas, *For Your Safety*



Christy Kelly  
Director Of Nursing

It has come to our attention that expired medications are being left out in common areas around campus, specifically in laundry rooms. Someone mistakenly taking someone else's prescription could create serious medical complications, compounded by the fact the meds are expired.

Did you know the John Knox

Home Health Agency offers a safe and environmentally friendly way to destroy medications for a fee of \$10 (higher depending on the quantity)?

Call the Home Health Agency at 954-783-4004 or visit us at the Wellness Clinic in Village Towers Unit #107 to learn more.

—Christy Kelly  
JKV Director of Nursing

# From The Woodlands To The Amazon And Back

Continued from page 6

As a teenager, she was a consummate beach girl. She loved to surf, and always dated guys who fished.

## The Intrepid Fisher Lady

Back when she started fishing, Kristen did not want to be a hanger-on. She wanted to be educated and active in the sport. She needed to know about the line, the hooks, knots, lures and other equipment needed to fish.

"The boys would not invite me to go fishing unless I could do everything myself. I had to determine what to do and how to do it. I taught myself and got good and confident. Now I mostly fish alone."

As a fisher lady and active in social media, "kristenmicelidrago" is Kristen's Facebook presence.

Also known by her nickname, "Reggaegerl," she loves reggae music. "When I was in the sixth grade, our neighbor played reggae music. I heard it through the walls of the condo and loved it. After graduating from Ft. Lauderdale High School, I went to Jamaica every year for reggae music and the culture."

## Fishing The Amazon

Through social media, Kristen met lots of people, including a guy who fishes and lives in Ft. Lauderdale. He is also a recruit for a fishing lodge located on the Amazon River. The prospect of fishing the Amazon hooked Kristen on the idea. "I worked a year to save the cash to book the Amazon fishing trip."

Kristen's target in the Amazon was big peacock bass. "I have fished peacock bass in Florida," she said. "My largest was seven and a half pounds."

She flew to Brazil in November



**Woodlands Guide Kristen Drag was a long way from home when she took a dream trip south and fished for her favorite peacock bass in the Amazon River for 13 days.**

2021, then made it to the lodge taking a series of commuter planes and small boats. "They were very strict on COVID-19. We had to have negative tests and masks were worn in the lodge.

"I was the first American lady angler to fish the lodge. I was the only woman there with about 75 guys. I was a little intimidated at first and the guys were saying I would not last.

"The guys finally said, 'She knows what she is doing,' and accepted me as one of the guys."

"I spent 13 days deep in the Amazon, and the 17- pound peacock bass I caught was my personal best. We released all of the fish.

"At the end of my stay they had a last night party. They called me 'The American Girl,' and awarded me a hammock and an exotic drink. They honored me for making it through the jungle. My guide said, 'I'm so proud of you.'"

Oddly enough, through all her fishing prowess, Kristen is an avid animal lover, who believes strongly in the sanctity of life. She enjoys the sport of catching, but releases all the fish she catches.

You can listen to a podcast of Kristen's Amazon adventure and her fishing prowess by Googling: [Lunker Dogs Reel Guy Show Amazon Peacock Bass With The Reggaegerl](#) on Apple Podcasts.

## Adventure And Spirituality

"In my job [at The Woodlands], I see so much illness and death," she said. "I want to bring happiness and be a good person. I am a very happy person and I care for my soul. Peace and love motivate me.

"I have homeless friends that I help feed and clothe. I also love adventure—and I am a spiritualist."

One very special story describes the dedication and love Kristen brings to her responsibilities at The Woodlands.

An Elder was scared while facing the end of her life. As Kristen described the experience, "I had the courage to help her on her journey from life to death. I relied on reading her [JKV's Lifestyle and Aquatics Manager] Melissa Jill Clark's poem, "Your Chrysalis: A Message of Hope for End of Life."

"Although she was so scared at first," Kristen said. "It was peaceful and it helped her in the transition."

The following is a short excerpt from that poem:

*"Please know,  
That you do not live in vain;  
That your spirit and your love,  
Will forever remain."*

— Melissa Jill Clark

# Westlake Construction Project Spotlight

Continued from page 10

versity of Miami's Hurricanes.

Additionally, he is a very involved father to all seven of his children—six sons and one daughter.

Taylor is also a published author who enjoys poetry and landscaping. His dream is to one day have his poetry available in elementary school

libraries. He was introduced and read a poem at the beginning of the August Resident Senate Meeting for All Residents.

With his contagious smile and outgoing personality, Taylor has become remarkably familiar with residents and staff, knowing many by name. He

treats the Village as if it were his own.

When next you see Eric on his trusty Moss golf cart, feel free to thank him for his dedication to the ongoing Westlake—and recently completed Pavilion projects. I am certain he will receive it with much appreciation.

## Acceptance Of Our Differences

Regardless of our gender, race, religion, sexual orientation or culture, we all want to be understood, respected and appreciated.

We are all raised differently with unique experiences, so it is natural that we'll have differences in opinions on a wide range of issues. Growing up in a place where people are very similar or being taught to be careful of people who are different can make us prejudiced. On the other hand, growing up in a diverse locality with parents who encouraged us to mingle with everyone, usually has the opposite effect.

### First Understand Who We Are

To feel comfortable with people who are different from us means that we must accept ourselves for who we are. Unfortunately, we often put up guards to protect ourselves, instead of being open to those differences. Our mistrust of others is really fear, and then acting from that only fuels suspicion. Sometimes, what's behind this fear is an uncertainty about how to interact with others. None of us like to look stupid or feel incompetent. To avoid



JKV's Spiritual Life Coordinator Angelica Blakely recently led a conversation on Acceptance of Differences.

and positions.

### Focus On Our Commonality

The easiest way to accept people's differences is by focusing on what we have in common. Being aware of your fears will help you see how you may be projecting your insecurities and judgments onto others and then challenge these fears to clear your mind and heart so you can understand and appreciate any differences you have

### Leading The Discussions On Differences

I had the pleasure of facilitating some very important conversations in my "Acceptances of Differences Series" last month. We tackled the hard topics of gender role stereotypes, religion, race, and sexual orientation. The idea of creating this series came from a meeting I had with two residents in my first few weeks of working at JKV. They shared their concern and wondered if it would be something our department would be willing to tackle. I jumped at the chance because I believed I could create a safe space and challenge everyone to dig deep and be open and honest and most importantly reflective. I believe this was successful and has opened a space for these hard conversations to continue in an impactful, productive and loving way.

—Angelica Blakely

this discomfort, we subconsciously create a negative story about the other person so we can mentally justify dodging them or seeking conformity.

A deeper source of fear comes from the false belief that others' viewpoints somehow might make our own opinions worthless. This is simply not true. Those who are different from us have their own experiences and beliefs, but that does not compromise our own identity

with them. Don't try to control the feelings of others and allow others to be different.

Consider how much you like it when you feel accepted. Acceptance is a gift that gives back. Imagine how it might improve your relationship with someone if that person felt you accepted him or her fully. Decide to treat them with the same degree of respect that you would like to be treated—it's truly the basis of a great community.





# Where Possibility Plays!

## Crucial Conversations

Continued from page 3

I recently had a conversation with resident Carol Redd who is the Chair of the Communications Committee. I think we both shared our concerns that there is opportunity and room to improve our ability to master crucial conversations, interpersonal communication and improve our community's health. I learned more about this in the book "Crucial Conversations: Tools for talking when the stakes are high."

One of the most important things to do is to make it safe for everyone to add meaning to "The Shared Pool," even ideas that at first-glance appear controversial, wrong, or at odds with our own personal beliefs. Now, obviously, they don't agree with every idea, they simply do their best to ensure that all ideas find their way into the open.<sup>1</sup>

Additionally, we need to start with heart. The book goes on to pose the questions: "How do you encourage the flow of meaning in the face of differing options and strong emotions?" The first principle of dialogue: "Start with Heart—that is your own heart. If you can't get yourself right, you'll have a hard time getting dialogue right.

When conversations become crucial, you'll resort to the forms of communication that you've grown up with—debate, silent treatment, manipulation, and so on."<sup>2</sup>

I have witnessed great progress in the Village finding that heart and using it as the catalyst for continuing the dialogue, no matter how challenging. I want to thank many brave and courageous residents, team and family members who continue to have these "Crucial Conversations."

I have experienced a "shift" in a more positive approach to communication, and interactions. I am forever an optimist. I am grateful to

the brave residents who have faced adversity, frustration and joy. All of these feelings and experiences have fueled a desire to continue the ongoing conversation.

This includes JKV's growth, the expansion of dining venues and food service, a campus filled with cement trucks, bulldozers and AC repairs: Not to mention, changes in technology and how it is deployed and taught, and even changes in leadership.

There is such remarkable goodwill and intent at JKV. Be inspired as you continue your journey of "What's next?" We have so much to look forward to. We have so many new and interesting residents who have become "new neighbors" and others who will move in with the Westlake expansion.

The Cultural Arts Center, along with the Village Arts Circle and Foundation, promises Broadway-worthy programming that will continue to delight you with extraordinary and affordable performances, lectures and events.

Dining has nowhere to go but up. As I have repeatedly stated: "Don't mess with people's food or money." Please do continue to be patient as we work alongside Nerdine, our talented JKV team and the input of the Senate Dining Committee.

Fitness, Life Enrichment, Rehab and Meaningful Life will keep you going with internationally recognized award-winning programs. Lifestyle and Aquatics will help you to "dive" into mindfulness and stretch you to new levels of well-being. Spiritual Life will continue to support residents no matter what their level of interest may, or may not be as it relates to spirituality or worship.

The exquisite grounds, improving interiors and the care of Wellness Nursing, Home Health, Gardens West, Seaside Cove and The Woodlands

all provide access to enrich your lives through the 7 Dimensions of Wellness, all while providing residents with peace of mind and a sense of well-being.

As thoughtful and responsible stewards, the Finance, Compliance and Administration teams will always look out for the best interest of the community. Housekeeping will keep your home looking clean and comfortable, Plant Operations will ensure that renovations and improvements are handled in a timely and efficient manner.

There is the wonderful, compassionate and important work that Resident Relations performs every day. Think about technology and how important having a responsive Information Technology team is.

Security and Transportation provide 365-days-a-year 24/7 service to keep you safe and "literally" moving. Sales and Marketing will help to tell the remarkable JKV story with your help as we continue to build on our 92 percent Independent Living occupancy/census.

Each of us has the responsibility and right to select our "own way," whatever that may be. Take advantage of all that JKV has to offer, connect with people, savor the tastes, push yourself to a point that is comfortable, and yet still forces you to grow. Be the best version of you. Smile and remember the simple virtue of gratitude.

And if it doesn't go as planned, remember the best and most productive way to have those "Crucial Conversations."

—Monica McAfee

Chief Marketing & Innovation Officer  
mmcafee@jkvfl.com • 954-783-4073

<sup>1,2</sup>The title of the book: *Crucial Conversations: Tools for talking when stakes are high* by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler.

## JKV Foundation Updates And Revises The JKV Benevolence Program

### Overview:

The JKV Foundation Board recently approved a new Benevolence Program, updating and replacing the former program that has been in effect since 1980. Grants under the new program are designed to reduce or eliminate Monthly Service Fees for Life Plan residents whose income is insufficient and retirement assets have fallen below \$200,000.

Participants in the former program will be grandfathered until at least March 31, 2023.

The income sufficiency test is based on a formula that is easy to calculate using the resident's own tax return, providing a good idea about whether they would qualify for a grant, even without actually applying.

Benevolence grants under the program are approved for up to three years, but individuals can re-apply annually if they think it would be to their financial benefit.

Typically, the application period will be from February 1-April 15 of each year to coincide with the availability of tax return data on which the grant is based. Because this is a new program, however, the Foundation has authorized a special application period from now until Sept. 20, 2022.

### Qualifying Conditions - Applicants:

1. Must be Life Plan residents (Class A or B) before and during the term

of any Grant,

2. Must be responsible for their own expenses (no third-party guarantors)
3. Must have been JKV residents for a minimum of 4 years.
4. Must submit true and complete required information.
5. Must not have made material gifts or sequestered assets for estate planning, government program

qualification or to qualify for this Benevolence program.

FULL DETAILS AND RULES CAN BE FOUND IN THE OFFICIAL APPROVED APPLICATION PACKET Contact the JKV Foundation Office at 954-784-4786 for an application, instructions and guidelines.

### WORKSHEET FOR SAMPLE CALCULATION

#### Computation of Grants under the new JKV Benevolence Program

#### Income

Note: Line numbers refer to the resident's Federal Income Tax Return. Current year RMD from IRA is from information provided by applicant but is approximately 6% of the previous year-end IRA balance.

Adjusted Gross income (Line 11)	\$ _____
Plus, Exempt Interest (Line 2a)	\$ _____
Minus, IRA Distributions (Line 4b)	\$ _____
Plus, Untaxed portion of SS benefits (Line 6a minus Line 6b)	\$ _____
Minus, Capital gain or loss (Line 7)	\$ _____
Minus, Total Tax (Line 24)	\$ _____
Plus, Current year RMD from IRA	\$ _____
Result of above, divided by 12	

\$ \_\_\_\_\_

#### Monthly Cash Income

#### Grant Computation

Note: Computations are for estimation only. Actual grant amounts are as approved by the JKV Foundation Benevolence committee in accordance with the official program rules.

Column A	Column B
150% of Monthly Service Fee	\$ _____
Minus, Monthly Cash Income	\$ _____
Result of above = Maximum Grant	\$ _____

Column B
Assets less than \$100,000 = 100%
Assets \$100,000 to \$150,000=66%
Assets \$150,000 to \$200,000=33%

Maximum Grant from Column A

Multipled by Applicable % from Column B

Result of above = Monthly Grant Amount

\$ \_\_\_\_\_

# Donations To The Village



## Donations received during the months of June-July 2022

### To John Knox Village

#### Employee Scholarship Fund

Doreen Haynie  
David Haun  
Guia Jansen  
Norma Jenkins  
Richmond Knowles  
Paul Loree  
Rose Milanovich  
Elizabeth Bousfield  
Cason Trust  
Countrymark Refining & Logistics  
Judith Carson  
*In memory of June Totura*  
Thomas McDowell  
Janet Spalding  
*In memory of Vera Leip*  
Charma Smith  
*In memory of Ruth Brumby Richardson*  
Elisabeth Lycke

### To John Knox Village Foundation

#### Benevolent Endowment Fund

Phyllis Miller  
Suzanne Higgins  
*In memory of Kit Frazer*  
Cason Trust  
Fred and Irene Michel  
Charitable Trust

#### Chapel Endowment Fund

Fred and Irene Michel  
Charitable Trust

#### Charlotte Symonds Employee Assistance Fund

Elisabeth Lycke

#### Foundation Unrestricted Fund

Sondra St. Martin  
*Military Heroes Event*

Thomas McDowell  
*In memory of Kit Frazer*  
Carol Frei  
*In memory of Kit Frazer, Retha Celia, and Dr. Gene Talley*  
Joyce Cuddy  
David Heger  
Paul Loree  
Robert Oliver  
Rose Milanovich  
John and Diane Dalsimer  
*In memory of Vera Leip*  
Edna Dusel  
*In memory of Kit Frazer*  
Carol Redd  
*In memory of Vera Leip and Gene Talley*  
Alice Von Essen  
*In memory of Tish Perkins and Nancy Matthews*  
Lyn Walk  
*In memory of Kit Frazer and Angelina Marsalona*  
Joyce Cuddy  
*Military Heroes Event*  
Ruth Smith  
*Military Heroes Event*  
Lee Landers  
*Military Heroes Event*  
Ann Archard  
*Military Heroes Event*  
Twylah & David Haun  
*Military Heroes Event*  
Dennis Fitch  
*Military Heroes Event*  
Beth Hand  
*Military Heroes Event*  
John and Diane Dalsimer  
*Military Heroes Event*  
Lyn Walk  
*Military Heroes Event*  
Kim Walsh  
*In honor of Joyce Caldwell*  
Anne McVeigh  
*Military Heroes Event*  
Richard Shapiro

Military Heroes Event  
Frances Martin  
*Military Heroes Event*  
Sylvia Minchew  
*Military Heroes Event*  
Rob Seitz  
*Military Heroes Event*  
Carol Kitson  
*Military Heroes Event*  
Carol Strandberg  
*Military Heroes Event*  
Joan Kendzia  
*In memory of Retha Celia*  
Barbara Meyer  
Margaret Gerloff  
*Military Heroes Event*  
Donna Brown  
*In memory of Retha Celia*  
**Healthcare Enhancements Fund**  
Richmond Knowles  
Herbert Johnson  
Bruce Voelkel  
*In memory of Vera Leip and Angelina Marsalona*  
Joanna Bratt  
**Intellectual Enhancements Fund**  
Elisabeth Lycke  
**Intellectual Enhancements Fund - Village Arts Circle Memberships**  
Alice Von Essen  
Richard and Marty Mellett  
Barry Meltz  
Anastasia Homatas  
Flora Kartrude  
Janet Stanwyck  
Marie Brink  
Gerald Kennedy and Paul Smith  
Katherine Schnell  
Anne Fick  
Jean Trebbie

Ada Kadin  
Doris Christian  
Ann Walker  
Jeanne Little  
Mairanne Jackson

**Maggie Goetz Bird Fund**  
Joyous Burkart  
*In memory of Earl Clark*

**Mental Wellness Enhancements Fund**  
Moody Plumbing Inc  
Perkins Eastman Architects  
J&K Cabinetry  
Northern Trust

**Physical Enhancements Fund**  
David Haun

**Resident Assistance & Inouye Support Fund**  
Emmerson Harris  
Mark Brown  
Suzanne Higgins  
*In memory of Nancy Lee Matthews*  
Carol Redd  
*In memory of Helen Anne Fee*

**Resident Music Endowment Fund**  
Franklin Schmidt  
Harry and Shari Vordermeier  
*In memory of Rudy Frei*

**Staff Professional Training Fund**  
Rose Milanovich

**Transportation & Mobility Fund**  
David Heger  
Donald Patriss  
Elisabeth Lycke

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



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

SNF1258096

## Updates From JKV's Medical Expert

### Omicron BA.5 & Monkeypox

Continued from page 2

been primarily among men who have sex with men. The virus is spread mostly from skin-to-skin contact, but transmission can also come from objects such as bedding and towels. Respiratory droplets can also transmit the disease.

Thanks to the smallpox vaccine, there have been no cases of smallpox since 1977. Previously, however, it was a terrible scourge throughout human history causing skin disfigurement and death most notably in our own indigenous populations throughout colonization some 300 to 400 years ago.

In the 1790s, Dr. Edward Jenner, a medical legend, had noted that milk maidens often had clear complexions and hypothesized that their apparent immunity to smallpox was because of contact with cowpox virus. He invented a smallpox vaccine from a cow lesion and famously tested it on an eight-year-old boy who demonstrated complete immunity when deliberately exposed to human smallpox.

Since smallpox vaccination ended in the 1970s, monkeypox has slowly been gaining in prevalence. Smallpox vaccines protect against monkeypox as the viruses are 85 percent identical. There are limited supplies of vaccines available to protect against monkeypox, but only one is approved for use by the FDA.

This vaccine is called Jynneos, originally developed for smallpox using cowpox virus antigens. The FDA issued an emergency use of the vaccine to be administered under the skin rather than deeper into fat.

This allows dosages to be reduced to one-fifth, thus stretching the supply of available vaccine. While one dose will provide a few years of protection, two doses will give near lifetime immunity.

All of us in our age group have received a smallpox vaccine. While that original vaccine does confer a degree of protection, it is not absolute as there have been a few cases of monkeypox reported from folks in our age group.

There is also, thankfully, an effective antiviral medication called Tpoxx. The drug was developed for smallpox, and while not approved for the treatment of monkeypox, the CDC offers it under a Compassionate Use Authorization. It is also in short supply, but manufacturing has recently been ramped up.

While monkeypox is certainly something to be mindful of, it is not like COVID. Monkeypox transmission is completely different and it does not cause death. My advice is to not be overly worried about this unless there is a case within John Knox Village. Even then, the procedures already in place at the Village are more than adequate to contain and prevent incidence.

**Dr. Mark Cochran** holds a doctoral degree in Microbiology and Immunology and has been JKV's medical expert during the COVID-19 pandemic. He is retired from Johns Hopkins Medicine, where he 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 For 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHURCH SERVICE</b> 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	<b>CORAL RIDGE MALL</b> RESERVATION REQUIRED ONE TRIP ONLY  <b>Walmart Superstore</b> RESERVATION REQUIRED ONE TRIP ONLY 1st Mon. of Month 1pm-3pm	<b>PUBLIX</b>  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	 RESERVATION REQUIRED ONE TRIP ONLY  <b>Walmart Superstore</b> 3rd Wed. of Month 9am-11:30am  <b>Pompano Marketplace and Plaza</b> 4th Wed. of Month 9:30am-12 Noon  <b>Walmart Market Dollar Store</b> <b>Ross Dress for Less</b> <b>Joann Fabrics</b>  <b>Marshalls</b> <b>TDBank</b> <b>Chase Bank</b> <b>Tuesday Morning Publix</b>	<b>TRADER JOE'S</b> RESERVATION REQUIRED ONE TRIP ONLY  <b>Trader Joe's</b> 2nd Thurs. of Month 10am-12:30pm <b>Office Depot</b> <b>Nordstrom Rack</b>  <b>PNC Bank</b> 10am  <b>Walgreens Pharmacy</b> 1st Thurs. of Month 10am-11:30am	<b>PUBLIX</b>  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 Towers Northeast Villas East Lake

COPIES ARE AVAILABLE AT THE FRONT DESK OF VILLAGE TOWERS, HERITAGE TOWER, EAST LAKE & CASSELS TOWER.

PLEASE MAKE RESERVATION THROUGH JKVCONECT OR THE FRONT DESK CONCIERGE AT THE TOWERS. 2/22

## — 2022 JKV SENATE LEADERSHIP —

### -----Executive Committee-----



**Mark Levey**  
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  
Services



**Tom McDowell**  
Finance



**Paul Loree**  
Health Services



**Jan Spalding**  
Life Enrichment



**Bill Spiker**  
Long-Range  
Planning



**Barbara Kamakaris**  
Security, Safety,  
& Transportation

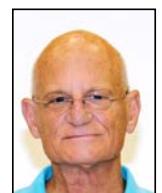
### ----Resident Board Members----



**Diane Barton**



**Terry Colli**



**Tom McKay**

### ----Select Committee Chairs----



**Susan Seidler**  
Legislative



**Karen Audet**  
Library



**Fred Schieferstein**  
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
AQUATIC COMPLEX	.....	.....	561-564-1623
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 ROOMS - SEAGLASS AND THE PEARL			
	(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
ON-CALL PRODUCTION ASSISTANT	(Issues with your event) .....	.....	561-592-2974
PALM BISTRO	(Open Tuesday-Sunday 11 a.m.-8 p.m. Closed Monday) .....	.....	954-247-5820
REJUVENATE SALON CASSELS TOWER	(Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.) .....	.....	954-783-4013
RAS CUROSITY SHOP	(Tuesday, 10 a.m.-12:30 p.m. and Thursday-Friday, 2-4 p.m.) .....	.....	954-784-4753
RESIDENT RELATIONS/SOCIAL WORK	(Call Joanne Avis) .....	.....	954-783-4023
SEASIDE COVE FRONT DESK	.....	.....	954-546-6000
SECURITY	.....	.....	954-784-4054
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:	Mark Levey	.....	VT 306
Secretary:	Elizabeth Cobb	.....	EL 110
Treasurer:	Jack Richards	.....	VT 1010
At Large:	Tom McDowell	.....	HT 718
At Large:	Diane Dalsimer	.....	CT 315
At Large:	Bruce Voelkel	.....	CT 1107
Former President:	Pete Audet	.....	VT 613
Resident Board Member	Diane Barton	.....	LS 317
Resident Board Member	Terry Colli	.....	NE 501
Resident Board Member	Tom McKay	.....	HT 403

Committee Chairs:

Building, Grounds & Housekeeping:	Stephanie Messana	.....	NE 609
Communications & Technology:	Carol Redd	.....	LS 411
Dining Services:	Tom Regan	.....	SG 524
Fiscal:	Tom McDowell	.....	HT 718
Health Care Services:	Paul Loree	.....	HT 100
Legislative:	Susan Seidler	.....	HT 514
Library:	Karen Audet	.....	VT 613
Life Enrichment:	Jan Spalding	.....	LS 401
Long Range Planning:	Bill Spiker	.....	CT 506
Security, Safety & Transportation:	Barbara Kamakaris	.....	LS 716
Volunteer Services:	Fred Schieferstein	.....	HT 817

# Join Us In The CAC



## Tito Puente Jr. and His Latin Jazz Ensemble

**Friday, Sept. 23 at 7 p.m.**

Son of six-time Grammy Award-winner and "King of Latin Music," Tito Puente, Puente Jr. is an audience favorite in venues such as our Cultural Arts Center (CAC), performing arts centers, symphony halls and jazz festivals worldwide. He brings a taste of contemporary jazz to the traditional mambo style, in a high-voltage celebration. Songs from Tito Jr.'s new CD release "Go Mambo," are sure to be performed on Sept. 23.

**Ticket prices vary. Scan the QR Code to go to the Cultural Arts Center's (CAC) 2022 programming schedule brochure. To register for the concert, go to JKVConnect or contact the Life Enrichment Department at 954-783-4039.**



### Our Mission Statement:

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

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

[www.JohnKnoxVillage.com](http://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](http://JohnKnoxVillage.com)  
f JohnKnoxVillage