

# VOICE



**INSIDE:** JKV Becomes A Winter Wonderland – Page 14 • Interfaith Thanksgiving Service Brings All Together – Page 16 • Scholarship Committee Earns An 'A' – Page 21



# In Case You *Missed It...*

A lot has happened at John Knox Village since the most recent Village Voice. Here are some events of note...In Case You Missed It...



*Under the musical baton of Elaine McNamara, the Villagers, Note-Ables and musical guests of Elaine's put on two sold-out shows in the Auditorium titled, "Sing We Now Of Christmas."*



*Employees were quite creative in their Halloween Costumes as part of a fun Costume Contest for Elders in The Woodlands.*



*The Kody Norris Show made its second, in what is becoming an annual, pilgrimage to JKV for a bluegrass, rockabilly, gospel, folk and Americana show enjoyed by residents and staff alike. The band consists of: (L-R): Mary Rachel Norris, Tyler Wiseman, Josiah Tyree and Kody Norris*



*JKV was well represented during the Bonnet House Museum's "Holiday Magic Soiree." Shown here (L-R) are: Michael Featherstone, Barbara Morningstar, Bev Cardinal, Tom McKay, Tom Regan, Nancy Custance, Art Batista, Linda Fuller, George Baczynski, Linda Baggett, Susan Siedler, Lee Baggett, Neil Issacs, Ellen Issacs and Life Enrichment Coordinator and escort Jacque Thompson.*



*Human Resources Coordinator Kimika Logan (L) and Risk Manager Kirsten Whiting sing holiday carols to Seaside Cove Elders.*

## ON THE COVER

Cassels Tower residents Jackie and Dave Bayer enjoyed JKV's Winter Wonderland Holiday Celebration. They are shown by the Christmas tree in the Village Centre Auditorium with "Fairy" Lindsey Lederer and "Polar Bear" Angela Geer from ShowBiz Productions. (Photo by Marty Lee)



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





JOHN KNOX  
VILLAGE  
Where possibility plays



*Here is a view of the campus looking west, with the two constructed Westlake apartment buildings—The Vue and The Terrace.*



*This rendering illustrates the Westlake Pavilion and common areas of the \$100 million-plus expansion project.*



*North-facing Cassels Tower residents, who currently have views of the Dining Room's air conditioning and other rooftop equipment, will be able to enjoy expanded water views.*

## Vision Plan Projects Masterfully Transforming Our Village

The ambitious multi-year Master Vision Plan is on schedule for John Knox Village and the two projects currently under construction continue the transformational work taking place within our 70-acre botanic campus.

A Spring 2020 grand opening is predicted for our \$3.9 million Welcome and Innovation Center, which will include offices for the Sales, Marketing and Innovation Teams, along with Discovery Rooms in which prospective new residents can learn more about JKV. There will conference rooms and a nearly 2,500-square-foot open-air space for Village meetings, events and gatherings for the greater community.

The next Master Vision Plan puzzle piece coming out of the ground is the \$7.6 million Aquatic Complex, which is replacing the small pool and gathering area with a resort style pool, a four-lane 25-meter-long lap pool, 60-seat indoor restaurant, an open-air sports bar, The Tropics Grille and gathering area and two each Pickleball and Bocce ball courts, a Jacuzzi and fire pit.

"There are a lot of moving components to both of these projects, but they are fun ones to work on," JKV Director of Operations Thom Price told the **Village Voice**. "Once they're completed, we will have a completely new set of amenities added to the Village. They will provide great enhancements for our current residents and help keep us as leaders in the industry."

Behind-the-scenes work is currently taking place on the grandest plan ever for our \$100-million-plus Westlake at John Knox Village project, including the 15-story residential tower The Vue along with 10-story The Terrace building.

Priority deposits are being taken as folks get in the queue for one of the 150 new Independent Living apartment homes, during informational Priority Deposit presentations held several times a month, either at JKV or select venues in Broward County.

The new Westlake homes will boast 1,277 to 2,364 square feet of light-filled

*Continued on page 20*

Monica McAfee  
Chief Marketing &  
Innovation Officer





# VOICE

## Discover

### What's Inside?

Vol. 44 Number 1 | January-February 2020

## IN EVERY ISSUE

- 3** News From Marketing  
*Vision Plan Projects Masterfully Transforming Our Village*
- 7** John Knox Village Foundation  
*Thoughts On Being An Executor: The Executor's Challenge Part 1*
- 10** Senate News & JKV Foundation
- 16** News From Spiritual Life Director  
*JKV's Religious Diversity Makes Faiths Clearer, Stronger*
- 17** In Good Taste: This Crusty Salmon Dish Is Cheerfully Delicious
- 19** Living Well Corner  
*No Hindsight In These 2020 Healthy Tips*
- 19** Nutrition Notes  
*Veggie-Based Pastas? Think Oodles Of Zoodles*

## FEATURED STORIES

- 2** In Case You Missed It
- 5** JKV Wins Beacon & Pinnacle Awards For Highest Wellness Achievements and Exceptional Contributions
- 6** Kick Start New Year At NSU Art Museum
- 8** Savvy Senior
- 9** Rejuvenate Your Brain In 2020
- 11** The Emergency Response Team That Is Wellness Nursing
- 11** Home Health's Wellness Warriors Learn Dining Tips
- 12** Circle These Dates For JKV's ArtSage Alliance Events
- 14** JKV Becomes A Winter Wonderland
- 18** Now In 12th Year, JKV Honors 16 Silver Angels



**14** Fitness Team Members Jasmine FungQuee (L) and Ashley Tarantola were the leads for JKV's 35th Annual Holiday Parade. See pages 14 and 15 for more photographs and visit the JKV Facebook page ([www.facebook.com/johnknoxvillage](http://www.facebook.com/johnknoxvillage)) for additional pictures.

- 20** JKV Volunteers Honored
- 21** Scholarship Fund Earns An 'A'
- 22** Technology Allows Residents, Staff To JKVConnect
- 22** JKVConnect Schedule
- 23** Entrepreneur's 'Shark Tank' Success Story Hooks JKV
- 23** Task Force Member's Take On JKVConnect
- 24** Additional Resident Veterans

## COMMUNITY INFO

- 24** Donations
- 26** Fitness Group Class Schedule
- 26** Community Bus Transportation Schedule
- 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.

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### Looking for a previous issue of our magazine?

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



**JOHN KNOX VILLAGE**

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

651 SW 6th Street  
Pompano Beach, FL 33060

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





# JKV Wins BEACON & PINNACLE AWARDS For Highest Wellness Achievements and Exceptional Contributions



By Kim Morgan, Village Voice Contributor

John Knox Village has won the 2019 ICAA NuStep Pinnacle Award, which honors the Top 5 (#4) Senior Living Communities in North America for its "Exceptional Contributions" and the Beacon Award, which recognizes the Top 25 "Best in Wellness."

JKV received the prestigious awards during the annual International Council on Active Aging conference, held recently at the Gaylord Palms in Orlando. JKV was recognized as best-in-class for successfully fostering a wellness-centered environment to benefit all who live and work on our 70-acre community.

The award was created as a joint effort between ICAA and NuStep, LLC, a major manufacturer of recumbent cross-trainers used in communities such as JKV.

The ICAA is responsible for leading, connecting and defining the active-aging industry. CEO and founder Colin Milner told the **Village Voice**: "Senior living communities have long been aware of how important wellness is for the health and well-being of their residents, but in recent years, wellness has evolved



After his presentations at John Knox Village, ICAA Founder Colin Milner (second from left) met with residents and staff (L-R) Tom McKay, Jan Spalding Fitness Studio Manager Marsha Dixon and Marketing Director Kim Morgan.

opportunities and inspire participants to improve their quality of life."

Wellness is typically defined by seven key dimensions: Emotional, environmental, intellectual, physical,

very prestigious honors in the senior living sector. We pride ourselves in always staying relevant and forward-thinking for all of our 900-plus residents, so that each one of them continues to pursue purpose, stay active and engaged, with the security of being cared for into the future."

As the older adult population continues to grow and more individuals seek a better, longer life, where they choose to live is becoming increasingly important. How communities structure their wellness culture can have a significant effect on health and longevity.

It's more than just practicing wellness; it's about having it permeate all aspects of life. As winners of the Pinnacle and Beacon awards, John Knox Village is leading the way.

***'John Knox Village has successively partnered with its residents and staff to create relevant, meaningful opportunities and inspire participants to improve their quality of life.'***

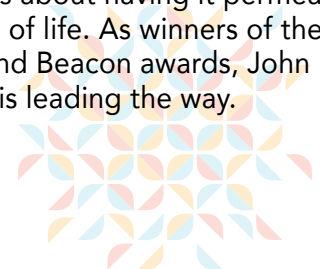
from being a programming option to becoming a way of life."

This evolution is also reflected in a survey recently conducted by the ICAA, Milner said. The survey found that 59 percent of senior living communities state their business model will be wellness-centered with care services by 2023.

"John Knox Village has successively partnered with its residents and staff to create relevant, meaningful

social, spiritual and occupational. When each of these dimensions is equally nurtured and prioritized, it can enhance a sense of well-being among residents. It is this commitment and acknowledgement of how important wellness is for older adults that elevates resident health to new heights.

JKV President Gerry Stryker said: "We are incredibly proud to be recognized by the ICAA for these two





# Kick Start New Year At NSU Art Museum

**NSU ART  
MUSEUM**  
**FORT LAUDERDALE**

By Jessica Graves, Public Relations Director NSU Art Museum Fort Lauderdale

Kick start the new year with a visit to one of John Knox Village's many cultural arts partners—The NSU Art Museum Fort Lauderdale.

Plan a visit to enjoy the exhibitions at the NSU Art Museum Fort Lauderdale. Museum hours are Sunday: Noon - 5 p.m., Tuesday-Saturday: 11 a.m. - 5 p.m. and closed on Mondays.

Events take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd. Space is limited for the events listed. Reservations are required. To reserve your spot, email: [moareservations@moafl.org](mailto:moareservations@moafl.org) or call (954) 262-0258.

## **New Exhibition: Transitions and Transformations On view through June 30, 2020**

"Transitions and Transformations" transforms "Remember to React," the previous installation of NSU Art Museum's collection, with the addition of new acquisitions, other works from the collection and works on loan to the Museum. The exhibition will continue to change over the course of the year as works are added and removed. Many works incorporate the element of time or suggest the passing of time. Others represent physical transformations, as well as turning points in the history of contemporary art.

Artworks from the collection include those by: Cecily Brown, Elaine de Kooning, Teresita Fernandez, Theaster Gates, Genevieve Gaignard, Phillip Guston, Christian Holstad, Jim Lambe, Glenn Ligon, Zanele Muholi, Catherine Opie, Andres Serrano, Cindy Sherman, Mickalene Thomas, Michael Vaszuez and others. Among the works on loan is Cookie's Doll, one of Julian Schnabel's early broken plate paintings. Transitions and Transformations is curated by NSU Art Museum Director and Chief Curator Bonnie Clearwater.

Also, on view: "Happy!" through July 5. "I Paint My Reality: Surrealism in Latin America" through June 30.

## **Free First Thursdays Starry Nights, Presented by AutoNation: Thurs., Jan. 2 from 4 to 8 p.m.**

Enjoy NSU Art Museum Fort Lauderdale's exhibitions, 2-for-1 drinks in the Museum Café and hands-on art projects for all ages. Free admission.

## **Art of Wine & Food: "Around the World in White" Thurs., Jan. 2 from 6 to 8 p.m.**

Join Todd Alleman from Trincherro



**Genevieve Gaignard, "Nothing Can Dim The Light That Shines From Within," 2018. NSU Art Museum Fort Lauderdale; purchased with funds provided by Michael and Dianne Bienes by exchange. Courtesy of the artist and Susanne Vielmetter Los Angeles Projects.**

Family Estates as he takes you around the world sampling four fabulous white wines to enjoy in the winter (Florida style) with small bites paired with each wine. Arrive at 5:30 for a docent-led tour of the highlights of the exhibition "Happy!"

Presented by Darcy J Beeman, CFP, Edward Jones. RSVP Required.

## **Bank of America Museums on Us: Sat. & Sun., Jan. 4 & 5**

Bank of America cardholders receive free admission to the Museum.

## **Second Sunday Film Series: "A Mirror for the Sun," Sun., Jan. 12 at 1:30 p.m. Tour / 2:30 p.m. Film**

Join NSU Art Museum and David Posnack JCC for a Sunday afternoon of art and film. A Mirror for the Sun focuses on Tamar Ariel, the first-ever Orthodox Jewish combat navigator and her life and death struggle during a hike in the Annapurna mountain range. A discussion with Ariel's family will directly follow the film. Film: \$9 for Museum members and John Knox Village residents; \$11 non-members. Film and tour: Museum members and John Knox Village residents tour free; \$22 non-members.

## **Art Talk: "Abstract Art" with Armando Droulers Wed., Jan. 15 at 10 a.m. Free**

Join the Friends of the Museum for a free lecture by art historian Armando Droulers on Abstract Art. Friends are invited to stay for the fellowship lunch in

the Museum afterwards. Cost for lunch is \$20. To RSVP please contact Ann Harsh.

## **Tea & Art History: "Behind the Scenes" Wed., Jan. 22, Tea at 2:30 p.m., Art History Lecture at 3:30 p.m.**

Join Barbara Buhler Lynes, Ph. D., Sunny Kaufman Senior Curator, for traditional British afternoon tea and discussion exploring what happens behind the scenes at NSU Art Museum. Tea begins at 2:30 PM with scones, finger sandwiches and sweets.

The lecture will focus on how the curatorial department at NSU Art Museum develops exhibitions that include works from private and public collections. Find out how objects are selected, what is involved in transporting works to the Museum, who decides how they will be displayed and who installs them. This illuminating talk will reveal how exhibitions are put together. \$35 for Museum members and John Knox Village residents; \$40 for non-members. RSVP Required.

## **Conversations on Collecting: "Art Hotels" Sat., Jan. 25 at 4 p.m.**

Discussion with Suzi Cordish and Cricket Taplin and NSU Director and Chief Curator Bonnie Clearwater. Sponsored by Northern Trust.

**For information about attending these events as a preferred John Knox Village resident, please call the Life Enrichment Department at (954) 783-4039.**





JOHN KNOX VILLAGE  
FOUNDATION

Take Joy in Being Part of the Story.

# *Thoughts On Being An Executor:*

## **The Executor's Challenge Part 1**

When my mother died in 2007, I had no idea that it would take nearly two years, as executor, to close out her estate. And she was a planner. There were not a lot of loose ends, so to speak. I know she chose me because I am the attorney.

My sister, the nurse, was the health care surrogate. It made sense. I was surprised at the amount of time I spent on her "simple estate." Wrestling with paperwork, faxing documents and traveling from Florida to Texas to meet with her attorney and stockbrokers became a way of life as I maneuvered the bureaucracy called probate.

Trying to wind up the lifelong affairs of my mother required generous amounts of free time, organization and patience. My mother had everything in order, but perhaps could have simplified her plans.

It occurred to me that some of our residents have no family to help them settle their affairs after their death. Others are, regrettably, estranged from their families.

These situations often cause them to look to their neighbors and good friends to act as executor of their estate. In Florida, an executor is called a "personal representative." I'll use the more general term "executor."

For some, this is an easy and uncomplicated process and should not be a burden to the person they have chosen. For others, they may wish they had thought harder about the time and effort required to act as the executor of an estate.

Acting as an executor has legal and fiduciary responsibilities. You are obligated to see that the wishes of the deceased are carried out and that all matters go through the process legally. For this reason, you want to make sure an attorney handles the filings and transfers

of assets. Final tax returns need to be prepared and filed so you will want the services of an accountant.

Here are a few questions you might consider before you agree to act as an executor of a friend's estate:

Do you have the time? Even when you hire an attorney to shepherd the paperwork of the will or trust, your time will be needed to gather the financial information from banks, mortgage servicers, investment firms, life insurance companies, real estate holdings and personal property like an automobile. The contents of their home will need to be inventoried as well. If they have moved to John Knox Village, hopefully this won't be as big an issue, but if they are still in the "family home" where they have lived for the last 35 years, it could be a gargantuan task for someone who isn't family.

Do you have the skills? Probably the greatest skill needed is organization. Are you good at setting up files, keeping a log of phone calls to lawyers, accountants and stockbrokers? If you cannot balance your own checkbook, I wouldn't recommend that you act as an executor. Would you call yourself a "detail person?" If not, being an executor could cause you a lot of stress. Sometimes you need to be a treasure hunter. Finding old stock certificates or forgotten safety deposit boxes come with the territory.

Next month I will finish describing the skills you should have to be an effective executor. I hope this is helpful. As always, please feel free to come see me in the Foundation office on the first floor in Cassels Tower, anytime. My phone number is (954) 784-4757.

With all good wishes.

—Nanette J. Olson  
Executive Director

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



# Savvy Senior

## Crashing Reminder To Live Life Full

By Anne Goldberg, Village Voice Contributor



Anne Goldberg

Not too long ago, I was on my way to see a client. It was just after noon and I was at a red light when I heard the crash. A sickening, crunching sound filled the air and I whipped my head around to see a silver minivan being pushed so hard by the oncoming blue SUV that it began to roll over... and over...

I sat frozen as I imagined the terror the driver must have been feeling and wondered if his seatbelt was holding him safely in place. When

the van finally stopped rolling over, it spun around on its hood a few times. As I watched in horror, I saw a sea of people who were close to the scene pouring from their vehicles and I could see them retrieve the driver of the van. They got him out through the window, somehow. This all happened within maybe 10 seconds.

My body began to shake. I was shocked at how life can radically change in the blink of an eye. Those drivers left their homes that morning with all the casual abandon that routine brings. They were you and me. They were our brothers and sisters, our children; and in an instant...life will never be the same again.

It took about 30 minutes for the shaking to stop. I was aware of every sound, every movement on the road around me. I could not shake the notion of how arbitrary it seemed. In that moment, it was so clear to me that this was a reminder to live life full out.

Why hold back? At any moment, the life we know can crack open and fall apart. It's the best reason I know to take hold of life and ride it out with all its ups and downs, joys and sorrows.

Do you see life as a downward spiral into old age or an upward arc into eldering? What are your dreams? What did you always put off "until tomorrow?" Why not do it now? Right here, right now, this very moment is the only thing you have control over. You get to choose what you want to do. What about tomorrow? It's filled with possibilities, while yesterday is a memory.

There's no time like the present to connect to the truth that every breath we take is our opportunity to be more, do more and contribute more. Be a Savvy Senior. Take advantage of the time you have here and now. Know your passion. Know your purpose. And if you don't know your purpose, stay tuned. There will be more posts on that in the coming months.

### The Art of Village Living

Anne Goldberg is teaming up with Dr. Larry Siegel for an eight-week series titled "The Art of Village Living," beginning Jan. 13. Classes will meet the second and fourth Mondays of the month at 1 p.m. in the Life Enrichment Center at The Woodlands.

Here is the schedule and topics:

- Jan. 13: **TMI: Too Much Inflammation**
- Jan. 27: **Cooking With Larry & Anne**
- Feb. 10: **Move For Life**
- Feb. 24: **Why Humor & Laughter Are Good For You**
- March 9: **Sex After 60 For JKV**
- March 23: **Prescription Drugs, Helpful Or Harmful?**
- April 13: **Demystifying Anti-Aging Medicine**
- April 27: **Tell Your Story**

All residents are invited to participate. Cost is \$40 for the full eight-week series, or \$10 for individual classes. Look for the tri-fold brochure in all the Village common areas. To sign up, email [LErsvp@jvkvl.com](mailto:LErsvp@jvkvl.com), or visit the Village Centre Lobby.

JOHN KNOX VILLAGE  
Where possibility plays

## The Art of Village Living

ANNE GOLDBERG  
THE SAVVY SENIOR  
THE ART OF LIVING LONGER  
A USER MANUAL FOR THE HUMAN BEING

An 8-week series  
presented by Anne Goldberg,  
"The Savvy Senior"  
and Dr. Larry Siegel,  
MA, AASECT, CSE

Anne Goldberg, *The Savvy Senior*, has a mission to help seniors know they are old enough to have a past and young enough to have a future. Her vision is to create an army of senior volunteers bringing their wisdom and experience back to the community. She helps seniors live into their future with vitality by teaching them how to use computers; with conferences & workshops on *The Art of Living Longer*; with decluttering & organizing; and with "Tell Your Story Videos", preserving the stories & wisdom of your life for future generations. [www.SavvySeniorServices.com](http://www.SavvySeniorServices.com)



# Rejuvenate Your Brain In 2020

## Positive Steps To A Mindful New Year

By Phyllis Strupp, Village Voice Contributor



If you have noticed your memory (short-term, long-term, any term) isn't what it used to be, it's time to roll up your sleeves and get busy. Your brain may need an energy boost to perform better for you in 2020.

The good news is that you already have a major source of rejuvenating energy within you: The wisdom you have learned from your decades of life experiences.

Human beings have won the evolutionary lottery when it comes to longevity. We can live upwards of 80 to 100 years or more, decades longer than other highly intelligent, social mammals such as chimpanzees (40-50 years), dolphins (40-60 years) and elephants (60-70 years).

### **Programmed To Impart Knowledge**

Why do we live so long? As the 20th Century psychologist Carl Jung pointed out, "The afternoon of human life must also have a significance of its own and cannot be merely a pitiful appendage to life's morning." A human being would not grow to be 70, 80, 90 or 120 years old if this longevity had no meaning for the human species.

Indeed, people over age 60 have

contributed a major benefit to the human species' success: Wisdom. Our wisdom flows from our memories of life experience as we search for belonging and love from cradle to grave.

As far as our brain is concerned, survival is the ultimate success. Our life story tells the tale of how we have managed to survive, first and foremost. How did we navigate through the manic highs and depressive lows of the human condition year after year?

But, it is not just personal survival to which our brains aspire. The survival of the people we love and the groups we belong to also matter to our brain. And how well we survive matters too: We want to thrive, not just barely survive.

The link between our personal story and these survival interests is the sharing of wisdom. Wisdom is the driver of our ability to survive and thrive as unique individuals in groups.

Wisdom is the quality of having experience, applying knowledge, and using good judgment for the common good, be it a relationship, family, or society. Wise elders have helped groups make adaptive decisions to get through tough times and avoid self-destructive violence. Sharing wisdom also keeps elders learning from others of all ages and remaining young at heart.

If we mind the glory of our story—our wisdom—we matter to ourselves and others. In a biochemical triumph of "mind over matter," pro-social hormones in the brain and gut generate powerful antioxidants that reduce inflammation and promote resilience. We survive and thrive.

### **Share Wisdom For Life-long Benefits**

So the human species' winning formula for rejuvenation over age 40 is: More days, more experiences, more brain connections, more memories, more wisdom to share, more social utility, more meaning, more smiling, more vitality, less oxidative stress, less inflammation, more years of life.

This wisdom-making work is never finished if we want to have a story and a brain that keep getting better with age. Some of the best opportunities for John Knox Village residents to share wisdom include:

- Volunteering on the Village campus
- Serving on a resident committee at JKV
- Getting involved with multi-generational activities offered by Life Enrichment
- Writing about your life experiences in the Silver Scribes' writing group
- Participating in a discussion group
- Having a meaningful conversation with neighbors and friends

To rejuvenate your brain and improve your memory, find new ways to share your wisdom and matter to others in 2020.

*"Old age is a crown of dignity, when it is found in the ways of justice." – Proverbs 16:31*

**John Knox Village is the only Life Plan Retirement Community in Florida to offer Phyllis Strupp's exclusive Train Your Brain® workshops. To learn more about the program and an upcoming Train Your Brain events contact the Life Enrichment Department at (954) 783-4039.**

*Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2016 book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it or lose it," based on successful outcomes from her 10 years of experience in brain coaching. Visit Phyllis' website: [www.brainwealth.org](http://www.brainwealth.org)*





Pete Audet  
President Resident Senate

My name is Pete Audet.

I was recently elected as Senate President for 2020. I'm a Chicagoan brought up and raised in the city, South Side.

My parents were both teachers—Dad at DePaul University, and Mom in the Chicago high schools. I left the nest at 17, graduated from Marquette University. The best summer job I ever had was as a deck hand on the Great Lakes oar boats.

After graduation I went in the Army for 2 ½ years stationed mostly in Germany as an Army Signal Corps officer. Jobs were tight when I got out, however I found work at Motorola, in what became their Information Technology (IT) Group.

Worked at Motorola for 27 years. About the same time, I joined Motorola, I met the gorgeous and intelligent (Mas-

ter's Degree in Education) Karen.

We got married in 1973 at the Pine Crest Chapel, raised twin boys who each have a daughter. In 1999 Motorola laid off more than 25,000 including our entire IT group.

Next, I found similar work to what I'd been doing, but now with AT&T. After 13 years with their IT group I retired. Shortly thereafter Karen and I moved from our home of 43 years in Oakland Park to John Knox Village. At JKV I've been a senator, committee chair, and one of our resident Board Members. Now I'm serving as President of the Senate.

I've seen the secret sauce we have at JKV, the mix of residents, management and board of directors that creates the wonderful Village we call John Knox. We residents do have quite a say in how things are run. We nominate and elect three of us to JKV's Board of Directors. They have full voting privileges and serve for a three-year term. Most Life Plan Communities in the country have possibly one, or none, as their resident board members. We have three.

Our Senate system is the resident's greatest voice here. Many times I've seen recommendations voiced by our residents enacted upon by our Administrators and Staff. Our voice is heard—heard by our Senators at cluster meetings, where information is shared and issues, concerns



Gus Miller (L) hands off the Senat Gavel to newly sworn-in Senate President Pete Audet.

and kudos are passed along to staff and management.

If you have an idea, pass it along. If you have a problem call the Plant Operations Department at (954) 783-4030. An AT&T TV issue? Call (954) 788-2000.

Our voices are also heard during each of the 12-committee monthly meetings where a staff member is present who takes our suggestions and concerns seriously. You can listen to our committee chairs share their reports at our bi-monthly Senate Meeting held at 1 p.m. on the second Monday of each even-numbered month in the Village Centre Auditorium.

I look forward to seeing you at one of these meetings. It's a great forum to keep abreast of what's happening at JKV.

—Pete Audet

## The John Knox Village Foundation



Tom McDowell  
Foundation Board Member

The Holidays are over and it's time to begin the annual task of assembling our tax information. Within a short time, the return will be ready to be filed and we can forget taxes for another year.

But wait...there is another step that could prove very beneficial. It's the perfect time to consider potential tax strategies and evaluate their possible impact on next year's return.

Many of those strategies involve charitable giving because, even with recent changes, our tax code is designed to encourage it.

Here are three possibilities:

Consider a "Qualified Charitable Dis-

tribution" (QCD) from your IRA. It allows taxpayers who have traditional IRAs and are over 70 ½ to donate their Required Minimum Distribution to a qualified charity such as the John Knox Village Foundation and reduce their taxable income by a like amount. That is especially important because, under the new tax law, many of us now take the standard deduction instead of itemizing and losing all the tax benefits of our charitable giving. Even those who still itemize deductions may receive lower tax benefits than would be available by directly reducing income with a QCD.

Another strategy is to purchase a "Charitable Gift Annuity" from the Foundation or another qualified charity. A CGA is created by donating a sum of money now in exchange for the payment of monthly income for the rest of the donor(s) life. The older the donor, the higher the rate of income. Donors receive a significant tax deduction in the year that the annuity is established and most of the monthly income is not taxed. CGAs are particularly attractive to people who plan to make bequests to a charity in their will, but are willing to accelerate those gifts in exchange for significant tax

benefits. They also appeal to individuals who want to receive a significant stream of monthly income that they cannot outlive.

Finally, it's a good time to review the beneficiary of any IRAs. Unlike common stock, which is valued at the market price on the day of owner's death, withdrawals from traditional IRAs are taxed just like wages if the beneficiary is a person. If the IRA beneficiary is a charitable organization, withdrawals are not taxed. Individuals who plan to leave some of their assets to charity are usually well advised to use their IRA for that purpose.

And by the way, they aren't just for the wealthy—we all can benefit from smart tax planning.

So why not take this time of year to talk to your tax advisor or trusted friend about tax planning? They can discuss the pros and cons and even perform "what if" modeling of the just completed tax return to demonstrate the potential benefits.

Nanette Olson, JKV Foundation Executive Director, is well versed in each of the strategies discussed and would be glad to assist as needed.

Happy New Year!

—Tom McDowell





## The Emergency Response Team That Is Wellness Nursing



Leslie Schlienger  
Home Health Administrator

### Providers of Care.

Since I started at JKV on July 5, 2016, we have intentionally shifted the way we promote the role of the Wellness Nursing. Before, there were many Wellness Nurse visits that provided support and tending to the residents, but were outside the parameters of what signifies independent residents. The Wellness Nurses were always intended to be a triage team.

Over many years it became the expectation that Wellness Nurses were available and expected to provide all kinds of care and services. We have worked steadily to educate the nurses and residents about the limitations of the Wellness Nursing Team in providing care and services to independent residents.

Residents moving into JKV are provided a move-in agreement that details the many services that are available to them as it relates to their ongoing Wellness and Health Care needs. Wellness Nurses are an emergency response team that assesses and triages residents when they request assistance, or pull their emergency cord. In order to enrich the recovery process, they make follow-up visits to make sure any



needed services that are ordered or requested have been initiated, as they should.

In addition, the Wellness Nurses attempt to do a yearly evaluation of residents. There are several good reasons for that visit. First, Wellness Nurses update the demographic data and health information, including medication changes. This information is kept in the resident's Wellness file. That is the information provided to paramedics or to the Emergency Room staff whenever there is a transport to the hospital. It is only good if kept current. Residents can visit Village Towers' Unit #107 to update their information as often as they like. This is a good opportunity to make sure your advance directive documents are current as well. If we do not have the correct con-

*Continued on page 21*

Most of the world loves nurses. Honestly, I am always treated with respect and sometimes have been protected in unsafe situations because I was there to help. I cannot stop being a nurse, no matter what situation and I bring that world view to every interaction.

I have been nursing others to wellness since I graduated in 1980. The world has seen a lot of changes since then. Back then, nursing students learning to become professionals did not have much of a focus on litigation.

Now, we must reflect on that concept in every aspect of our care. As one of the executive nurses on campus, it falls on me, with the help of other nursing colleagues, to assess resident needs and try to meet those needs within the scope of the Florida Nurse Practice Act, State and Federal Regulations for

## Home Health's Wellness Warriors Learn Dining Tips



**Dining Services Director Joe Mallen provided a "Fine Dining for the Frail" presentation to a dozen of the Cohort 5 Wellness Warriors, in the Private Dining Room. They are shown with Home Health Administrator Leslie Schlienger.**

Wellness Warrior Cohort 5 brings the number of Wellness Warriors ranks to 55. This class recently experienced a "Fine Dining for the Frail" lecture in the Private Dining Room.

Dining Services Director Joe Mallen led the dining etiquette discussion as 12 new Wellness Warriors enjoyed a lovely meal. Table settings, serving, passing and clearing plates, as well as how to pour a glass of wine were reviewed.

Upon completion of this class, John Knox Home Health Agency will have nearly one-third of its Home Health aides trained as Wellness Warriors.

This year there will be three more Cohorts and the program will continue indefinitely. Some of the training materials used are videos that were purchased by RAS for home health education.

"Thank you, RAS, for investing in our staff," said Home Health Administrator Leslie Schlienger.



## Circle These Dates For JKV's

# ARTSage ALLIANCE EVENTS

By Marty Lee, Village Voice Contributor

The year is just beginning and the ArtSage Alliance, a cooperative artistic venture of John Knox Village (JKV), the Venetian Arts Society (VAS) and Nova Southeastern University (NSU), has a great schedule of events to start 2020. JKV has a long-standing partnership with The Venetian Arts Society (VAS), a South Florida fine arts organization that provides a unique opportunity for an intimate, and interactive, artistic experience with world-class artists from the great stages of the world, stimulating conversation and a connection with artists and like-minded arts enthusiasts.

Make your plans now to join in the arts celebrations in January as the ArtSage Alliance presents an Art & Antique Appraisal Fair, and a meet and greet with Author Barbara Lefka. Then in February, the legendary operatic soprano and civil rights advocate Grace Bumbry comes to South Florida for a multi-day celebration of her life, career and social advocacy during Black History Month.

### Art & Antique Appraisal Fair

The ArtSage Alliance invites you to "Meet Us at the Fair," on Saturday Jan. 18 for an Art & Antique Appraisal Fair from 10 a.m. to 1 p.m. in the John Knox Village Centre Auditorium. If you are a fan of PBS's "Antiques Roadshow," you will want to attend, as the knowledgeable staff from Ft. Lauderdale's Abington Auction Gallery will assess your valued treasures. Abington excels in its evaluations of fine art, sculpture, jewelry, silver; mid-century porcelain, glass and crystal; furniture, Asian art and Objet De Vertu. We ask you to limit your treasures to what you can comfortably carry in your arms.

### The Cult Of The White Owl

Join us on Tuesday, Jan. 28 at 6 p.m. as Venetian Arts Society presents "The Cult of the White Owl" at Piazza Italia in Ft. Lauderdale. Meet Ft. Lauderdale author Barbara Lefka and get an introduction to her latest book, "The Cult of the White Owl." The reception starts at 6 p.m. with wine and hors d'oeuvres. The Literary Salon with Barbara starts at 7 p.m. A cameo concert by classical & flamenco guitarist Jose Angel Navarro will follow.

Champagne with the artists will follow the presentation. The salon presentation will be held at Piazza Italia, 904 East Las Olas Blvd., Ft. Lauderdale, 33301. Tickets are \$35 for VAS/JKV members. \$60 to the public.



*The legendary operatic star and civil rights advocate Grace Bumbry will be honored in February.*

### Black History Month With Grace Bumbry

In February, The ArtSage Alliance and the Broward County community celebrate Black History Month with a four-day presentation "Into the Future with Courage and Grace," a diverse series of events honoring yesterday and inspiring tomorrow. The special guest of honor will be Grace Bumbry, legendary African-American opera star and civil rights trailblazer. Plan to attend one or more events on Ms. Bumbry's schedule.

On Monday, Feb. 10 at 1 p.m. the VAS Cultural Arts Enrichment Series with sponsorship by JKV presents: "A Conversation with Grace Bumbry," which will include an interview, discussion and Q&A. Bobby Henry Sr. will be the ambassador and moderator. The "Conversation with Grace" will be held at Dillard High School in Ft. Lauderdale.

RSVP for Complimentary Admission to Willie@VenetianArtsSociety.org.

The program will include a video introduction to Grace Bumbry, an interview and discussion with the students on the current mindset, progress, and making an impact (even through being yourself). The topic will center around how the youth of today can "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history" and effect positive change.

The program will then come to the Village Centre Auditorium on Tuesday, Feb. 11 at 2 p.m. for a reprise of "A Conversation with Grace Bumbry," including an interview, discussion and Q&A. While the Monday event at Dillard High School will focus on the students, this Tuesday presentation will focus more on participation for the general audience.

On Wednesday, Feb. 12 at 6 p.m. VAS presents "Up Close & Personal," a tribute to the life and career of Ms. Bumbry. The presentation will include David Lee Brewer, international tenor, voice teacher, coach, agent and producer. Ms. Bumbry will be presented as a "2020 VAS Icon of the Arts Honoree." The tribute will begin at 6 p.m. with a wine and hors d'oeuvres reception presented by John Knox Village with the program to follow. You are invited to stay for champagne and dessert with the opportunity to meet and greet Ms. Bumbry.

*Continued on page 13*



*Photo Image of the CD cover of "Grace Bumbry - Famous Opera Arias by Verdi/Cilea/Catalani/Massenet."*





**White House photo of President Barack Obama and First Lady Michelle Obama with Kennedy Center Honorees in the Blue Room of the White House, Dec. 6, 2009. From left; First Lady Michelle Obama, Mel Brooks, Dave Brubeck, Grace Bumbry, Robert De Niro, Bruce Springsteen, and President Barack Obama.**

The event will take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd., Ft. Lauderdale, 33301. Tickets for JKV residents are \$35. General Public \$60. NSU Students/Staff Complimentary.

### **Lift Every Voice And Sing**

Join us on Thursday, Feb. 13 at 6 p.m. at the Nova Southeastern University's Miniachi Theatre for a musical tour de force. "Lift Every Voice and Sing...a Concert Celebration," will honor Ms. Bumbry. Among the many

performing artists will be the National Award-Winning Dillard High School Jazz Ensemble; Historic Mount Olive Baptist Church Choir; Dr. Richard Todd Payne, baritone; Alexander Star, Emmy Nominated Hip Hop Artist & Writer; Nicole Henry, international jazz vocalist; and Felix Spengler on piano.

Also featured will be Nilda Comas, master sculptor for the historic commission of Mary McLeod Bethune for the U.S. Capitol; the NSU Black Student Union; an NSU Student Visual

Art Exhibition; NSU Student Dramatic Reading; and NSU Student Dance (Hip hop). The program starts at 6 p.m. with a wine and hors d'oeuvres reception presented by John Knox Village. Remain after to program to meet all the artists and enjoy champagne and dessert.

Tickets for JKV residents are \$35.

**To RSVP for any of these events please email [LEERSVP@jkgvfl.com](mailto:LEERSVP@jkgvfl.com) or sign up in the Village Centre lobby.**

### **Logos of VAS' Supporters**







# Between Parade And Party, JKV

John Knox Village's 35th Annual Holiday Parade is one of the most anticipated and beloved of events staff puts on for the residents. Each department put on its creative thinking hats to come up with a float fitting the "JKV

Goes Hollywood" theme, there were also marching bands, dignitaries, as well as staff from our Rejuvenate Spa & Salon.

Earlier the same week the Auditorium was bedazzled







## Becomes A Winter Wonderland

in a Winter Wonderland scene with a polar bear, acrobatic Holiday Fairy, good food, fun music and dancing. Here are some entertaining photos. To view more pictures from both events visit the John Knox Village Facebook page

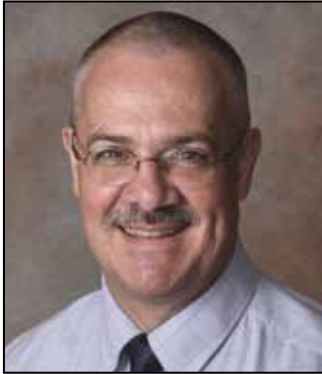
at [www.facebook.com/johnknoxvillage](https://www.facebook.com/johnknoxvillage) and click on the "Posts" link on the left-side of the page. If you have not done so yet, please "Like" us on Facebook.

-Rob Seitz, Village Voice Editor





## *JKV's Religious Diversity Makes Faiths Clearer, Stronger* **Interfaith Thanksgiving Service Bring Residents, Staff Together**



Rev. Darryl Powell  
Spiritual Life Leader

During Thanksgiving week we had an extraordinary celebration of gratitude for the diversity of faith and spirituality on the John Knox Village campus. We recognized the fact that we have many religious traditions being actively practiced by staff and residents.

Many of our spiritually minded neighbors are Jewish, Protestant (of at least a dozen different traditions, some traditional and conservative, others more liberal), Roman Catholic, Orthodox Christianity, Buddhist, Muslim, Unitarian, Jehovah's Witness, Church of Jesus Christ of Latter Day Saints (Mormon), The Unity Church and those identifying as Spiritual but not Religious.



**A sampling of the religious literature was on display during JKV's Interfaith Thanksgiving Service.**

I'm certain there are more.

During our Interfaith Thanksgiving Service we also acknowledged that there are residents and staff who are agnostic or atheist. In short, we celebrated diversity.

However, it was more than a celebration of the existence of spiritual diversity. In a deeper sense, it was a celebration that JKV is a community where



**Celebrating JKV's religious diversity. Participants in our recent Interfaith Thanksgiving Service were (L-R): Organist Arnie Nilsen, Violinist Alexander Mikhaylovsky, Rev. Louise Morley from Unity Church, John Mandt (The Protestant Christian Community), Rev. Darryl Powell, Rev. Jim Garretson, Pompano Beach Mayor Rex Hardin, Barbara Rietberg (The Roman Catholic Community), Shahid Ullah (The Muslim Community) and Carol Strandberg (The Buddhist Community). Peggy Golden representing the Jewish Community was unable to attend.**

people of a wide variety of religious practices and spiritual understandings can openly and safely practice their faiths. Some suggested it was a celebration of a deep sense of religious tolerance.

Personally, I don't like the concept of tolerance. Tolerance suggests to me, "I completely disagree with your faith, but I'll put up with it to keep the peace."

The Village's spiritual culture has moved well beyond tolerance, into a realm of appreciation and understanding.

Here, spiritual people will grow in their spirituality knowing their faith is honored by others. Shahid Ullah, one of our Guides at The Woodlands, is a practicing Muslim. Not comfortable with public speaking, he nonetheless quickly and joyfully offered to represent the Muslim community at the service. We heard his prayers in Arabic. He taught us their meaning in English. And we understood how important his faith is to him. (And then he happily informed us, with a great big smile, that he and his wife are expecting their first child, a girl they are naming Grace).

There aren't many communities in the world where people of differing faiths can live in proximity and in harmony. JKV is a rare community where respect for one another's religious traditions is a reality.

In my earlier years sincere spiritual

people warned me that other religions were false and that they would pull me away from our "True Faith."

They would tell me, "it is best to avoid them so as not to be polluted by their false teachings. Pray for them, but don't mix with them." Today, I am embarrassed by such teachings. My faith as a Christian is deeper and stronger because Shahid is my friend and is teaching me about his Muslim faith.

My faith is richer because my friend, Cassels Tower resident Carol Strandberg, introduced me to Buddhist teachings. If you are firm in your beliefs, the beliefs of others are never a threat. Instead, they very well can be a source of understanding that will enrich your relationship with God.

May your faith be clear and strong. May your relationship with God grow deeper in knowledge and experience. May you bless and inspire others with your faith. May the faith of others be a blessing to you.

—Rev. Darryl Powell

*Spiritual life opportunities at John Knox Village are growing in number and variety. Remember that all Spiritual Life programs, services and events are open to everyone. For more information contact Rev. Darryl Powell at (954) 784-4748 or [dpowell@jknvfl.com](mailto:dpowell@jknvfl.com)*





## In Good Taste: This Crusty Salmon Dish Is Cheerfully Delicious

By Rob Seitz, Village Voice Editor

It is not hyperbole to consider cooking as an art form and to take that consideration one step farther, cooking can be thought of as a performance. When John Knox Village needs a culinary show, all eyes turn to Executive Chef Mark Gullusci.

With a full house of outside guests, many visiting John Knox Village for the first time, the Johnson & Wales University-trained cuisinier did not disappoint, as he took the stage for a recent cooking demonstration.

After providing the many benefits derived from salmon—protein, vitamin B12, potassium, selenium and Omega-3 fatty acids—Chef Mark went on with the show. He demonstrated how to make

the potato pancake mix that would encrust the pink fillets, then made a classic French *beurre blanc* sauce of butter, white wine and heavy cream.

He seared both sides of the salmon to give it the crusty texture enjoyed by all the guests. The recipe is below. Enjoy!

### Potato -Encrusted Salmon In Beurre Blanc Sauce

(Serves 4)

- 4 5-oz. Salmon filets
- Potato Mix
- 3 cups frozen hash browns
- (or 3 leftover baked potatoes, shredded)
- 1 cup Spanish onions
- 3 eggs
- Salt & Pepper to taste
- Pinch granulated garlic
- Mix in bowl

### Beurre Blanc Sauce

- 2 shallot bulbs chopped
- 2 cups white wine
- ½ tsp. white pepper
- Reduce 80 percent
- Add 3 cups heavy cream
- Reduce to 70 percent
- Fold in ½ lb. soft cubed butter
- Blend well

### Method Of Preparation:

Place ¾ cup potato mix in hot non-



**John Knox Village Executive Chef Mark Gullusci proudly shows off his culinary creation.**



**Chef Mark's potato-encrusted salmon will have a golden brown crust, by following this recipe.**

stick pan with 1 tbsp. blended oil. Put salmon on top of mixture upside down (skin-side up). Use rubber spatula to push potato mixture on sides of fish. Pan sear 3 minutes. Gently turn over. Sear bottom of Salmon 2 minutes. Place fish on cookie tray in 400-degree oven for 15-20 minutes (until internal temperature of 140 degrees is reached).



# Now In 12th Year, JKV Honors 16 Silver Angels Awards Celebrates True Humanitarian Spirit

By Rob Seitz, Village Voice Editor



*There were 16 Silver Angel winners, representing 12 houses of worship, honored for their selfless charity work during John Knox Village's recent Silver Angels Dinner and Awards ceremony.*

Frequent John Knox Village freelancer Marty Lee and then-Marketing Director Bob Milanovich created John Knox Village's Silver Angels Awards Dinner and Ceremony 12 years ago to honor the area's selfless seniors who quietly go about their mission of humanitarian work.

Recently, 16 humanitarians representing an even dozen houses of worship, were recognized for their true sense of charity in their dedication to a cause or need and have aided others with their time, talents and efforts.

Through his tremendous involvement within the greater community, JKV's Spiritual Life Director Rev. Darryl Powell emceed the event, personalizing the ceremony in his own spiritual manner.

During the dinner, President and CEO Gerry Stryker explained that the awards honor unsung heroes in the greater community, as well as noting that more than half of the Village's residents volunteer their time and talents,



**John Knox Village Spiritual Life Director Rev. Darryl Powell emceed the 12th Annual Silver Angels Awards Dinner and Ceremony which honored 16 selfless humanitarians from the greater community.**

so the awards are a reflection of the public-spirit that is a hallmark of the JKV community dedication.

"The Silver Angel Awards were created to recognize those who you normally would not hear about," Stryker said. "They are people who do not seek glory, who do not look for attention or ask for credit. They are like Nike... They just do it. Ours is a better community thanks to these folks."

Here is the full list of 2019 Silver Angels:

- DeeDee and Steve Utz from Calvary Church
- Bettye Grant from First Baptist of Ft. Lauderdale
- Cyle Morpeth from First Presbyterian Church of Pompano
- Darlene Wrona from New Presbyterian Church
- MaryAnn and Albert Marcantonio from St. Gabriel Catholic Church
- Linda and Graham Taylor from St. Martin Episcopal Church
- Dr. Harvey and Myra Saff from Temple Shalom
- Michele Souter from Kadampa Meditation Center in Ft. Lauderdale
- Maria Feliciano from St. Henry Catholic Church
- Dr. Arthur Kanev from The Sanctuary Church
- Diana Annis from Shepherd of the Coast Lutheran Church
- Ildefonso "Ilde" Gonzalez-Rivera from St. Nicholas Episcopal Church



# LIVING WELL CORNER

## No Hindsight In These 2020 Healthy Tips



Marsha Dixon, BS C-EP

Now that the dust has settled on 2019 and the festive holidays have passed, it's time to review the New Year resolutions made during the countdown to 2020. We normally hope for happiness, exciting discoveries and even include the wish for a healthier lifestyle.

Take a moment to review your list of resolutions. Did it include a promise to be more active, eat healthier, or shed a few pounds? It's very likely that at least one of

your resolutions involved some sort of exercise. The benefits of regular exercise are many: Lower blood pressure and cholesterol, reduced risk of cardiovascular disease and type II diabetes.

Exercise also builds strength and improves cognitive thinking. So why is it so hard to stick with an exercise routine? If you have not yet put your fitness plan into action, you are not alone. Research shows that close to 71 percent of Americans make good on their fitness promises—for about two weeks and less than 50 percent fulfill their fitness goals. Regardless of how many days you have marked off the calendar since Jan. 1, there are ways to renew your fitness vows. Here are a few motivational tips.

- Set a start date. Once you have made the decision to

restart your fitness program, declare the start date with a mark on your calendar. Your start date should be within two weeks.

- Designate a specific time for your workout. If you are a morning person, plan your workouts prior to the afternoon. If you have more energy in the afternoon or evening, schedule your workout then.

- Set small and reasonable goals. Setting goals that are challenging, but possible to obtain, give you the drive to do the work. Losing 15 pounds in one week or running 10 miles a day are not realistic goals and chances are you'll become discouraged and discontinue the entire regimen.

- Start by committing to just 10 minutes a day. After starting with 10 minutes, gradually increase your time. A 10-minute walk or bike ride flies by in no time. Take the time to build confidence and stamina and eventually increase your workout. Within weeks you'll feel a natural desire to increase your time.

- Participate in exercise activities you like. Everyone has a preference when it comes to exercise. Your fitness program should be enjoyable and easy to engage. If you are not interested in the machines in the Fitness Studio, take a group exercise class. If you prefer walking outdoors, skip the use of an indoor treadmill. You are most likely to stick to an exercise routine with which you enjoy and are familiar.

- Record your workout as a way to check your progress. Recording your results along the way helps keep you motivated and focused. Tracking your progress also reveals the gains

*Continued on page 25*

## NUTRITION NOTES

### Veggie-Based Pastas? Think Oodles Of Zoodles



Rachel Graham

The trend of plant-based products continues to grow in all different aspects of the food industry. As more and more people are wanting to follow low carbohydrate diets, you can now even eat your pasta made from non-flour based sources such as brown rice, quinoa, lentils, chickpeas and more. But are they really healthier than the real deal and which ones should you choose?

"Zoodles," fresh vegetables used in place of noodles, are clearly

ly the healthiest option. Zoodles are made by taking veggies like sweet potatoes, cucumbers, squash or zucchinis and using a machine to slice them into long, curly strands. Boil for a few minutes and they are ready to go with your favorite sauce or cheese topping.

Even though Zoodles are a terrific substitute for flour-based pastas, consumers must beware: They taste nothing like real noodles, require a lot more work to make and they go bad within a few days.

Need more fiber in your diet? Bean-based pasta alternatives made from things such as chickpeas, lentils or black beans have more protein and fiber than regular pasta. Bean-based pasta can be made in a variety of ways, from grinding beans into a flour and combining them with thickening agents to just combining ground bean powder with water.

Many bean-based pastas are gluten-free and have less carbs than regular pastas, but beware, bean-based pasta can be

high in calories with a smaller portion size. So read the food labels.

Many are fooled by the pastas out there that claim to have "vegetables" in their ingredients, like green spinach pasta or red tomato pasta. Many of these pastas are just regular pasta made with a bit of vegetables, often in powder or puree form. Some companies go so far as to claim that their pastas contain a full serving of vegetables, however they often lack all the nutrients you would normally get from a full serving of steamed or fresh spinach.

For those who are gluten-free, quinoa pasta is a great choice since it doesn't get mushy when it's cooked and tends to be higher in protein than other gluten-free varieties. Most contain high amounts of fiber and iron as well and cook in no time.

The healthfulness of any type of pasta, regular or alternative, depends largely on what you choose to serve with it. No matter what kind of pasta you choose, pairing it with a ground beef or heavy cream sauce like Alfredo will triple the caloric and fat intake of that meal. Try topping yours with tomato-based sauces, vegetables or yesterday's leftovers. Serve it as a side dish to help cut down your portion size and try to limit the amount of times per week you eat it.

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





# Residents Inducted Into Volunteer Hall Of Fame

## John Knox Village recently inducted 12 residents into its Class of 2019 Volunteer Hall of Fame.

The Senate Volunteer Services Committee received many nominations from previous inductees and staff who work with volunteers, Senate Executive Committee members, Resident Senate Committee Chairs, Senate Standing Committees, RAS, Chapel, Employee Scholarship Committee, and choral groups.

Of the many dedicated nominees, the following volunteers were selected: Pete Audet, Amy Barrow, Dave Bayer, Barbara Bradley, Rick Brown, Peggy Golden, Emmerson Harris, Shelby Harris, Susan King, Don Lampe, Phyllis Neuberger, and Bea Wilbur.

"We are so grateful for their tireless efforts on our behalf," said Marti Engel, JKV's Meaningful Life and Volunteer Manager.

Earlier that same day in the



*Twelve residents were recently inducted into the Class of 2019 JKV Volunteer Hall of Fame. They are shown with President Gerry Stryker.*

Auditorium there were booths with information about the many opportunities for volunteering at JKV.

Among them were Newcomers, Meaningful Life, Life Enrichment, The Woodlands and Seaside Cove, Gardens West, Volunteer Services, Fitness Center, RAS, Life Bio, and choral groups.

"For those of us who have taken advantage of these opportunities,

it is a wonderful way to meet like-minded folks and to give back to the community which sustains us," Marti added.

Volunteer badges have been created for those who had signed up for them and were also available. For more information on volunteering at JKV please contact Marti at (954) 784-4762 or email [mengel@jkvfl.com](mailto:mengel@jkvfl.com)



*Phyllis Neuberger was not available for the group photo. She is shown with her award and COO Bill Pickhardt.*

## Vision Plan Projects Masterfully Transforming Our Village

*Continued from page 3*

living throughout the spacious open floor plans. A number of homes will have access to private gardens, along with towering floor-to-ceiling windows and balconies.

Westlake construction is anticipated to begin early Summer 2021, with move-ins starting in Spring 2023. This timeline could be accelerated if Priority Deposit goals are met sooner than scheduled.

As JKV's newest residents, Westlakers will also enjoy choosing and customizing their new homes from a selection of one and two-

bedroom floor plans, many with dens, and all thoughtfully designed for the entertaining of friends and family. Two penthouses are also in the unit mix.

Everyone at JKV will enjoy enhanced water views as the entire community undergoes a huge expansion of its current lakes system. Additional amenities in Westlake will include covered parking, as well as first-floor common space offerings ranging from a Bistro-like restaurant and mini-theatre as well as a Sacred Space, to art studio, business offices and a Sacred Space.

The Westlake Pavilion will rise at the northwestern corner of the

project, with its 400-seat multi-purpose performing arts center, terrace and outdoor dining and much more.

Through all the changes, one constant remains for "our" residents and that is the peace of mind that comes from living in a Life Plan Retirement Community with its all-inclusive comprehensive long-term care life plan health care continuum, along with a full-range of lifestyle opportunities to enjoy **Where Possibility Plays.**

—Monica McAfee  
Chief Marketing & Innovation Officer  
[mmcafee@jkvfl.com](mailto:mmcafee@jkvfl.com)  
(954) 783-4073



# Scholarship Fund Earns An 'A'

When you call for a Wellness Nurse, do you know who answers your call and, efficiently and pleasantly, gets the request to the right person?

Well, neither did I before I had the chance to meet Jacquie Allen-Randall. Jacquie is that wonderful person answering the call who helps make sure we are all safe at JKV. Her responsibility is then to provide follow-up for Independent Living residents after an emergency call, by arranging discharge from a hospital when required, communicating with doctors, arranging transportation, lab and X-ray appointments, and even free meal delivery from the dining room, if necessary.

Some 14 years ago, Jacquie came to JKV for "six months." Now, 14 years later, she is still here and wouldn't want to be anywhere else. She loves working with the residents and staff. Jacquie worked at the Health Center for eight years before transferring to the Wellness division in 2014.

She is currently a Licensed Practical Nurse and is now working toward her Associate of Science Degree in Nursing (ASN) at Mercy Hospital College of Nursing, with an expected graduation date of April 2020. She then will work toward her certification as a Registered Nurse and will begin working toward a BSN (Bachelor of Science

Degree in Nursing) which will require another one to one-and-a-half years.

Jacquie has two children, her 29-year-old daughter is an admissions coordinator at Lakeview Care Center in Delray Beach. Her 12-year-old son is in seventh grade at Central Charter School.

Her life outside work is primarily focused on her son and his sports activities. She is a self-proclaimed sports fanatic and enjoys being a "soccer mom."

Jacquie has received two JKV Scholarships—the first paid for her nursing prerequisites and the second is now supporting her efforts towards her ASN degree. She asserts that the scholarships have made a huge difference in her life, allowing her to continue her education without the additional worry of providing for her family.

The scholarships for which Jacquie is very grateful were made possible by YOUR generous donations to the Scholarship Fund. You can be certain that every penny given goes to the recipients without any administrative costs.

Please note that you can make donations in three ways: By giving a single donation to the Founda-



*Jacquie Allen-Randall has been at JKV for 14 years. Thanks to two generous scholarships by residents she is pursuing her ASN Degree in Nursing.*

tion Office, arranging for monthly donations added to your JKV invoice, or including this fund in your estate planning by contacting the Foundation Office.

You make it possible for worthy employees to advance in their careers and enrich our lives at JKV. Thank you.

—Norma Jenkins, CT Resident and Scholarship Fund Publicity Chair

## The Emergency Response Team That Is Wellness Nursing

*Continued from page 11*

information, it could delay effective communication to family and health care surrogates, which is not ideal.

Second, that visit informs our team of resident's safety and self-care status. JKV has a committed responsibility to ensure the safety of all its residents. That accountability cannot be waived by any individual because they don't want to participate. In fact, residents who refuse to participate are often the ones most at risk.

We work very hard to keep residents in their homes because there is no doubt that most of us would choose that option over any other. When risky

situations are identified, there is often a creative solution that allows the individual to remain at home. The Transitions Team, which is made up of social workers, nurses, and administrative leaders, works with residents to identify options and coordinate solutions.

At JKV, it's the availability of the Wellness Nursing team that permits us to mitigate some of the risk and therefore extend the period a resident can remain independent at home.

Wellness Nurses are first responders and sometimes second and third responders, however they are not a substitute for appropriate care in the home. The Wellness Nurse is not

permitted to perform skilled nursing tasks other than first aid, unless they are acting as agents of the John Knox Home Health Agency. Wellness Nurses are not able to provide in-home care on their own because it is not legal and they must also be available to respond to other resident emergencies.

We hope this clarifies the role of the Wellness Nurse. Every Wellness Nurse is willing to provide guidance as to how to solve a problem. Please be aware that the options may not include the nurse doing the function you request of him or her.

—Leslie Schlienger



# Technology Allows Residents, Staff To

## *JKV Connect*

By Marty Lee, Village Voice Contributor

John Knox Village residents wanted a better way to connect and they got it—JKVConnect.

JKVConnect, uses state-of-the-art technology from Caremerge, a Chicago, IL-based company, for its resident engagement portal to allow current residents to view information about programming, dining menus, sign-ups for activities and other important community documents.

This technology will be yet another method to keeping JKV's nearly 1,000 residents in the know. Additionally, JKVConnect saves staff hours of time by automating management and maintenance duties. JKV's Life Enrichment team can quickly schedule activities, get-togethers and other community events and quickly alert everyone at JKV.

Among its many benefits, JKVConnect will allow residents to manage their daily calendars, request assistance from the Maintenance Department and check the community page, all from the same dashboard.

"With residents ranging in age from their 60s to our 17 centenarians there is not a one-size-fits-all method to communicating with everyone, JKV Communications Manager Rob Seitz told *The Village Voice*. "For some, a pen is their 'computer,' and then for a vast majority of others their appetite to embrace the best and newest technologies is ravenous."

This new method of communication is the result of three years' worth of work by a JKV Resident Engagement Task Force, which consisted of residents, working in conjunction with staff, including Nicholas Sconiers, JKV Production & Technology Coordinator.

Sconiers has been providing general overviews to residents in groups as well as more individualized training sessions on how the platform looks, as well as snapshots of how it will be able to help residents.

"With JKVConnect, the user controls what information to see and how long to see it before looking for anything else," said resident Art Battista, a member of the Village Communications Committee as well as being involved in the JKVConnect pilot program. "The longer [we]

have it, the more robust it will become. I see it as a means of emergency communications. It's also the easiest way to see Village news quickly and immediately. Residents will be able to find contact information about other residents and village personnel. Residents can also be notified if an event is cancelled."

While on a 17-day cruise from Dubai to Singapore, East Lake apartment resident Elizabeth Cobb, said she stays up to date on the Village's goings-on through JKVConnect.



**John Knox Village Production & Technology Coordinator Nick Sconiers provided residents with information on utilizing the Village's new portal—JKVConnect. He has an ongoing schedule of small classes in January and February.**

"Residents can easily send messages to other residents and to staff," said the Resident Engagement Task Force participant. "I will use this [JKVConnect] on all available platforms [computer, tablet, phone, Alexa], but mostly on my smartphone."

## *JKV Connect Schedule*

**All classes are held in Village Towers Unit #212**

**January (Each Tuesday & Thurs.)**

**Tuesday, January 7**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Thursday, January 9**

10:30am-12pm (Session 1)

2pm-3:30pm (Session 2)

**Tuesday, January 14**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Thursday, January 16**

10:30am-12pm (Session 1)

2pm-3:30pm (Session 2)

**Tuesday, January 21**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Thursday, January 23**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Tuesday, January 28**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Thursday, January 30**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**February (Each Tuesday & Thurs.)**

**Tuesday, February 4**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Thursday, February 6**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Tuesday, February 11**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Thursday, February 13**

10:30am-12pm (Session 1)

2pm-3:30pm (Session 2)

**Tuesday, February 18**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Thursday, February 20**

10:30am-12pm (Session 1)

2pm-3:30pm (Session 2)

**Tuesday, February 25**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**Thursday, February 27**

9:30am-11am (Session 1)

1:30pm-3pm (Session 2)

**JKV Production & Technology Coordinator Nick Sconiers can be reached at (954) 784-4739 or email [nsconiers@jkvfl.com](mailto:nsconiers@jkvfl.com)**



# Entrepreneur's 'Shark Tank' Success Story Hooks JKV

## Signal Vault Founder Starts Biz With

*\$1 Lotto Ticket*

By Rob Seitz, Village Voice Editor

It only took a couple minutes into his Season 7 pitch to the cast of "Shark Tank" for Chris Gilpin to get the nibble he wanted. He ran a black billfold in front of a less-than-\$25 scanner and was able to acquire credit card information of "Shark" Mark Cuban.

Gilpin showed the cast how his credit and debit card protector could block that information from hackers and identity thieves.

"Sharks" Lori Greiner and Robert Herjavec bit and offered the Sanford, FL resident \$200,000 for 25 percent of his fledgling business—Signal Vault.

The Queen of QVC brought the young entrepreneur onto the popular in-home shopping television show where he sold out his entire inventory in eight minutes. Fast forward two-and-a-half years and the company is now boasting \$2 million in annual sales.

Gilpin launched his company in 2013 after a \$1 lottery ticket he purchased cashed out for \$7,908.

"It's fun to say I started the company with \$1," the former National Crime Stop Program Senior Consultant recently told a crowd in the John Knox Village Centre Auditorium, there to hear his identity theft and safety seminar. "My passion has always been helping people and this grew to helping consumers fight identity theft."

"There's good news here as it relates

to identity theft...Florida is no longer Number One in the country for identity theft," which drew cheers from the guests. "The bad news is, it is Number Two."

Gilpin cited the huge annual influx of tourists and large number of senior citizens as reasons why hackers and identity thieves put a bull's eye on the Sunshine State.

He told **The Village Voice** some of the reasons seniors are prime targets are because: "Senior citizens tend to be more trusting, they have more savings and are less likely to monitor credit and financial accounts [on a daily or even more frequent basis] and many do not know who to contact when they become a victim." Gilpin added, that 90 percent of elder abuse, whether financial, physical or mental is committed by a family member.

In his nearly hour-long presentation Gilpin provided several suggestions to avoid becoming victims to ID theft, including:

- Avoid clicking links in emails and messages



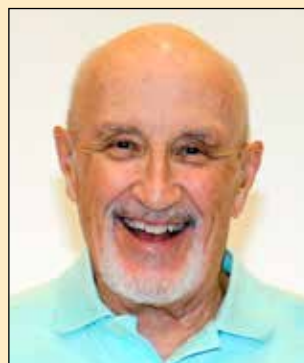
**Chris Gilpin, a winner on the TV show "Shark Tank" for his credit and debit card protector invention, provided JKV residents with a number of security suggestions during a recent presentation in the Auditorium.**

- Make social media accounts private
- Avoid providing TMI—Too Much Information
- Scammers can "spoof" phone numbers to look legitimate, so beware
- Never give out personal information to an unverified caller
- If it seems too good, or bad, to be true—just hang up

Along with a plug for Signal Vault, Gilpin's presentation offered his personal message of hope.

*"Never let the fear of failure stop you from reaching your fullest potential."*

## Task Force Member's Take On JKV Connect



Dr. Michael Featherstone

**Webster** defines a portal as a door or entrance—especially a grand or imposing one. Science fiction movies frequently portray portals as entrances to new and often different worlds, environments and experiences.

John Knox Village is now offering a portal of its own, which will provide residents a new world of engagement with each other, as well as immediate access to events and happenings around our own very special environment. JKV's new

Resident Engagement Portal is referred to as JKVConnect and while it resides in a cyber-space cloud, it is easily accessible by simply clicking on an icon and typing your name and a personal password you'll select. And it's not at all imposing.

The system was developed by Caremerge, a company located in Chicago, IL. Along with the other benefits the system promises to offer is a significant reduction in the amount of paperwork required to keep residents informed.

Our system consists of 12 modules, which encompass a universe of activities accessible from anywhere there is an internet connection. A **Calendar** will provide a comprehensive list of various activities available both on and off campus. One can choose to view all events or only those they plan on attending—a handy reminder for those of us who might be late for the occasional appointment now and then. Of course, that doesn't include me... not really.

A **Directory module** lists all members of the JKV community, as well as a listing of all residents who are active users of the system: A handy way to connect to JKV staff. The **Publications module** provides quick access to our familiar magazines. For example, the current iteration of the system incorporates the "Bravo Book," the cultural arts guide to all regional goings-on.

The **"Weekly"** publication merits its own status as a distinct module. And how often do we like to check the many **Dining options**? Frequently, if you're like Barbara (Morningstar) and me. Now it's just a touch away.

There is a **Daily News** module with everyday necessities like resident birthdays and the current census listings. The **Notices module** will keep you informed of the latest AT&T updates and

*Continued on page 25*



# Donations To The Village



## Donations received during the months of October - November 2019

### To John Knox Village

#### Employee Scholarship Fund

Bowling, Marilyn  
Cason, Ernest & Maude  
through the Cason Trust  
Costigan, Pat  
in memory of Migdalia "Meg" Alvarado  
Jenkins, Norma  
Knowles, Lee  
Lamberton, Chris  
Loree, Sally & Paul  
Meyer, James & Barbara  
Milanovich, Rosie & Bob  
Ryba, Geraldine  
Stevens, Edwin  
Welch, Fran

### To John Knox Village Foundation

#### 50th Anniversary Capital Campaign Fund

Crossley, John  
Hipskind, Andrea  
Kitson, Carol  
Meyer, James & Barbara  
Olson, Nanette & Mark  
Spalding, Jan  
Stryker, Gerald & Carol Dumond  
Wilbur, Bea

#### Benevolent Endowment Fund

Michel, Fred & Irene  
through the Michel Trust  
Miller, Romaine

#### Chapel/Village Centre Maintenance Fund

Hay, Priscilla

#### Charlotte Symonds Fund

Busenburg, Mary  
Milanovich, Rosie & Bob  
Scharrett, Karen  
in memory of Mildred Low

#### CNA Training Fund

Milanovich, Rosie & Bob

#### Gardens West Fund

Meyer, James & Barbara

Morningstar, Barbara &  
Michael Featherstone  
in honor of Karen Audet &  
Eleanor Smith

#### Health Center Other Fund

Miller, Romaine

#### Heritage Tower Improvement Fund

Little, Jeanne

#### Maggie Goetz Birds Fund

Bowling, Marilyn  
Matthews, Nancy Lee  
in memory of Mary McCormack  
Morningstar, Barbara &  
Michael Featherstone  
in honor of Betsy Bousfield

#### Residents Assistance Fund

Cason, Ernest & Maude  
through the Cason Trust  
Halsey, Alison  
in memory of Don Broaddus &  
in honor of Jack Huizenga  
Harris Family Trust  
Milanovich, Rosie & Bob  
Urbina, Rose  
in memory of Mary McCormack

#### Rose Garden & Oak Tree Fund

Morningstar, Barbara &  
Michael Featherstone  
in honor of Barbara Kuntz

#### Toshiko Inouye Fund

Bowling, Marilyn

#### Transportation Fund

Cardinal, Bev  
in memory of Mary McCormack  
Hay, Priscilla  
Heger, David & Ken Raiten  
Jones, Rita  
in memory of Kate Dolan  
Matthews, Nancy Lee  
in memory of Migdalia "Meg" Alvarado  
& Mary McCormack  
Patriss, Don  
Sams, Harriett

#### Unrestricted Fund

Archard, Ann  
in memory of Don Broaddus  
Burroughs, Barbara  
in memory of Don Broaddus  
Cuddy, Joyce  
Frazer, Kit  
in memory of Don Broaddus  
Gambino, Maddy & Ray  
Haun, Twylah & David  
Heger, David & Ken Raiten  
Huizenga, Jack  
Hyatt, Jane  
in memory of Elizabeth Estler,  
Louise Spencer & August Strandberg  
Levey, Mark & Ken McAlice  
in honor of the RAS Workshop staff  
Loree, Sally & Paul  
Naylor, Harvey  
Smith, Eleanor  
in memory of Don Broaddus  
Spalding, Jan  
in memory of Don Broaddus  
St. Martin, Sondra  
in memory of Mildred Low &  
Mary McCormack  
Sweet, Besty  
Swoboda, Anne  
Swift, Margaret  
in memory of Mildred Low  
Wilbur, Bea  
in memory of Don Broaddus

#### Wellness Park Fund

Urbina, Rose  
in memory of Fargo,  
Mary McCormack's cat  
Welch, Fran

#### Wings On The Water Fund

Morningstar, Barbara &  
Michael Featherstone  
in honor of Margo Lewis

#### Woodlands Fund

Al-Anon Group  
Brown, Donna  
Johnson, Herb  
Knowles, Lee  
Reba, Geraldine  
St. Martin, Sondra  
in memory of Gene Smith

## Additional Resident Veterans

Several residents were not listed on the Veterans Day page that appeared in the November-December 2019 issue of the John Knox **Village Voice**. They are listed here, and equally appreciated for their years of military service to our country:

Fred Chekanow  
Ron Davis  
Sam Kessell

U.S. Coast Guard  
U.S. Army  
U.S. Coast Guard

YN3  
Private 2nd Class  
Chief E-7



# 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**



**THE Woodlands**  
AT JOHN KNOX VILLAGE

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

SNF1258096

## LIVING WELL CORNER CONTINUED

*Continued from page 19*

you've have make in strength and endurance. Before and after pictures are other tools to view your success.

- Get a workout partner. Make your workout sessions a time for social interaction. Exercising with someone is fun and holds both partners accountable to the fitness plan. A partner can encourage you to keep pushing. Working out with a spouse or significant other also has its perks. Studies have shown that exercising with a loved one can boost the quality of your romantic relationship. Bottom line: Couples that sweat together, stay together.

- Switch it up. Avoid the monotony of a mastered workout routine and add variety to your program. You may discover a new fitness passion you weren't aware of. JKV's Fitness professionals are always available to revive your workout and recommend new and exciting challenges.

- Don't be hard on yourself. When incidents arise outside your control you may be unable to work out, but don't allow a bump in the road to deter you from achieving your goals. Continue where you left off and strive toward higher gains.

- Celebrate your successes. Be proud of your accomplishments and the results you have achieved. Even the smallest achievements should be celebrated. The completion of a fitness challenge or goal is enough to be praised. Go beyond the goal you've reached and look toward other possibilities in fitness.

Recommitting to an exercise program can be difficult, especially if some time has lapsed. Just because you were unable to fulfill all of last year's resolutions, doesn't mean you can't get back into action. At JKV we understand the importance of health and wellness and strive to promote and provide an environment that embraces active healthy living. So, lace up those sneakers and get moving. Let 2020 prove to be a successful year in all your fitness endeavors.

—Marsha Dixon  
Fitness Manager, ACSM C-EP

### Task Force Member's Take On JKVConnect

*Continued from page 23*

provide information on service requests. Need info on current renovation's impact on access to swimming pools? It's in the Notices, along with current campus expansion progress. Can't attend a Senate Meeting because you're homebound or traveling? The **Videos module** will keep you informed within hours of the meeting's end. It includes a history of videos ranging from social events to educational lectures provided on campus.

Forget the television, this module alone can provide countless evenings of entertainment. **Campus Info** provides information for your Senate representative, as well as access to the JKV management team. We've found the **Maintenance Request** section to be a real timesaver. It takes only a minute or two to fill out and you can view the status of current as well as past requests.

The **JKVConnect Survey** allows each user to provide feedback on the system's performance and usefulness.

Finally, there is a **Page Index module**—a handy "all-in-a-glance" look at the content of all the modules and of course a system **Help module**.

JKVConnect will also keep you posted on personal notifications and allows a campus-wide method for scheduling personal events and messaging other residents. The system is available on a wide range of devices, from desktop computers and laptops to tablets like iPads Notebooks and even your smartphone—but only use the latter if you have good eyesight.

The best news of all may be that we have a staff dedicated to providing guidance and instruction in all aspects of the system. We've already begun scheduling training programs and I wouldn't be surprised to see some additional training in the Videos section in the not too distant future.

—By Dr. Michael Featherstone, VT Resident and member of JKVConnect Resident Engagement Task Force



## FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell
8:30 a.m. – 9:00 a.m. Morning Meditation	8:30 a.m. – 9:00 a.m. Morning Meditation	8:30 a.m. – 9:00 a.m. Morning Meditation	8:30 a.m. – 9:00 a.m. Morning Meditation		
	9:00 - 9:45 a.m. Tri Level Fitness		9:00 - 9:45 a.m. Strong Slow Flow		
9:00 a.m.- 10:00 am Water Exercise LA Fitness Refer to swim guide	9:00 a.m.-10:00 a.m. Leisure Swim LA Fitness Refer to swim guide	9:00 a.m. - 10:00 a.m. Water Exercise Marriot Refer to swim guide	9:00 a.m.- 10:00 am Leisure Swim LA Fitness Refer to swim guide	9:00 a.m.-10:00 a.m. Water Exercise LA Fitness Refer to swim guide	9:00 a.m. - 10:00 a.m. Water Exercise LA Fitness Refer to swim guide
9:15 - 10:15 a.m. Cardio Pump	9:15 - 9:45 a.m. Chair Exercise @ GW	9:15 - 10:15 a.m. Aerobics II	9:15 - 9:45 a.m. Chair Exercise @ GW	9:15 - 10:15 a.m. Aerobics II	
	10:00 - 11:00 a.m. Mat Pilates		10:00 - 11:00 a.m. Mat Pilates	10:30 - 11:00 a.m. Posture & Balance	
11:00 - 11:30 a.m. Chair Exercise @ GW		10:30 - 11:30 a.m. Tai Chi with James			
	11:15 - 12:00 p.m. Zumba		11:15 - 12:00 p.m. Barre Fitness	11:15 - 11:45 a.m. Morning Meditation	
1:15 - 1:45 p.m. Better Balance		1:00 - 1:45 p.m. Strength & Balance		1:00 - 1:45 p.m. Strength & Balance	
2:00 - 2:30 p.m. Gentle Stretch	1:00 - 1:45 p.m. PWR!Moves	2:00 - 2:45 p.m. Chair Yoga	1:00 - 1:45 p.m. PWR!Moves	2:00 - 2:30 p.m. Gentle Stretch	
	2:15 - 2:45 p.m. Posture & Balance	2:15 - 2:45 p.m. Chair Exercise @ VT	2:15 – 2:45 p.m. Chair Fitness	2:15 - 2:45 p.m. FUNctional Chair Exercise @ LEC	

\*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
9 - 10 a.m.	9 - 10 a.m.
10 - 11 a.m.	10 - 11 a.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	783-4036
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, Joann Fabrics	BANK OF AMERICA		St. Henry's Catholic
CHASE BANK	ONE TRIP ONLY	Dollar Store	CHASE BANK	Wal-Mart Superstore	Calvary Chapel
HSDC BANK		Ross Dress for Less	HSDC BANK	1:00-2:30PM	St. Gabriel Parrish
STONE GATE		2nd & 4th Wed of month	STONE GATE	ONE TRIP ONLY	Coral Ridge Presbyterian
		9:30-12:00PM			Christ Church Un. Meth
		ONE TRIP ONLY			Pompano Lutheran
			Pompano Citi Center		St. Martin Episcopal
			1st Thursday of month		St. Colemans
			10:00AM-12:00PM		
			ONE TRIP ONLY		
COPIES ARE AVAILABLE IN CASSELS TOWER TRANSPORTATION					





# 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**

<b>ACCOUNTING</b> (Questions about your monthly bill) .....	(954) 783-4091
<b>ACTIVITIES</b> (Questions or to sign up for upcoming programs).....	(954) 783-4039
<b>ADMINISTRATION</b> .....	(954) 783-4021
<b>AT&amp;T TELEVISION SUPPORT HOTLINE</b> .....	(954) 788-2000
<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 6th 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>HOME HEALTH AGENCY</b> .....	(954) 783-4009
<b>HOUSEKEEPING</b> .....	(954) 784-4727
<b>MAIN GATE</b> (SW 3rd 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 CASSELS TOWER</b> (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.) .....	(954) 783-4013
<b>REJUVENATE SALON WOODLANDS</b> (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.) .....	(954) 247-5817
<b>RAS CURIOSITY SHOP</b> (Tuesdays, 9-11 a.m. and Thursdays, 2-4 p.m.) .....	(954) 784-4753
<b>RESIDENT RELATIONS/SOCIAL WORK</b> (Call Joanne Avis) .....	(954) 783-4023
<b>SEASIDE COVE</b> .....	(954) 546-6000
<b>SWITCHBOARD/MAILING SERVICES/CHANNEL 8001 UPDATES</b> (Call Lynne Hunt) .....	(954) 783-4000
<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> Pete Audet .....	VT 613
<b>Vice President:</b> George Baczynski.....	HT 514
<b>Secretary:</b> Amy Barrow .....	CT 1706
<b>Treasurer:</b> Ellen Isaacs .....	SG 604
<b>At Large:</b> Beverly Cardinal.....	HT 302
<b>At Large:</b> Bill Spiker .....	CT 506
<b>At Large:</b> Eleanor Smith .....	LS 407
<b>Former President:</b> Gus Miller .....	LS 109
<b>Resident Board Member 1:</b> Jan Spalding .....	LS 401
<b>Resident Board Member 2:</b> Diane Barton .....	LS 317
<b>Resident Board Member 3:</b> Tom McKay .....	HT 403

*Committee Chairs:*

<b>Building, Grounds &amp; Hskpng:</b> Harry Wood .....	HT 1007
<b>Communications:</b> Nancy Peltzer .....	HT 819
<b>Dining Services:</b> Kit Frazer .....	SG 532
<b>Fiscal:</b> Terry Colli .....	NE 501
<b>Gardens West:</b> Karen Audet .....	VT 613
<b>Health Care Services:</b> Tom McDowell.....	HT 718
<b>Legislative:</b> Fred Depenbrock .....	EL 214
<b>Library:</b> Marcia Ellington.....	HT 404
<b>Life Enrichment:</b> John/Diane Dalsimer .....	CT 315
<b>Long Range Planning:</b> Dick Mellett .....	CT 1415
<b>Security, Safety &amp; Transportation:</b> Reed Brown.....	LS 303
<b>Volunteer Services:</b> Art Battista .....	NE 603



# Join The National Touring Company For 'Presidents And Their First Ladies'

**George and Barbara Bush**  
**Thursday, Jan. 16 at 2 p.m.**  
**In The Village Centre Auditorium**

*"Presidents and Their First Ladies"* returns to John Knox Village, as William and Sue Wills present a dramatic portrayal of our 41st President George H. W. Bush and First Lady Barbara. Over the past 24 years, the Wills have given over 5,000 presentations of the *"Presidents and Their First Ladies"* programs. RSVPs are required.

**Call the Life Enrichment Department at  
(954) 783-4039 or sign-up in the  
Village Centre Auditorium.**

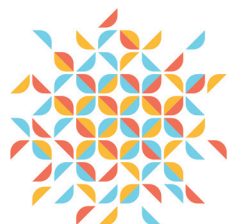


## **Our Mission Statement:**

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)