

# VOICE



## Rockin' It Into The New Year

Parade Coverage: Pages 14-15

**INSIDE:** New Fitness Classes – Page 9 • Married 50 Years Or More? – Page 10  
• JKV Partnering With NSU – Page 12

• Play • Create • Indulge • Explore



**Married 50 Years Or More?  
Join Us February 6**



**JKV-NSU Partnership As  
Natural As A Brush Stroke**



**Who Loves A Parade?**

## Feature Stories

- 5** 2018 Budget Presented During Packed Resident Meeting
- 6** Let's Trade Cars For Buses
- 7** News From The Spiritual Life Director
- 7** Interfaith Thanksgiving Service A Symbol Of Unity
- 7** Prayer For Unity And Peace
- 8** JKV Is Living Well With Carmel
- 10** Married 50 Years Or More? Join Us February 6
- 10** January's Golden Jubilee Events
- 11** Your Life, Your Well-Being
- 12** JKV-NSU Partnership As Natural As A Brush Stroke
- 13** We Stand On The Shoulders Of Those Who Came Before Us
- 14** Who Loves A Parade?
- 16** As Conference Co-Host JKV Seizes 'Oceans Of Opportunity'
- 17** Home Health Agency Events
- 17** FLiCRA Flash
- 18** In Case You Missed It
- 19** Let's Meet & Welcome
- 19** In Good Taste: Chef Mark's Chicken Recipe Takes You To Island Of Capri
- 21** Get Blue To Reserve Room

- 22** New Hires For The New Year
- 22** Operation Christmas Child
- 23** Fitness Group Class Schedule
- 23** Free Bus Transportation Schedule
- 27** Frequently Asked Questions

## Columns

- 3** News From Administration
- 3** News From Marketing
- 4** Senate News
- 4** Foundation Update
- 9** Wellness Lifestyle Update: *A New Year Brings New Classes*
- 9** Nutrition Notes: *The Truth Behind Probiotics*
- 21** Donations

## On the Cover

They're all smiles...and '50s fashionable glasses. The Village Glen and Wellness staff members of (L-R) Tayshet "Emy" Cervantes, Holly Powell and Marcy Conyers Pizura are decked in 1950s costumes as part of John Knox Village's 34th Annual Holiday Parade. See more photos on Pages 14 and 15. (Photos by Marty Lee).



*The Village Voice is a monthly publication of John Knox Village of Florida, Inc. John Knox Village, located at 651 SW 6<sup>th</sup> Street, Pompano Beach, FL 33060, has provided Life Care as a Life Plan Community since 1967. For more information about John Knox Village, call the Marketing Department at (954) 783-4040 or visit ([www.johnknoxvillage.com](http://www.johnknoxvillage.com)).*

**Editor:** Rob Seitz | (954) 784-4741  
Fax (954) 784-4769 | [rseitz@jknvfl.com](mailto:rseitz@jknvfl.com)

**Copy Editors:** Dorothy Cleveland  
Boots Maurer | Eleanor Smith

**Photographers:**  
Marty Lee, Word of Mouth Advertising  
Norm Rasmussen  
Brian Tighe | Gregg Farrington

**Layout/Printing:** Eternal Designs (561) 843-1157

**Sales and Marketing Director:**  
Monica McAfee

**Back Issues Available Online**  
Is there an issue of one of the magazines that you would like to have? 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 the past issues of the magazine at: ([www.johnknoxvillage.com/explore](http://www.johnknoxvillage.com/explore)).

**Follow us on:**





## Life Lessons For The New Year



Gerry Stryker  
Chief Executive Officer

Many of us use the ending of the past year and the coming of a new one as a chance for positive reflection, making New Year's resolutions to strive to live better: Exercising more, quitting a bad habit, or making an effort to spend more time with family.

With the season of reflection upon us, I thought I would share insights I have learned from my parents and my extended family at JKV.

America is on the verge of losing another

natural resource.

In about 10 years, approximately three-fourths of America's oldest generation (those 85 plus years old) will be gone. They will take with them lessons learned about living through illness, failure, poverty, loss and danger and more basic things like love, work, parenting and growing older.

We have, in America's elders, our most credible experts on living well through hard times. They really know how to be happy despite their difficulties and problems.

Given their experiences through wars and economic hard times, they created core and practical advice for living.

One of the greatest shared lessons I've learned is—You Have To Be Responsible For Your Own Happiness.

While this may sound cliché, I have learned these wise souls believe, in life, happiness is a choice and not a condition. These elders have experienced a turning point in despair and or devastation and have turned things around in a moment by practicing this belief.

They believe that younger people are happy because of things or they are going to be happy or plan to be happy if something happens.

In their view, younger people should be happy on its own merits, not because of things.

The one lesson most older adults want to convey to everyone who will listen is "Life is Really, Really, Short."

Further, you learn this especially in your 80's, 90's and beyond. The 100-plus year olds are most likely to say, "Life Passes by in Nano Seconds."

They would like younger people to not be depressed by this insight. Rather, to use our time more wisely and to be more selective in how we invest our time.

In regards to perceptions of death there is a striking and fascinating correlation. The older you are, the less panicked or afraid you are about death and dying.

Elders are more concerned about preparing for the end of life and using the limited time to

*Continued on page 20*

# News from Marketing

## Where Possibilities Play

*challenge you. Be brave.*

I need my Wheaties!

We realize we have been doing things, if you will, a bit "differently" here at John Knox Village. Doing things in a new way it creates the opportunity for growth. Change is not easy. As I see another birthday on the horizon, I realize that I always want to continue to grow. To learn something new. To stretch. If not literally in the gym, then in my brain and in my heart. Although, the gym is very important... (It's a big part of my New Year's resolutions!).

I relish the opportunity to expand my horizons, meet new people and achieve new goals. And, boy, do we have some goals to achieve. We need to get our census (Independent Living occupancy rate) to 90 percent in 2018.

By doing this we will help support the JKV operating budget. Three years ago we learned that we had a mix of inventory that was not an "ideal unit mix." In other words, we had disproportionate amounts of smaller inventory including studios, efficiencies

and one bedrooms.

We identified opportunities to combine apartment homes and create combos. Since 2016 we have created 22 combination apartment homes and have sold 80 percent of them. The benefits of selling these size units include higher entrance, as well as monthly service fees. The combos typically attract two residents, who also tend to be a tad younger than our general IL population.

In 2018, our laser focus will be on selling our Vacant Units, a majority of which are one-bedroom homes. These homes are incredibly affordable and will help us capture a share of the market who think "John Knox Village is too expensive."

Marketing will work diligently to help educate this market segment about the benefits of a Life Plan Community and all-inclusive Life Care contract you each enjoy. I imagine these homes will "fly off the shelf."

Simultaneously, we will focus on prospects who have been in our database for

*Continued on page 25*



Monica McAfee  
Director of Sales & Marketing

January, as we well know, tends to be a time that we take stock in being intentional. To make resolutions. To, perhaps, create a new me. To do things a bit differently.

A dear colleague shared this with me:

*If you want this to be your year: Don't sit on the couch and wait for it. Go out. Make a change. Smile more. Be excited. Do new things. Throw away clutter (I say this every January!). Unfollow negative people. Go to bed early. Wake up early. Don't gossip. Show more gratitude. Do things that*



Paul Loree  
*President Resident Senate*

Since relocating to JKV, I have served on several Senate committees—Buildings and Grounds, Legislative, Health Care and Fiscal.

I also organize the annual JKV Antique and Classic Car Show in mid-March, have been either a Senator or Alternate Senator for Heritage Tower 1 and 2 Cluster and served two terms as a State Director of FLiCRA (the Florida Life Care Residents Association), which is a statewide, nonprofit organization that protects the rights of residents who live in Life Plan Retirement Communities such as JKV.

Sally and I drive our 1941 Cadillac in the Annual JKV Holiday Parade and use the car every year for Classic Car Club tours around town and across the USA.

I hope to serve all the residents of JKV to the best of my ability over the next 12 months.

I thank Tom McKay, all the 2017 Senate Committee chairpersons and the Senate Executive Committee for their service over the past year. I especially want to thank Tom and Senate Vice President, Jan Spalding, for their “tutorials,” which are easing me into this new job.

JKV is unique among Life Plan Commu-

nities (LPCs) in that we enjoy having a Resident Senate that has a voice on the policies and operations of JKV. This became very evident to me during my six years visiting many Florida LPCs in my capacity as FLiCRA Director.

Our Administration is more sensitive to the wishes and interests of residents than any other Florida LPC I had the opportunity to visit.

To express maximum impact, residents have it in their best interest to regularly attend meetings of the JKV Senate, their Cluster meetings and to serve on one or two of the JKV Senate Standing Committees.

It is from the reports of our Clusters that the Senate can address issues of most importance to our residents. Without your input and participation, living at JKV would lose much of its FLAVOR.

One of the unique characteristics of JKV is the extent of volunteerism on the part of residents both on and off campus. I encourage everyone to “find a niche” for this service. YOU always receive more than you give to the effort.

—Paul Loree

I am Paul Loree, your 2018 JKV Senate President.

My wife, Sally, and I have lived in John Knox Village since October of 2004. We moved here from close by—the Bay Colony in Ft. Lauderdale, where I had apartments since the mid-1970s.

Prior to retiring in 1993, I worked as an ophthalmologist—eye surgeon—in the Buffalo, NY area and was a professor at the medical school in Buffalo.

While there I served on hospital and medical society committees and as a Director of the New York State Ophthalmological Society.

## The John Knox Village Foundation



### Happy New Year Everyone



Jan Spalding  
*President John Knox Village Foundation*

the rest of the Board, to our successful year.

Executive Director Nanette Olson and her assistant Odalys Rosua have spent endless hours converting our database to Blackbaud’s Raiser Edge—a software program that tracks all the details associated with building donor relationships. This will help us better serve our supporters. Thanks to them for all their hard work.

The Legacy Luncheon was held in June. This is our opportunity to recognize all the wonderful people who have made planned gifts to the Village. Many residents have decided to set up charitable gift annuities. These benefit not only the Village, but also the donor in many significant ways.

The Board honored two significant gifts. The JKV Training Center opened last summer and was fully funded by a generous gift from Dick and Virginia Kearns. This gives us a place to train our staff and to provide additional educational opportunities.

The final touch for The Woodlands was completed in the Life Enrichment Center. The stained glass triptych “Spirit of Nature”

was dedicated thanks to Bill Gallo and his firm, Gallo Herbert Architects. The design came from East Lake resident Curtis Iverson. Thanks to the entire team for this beautiful work of art.

The purpose of the Foundation is to operate exclusively for the benefit of, to perform the functions of and to carry out the purposes of John Knox Village. As we are all very aware, JKV has been hard at work developing a master plan. It is the coming together and that is important for the success of our Village. This year we have begun conversations with our consultants about how is the best way to proceed. The Foundation Board will want to aid the Village in developing this plan in every way we can.

We have had an extraordinary year raising more than \$1 million for JKV. How very grateful we should be to the wonderful people who have given so much. I am looking forward to another amazing year. Thank you for all you do to make this the best place to live.

—Jan Spalding

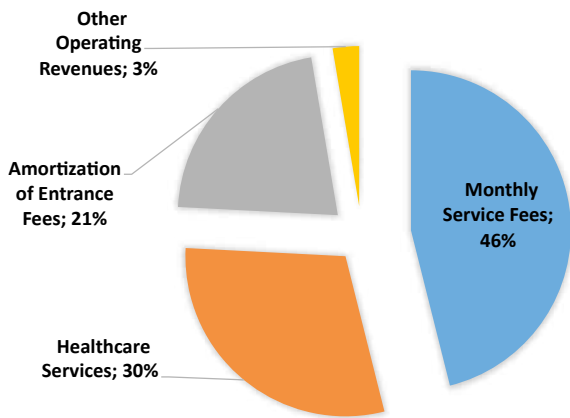
This is the perfect time to thank everyone who donated money to our many funds over this past year. The generosity of our fellow residents often overwhelms me.

Our Foundation has accomplished many things this year, among them: We welcomed three new board members—Kit Fraser, Dick Mellett, and Sondra St. Martin to the Foundation Board. They have been busy acquainting themselves with the many aspects of Board life and have energetically contributed, with

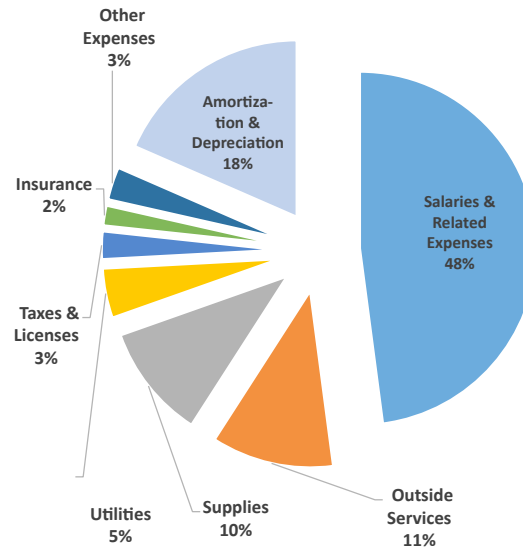
# 2018 Budget Presented During Packed Resident Meeting

## 2018 Budget

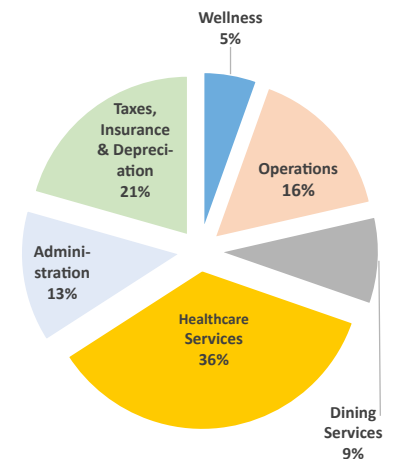
### Revenues by Type



### Expense by Type



### Expense by Department



The 2018 John Knox Village Operating Budget was unveiled during a December presentation in front of a packed Village Centre Auditorium.

After big picture discussions from President Gerry Stryker and Board of Directors Treasurer Jack Crissy, Elaine Vaughn and Shane Dadlani, from the Accounting Department, illustrated two strategic initiatives designed to enhance current and future resident satisfaction and position John Knox Village for growth.

Those initiatives are:

1) **Exceptional Service**, including implementation of the small house care model in the renovated two-story Health Center, improved dining experience and upgrade of cable services.

2) **Master Plan**, including renovations to the two-story Health Center, renovations to the Village Centre Auditorium and pool area, and a facelift for the dining room.

For this year, the Sales Department is budgeted for 94 move-ins (sales), which are expected to generate some \$23 million in Entrance Fees. Entrance Fees are used to supplement Monthly Service Fees, fund future health care, debt service and capital improvements.

For 2018, 24 percent of Entrances Fees are budgeted to fund operations, which represents a small improvement over the 2017 projection of 27 percent.

Since The Woodlands opened, the cost of providing health care has increased because of the private rooms and THE GREEN HOUSE® Project model of



**JKV Controller Elaine Vaughn explained key components of the 2018 Operating Budget to residents during a December presentation.**

enhanced care. These costs have not been fully absorbed as of yet into Monthly Service Fee increases.

Other items detailed during the presentation included an explanation of the insurance value of the Life Plan contract. Elaine explained the difference between the rate that someone from outside JKV pays for long-term care, compared to what residents pay combining Monthly Service Fees and meals.

The annual Life Plan benefit for a single resident in long-term care has increased from \$70,000 for a semi-private room in 2015 to \$125,000 for a private room in The Woodlands this year.

Thus, effective Feb. 1, residents will see a 3.9 percent first-person Monthly Service Fee increase and a 3.8 percent second-person step up.

Operating Revenues and Expenses are summarized in the charts above.



# John Knox Village of Florida Foundation, Inc.

*Take Joy in Being Part of the Story.*

# Let's Trade Cars For Buses: 'No, We Are Not Doing Away With Cars!'

Happy New Year, everyone.

It is hard to believe that 2018 is here already. We are expecting some exciting news this year as we move through John Knox Village's 50th Golden Jubilee Anniversary year. Watch for more information as 2018 unfolds.

Over the past year we have highlighted some of our funds. At our last Foundation Board meeting of 2017, President Jan Spalding talked about the Transportation Fund. Transportation Manager Wesley Letscher tells me that he is ordering a new wheelchair bus/van to be used for The Woodlands. Our Transportation Fund will be used to help offset this purchase. We are going to need to replenish that fund so that we have what we need the next time we need to purchase a new set of wheels.

Board member Bill Sullivan suggested that people donate the funds they receive from selling their car when they decide not to drive anymore. It's like swapping out your ride.

At some point in your life here at the Village, you will probably decide not to drive yourself anymore. You will rely upon the John Knox Village system of transportation. We work hard to make sure we have sufficient vehicles to handle your needs.

You may, or may not, know that we



**If residents donated proceeds from the sale of their cars, John Knox Village would not have to dip into the general operating budget to purchase additional vehicles.**

have a service where Executive Assistant Mary Sue McDermott in Administration will advertise your vehicle to our employees and residents. Through a sealed bid system, cars are purchased and the resident receives the money for the sale. If the resident donated their "car sale money" to the Foundation, we could always have enough funds to help Wesley keep our fleet in tip-top shape.

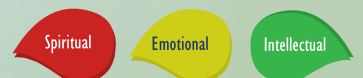
Your Foundation is here to make sure our residents have an excellent quality of life here at JKV. Thanks to you 2017 was a great year. I know you will make 2018

even better. We have a number of newer residents—I am seeing faces I don't recognize so I hope we will meet soon.

As always, please don't hesitate to drop by my office anytime. I am located across the hall from the CEO's office on the first floor of Cassels Tower.

Best wishes for a great 2018!

*Nanette Olson,  
Executive Director  
nolson@jkvfl.com*



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

# News From Spiritual Life Director

## When Nursing Home Care Comes Home: A Special 'Thank You' to Our Staff



Rev. Darryl Powell  
Spiritual Life Director

My Mom's name is Disa.\* In her 82-year life she has been a daughter, a

wife, a mother, a teacher, an artist, a collector and so much more. Now she is a resident of a nursing home on Cape Cod, MA.

Obviously, I live here in South Florida. There's a lot of miles from here to there (1,498.2 miles to be exact). Though we have Skype and can see each other face-to-face through technology, it's not the same as being there.

I must confess that it's a difficult emotional ride to desperately want to be present to advocate for her and support her in person and not be able to do so.

Will her nurses know how creative she is and that she was an expert at needlepoint and cross-stitch? Will her CNAs know that

she likes to sleep under an electric blanket when it gets too cool? Will the staff take time to sit with her and listen to her stories? Will her housekeeper carefully dust her personal furniture and collectibles knowing that these treasures are dear to her heart?

When she pushes the call bell for assistance to the bathroom, will the CNA feel the urgency she feels? If she gets frustrated and demands her freedom and cries because she can't get out of the locked unit, will someone hold her and assure her that she is safe and loved?

Will they love her the way I love her?

*Continued on page 20*

## Interfaith Thanksgiving Service A Symbol Of Unity

By Rev. Darryl Powell, Spiritual Life Director

Just before Thanksgiving, on Nov. 22, the John Knox Village family had a rare worship opportunity. We welcomed representatives of five faith traditions and together shared our mutual gratitude for all the blessings of our lives. We also affirmed publicly our respect for each other and for the faiths we love and practice.

South Gardens villa resident Barbara Rietberg represented our Roman Catholic community. Carol Strandberg, from Cassels Tower, represented our Buddhist community. Laura Durant from Temple Shalom, and South Garden residents Frank and Nicole Shulman represented our Jewish community. Armando Gutierrez, from Lakeside, symbolized our Protestant community and Kamruz Hosein represented our Muslim community.

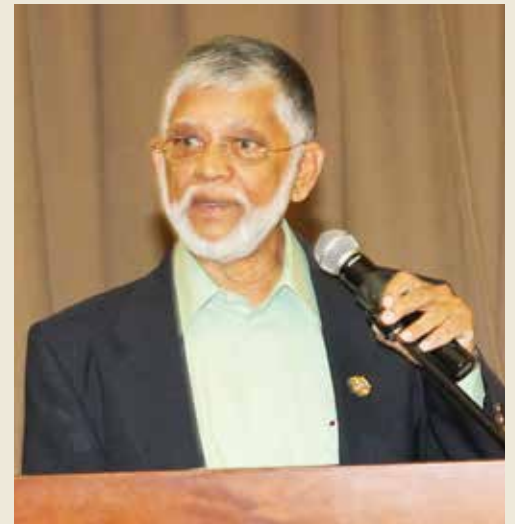
This Thanksgiving-time service was a celebration of the goodness God has given us—and that His goodness is bountiful. It was also a celebration of faith.

John Knox Village is a spiritual place. Many (some would say most) of our residents have a meaningful connection to God. Though our faith traditions are diverse and our theologies are different, we share the conviction that God exists, God loves and God has blessed us.

We also shared an understanding that we gathered together as a symbol of unity: We, as people of faith, love each other and that love of humanity leads us to reach out to each other, to understand each other's spirituality, to pray for each other, and to worship together in a spirit of joy and gratitude.

As a community that values faith, the JKV family gathered and gave thanks for our commonality and our diversity.

Sincere "thanks" go out to Armando Gutierrez who provided significant guidance in the preparation of this service. Also, "thanks" to Arnie Nilsen, our faithful organist, who blessed the service with his music.



Kamruz Hosein, representing the Muslim community during our Interfaith Service of Thanksgiving, performed a reading titled: "Thanksgiving in Islam: Shukr." The service's overall theme was "Sharing a Love for God and Humanity."

## Prayer For Unity And Peace

I wrote this prayer for our Nov. 22 Interfaith Thanksgiving Service. A resident found it meaningful and suggested it be shared with the JKV family. It is humbly presented here with the hope that as we continue to enjoy the blessings of the holiday season, these sentiments will be a reality of blessing to us all. Rev. Darryl

We gather as distinct, unique, individuals. We represent differences. We each have a story that is only our own. We each have a spirituality that represents our

own journey with God. And each story is different from every other story. My story is important. And your story is equally important. And so we say together, "Thank God for my neighbor."

It is my desire to love God. And I know that it is your desire to love God. It is my desire to know God as best as I can. And I know you want the same connection to God as well. And we both know that our understandings of God might be dramatically different. So I commit myself

to God as I know God. And you commit yourself to God as you know God. And so we say together, "Thank God for my neighbor."

I love my family. You love your family. My heart is broken when someone I love dies. And your tears show me that your heart breaks when someone you love dies. We both love to celebrate holidays and holy times. We both love our traditional foods and songs and dances and prayers. We both

*Continued on page 25*



# JKV is *living well* with Carmel

## Unclutter Your Life To Start The New Year



Carmel Baronoff

*“The Best Things in Life Aren’t Things.”*

– Art Buchwald

When you hit 50 and beyond, let’s face it, you’ve got stuff. Lots of stuff. In fact, there may be a lifetime worth of just... stuff. If you were to classify the possessions in your

home, you might come up with the valuable, the sentimental, the useful, the “haven’t seen that in ages,” the out of date and useless and then there is downright junk.

How does this all happen? How do we have what amounts to an overload of possessions? Throughout our lives we accumulate, inherit, collect and even hoard items which amount to mountains of clutter. These possessions, if not controlled, can end up possessing you.

Just to shed light on this problem in the U.S., here are five interesting statistics I found from Joshua Becker’s book “Becoming Minimalist.”

According to the Los Angeles Times, there are 300,000 items in the average American home.

The average size of the American home has nearly tripled in size over the past 50 years (NPR).

And still, one out of every 10 Americans rents off-site storage – the fastest growing segment of the commercial real estate industry over the past four decades (New York Times Magazine).

While 25 percent of people with two-car garages don’t have room to park cars inside them, only 32 percent have room for one vehicle (U.S. Department of Energy).

The United States has upward of 50,000 storage facilities, more than five times the number of Starbucks. Currently, there is 7.3 square feet of self-storage space for every man, woman and child in the nation. Thus, it is physically possible that every American could stand – all at the same time – under the total canopy of self-storage roofing (SSA).

So you can see from the above statistics, we in America love our things, but the truth is: Excessive clutter can cause stress and affect the many aspects of one’s life,

from your finances to your mental health. And I’m not referring to the extreme hoarding cases you see on TV. I’m talking about everyday clutter.

Clutter around the house will weigh you down and distract you. If you are trying to concentrate on a task, you may find yourself thinking about how you need to get rid of that pile of old clothes in the closet, the antique dishes in the cabinet you never use or that suitcase of old childhood games in the garage. Oh, and what about the stuff in the attic? The reason we often avoid tackling the elimination of our stuff is the problem of what to do with it.

Going through rooms, closets and bathrooms seems insurmountable. It can also become emotional, as it’s often a sentimental journey down memory lane. I mean how can you give away grandma’s cookie dish or your prom dress or all those old love letters under your bed? OK, now I’m getting dramatic. But you get the picture. It’s hard to pare down your life. With that said, I’m here to tell you that when you do, you’ll feel liberated.

### Take The First Step

The best way to declutter your life is to take a deep breath and approach it one step at a time: Drawer by drawer, room by room. To help you get the process rolling, I went through some of my favorite tips from zenhabits.net, to help you overcome the chaos of clutter, so you can enjoy a simpler, less stressful life.

Remember, start now. Simplifying is a lot harder as you get older. Besides, don’t you want the luxury of years feeling free?

### Start Decluttering

How do you get started? As simply as you possibly can:

- Take just 10 minutes today to sort through a pile, or declutter a shelf or table or countertop.

- Put everything into one pile, and start with the first thing you pick up (no putting things back in the pile).

- Ask yourself: do you really need this? Do you use it regularly? Do you love it? If the answer to any of these is no, then recycle, donate or give it to someone who might want it. Put it in a box for these purposes.

- Put things back that you need/use/love, with space between things. This is their “home” and you should always put them back there.

- Stop after 10 minutes, continue tomorrow for another 10 minutes, and so on, one small spot in your home at a time.

- If you want to do more than 10 minutes, go ahead, but be careful not to overdo it in the beginning or you’ll think it’s difficult and not want to continue.

### Keep Going

Once you’ve gotten the ball rolling, here’s how to keep going:

- Keep decluttering in small bits. Pick an area to focus on each week.

- Don’t worry about perfection. Just get it simpler. You can always declutter more later.

- Put your box of donation/recycling/giving away in your trunk, to get rid of next time you’re out. Email friends/family to ask if they want things – often you can find a good home for perfectly good things you don’t really use (that workout equipment).

- If you’re on the fence, use a Maybe Box. Put things that you think you might need in a box, mark it with today’s date, put a reminder on your calendar six months from now to check on the Maybe Box. If you haven’t used it in six months, chances are you don’t need it and can get rid of it.

- Get help. Sometimes you just can’t bear to part with something yourself, but if you can get an outside person to make the decision (friend or family member), they are usually much more dispassionate and ruthless.

- Enjoy the space. Once you’ve decluttered an area, really focus on how much you love the simplified space. Once you’re hooked on this simplicity, you’re more likely to keep going.

Live your dreams...

–Carmel Baronoff

*An author, chef, TV personality, nutritionist, wellness coach and trainer, Carmel Baronoff is hostess of a locally produced 30-health and fitness show titled “Living Well With Carmel.”*

*John Knox Village is an underwriter of the show airing nationally, as well as on local PBS stations WPBT and WLRN. It is a natural extension of John Knox Village’s commitment to expanding the Seven Dimensions of Wellness for its residents, a partnership has been forged with JKV and Carmel that includes motivational columns for The Village Voice.*





# WELLNESS LIFESTYLE UPDATE

## A New Year Brings New Classes

Happy New Year from the John Knox Village Fitness Staff.

We are welcoming the New Year with open arms. It is an ideal time to prioritize the things you value most and then you can set goals and make plans for the year. You can reflect on last year and see if you spent enough time as you would have liked on the things you value most.

If you value family and friendships, you will make time to connect with those who are important to you. If you value your health, I would expect that you are seeing your doctors, eating nutritious food and making the commitment to keep your body in the best physical condition possible.

To maintain your health, it takes effort. When you are taking steps to improve your health, it can impact your attitude and outlook in a very positive way. The Fitness Staff is here to support you in all the ways possible. We are excited to be offering some new group fitness classes starting January 2. We will be adding more variety to the schedule, making some changes and offering some additional times. The new classes are:

### **CORE BALANCE**

**TUESDAYS 11:15 A.M.-NOON**

You will work on improving strength, balance, and coordination. These exercises will target your abdomen (core) using varying angles, techniques and exercise equipment:

a versatile, full-body workout built around the TRX Suspension Trainer. This unique tool allows you to work your body functionally using just your body weight, providing a challenging, core-intensive strength workout that is low-impact to help you stay injury free. This class is 45 minutes long. The skill level required is medium to high.

### **STRONG SLOW FLOW**

**THURSDAYS 9-9:45 A.M.**

This class will guide you through gentle yoga-based movements flowing from one position to the next while sitting and standing. You will move mindfully while improving balance and building strength. Enhance your mobility. Improve your flexibility by slowing down, moving intently and breathing deeply. All skill levels.

### **\*CHAIR AEROBICS**

**THURSDAYS 11:15 A.M.-NOON**

Cardiovascular exercises done while seated. This class is similar to our aerobics classes as it will include strength training and stretching exercises. This class will be geared toward residents who would like to increase their fitness level and aerobics endurance while being extremely low impact, easier on the joints with little risk of losing balance. Skill level required is low.

### **AFTERNOON AEROBICS**

**THURSDAYS 2-2:45 P.M.**

This class will include 25-30 minutes of

low-impact aerobics (standing movement), followed by a mixture of resistance training options either standing or sitting. These may include bands, weights, weighted balls or body weight only type of exercises. The class will have some balance and stretching included as well.

### **MORNING MEDITATION**

**FRIDAYS 11:15-11:45 A.M.**

In this beginner's class, instruction will be given on how to meditate. This class will be designed to reduce stress and develop an air of peace and tranquility. Through this meditation practice, participants will train the mind to engage in peaceful thoughts. Participants will also have the choice to meditate in a chair or on a mat provided for you (please bring a towel).

### **\*CLASS ROTATION**

\* This time slot will be a revolving rotation of classes. We are starting out with two different types of classes for 8 weeks (or 2 months). We will cycle in different types of classes at these times to offer a variety for our diverse population. These time slots are newly added to the schedule. If one particular class is popular, we will offer the class more often in the rotation.

If you have not been a part of the fitness program in the past, or you have not attended in some time, please consider this an invita-

*Continued on page 24*

## NUTRITION NOTES

### The Truth Behind Probiotics



Rachel Graham

The fact remains that with aging comes an increased susceptibility to infectious diseases, decreased gastrointestinal function and increased antibiotic use that can lead to diarrhea and other intestinal ailments.

Studies have concluded that probiotics are beneficial, especially to aging adults who often suffer from suppressed immune systems due to the effects of aging and increased antibiotic use.

Research has shown that factors such as stress, antibiotic use, illness, an unbalanced diet and aging can disrupt the function of the intestinal microbiota and certain bodily functions. It has been found that certain, very specific, probiotics can help strengthen the body's natural defenses and maintain the digestive system by providing a regular source of friendly bacteria for the intestinal tract.

There are many types of probiotics available in the market and the only differences between them are the types of strands of bacterium used, concentrations, price and storage methods. They are often found in fermented foods and beverages such as yogurt, cereal, juice and can be purchased in local supermarkets.

If you have ever heard of lactobacillus acidophilus, blugaricus, or Bifidobacteria, then you have heard about probiotics and some of the benefits linked to their use. These include treatment for urinary tract infections, yeast infections, irritable bowel syndrome, lactose

intolerance and skin disorders among others.

Always remember that supplements are not monitored in the U.S. They fall under the Dietary Supplement Health and Education Act of 1994 (DSHEA). This requires that the dietary supplement or the dietary ingredient manufacturer be responsible for ensuring that a dietary supplement or ingredient is safe before it is marketed.

There is one Voluntary Certification Program by which a supplement manufacturer can choose to be evaluated. ConsumerLab.com (CL) is the leading provider of independent test results and information to help consumers and health care professionals identify the best quality health and nutrition related products.

Always remember to check with your physician before you choose to take a supplement. You never know if there are any contraindications to any medications you might be already taking.

*—By Rachel Graham, RD, LD/N  
Assistant Director of Dining Services*

# Married 50 Years Or More?

## JOIN US FEBRUARY 6

### Renew Your Vows in Village Centre Auditorium

By Marty Lee, Village Voice Contributor

As the New Year begins, the plans for celebrations take on a renewed enthusiasm. In marking the Golden Jubilee Anniversary of John Knox Village, we are inviting you to join us.

#### Wedding Vow Renewal

If, just like JKV, you and your spouse have reached your Golden Wedding Anniversary please join us in the Village Centre Auditorium on Feb. 6 at 2 p.m.

Rev. Darryl Powell will host a wedding vow renewal ceremony for all couples who have been married 50 years or more. This will be a great opportunity to join other residents who have celebrated their Golden milestone and beyond.

The Wedding Vow Renewal ceremony will commence, as each couple is introduced in alphabetical order. The honored couples will walk down the aisle to the Village Centre Auditorium stage. Once all couples are gathered, Rev. Powell will lead the group in an exchange of renewed marriage vows.

The afternoon's festivities will also include a cutting of the cake by the longest married couple, a toast and a first dance.

#### Wedding Vow Renewal

The Wedding Vow Renewal ceremony has been a regular feature in the Village since 1998 and has generally been celebrated every five years to coincide with JKV's major anniversaries.

#### Carol and Rudy Frei

Among the many couples expected to be honored are Carol and Rudy Frei. The Freis participated in the previous vow renewal held five years ago in The Village when 32 couples celebrated 45 or more years of marriage.

Carol recalls first meeting Rudy at Pinecliff Lake in West Milford, NJ, where their parents owned summer homes right next door to each other. It was many years later when they reconnected and their romance blossomed.

Rudy "popped the question" when Carol, then a teacher in Bennington, VT, visited him at his Medical School in Basel, Switzerland. Carol accepted and they were married in a church wedding in Basel on Oct. 31, 1959.

Carol said that their secrets to a long and successful marriage is: "Faith, trust, communication and honesty."

The Freis have four children and 15 grandchildren. "The oldest grandchild has special needs," Carol told The Village Voice. "The next is studying to be a priest in Rome, whom we saw last summer in Italy. Eight others are in college. Five others are in high school or grammar school."



Mark Rayner, The Woodlands' Director of Administration, introduced Ron and Dee Davis during the Renewal of Vows ceremony five years ago.

#### Dee And Ron Davis

Dee and Ron Davis met at a fraternity dance at Baldwin-Wallace College in Berea, OH. Their sweetheart romance led to the altar in Ron's hometown church in East Liverpool, OH in 1954.

Both longtime educators in the Broward County School system, the Davises are retired, but still very active at JKV. Their secret to marriage? Ron said, "Respect and support of each person's pursuit of his or her interests and activities."

The Davises have two children and three grandchildren.

#### Paula And Irwin Woolf

In a July 12, 2013 column written for the Pompano Pelican by Cassels Tower resident Phyllis Neuberger she writes she interviewed Paula and Irwin Woolf. They cut the wedding cake as the longest married couple at the event at 75 years. The Woolfs find understanding to be the most important element in their long-married life.

"There's no magic," Paula told Phyllis then. "What we have both tried to do is to be kind and considerate of each other. Understand the needs of your spouse. Accept that you cannot always have your way. Cooperate."

With God's grace, Paula and Irwin will again join us and have the honor of cutting the wedding cake.

## JANUARY'S GOLDEN JUBILEE EVENTS



Sherrill Milnes

As part of its year-long Golden Jubilee Celebration, John Knox Village has a variety of events planned for you to enjoy. In addition to the Wedding Vow Renewal planned for Feb. 6, we invite you to join us for one or more of the upcoming events planned in January.

Enjoy two different events with legendary opera star Sherrill Milnes on Jan. 16 and 17. On the 16th, you are invited to the Pompano Beach Cultural Center to enjoy a Sherrill Milnes Tribute, Video

Retrospective and Conversation beginning with a 6 p.m. wine reception. The Tribute starts at 7. Cost for residents is \$35.

The next morning, in a similar event to last February's Renata Scotto visit, Mr. Milnes will conduct a Master Class and Interview starting at 11 a.m. in the Village Towers Lobby. Tickets will be \$10.

For more information on these events contact the Wellness Lifestyle Department at (954) 783-4039.

# Your Life, Your Well-Being

## Begin New Year With A Plan Of Action

By Verna Chisman, Director of Wellness



Verna Chisman

John Knox Village's vision is to help residents improve or maintain their well-being and to live as independently as possible. "Your life, your well-being" is the focus and culture at JKV.

As the demand for active adult communities is increasing, the expectations and requirements are changing as well. JKV continues to respond to these challenges, and our vision and commitment sets the direction for our community.

### Well-Being And Independence

We encourage our residents to live the life they want by supporting and encouraging them to look after their well-being to stay healthy and independent.

Another opportunity and angle to organizing your life is to incorporate the Seven Dimensions of Wellness within your daily routines. You may be thinking this sounds a little unusual, but it is key to enhancing your overall well-being.

The Seven Dimensions of Wellness include: Spiritual, Occupational, Emotional, Environmental, Intellectual, Physical and Social Wellness. These can be organized to create peace and order in your life. You may be asking how can I do this? Let's explore:

**Spiritual Wellness** is a personal dimension and extremely valuable. To better our Spiritual Wellness for the new year, we need to think positively. It does not matter what stumbles upon your path, there is always a positive outlook, even if it is hard to find. Sometimes you may need to meditate or try yoga to allow deeper thinking, or maybe join a group that can bring you closer to your spirituality.

**Improving Your Occupational Wellness** is not as challenging as it seems. One of the most gratifying ways to improve Occupational Wellness is to find ways to volunteer within the community. Whether it means helping our neighbor, reading to another resident or offering a helping hand, it will always be appreciated. As we incorporate Occupational Wellness into our lives, not only will it be a gratifying experience, but it will create an inner peace that is beyond satisfying.

**Emotional Wellness** covers a lot of territory. The best way to accomplish improved Emotional Wellness is to forgive someone from your past, forget the problems and create a new relationship. Not only will your Emotional Wellness improve, but so will theirs. You never know, you could create a new friendship that could be treasured for years to come.

**Environmental Wellness** involves being interactive with the environment. Embrace the environment by planning walks along the lake, sitting by Furman Fountain to reflect or even joining a flower arranging class. Not only does this allow us to gain appreciation for the environment, but it creates a harmony within yourself and will improve your well-being.

**Intellectual Wellness** can be enhanced by incorporating stimulating programs into your routine. You can start by reading a new book, experiment with new activities or even play a game with a friend. Keeping your brain engaged and challenged will benefit your cognition and self-achievement.

**Physical Wellness** benefits your health, strength, cognition, confidence and mental well-being. Keep in mind that clutter is stressful for the brain, so you're more likely to resort to coping mechanisms such as choosing comfort foods or overeating than if you spend time in neater surroundings. Being organized enables you to be more mindful about what you're putting in your body. Being healthy requires forethought, organization



and preparation. When you're organized, you're more likely to plan your meals, stock up on nutritious foods, and prep things like fruits and vegetables to make healthy eating more likely. Paying attention to our physical wellness has a huge impact on our overall well-being.

**Social Wellness** can be boosted by scheduling afternoon tea with friends, dinner with family or even joining social activities within your community. There are many times when life gets busy and you forget about your friends and being social. Improving your social wellness leads to happiness within yourself and others.

### Make This A Year To Remember

This new year could be the best year yet. Bringing order to your life by incorporating the Seven Dimensions of Wellness will create a peace within yourself that can only be achieved by embracing the dimensions and offering balance to your life. Rather than burden yourself with resolutions, create a game plan to organize your life and enhance your well-being. Not only will this new year be great, but it will set the tone for years to come.





# JKV-NSU Partnership As Natural As A Brush Stroke

## Powerful Collaboration Of Two Important Groups



**Bonnie Clearwater**  
NSU Art Museum Director  
And Chief Curator



**Frank Stella: Experiment and Change** is currently on display at the NSU Art Museum Ft. Lauderdale. Residents have free admission by only showing Museum officials their ID badges. (Photo by Steven Brooke).

Art is proven to be an outstanding way to improve quality of life, and beginning this month, John Knox Village residents can enhance their lives with exciting access to the arts as part of a new partnership with NSU Art Museum Ft. Lauderdale.

The first partnership of its kind, created in recognition of the 50th Golden Jubilee Anniversary of John Knox Village and 60th Anniversary of NSU Art Museum Ft. Lauderdale includes: On-campus programming, museum visits, and free museum admission for all JKV residents through Dec. 31, just by showing Museum staff your JKV ID badge.

“This is the perfect opportunity to formally collaborate with NSU Art Museum Ft. Lauderdale,” Sales and Marketing Director Monica McAfee told *The Village Voice*. “We are especially looking forward to creating multi-generational, interactive art programming to support both organizations, and serve multiple constituencies. Many John Knox Village residents and their family members have been pioneers and supporters of the Museum and vice versa. This is a very exciting time for both organizations.”

Additionally, NSU Art Museum’s new Creativity Exploration program will be incorporated in its tours for Village residents, with specially created creative exercises designed to reduce stress and increase overall well-being.

“We are delighted to collaborate with John Knox Village on this wonderful partnership that will provide an array of enjoyable and educational experiences,” said Bonnie Clearwater, NSU Art Museum Director and Chief Curator. “Many of the Museum’s founders and leaders who have been important to our history are current or former residents of John Knox Village. During this anniversary year, we especially look forward to welcoming both old and new friends to share in the arts.”

Tea and Art History is one of NSU Art Museum’s popular afternoon programs. The program features a traditional English tea followed by lively lectures by Senior Curator Barbara Buhler Lynes, Ph.D. On Jan. 17, Dr. Lynes will discuss the art of Edward Hopper.

Currently on view at NSU Art Museum is Frank Stella: Experiment and Change, a major exhibition spanning legendary artist

Frank Stella’s 60-year career from the late 1950’s to the present. Composed of approximately 300 paintings, sculptures and drawings, the exhibition, on view through July 8, offers insight into Stella’s trajectory from minimalism to maximalism and includes items never before seen from his “working archive.” Opening on Feb. 4 is the exhibition *Midnight in Paris and New York: Scenes from the Fin-de Siecle*, exploring a fascinating and influential period through paintings, prints, drawings, architectural designs, and the decorative arts.

For more information on attending these events call the Wellness Lifestyle Department at (954) 783-4039. The NSU Art Museum Ft. Lauderdale is located at 1 East Las Olas Blvd. Ft. Lauderdale. For more information, please visit [www.NSUArtMuseum.org](http://www.NSUArtMuseum.org) or call (954) 525-5500.



# We Stand On The Shoulders Of Those Who Came Before Us

## Meet Anita Ferguson and JKV's Other Music Makers

By Phyllis Neuberger, Cassels Tower Resident

There's always been, and there always will be, music at JKV

In the early days of Baptist Village, the residents living around what is now Lake Maggie formed a group to sing for the sheer joy of singing. They called themselves, "The Golden Chords." Marion Kampel was the organizer and first director. They met in her home until the Chapel (Village Centre) was completed. Sally Potter accompanied them on the piano when they performed in the Medical Center, the Gourmet Hall and for birthday parties. Following Kampel, the director position was held by Loretta Thompson; then came Mrs. David Spradling with Lara Poorman, accompanist.

**As part of its year-long Golden Jubilee Celebration, The Village Voice will highlight a person or people of historical significance to the Village.**

In 1978, Karen Taylor became the director and she was succeeded by Merl Williams who launched the Golden Chords' Christmas Programs with Mary Barch at the piano. Between 1981 and 1982, Nelson Wittington took over and the Golden Chords became the Village Chorus. The directorship moved from Geraldine Curphey to Marie Atwood, with Anita Ferguson as their accompanist.

### Meet Anita Ferguson

Say the name and the sound of this lovely lady's music fills the memory of all who have enjoyed her contributions to this Village's musical history. In 2017 Anita returned from her 50th summer in Chautauqua where music, dance, opera and intellectual exploration are the pursuits of those who visit this famous resort. Anita is well known there for her expertise on the ivories with groups, as a soloist and guest pianist for different denomination houses, the women's club, weddings and more.

She and husband, Chick, moved into JKV in 2006 and she became an icon at the piano almost from Day One. She smiles as

she remembers how former Sales Director, Bob Milanovich found her and enlisted her before she was finished unpacking.

"Before I knew it, I met the chaplain who was the head of the music committee," Anita told *The Village Voice*. "I was asked to play the organ at a Sunday service and I did it just once, even though I didn't have my 'organ shoes' with me. I remember performing a piano solo for a Christmas program and I accompanied a Jazz musician on the same program."

Then came Ron Davis who decided to pull together a few male singers and call them the Villagers. Anita found Ron to be a delight, saying: "He was both knowledgeable and dedicated. He taught his singers to read music and they were very grateful. He created a dress code, added vests and soon directed a very successful



**Anita Ferguson has had a song in her heart long before she moved into John Knox Village in 2006.**

group of performers. I began to be their accompanist, too. Ron gave them a stage presence and they were a huge hit for their first appearance at the Spring Scene."

That was the musical hierarchy until Harriet Mertz arrived in the Village, with all of the glitz and glamour of the stage and theater. She soon took over the music scene in the Village. Anita and Harriet performed a duet for Spring Scene that year and it was a big hit. Harriet recognized Anita's talent and insisted that Anita be the accompanist for the new group she was putting together. She named her female chorus The Noteables.

"This was a time-consuming volunteer



**Retired JKV President Bob Scharmann inducted Anita into the Village's Volunteer Hall of Fame in 2011.**

activity for me," Anita recalled, "but I did it and enjoyed the group and their love of music. I found myself involved every minute of most days between practices and performances.

"Both groups traveled off campus to strut their stuff before other clubs. I was honored to become a member of the John Knox Village Hall of Fame, along with others. [Then] President and CEO Bob Scharmann presented the award to me."

Failing eyesight and heart issues forced Anita to lighten her load.

"I chose to stay with The Villagers until I could no longer meet their many commitments. I guess Ron and I ran out of gas at the same time. He laid down his baton in 2015 and I resigned."

For 50 years, Anita has spent summers in Chautauqua, NY in her log cabin that was built in 1880 and is the only one of its kind in the resort. There's a note of sadness in her voice when she says, "I don't play anymore, but I can still visit with family and enjoy the arts and lectures that fill the calendar every day and evening.

"My husband, Chick, was a trombone player. Our entire family is musical, as was my first family. We have two sons and one

*Continued on page 17*

# Who Loves JOHN KNOX VILLAGE

The holidays are a special time, especially here at John Knox Village where our 34th Annual Holiday Parade certainly put residents and staff in a festive mood.

This year's version was a crowd pleaser with floats, departments in '50s and '60s-themed costumes, and dignitaries such as Pompano Beach Mayor Lamar

Fisher and Commissioners Barry Moss and Rex Hardin and our Chairman of the Board—Paul Simpson.

The parade also included the Fort Lauderdale and Dillard Marching band, Broward Sheriff's motorcycle officers, a horse, dancers, Santa and, for the second year in a row, Elders from The Woodlands were delighted as the parade passed through the porte cochere.



# A Parade? AGE, THAT'S WHO



# As Conference Co-Host, JKV Seizes 'Oceans Of Opportunity'

## Staff, Shahbazims, Sages Attend Green House Events



Mark Rayner

Mid-November brought anticipation of the upcoming holiday season along with THE GREEN HOUSE® Project's Annual Conference to Ft. Lauderdale and a renewed partnership with John Knox Village.

The Green House Project, which was created over 14 years ago by Dr. Bill Thomas, is the model upon which The Woodlands was built. The Core Values of "Real Home, Meaningful Life and Empowered Staff" are at the forefront of the compassionate care provided in our community.

It was quite an honor for JKV to be selected as partner for the Annual Conference, where current and future adopters experienced continuing education and motivational courses to enhance the providers' expertise on many topics related to operating successful Green House homes.

Current providers from around the United States and others who are strongly considering opening Green House Homes from as far away as Asia and England to nearby Bahamas and Bermuda attended the conference, which was hosted at the Pier 66 Hotel in Ft. Lauderdale Nov. 13-15.

A combination of 126 executives, caregivers and investors eagerly took tours of our very own Woodlands' 12 homes during the Conference. Everyone was truly impressed with the beauty of the homes and the warmth they felt as they were welcomed in by the Elders, Shahbazim (universal caregivers) who cook, clean and provide loving care and our wise elder/resident JKV Sages, who serve as a liaison between Elders, caregivers and families in a home. The Sage is an integral part of the home and always has a loving ear to listen and helping hand to assist as needed.

John Knox Village is truly blessed with the large number of volunteers who support the homes in many ways daily. The "Secret Sauce" which refers to the energetic and synergistic team of the JKV residents, Management, Board of Directors and staff were proud to "show our homes" literally to the world.

The Green House Senior leaders acknowledged the Woodlands as a premier location to send potential future adopters who are contemplating providing this wonderful model of care to seniors in their state or country.

The Woodlands is one of only two Green House Educator training sites in the world at this time and the kitchen was in full swing as Shahbazim from around the United States, including a group from Alaska, participated in the first-ever "Chopped Cook Off Competition."

JKV Chef Mark Gullusci and others taught and oversaw the high-energy competition and crowned multiple winners.

In addition to the tours and training that took place on our campus, the JKV team had the honor of being presenters as subject matter experts at many of the breakout educational sessions offered during the Conference.

Conference participants included several members of Senior Management, the Guides (who oversee each home and are the direct supervisor of the Shahbazim), Sages, a dozen Shahbazim, along with several nurses.

Due to the extreme generosity of the JKV Scholarship Committee, some \$12,000 was donated so more than 40 JKV staffers could participate in the special Green House training.

Once again, the dedicated and giving hearts of John Knox Village residents shined through creating "Oceans of Opportunity" (the conference's theme) to make The Woodlands, and the care provided there, the best it can be.

Green House Project Senior Director Susan Ryan and her team commented,



Woodlands Guide Michael Greenspan is shown with Rachel Welt from McKesson Medical-Surgical supply company during THE GREEN HOUSE® Project's Annual Conference at which JKV was a co-host.



East Lake and Woodlands Sage resident Ava Janes is shown with TZMO Seni sales rep Magdalena Przytulska during a break from presentations at THE GREEN HOUSE® Project's Annual Conference, held at Pier 66 in Ft. Lauderdale.

"This was the best annual conference ever and we are grateful to the entire John Knox Village community."

If you have not had an opportunity to tour The Woodlands, give us a call (954) 247-5800 or come on by for a visit.

We always have fresh baked goodies and a cup of tea or coffee to share.

—Mark Rayner



## THURSDAY, JANUARY 4

John Knox Home Health Agency, Inc. presents a lecture:  
**“Daily Dental Routine, Truths and Myths”**  
Door Prizes to be given. One lucky participant will WIN a Sonic Care Tooth Brush!  
Complimentary Lunch provided by Panera  
By Dr. Charmaine Johnson, DDS, PA  
From Premier Smile Center  
**2:30 p.m. in the Hibiscus Room of the Auditorium**

**THURSDAY, JANUARY 11**  
**Diabetic Support Group Meeting**  
10:30 a.m. in the  
Den of The Woodlands

## THURSDAY, JANUARY 25

John Knox Home Health Agency, Inc. presents a lecture:  
**“Insight on Incontinence: A Clinical Study”**  
By Verna Chisman, Director of Wellness and Leslie Schlienger,  
Home Health Administrator  
From John Knox Village, along with Domtar and HUR Fitness  
**2:30 p.m. in the Hibiscus Room of the Auditorium**

## FLiCRA Flash

### Possible Effects From Tax Reform Bill



Thomas R. Sawyer

The John Knox Village Chapter 26 of FLiCRA (The Florida Life Care Residents Association) will have a guest speaker discussing the tax reform bill working its way through the U.S. Congress.

Local CPA Thomas R. Sawyer, II will be speaking on Jan. 18 beginning at 1 p.m. in the Village Centre Auditorium: Skilled and licensed in tax planning, tax coaching and small business accounting, he will discuss the new or pending Tax Bill and how it may affect senior citizens in general and JKV residents in particular.

Plan on attending and becoming an informed resident.

—Rudy Frei, President, JKV Chapter 26, VT 913

—Carol Frei, Senate Legislative, Committee Chairman, VT 913

## We Stand On The Shoulders Of Those Who Came Before Us

Continued from page 13

daughter, and six grandchildren. I lost Chick in 2009 and I miss him every day.”

The Village has benefited from the time, energy and talent Anita has shared so generously since moving here in 2006. Thank you Anita for your contributions to the musical history at JKV and thank you for sitting down at the piano in Cassels Tower lobby and playing “What a Wonderful World” for me at the end of this interview.

### Meet Elaine McNamara

Following Ron Davis’ resignation,

Christopher Toth was hired to direct The Villagers and he did so for one year before turning over the baton to South Garden villa resident Elaine McNamara, its current director. Chris has since taken over the piano and Elaine now directs the Noteables, the Villagers, the Hand Chimes and Mixed Ensemble.

“They are lucky to have this women with her many gifts and I know that the music lovers in the Village will continue to join and support these groups,” Anita said.

Elaine added: “At the opening of The Woodlands, we enjoyed hearing the Noteables and Villagers perform together. The 29 men and 36 ladies were well received and it was a moment of pride for all.”

Elaine encourages singers and would-be singers to join the groups with these words of wisdom. “Join our family, you will be surprised at how much better you feel—physically, mentally and emotionally. Come sing with us for the fun of it.”

# In Case You Missed It ...

It's been another busy month in the Village and here are some photos to prove it...



The always generous John Knox Village residents recently came through in a big way for the Southeast Florida Chapter of the Alzheimer's Association—raising \$8,210. Jessie Brooks, Director of Walk and Joel Robinson, Broward Development Manager thank Verna Chisman and Judy Dahl Wellness Director and Assistant respectively with JKV's really big check.



Several employees were recently honored for their years of dedicated service to John Knox Village. They are shown with their supervisors. From (L-R) are: President Gerry Stryker, Home Health Administrator Leslie Schlienger, Shirley Mohorn (30 Years), Marian Carter who was honored for going above and beyond in her service, Beth Flashner, Christie Kelly, Evelyn Torres (25 years), Laura Faluma (15 years) and Woodlands Administrator Mark Rayner.



Titled "We're Going Nuts," Foundation Executive Director Nanette Olson (L) and assistant Odalys Rosua as peanut butter and jelly are "spreading" the word about this year's Peanut Butter Drive to benefit St. Laurence Chapel. Residents and staff are asked to bring in unopened jars of peanut butter to a marked box in the Dining Room between Jan. 17 and Jan. 24. For more information contact Odalys at (954) 784-4786 or [orosua@jkvfl.com](mailto:orosua@jkvfl.com)



During their Holiday Luncheon RAS (Resident Auxiliary Services) President Joyce DeJong (C) thanked Jean Kramer (L) and Elsie Rice (R) for their countless volunteer hours in the RAS shop.



During the Marketing Department's Appreciation Party Sales Counselor Chris Fleury thanks several residents for all their assistance during the past year. Shown (L-R) are: Margaret Green, Chris, Flora McQueen and Nancy Johns.



The Golden Jubilee Bazaar Committee were instrumental in a successful Bazaar. Show here (L-R front row) are: Sally Cash, Rudy Frei, Joyce Wood and Carol Redd. Back row: Paul Loree, Charlene Smith, Carol Frei, George Percival, Jennifer Smith (co-chair), Sondra St. Martin, Barbara Kuntz and John Mandt (co-chair).

# Let's Meet & Welcome



Frank Pugh

## FRANK PUGH – CT 1701

Originally from: Lynchburg, VA  
Moved from: Pompano Beach, FL  
Previous Occupation: Electrical Engineer  
(Bendix Corporation 33 years)  
Hobbies: Movies and Computers

## ROSE PUGH – CT 1701

Originally from: Fort Madison, IA  
Moved from: Pompano Beach, FL  
Previous Occupation: Housewife  
Previous Occupation: Flowers and Gardening



Rose Pugh



Harold Aletto

## HAROLD "HAL" ALETTO – LS 203

Originally from: Bellwood, IL  
Moved from: Lighthouse Point, FL  
Previous Occupation: Restaurant Owner  
Hobbies: Stock Market Management,  
Crossword Puzzles and Golf

## JERRIE ROBA – VT 105

Originally from: Morristown, NJ  
Moved from: Vero Beach, FL  
Previous Occupation: Technical Trainer/Writer  
Hobbies: Reading, Music, Arts and Gardening



Jerrie Roba

## In Good Taste: *Recipe of the Month*

### *Chef Mark's Chicken Recipe Takes You To Island Of Capri*

By Rob Seitz, Village Voice Editor

It sounds exotic.

It's definitely Italian.

And when John Knox Village Executive Chef Mark Gullusci gets his hands on the main ingredients, you can count on it also being delicious.

Chef Mark's Chicken Caprese is a one-skillet meal marvel. The chicken is seasoned, cooked until golden, and then transferred to a warmed plate. The skillet gets deglazed with balsamic vinegar and garlic. The Caprese (Italian meaning "Salad of Capri" portion includes the Marsala wine, cherry tomatoes and fresh mozzarella cheese.

Chef Mark introduced the recipe to Elders in John Knox Village's skilled nursing center, The Woodlands and recently began serving it to JKV's nearly 900-strong independent living residents, to rave reviews.

"This is a great dish. We started serving this in the Woodlands homes and then to residents in our Dining Room," he told *The Village Voice*. "The mixture of the sweet wine with the balsamic vinegar balances nicely.

"I don't need to tell you how nice toma-

toes, basil and garlic go together and then add fresh mozzarella...heaven."

Make that Delizioso!

#### **Chicken Caprese: Yields 6 Servings**

- 6 boneless skinless chicken breasts
- ½ cup fresh chiffonade of basil.  
(thinly sliced pieces fresh basil)
- 1 cup balsamic vinegar
- ½ cup Marsala wine  
(optional, but makes it better!!)
- 1/2 cup chopped garlic
- 6 slices fresh mozzarella cheese
- 2 cups halved cherry tomatoes
- Kosher salt
- Ground black pepper

Season chicken with salt and pepper. Heat 1 tbsp. blended oil in skillet. Brown on each side, about 2 minutes. Remove from pan. Set aside, add 1 more tbsp. oil to same pan. Add garlic, cook 1 minute. Be extra careful not to burn the garlic. You want a light browning on the garlic.

Add cherry tomatoes, marsala wine, balsamic vinegar, half of the fresh basil, place the chicken breasts on top of the tomatoes,



**Chef Mark's January chicken recipe will have you drifting off to the Island of Capri.**

put cheese on top of chicken, add more basil on top of chicken and cheese, cover, turn off heat and melt cheese. Let rest for 5 minutes before serving.



A father and son reunion. Gerry and his father, Louie Stryker, enjoyed their time together at Niagara Falls.



The end-of-the-year holidays are a wonderful time to spend with family and friends. Gerry and his father Louie (R) entertain JKV's Chairman of the Board Paul Simpson in Gerry's Pompano Beach home.

*Continued from page 3*

experience a richer and more interesting life.

Sue Kreitzman is a successful food writer and broadcaster turned artist at 76 years young. When she was asked, "What advice would you give your younger self?"

Her response made me pause and reflect on my life experiences to date. These are truly words to live by:

"The things that make you unique. The things your mother wants to change about you, the things that make you so different from those you go to school with, are the very things that will bring you success, happiness and a measure of real fame. Those are the things that will make a difference in the world. The things that will give you a richly textured and deep happy life."

Josephine Lalwan created a successful blog in 2009, which has served as a resource

for women over 50 to learn about style and fashion and about how style changes as one gets older. Josephine's advice to her younger self was inspiring.

"Trust your intuition and continue to do what you love to do whatever age you are. Surround yourself with positive inspirational people."

Miriam Christie has truly made a difference in our country by developing a campaign to End Loneliness.

These are her lessons learned from working with older people.

"I've learned to appreciate the small things in life that, it turns out, are really the big things, like spending time with family and friends and appreciating more keenly everything I have right now. Spending time with older people helps you to keep things in perspective and be ruled by your values rather

than all of the 'shoulds' that don't really matter when it comes down to it."

The year 2018 holds many gifts to be unwrapped.

May we all be in good health and when challenged by life we remember, "Life doesn't happen to you, it happens for you. So keep your heart wide open to everything, even the messes and mistakes." (Regina Brett - Pinterest.com)

*—Gerry Stryker*



Happy  
New Year  
2018

## News From Spiritual Life Director

*Continued from page 7*

I can't be there much so I have to rely on them to love her. For many of us who care for the frail elderly, we do so with compassion and love. I am learning, though, that there is a difference in me now that my own mother is in a nursing home. Now I know from experience how deeply their children trust me (and you) to provide the best loving care we can for their Moms and Dads.

When I enter The Woodlands and Village Glen and sit side-by-side with an Elder, I am far more aware that often, hundreds of miles away from Pompano Beach,

there is a daughter who is praying that her Mom is loved the way she loves her Mom. And the reality is that there is a son four states away that can't be there to put Dad to bed at night and so he relies on us to make sure his father is treasured the way his son treasures him.

As one of those children who now relies on the compassion and love of others to love to my mother, I am deeply grateful for the staff here at John Knox Village.

To all the Shahbazim, Nurses, Social Workers, Sages, Housekeepers, Administrators and others who live side-by-side

with our Elders and love them the ways their children love them, Thank You. You are the presence of love to special people who are deeply loved by others. You have the privilege to love them in person...a privilege many of their children cannot enjoy.

Thank you and God bless you, for who you are and for what you do.

Faithfully,

*—Rev. Darryl Powell*

\*My Mom, Disa Powell, has given me permission to mention her by name in this article. Thanks, Mom!

## In Memoriam

Alice Beck  
Mary Bergman

Robert Broadhead  
Helen Hutchinson

Patricia LaFlamme  
Thomas Snedeker

## Donations To The Village



### Donations received during the month of November 2017

#### To John Knox Village

##### *Employee Scholarship Fund*

Bishop, Claire & George  
Bone, Barbara  
Bowling, Marilyn  
Cason, Ernest & Maude  
through the Cason Trust  
Haun, Twylah & David  
*in memory of Dan Smith*  
Jenkins, Norma  
Knowles, Lee & Jackie  
Loree, Sally & Paul  
*in memory of Dan Smith*  
Moyer, Bob  
Schmidt, Franklin  
Woods, Shirley  
through the Estate of Shirley Woods

##### *JKV Unrestricted Fund*

MC Senior Services, Inc.

#### To John Knox Village Foundation

##### *Benevolent Endowment Fund*

Cuddy, Joyce  
Miller, Romaine

##### *Chapel/Village Center*

##### *Maintenance Fund*

Arbuthnot, Dorothy  
Phillips, Shirley  
*in memory of Jane Smith*

##### *Health Center Other Fund*

LaFlamme, Pat

##### *Maggie Goetz Birds Fund*

Morningstar, Barbara &  
Featherstone, Michael  
*in honor of Betsy Bousfield*

##### *Piano Tuning Fund*

Landis, Lisa, Jeff Schulz &  
Jordan Schulz  
*in memory of Gladys Smith*

##### *Resident Assistance Fund*

Cason, Ernest & Maude  
through the Cason Trust  
Harris Family Trust  
Redd, Carol  
*in memory of Helen Todd*

##### *Toshiko Inouye Fund*

Bowling, Marilyn  
Richard, Gloria

##### *Transportation Fund*

Raiten, Ken & David Heger  
Sams, Harriett

##### *Tropical Tree Fund*

Kinsey, Reba  
*in memory of Dan Smith*  
Maurer, Boots  
*in memory of Dan Smith*

##### *Unrestricted Fund*

Broaddus, Don  
Dusel, Edna  
Gambino, Maddy & Ray  
Huizenga, Jack  
Kinsey, Reba  
*in memory of Pat LaFlamme*  
Loree, Sally & Paul  
Little, Jeanne  
Raiten, Ken & David Heger

##### *Village Glen Expansion Fund*

Barton, Diane  
Kitson, Carol  
*in memory of Bob Kitson*

##### *Woodlands Fund*

Al-Anon Group  
Brown, Donna  
Conaty, Patricia  
Haun, Twylah & David  
Hutchinson, Helen  
Johnson, Herb  
Kaufman, Beth & Steven  
Knowles, Lee & Jackie  
Matthews, Nancy Lee  
Olson, Nanette & Mark  
Rayner, Mark  
Richard, Gloria  
Schmidt, Franklin  
Snedeker, Tom  
Stryker, Gerry & Carol Dumond

## Get Blue To Reserve Room

Reserving a room for one of your activities is as easy as getting blue...a blue form that is.

The easy-to-complete forms are located in the Village Centre Auditorium at the desk of Wellness Assistant Judy Dahl.

#### *Here are the steps to follow:*

- Pick up Room Reservation forms at

Judy Dahl's desk in the lobby of the Village Centre Auditorium.

- Fill out your name and alternate contact name (if applicable), event name, event location and telephone number (Optional)
- Indicate whether event(s) are re-occurring (Monday through Sunday, Weekly or Monthly) or one-time only.

- Check which room you would like to request, number of people, and any Audio/Visual requirements you will need for the event.

- Once all requests have been determined, please submit via campus mail to Judy Dahl. Also, you can submit by scanning and emailing to Judy at [jdahl@jknvfl.com](mailto:jdahl@jknvfl.com)

# New Hires For The New Year

The new year is starting out right for a number of new hires to the John Knox Village Family. We are happy to welcome the newest members to our team as we push to make 2018 the best year ever.



Tracey Lew is a new Licensed Practical Nurse in The Woodlands



Althea Coleman is a new Licensed Practical Nurse in The Woodlands



Doris Castano joins the Dining Services team as a Banquet Captain



Hugo Rojas is Transportation's newest CDL driver



Jeanette Johnston is a Dining Services Banquet Captain

*Welcome*  
**We're Glad  
You're Here!**



*On behalf of Samaritans Purse we would like to thank all residents and staff for their generosity and the time it took to participate in Operation Christmas Child. We enjoyed every minute of the experience. Once again thank you for all of your help and here's to a better 2018, Happy Holidays!*



Lynn Manolis and Alexis Judon, from our Housekeeping Department, proudly donated nearly 200 shoeboxes to Operation Christmas Child, a program sponsored by the international relief organization Samaritan's Purse. The shoeboxes, filled with gifts, will be delivered to children in need throughout the world.

# FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9 - 9:45 a.m. Aerobics I		9 - 9:45 a.m. -Strong Slow Flow - <b>New Class</b>	
9:15 - 10:15 a.m. Cardio Pump	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II
10:30 - 11:30 a.m. Water Aerobics	10 - 11 a.m. Mat Pilates	10:30 - 11:30 a.m. Water Aerobics	10 - 11 a.m. Mat Pilates	10:30 - 11 a.m. Posture & Balance
11 - 11:30 a.m. Chair Ex @ GW	10 - 11 a.m. Water Aerobics	10:30 - 11:30 a.m. Tai Chi	10 - 11 a.m. Water Aerobics	10:30 - 11:30 a.m. Water Pilates
11:15 a.m. - 12 p.m. Zumba	11:15 - Noon - Core Balance - <b>New Class</b>		11:15 - Noon - Chair Aerobics - <b>New Class</b>	11:15 - 11:45 - Morning Meditation - <b>New Class</b>
1:15 - 1:45 p.m. Better Balance		1 - 1:45 p.m. Strength & Balance		1 - 1:45 p.m. Strength & Balance
2 - 2:30 p.m. Gentle Stretch	1 - 1:45 p.m. PWR!Moves	2 - 2:45 p.m. Chair Yoga	1 - 1:45 p.m. PWR!Moves	2 - 2:30 p.m. Gentle Stretch
	2:15 - 2:45 p.m. Posture & Balance	2:15 - 2:45 p.m. Chair Ex @ VT	2 - 2:45 p.m.- Afternoon Aerobics - <b>New Class</b>	2:15 p.m. FUNctional Exercise (LEC)

\*Tai Chi 7 a.m. 7 days a week - Monday through Sunday will be in the Fitness Studio.

\*Tai Chi Saturdays at 10:30 a.m. will be in the Fitness Studio.

\*Chair Ex @ GW = Chair Exercises at Gardens West

\*Personal Fitness Consultation available by appointment - please call (954) 784-4730 to schedule.

## Fitness Studio SUPERVISED EXERCISE by appointment

M/W/F	T/Thur	Saturday
9 - 10 a.m.	9 - 10 a.m.	9 - 10 a.m.
10 - 11 a.m.	10 - 11 a.m.	10 - 11 a.m.
11 - 12 p.m.	11 - 12 p.m.	11 - 12 p.m.
1 - 2 p.m.	1 - 2 p.m.	
2 - 3 p.m.	2 - 3 p.m.	
3 - 4 p.m.		

# FREE BUS TRANSPORTATION SCHEDULE

FREE BUS TRANSPORTATION SCHEDULE					
FOR FREE Medical transportation please call 783-4000					
MONDAY BUS	TUESDAY BUS	WEDNESDAY BUS	THURSDAY BUS	FRIDAY BUS	SUNDAY
Medical North	Medical South	No Free Medical Bus	Medical North	Medical South	
ZONE #1	ZONE #1		ZONE #1	ZONE #1	
8:00-1:00PM	8:00-1:00PM		8:00-1:00PM	8:00-1:00PM	
LAST RETURN TRIP 2:00PM	LAST RETURN TRIP 2:00PM		LAST RETURN TRIP 2:00PM	LAST RETURN TRIP 2:00PM	
FOR FREE Shopping, Banking, Post Office and Church transportation please call 783-4036					
Walgreens	Publix	Walmart Superstore	Walgreens	Publix	Church Services
Post Office	8:00-12:00PM	1st & 3rd Wed of month	Post Office	8:00-12:00PM	Call for times
Banks	Runs Continuously	9:30AM-12:00PM	Banks	Runs Continuously	and locations
9:30-11:30AM	Return trips begin at 8:30AM	ONE TRIP ONLY	9:30-11:30AM	Return trips begin at 8:30AM	<b>783-4036</b>
ONE TRIP ONLY	And runs until 1:00PM		ONE TRIP ONLY	And runs until 1:00PM	
WELLS FARGO BANK	Library	Pompano Marketplace	WELLS FARGO BANK		1st Presbyterian (Pink)
SUNTRUST BANK	12:30-2:30PM	Walmart Market,	SUNTRUST BANK		1st Presbyterian FTL
BANK OF AMERICA	Every other week	Stein Mart, Office Depot	BANK OF AMERICA		St. Henry's Catholic
CHASE BANK	ONE TRIP ONLY	Dollar Store	CHASE BANK	Walmart Superstore	Calvary Chapel
HSBC BANK		2nd & 4th Wed of month	HSBC BANK	1:00-2:30PM	St. Gabriel Parish
FLORIDA SHORES BANK	Winn-Dixie	9:30-12:00PM	FLORIDA SHORES BANK	ONE TRIP ONLY	Coral Ridge Presbyterian
	1:00-2:30PM	ONE TRIP ONLY			Christ Church Un. Meth
	ONE TRIP ONLY				Pompano Lutheran
			Pompano Citi Center		St. Martin Episcopal
			1st Thursday of month		
			10:00AM-12:00PM		
			ONE TRIP ONLY		
COPIES ARE AVAILABLE IN CASSELS TOWER TRANSPORTATION					

## Inflation Fighter

### Electrical cost per unit

Nov 2017 ..... \$143.89  
 Nov 2016 ..... \$125.37

### Electrical cost per Kilowatt

Nov 2017 ..... 0.09  
 Nov 2016 ..... 0.08

### Water Bill

Nov 2017 ..... \$27,788  
 Nov 2016 ..... \$31,258

## WELLNESS LIFESTYLE UPDATE

*Continued from page 9*

tion to try one of our classes or schedule a fitness consultation with one of our fitness professionals.

We want to design a program that is best for you. We are here and ready to assist you. To contact us, please call (954) 784-4730. I look forward to seeing you.

See the complete January 2018 Fitness Group Class Schedule on page 23.

*-Heather Guthrie, BS, ACSM-CEP  
JKV Fitness Manager*



Join the *Silver Scrubbers Class* and learn how to publish your own book. The class, offered each month, is taught by Marty Lee, an expert writer, publisher and photographer. The next class will be **January 25, at 10 a.m. in the Cassels Tower Party Room**. There is no charge for the classes. Just pay for printing costs when your publication is finished. Call Marketing to register at (954) 783-4040.

# The Woodlands at John Knox Village



The Woodlands at John Knox Village offers quality care and innovative rehab services to our residents and the greater community. Utilizing The Green House® model of care – Meaningful Life in a Real Home with Empowered Staff – it features 12 Green House homes with 144 private suites and bathrooms that surround a hearth living room, family-style dining area and open kitchen.

Our Shahbazim create a loving environment and develop deep knowing relationships with the guests to provide the best possible care.

In addition, visit our Fitness Center, Rejuvenate Spa services and the new Palm Bistro.

**(954) 247-5800**

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



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

SNF1258096



**Cassels Tower  
(954) 781-0816**

**Monday - Friday  
9 a.m. - noon  
1 p.m. - 4 p.m.®**

## John Knox Village Epic Journeys By Isings Travel

### Featured Trips of the Month:

Feb. 5 - Natural Wonders of Costa Rica  
 March 22 - Hawaii Cruise  
 May 15 - Mystical New Mexico  
 May 27 - Bermuda Cruise



**(561) 395-4181**

**CALL TODAY!**  
 Mention This Ad & Receive  
**\$50.00 Savings!!**

Celebrating Over 50 Years



## Prayer For Unity And Peace

*Continued from page 7*

love the blessings of life. And so we say together, "Thank God for my neighbor."

You are mindful of all the blessings you have in your life. I am mindful as well that there are countless blessings in my life. We are both well-loved, well fed, and well provided for. We all celebrate good health. We all value good food, clean water, secure homes, meaningful and rewarding jobs, vacations and rest. Your food may be different from mine and my idea of a rewarding job could be very different from yours. But still, we can say together, "Thank God for my neighbor."

In our common humanity and our common practice of faith, we find connection with each other. Without question, we are different. But I love you because God loves you. I respect you because you are a child of God and a child of humanity. I honor you because of the many ways we are alike. And I am grateful that you love, respect and honor me. And so we can say, today and always, "Thank God for my neighbor."

## Real Home, Meaningful Life, Empowered Staff, Quality Care

RNs, LPNs, and CNAs Available 24-hours 7-days a week.

### John Knox Home Health Agency, Inc.



Dedicated to providing quality, compassionate care and concierge services to support the residents of John Knox Village and the surrounding community.

*Individualized care in your home to enhance the quality of life for our clients and their families.*



**JOHN KNOX  
VILLAGE**

*Where possibility plays*

550 John Knox Village Blvd. (SW 3rd Street)  
Pompano Beach, FL 33060

**(954) 783-4009**

HHA 20601096

## News from Marketing

*Continued from page 3*

years. These are the folks who have continuously told our Sales Consultants, "I'm not ready yet," (NRY is our code for these people). By now, believe me, they're more than ready.

Typically, the challenge with the NRYs is they are daunted by the task or burden of sorting, packing, listing their home, moving, unpacking and frankly, making a very big change in their life. We have had success helping these people by providing our "Ready Set Go" move management package.

To ease the strife and stress of this process we can connect residents with professional Senior Move Managers, Downsizing Specialists, Home Stagers and Movers. These services help people overcome that anguish of how to get rid of their stuff and move forward. We will continue to offer move management services to help them overcome those overwhelming feelings.

For our other swim lane, we are looking towards the future... What will the Baby Boomers want, how do we begin to engage and educate them? We conducted focus groups to glean a better understanding of this critical market segment. These future residents indicated their strong desire for choice, flexibility, the desire to keep moving/traveling and staying engaged both where they live and with the bigger world.

With this knowledge, we will use our new brand platform to tell the JKV story and find the triggers that will help them engage and become residents sooner.

The possibilities at John Knox Village are endless, because of our residents and their participation in volunteer activities, committees, leadership and participatory roles in all that occurs at the Village.

So, as we look at embracing possibilities, change and resolutions to perhaps grow, I encourage the residents and staff to all be optimistic. We need to see the potential in everything that comes our way. Even as we may be faced with challenges. It is my hope that we can all tap into our resilience, move forward, stay connected and seize the day...Carpe Diem, and enjoy the opportunity to be playful and happy.

The possibilities are endless!

Cheers,

*-Monica*

## STUPID COMPUTERS



**Computer Help and  
Training in your home.  
Slow machines and most  
problems solved.**

*Village References Available*

**954-302-3011**



**Robotic Surgery**

The surgery of the future is here now. Broward Health Imperial Point offers a wide range of minimally invasive surgical services, including the use of robotics.

By combining the precision of advanced robotics with the steady hand of our top-notch surgeons, patients may experience less pain, less scarring, a shorter hospital stay, and a quicker recovery.

In short, robotics aren't just better for our surgeons. They're better for your surgery.

To learn more call **954.759.7400** or visit [BrowardHealth.org/BHIProbotics](http://BrowardHealth.org/BHIProbotics)

**Robotic surgery. Faster recovery.**



Let us pack your sentimental items.  
**JKV Residents, receive 10% OFF\***

when you visit the **Pack & Ship Specialists**  
only at The UPS Store!

Call us to arrange a pick up of large items or multiple packages!

**49 North Federal Highway, Pompano Beach**

**954-942-8656**



\*10% off excludes postage stamps and meter mail.

**The UPS Store™**



**AUTOMOTIVE  
SERVICE  
EXCELLENCE**

**KEN POIRIER  
Owner**

**POIRIERS SERVICE CENTER**

Quality Automobile Repair

**601 S. DIXIE HWY EAST  
POMPANO BEACH, FL 33060**

**MV-13003  
(954) 943-1445**

**Dirk D. DeJong  
CEO**  
dirk@furmaninsurance.com



954.943.5050, Ext. 212  
800.344.4838  
954.861.3402 Direct



**1314 E. Atlantic Blvd.  
Pompano Beach, FL 33060**

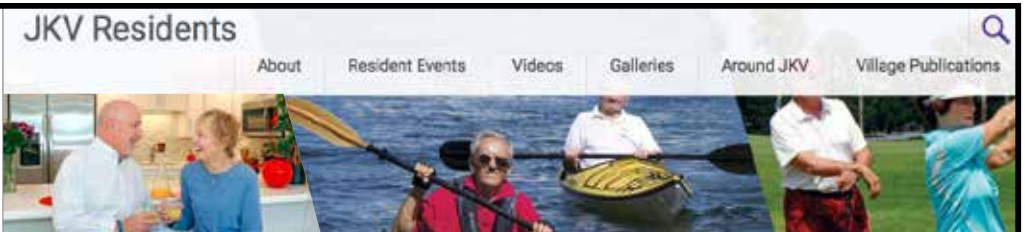
Protecting our Client's Business and Personal Assets for Over 50 Years  
[www.furmaninsurance.com](http://www.furmaninsurance.com)

**Stay Informed:**

Visit our resident Website

**JKVResidents.com**

for news, photo galleries, dining menus,  
Village publications and much more!





**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**

<b>ACCOUNTING</b> (Questions about your monthly bill, call Shirley Regan) .....	(954) 783-4048
<b>ACTIVITIES</b> (Questions or to sign up for upcoming programs, call Judy Dahl) .....	(954) 783-4039
<b>CART SERVICE</b> (Call for a cart or to book a local car trip, call Elsa Bonilla).....	(954) 784-4733
<b>CASSELS TOWER FRONT DESK</b> .....	(954) 783-4036
<b>DINING ROOM</b> (For reservations or delivery).....	(954) 783-4065
<b>DIXIE GATE</b> (SW 6 <sup>th</sup> Street Entrance) .....	(954) 784-4732
<b>FOUNDATION</b> (For questions about making donations, call Executive Director Nanette Olson) .....	(954) 784-4757
<b>HERITAGE TOWER FRONT DESK</b> .....	(954) 784-4737
<b>HOUSEKEEPING</b> (Questions regarding Housekeeping schedule, call Lynn Manolis).....	(954) 784-4727
<b>MAIN GATE</b> (SW 3 <sup>rd</sup> Street, John Knox Village Blvd. Entrance) .....	(954) 783-4079
<b>MAINTENANCE</b> (To report a maintenance issue) .....	(954) 783-4030
<b>PALM BISTRO</b> .....	(954) 247-5820
<b>PNC BANK</b> (Open Monday-Friday, 9 a.m.-noon, 1 p.m.-4 p.m.).....	(954) 781-0816
<b>REJUVENATE (SALON)</b> (Open Monday-Friday, 8:30 a.m.-4 p.m., and Saturdays, 8:30 a.m.-1 p.m.) .....	(954) 783-4013
<b>RAS CURIOSITY SHOP</b> (Tuesdays, 9-11 a.m., Thursdays, 2-4 p.m., and Wednesdays, Furniture 2-4 p.m.).....	(954) 784-4753
<b>RESIDENT RELATIONS/SOCIAL WORK</b> (Call Joanne Avis).....	(954) 783-4023
<b>SWITCHBOARD/MAILING SERVICES/CHANNEL 92 UPDATES</b> (Call Lynne Hunt) .....	(954) 783-4000
<b>VILLAGE MART</b> (Open Monday-Friday, 9 a.m.-noon).....	(954) 784-4760
<b>VILLAGE TOWERS FRONT DESK</b> .....	(954) 783-4056
<b>WELLNESS NURSES</b> (For 24-hour emergency care/assessment).....	(954) 783-4004
<b>WOODLANDS FRONT DESK</b> .....	(954) 247-5800

**Get Acquainted – Get Involved**

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

<b>President:</b> Paul Loree .....	HT 100
<b>Vice President:</b> Jan Spalding .....	LS 401
<b>Secretary:</b> Nancy Custance.....	NE 613
<b>Treasurer:</b> Marcia Ellington .....	HT 404
<b>At Large:</b> Diane Barton .....	LS 317
<b>At Large:</b> David Haun.....	HT 914
<b>At Large:</b> Elizabeth Cobb .....	EL 110

**Committee Chairs:**

<b>Communications:</b> Diane Dalsimer.....	LS 111
<b>Dining Services:</b> Ann Archard.....	LS 203
<b>Fiscal:</b> Sandy Lentner.....	VT 412
<b>Gardens West:</b> Eleanor Smith .....	LS 407
<b>Health Center:</b> Peggy Golden.....	VT 405
<b>Legislative:</b> Carol Frei .....	VT 913
<b>Library:</b> Sally Loree .....	HT 100
<b>Long Range Planning:</b> Diane Barton .....	LS 317
<b>Operations: Building, Grounds and Renovations:</b> Jim Brown.....	LS 612
<b>Operations: Security and Transportation:</b> Gil Gilman.....	EL 110
<b>Volunteer Services:</b> Gaile Boomhower .....	CT 509
<b>Wellness:</b> Sally Harper .....	LS 313



*Get Crabby in the New Year!*

**Join Us for a Fabulous Dinner Outing  
to Miami Beach's Joe's Stone Crab  
Tuesday, January 30  
Pick up is at 2:30 p.m.**



Join us for our annual trip to the "One and Only" Joe's Stone Crab. We will have a special dinner menu with a choice of 8 Stone Crab Claws, Crab Cakes, Fried Half Chicken, Broiled Tilapia, or Petite Filet Mignon. Dinner includes salad, side dishes, dessert and non-alcoholic beverage. For pricing and specific dinner outing information, contact Judy in the Wellness Department at (954) 783-4039. Seating is limited. RSVP deadline is Monday, Jan. 15.



### **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)  
   [JohnKnoxVillage.com](http://JohnKnoxVillage.com)