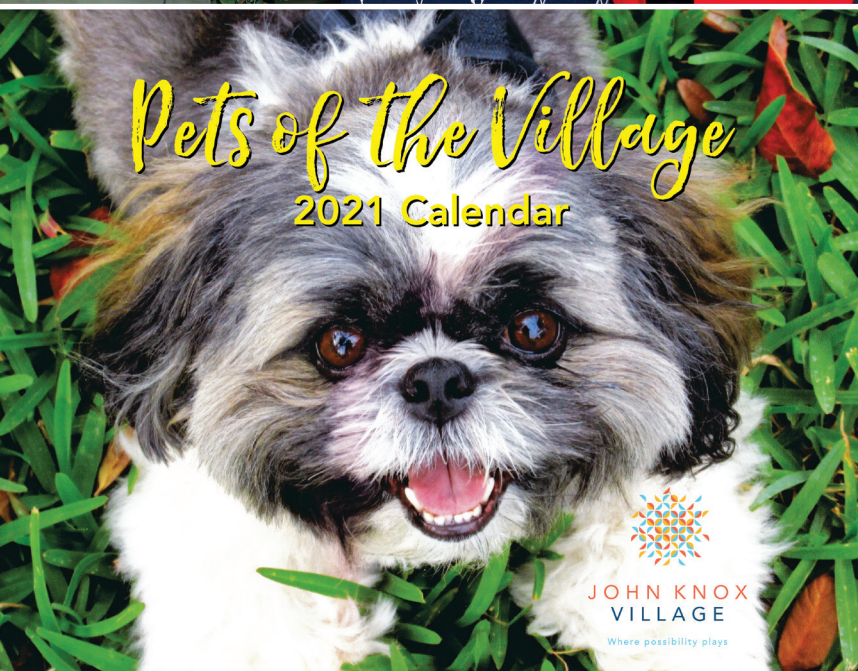


VOICE



- INSIDE:** • A New Year, A New Day – Page 3
• 2021: A Year For Moving Forward – Page 8
• JKV Spirit Unbroken By COVID-19 – Page 18

JKV Bids Foundation Boss BON ADIEU

Residents and staff literally came out in droves to honor Nanette Olson as she retired from the JKV Foundation as its Executive Director. Due to COVID-19 concerns this was a drive-up event at the Village Centre Porte cochere.

Bearing congratulatory and farewell signs, the Village showed the type of support for Nanette and the Foundation she enjoyed during her more than eight years at JKV. We wish you well Nanette!





JOHN KNOX
VILLAGE
Where possibility plays

A New Year, A New Day

Vision For Residents, Staff Is Promising, Bright And Unlimited

I think we are all in agreement and can take delight in saying, "so long, farewell, auf wiedersehen, and goodbye to 2020!"

With that said, it is always with hope, anticipation, and optimism that we look forward to a New Year. We anticipate that the COVID-19 vaccine will be successful in eradicating the spread and prevention of the virus.

With caution we will slowly begin to move in a direction that brings us back to a place of where we were at the start of 2020, before the world was impacted by the virus.

The silver lining of hope amidst the uncertainty of this past year has given us all pause. I believe we hold many things more dearly to our hearts. We gleaned that we have a greater capacity than we realized for gratitude, patience, resilience, acceptance, appreciation, love and admiration for our family, friends, community and the world.

With this optimism creativity will continue to blossom, and new and innovative ways to enjoy life, provide care and interact with one another will continue to grow. I hope this will be at the core of how we all approach 2021.

Everyday life should be rich with these feelings of hope.

As we move into 2021 our focus through programming will be "Keep Calm and Village On: Embracing Meaning, Mindfulness and Mentorship."

We will introduce new partnerships and engage with the broader community in more meaningful and diverse ways. We will be introspective and at the same time keenly aware of the world around us. We will look closely at how we walk side-by-side with residents and staff in creating

Continued on page 20

Monica McAfee
Chief Marketing &
Innovation Officer



ON THE COVER

Clockwise from top left: Broward Sheriff's Deputy Aaron Moore honored retiring JKV Foundation Executive Director Nanette Olson (far right) with a plaque for her years of service to the greater community, as Foundation Assistant Odalys Rosua looks on.

Residents and staff took part in the Alzheimer's Walk on campus and raised more than \$1,400 for the cause.

Cassels Tower residents John and Diane Dalsimer presided over the first night of Hanukkah ceremonies on campus.

Contact the Life Enrichment Department at (954) 783-4039 to order your very own Pets of the Village 2021 Calendar. (Photos courtesy Marty Lee)

VOICE

Discover

What's Inside?

Vol. 45 Number 1 | January-February 2021

IN EVERY ISSUE

- 3** News From Marketing
A New Year, A New Day
- 5** John Knox Village Foundation
Changing of the Guard (and the Year!)
- 8** News From Spiritual Life Director
2021: A Year For Moving Forward
- 10** Senate News & JKV Foundation
- 17** In Good Taste: Chef Mark's Puttanesca Recipe
Paints A Delicious Portrait Of Campania
- 18** Living Well Corner
JKV Spirit Unbroken By COVID-19
- 19** Nutrition Notes
Don't Be A Drip, Take A Sip And Avoid Dehydration

FEATURED STORIES

- 2** JKV Bids Foundation Boss Bon Adieu
- 5** Foundation Assistant Say Thanks For Memories Past and Future
- 6** Hanukkah—The Festival Of Lights Shines Brightly At JKV
- 7** For 2021 Focus On What Makes You Happy, Not Crappy
- 9** JKV-Groovy Tek Partnership Eases Resident Technology Frustrations
- 11** Sleep...Follow Your Dreams For Better Health & Longevity
- 12** Resolve To Relieve Brain Constipation in 2021



JKV residents and staff came out in droves to honor Nanette Olson as she retired from the JKV Foundation as its Executive Director.

- 13** Residents Were Kiln'n It At 2nd Pottery Painting Project
- 14** Projects' Progress & Accomplishments
- 16** VAS Imagining New Ways To Dream
- 21** Rear View: A Year Of Change For Your FLiCRA Chapter
- 22** JKV Residents, Staff Honored Nov. 11 During Veterans Day Ceremonies
- 23** FLiCRA Flash
- 23** Fire Safety Reminder
- 26** In Case You Missed It

COMMUNITY INFO

- 24** Donations
- 27** Important Contact Info

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

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

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

Photographers: Marty Lee Word of Mouth Advertising & Rob Seitz

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

Chief Marketing & Innovation Officer: Monica McAfee

Looking for a previous issue of our magazine?

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



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPANO BEACH

651 SW 6th Street
Pompano Beach, FL 33060

To Learn More Info Contact
(954) 783-4040

web JohnKnoxVillage.com
Facebook, Twitter, Instagram icons

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.





JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.

Changing of the Guard (and the Year!)



Suzanne Higgins

Happy New Year! It is a time for new beginnings, but I would like to take this opportunity to recognize and offer our/my heartfelt gratitude to Nanette Olson, who retired at the end of 2020.

Nanette served as Executive Director of the John Knox Village Foundation for the past 8-½ years and did an outstanding job educating JKV residents about

ways to financially support the Village with a myriad of opportunities in which to contribute.

With Nanette's deep commitment and dedication to philanthropy, she was able to significantly increase donations to the many JKV Funds and Endowments, lead us through a very successful capital campaign for The

Woodlands, the Wellness/Dog Park, the boardwalk from The Woodlands to the Wellness Park and has secured substantial gifts and pledges for the Aquatic Complex, the Westlake Pavilion and the amenities housed there.

She significantly increased the number of members in our Legacy Society and made sure they felt appreciated for those future gifts to the Foundation.

The greatest legacy anyone can leave behind is to positively impact the lives of others. Whenever you add value to other people's lives, you are unknowingly leaving footprints on the sands of time that live on.

Thank you, Nanette!

The Foundation's new Executive Director, Mark Dobosz, started at JKV on Dec. 14. Welcome Mark. We look forward to continued successes with the JKV Foundation under your leadership.

—Suzanne Higgins
Foundation Board Member

Foundation Assistant Say Thanks For Memories Past and Future

In March, I will celebrate being part of the John Knox Village Foundation for seven years.

All I can say is, "where has the time gone?"

I have enjoyed working with (Executive Director) Nanette Olson and will greatly miss her as she retired at the end of December 2020.

She is an amazing, intelligent, thoughtful, caring person with a heart of gold for the residents. I have learned so much from working alongside her all these years.

I have learned about philanthropy, fundraising, serving our community through Sharing and Caring, the importance of estate planning and most importantly, developing relationships. Getting to know you makes working here great.

I want to take this moment say thank you. I am thankful for getting to know so many of you over the years.

When I first started working here, I thought I would never remember so many names. Today I not only know names, but oh-so many faces. Your visits really make my day. You are the reason I love the Foundation and everything it represents.

When I look around campus and I see The Woodlands, the walkway to The Woodlands, the Wellness (Dog) Park, the beautiful landscape, the Rose Garden, and most recently the Aquatic Complex, I get emotional in knowing how much your gifts truly make a difference to John Knox Village.

You, dear residents, are wonderful and amazing.

If we have not met yet, stop by and say hello. I'd love to meet you.

If we are already friends, I miss seeing you. Stop by and



Odalys Rosua, JKV Foundation Assistant, enjoyed many moments together with retired Executive Director Nanette Olson (L), including dressing up for a peanut butter and jelly sandwich-making drive as part of a Sharing & Caring project.

say hello...at a COVID friendly distance.

My office is on the first floor of Cassel Tower.

Here's to a happy and healthy 2021!

—Odalys Rosua
JKV Foundation Assistant

Hanukkah

The Festival Of Lights Shines Brightly At JKV

The spirit of Hanukkah was in the nippy night air on the evening of Dec. 10th. Once it was deemed that the Wellness Park would be too dark at sundown to safely hold the ceremony, the lighting of the Menorah was held in the open area between Cassels Tower and the Patio Dining Room.

With seating spaced out appropriately following JKV's

strict COVID-preventive protocols, CT residents John and Diane Dalsimer provided a history of Hanukkah, as well as prayers, before the official lighting of the Menorah took place. The ceremony was followed with residents enjoying traditional potato latkes with sour cream, apple sauce and hot or iced apple cider.



John and Diane Dalsimer led the readings and prayers on the first night of Hanukkah.



Through modern technology the Hanukkah Ceremony could be sent to family and friends.



COVID-19 did not stop residents from taking in the Hanukkah Ceremony. Seating was arranged with the JKV-mandated six-foot physical distancing and all wore facial coverings.



Beth Shires (L) and Rosie Milanovich enjoyed the Hanukkah Ceremony.



Furman Square is all decked out for the holidays.



After the lighting of the Menorah, residents enjoyed potato latkes with sour cream, apple sauce and cider.

For 2021, Focus On **What Makes You Happy, Not Crappy** **Every Moment Provides Chance To Create Something New**

By Anne Goldberg, Village Voice Contributor & Savvy Senior



Anne Goldberg

anteeing a year filled with travel. And in the Philippines, cracking a window or door is believed to allow negative energy to leave and good energy to enter.

Whatever your New Year's tradition, it offers the opportunity to review and reminisce "time passed and time past" and set intentions (resolutions) for different habits.

Given my belief that each moment presents the opportunity to create something new, I view the "new year" as nothing more than any other "new" moment in time that can happen any day of any week of any year.

There is nothing more significant about making a resolution on New Year's Day than any other day because at any point in time we each have the capacity to think a different thought, to direct our lives in a different way.

Most people were very happy to see 2020 end, hoping that 2021 will usher in a new period of calm and normalcy. The thing is, If you want 2021 to be a better, happier year, your resolution might be to

to see each day as an opportunity to create something new and meaningful in your life.

May love and laughter light your days, and warm your heart and home, may good and faithful friends be yours, wherever you may roam. May peace and plenty bless your world, with joy that long endures, may all life's passing seasons, bring the best to you and yours. ~ old Irish blessing

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

...we each have the capacity to think a different thought, to direct our lives in a different way.

"Lady Day." For cultures that follow a lunar calendar, there are different celebrations on different days of the year.

New Year's traditions and celebrations vary around the world.

In Spain, they eat exactly 12 grapes, one at each clock bell strike at midnight. In Denmark, people stand on chairs and "leap" into January at midnight for good luck. In Colombia, people take empty suitcases and go for a walk around the block, supposedly guar-

see each day as the chance to start new, to direct your thinking to those things that leave you feeling happy, not crappy, to accept the "what is" in your life and still be okay with it.

The great power we have is control over our thoughts and actions, and exercising that leaves us feeling empowered.

Be a Savvy Senior. This New Year choose to focus on memories and resolutions that leave you feeling happy, not crappy and resolve



2021: A Year For Moving Forward

By Rev. Dr. Bridgette A. Sullenger & Rev. Jamie Champion, Village Voice Contributors



Rev. Bridgette Sullenger
Spiritual Life Leader

As Alice was moving about Wonderland she had cause to fret, "I knew who I was this morning, but I've changed a few times since then."

Sounds a little like 2020. It seemed that every time we turned around it was something different, sometimes in the same day. What is the best part about 2020? It is now all behind us.

So now what?

It is 2021 and even though there are parts of 2020 that linger into the New Year, we can learn and move forward.

Swami Vivekananda, the 19th Century Indian mystic, said, "if you fail a thousand times, make the attempt once more." And we certainly will not give up because of a bad day or a bad year. We keep moving forward.

Moving forward is what we have done since time began and what we will continue to do as time goes on. As humans we appreciate the need to change, grow and learn.

So, how do we move forward?

First, we have to do a little bit of self-reflection. As Alice would tell us, "it's no use going back to yesterday because we were a different person then." Reflecting on the

past without reliving it is an important step.

When we continually relive the past, we get stuck in a cycle that could potentially never end and then we fail to live in and enjoy the present: Sort of like Alice flipping, plunging, and turning about as she tumbles towards the unknown, going nowhere fast.

It is difficult to make progress when we continually relive the past. On the other hand, when we reflect on the past, then we are extracting pertinent information that we can use to help us overcome previous obstacles and move forward.

Imagine, driving a car and looking through the windshield. The windshield is approximately 90 percent of our view and allows us to look forward and keep moving. The side and rearview mirrors get the other 10 percent and are there to keep us safe while we are driving forward, yet they are not where we place our primary focus.

A great resolution, goal/challenge for 2021 would be to make it the year that we focus on moving forward.

Moving forward is easy to put into practice. We suggest writing down the answers to five simple questions:

1. What drives you/what are your passions?
2. What makes you happy?



Rev. Dr. Bridgette Sullenger and Rev. Jamie Champion co-wrote this article for the Village Voice.

3. What hobbies bring you satisfaction?

4. What do you envision for yourself in 2021?

5. Is there anything specific you want from life in 2021?

By reminding yourself of what you want to see and do in your life this coming year you are putting into practice your values, beliefs, reasons, and passions. Once you have answered these questions you are able to shift and change your focus and move forward with renewed enthusiasm.

As you embrace the changes of 2021, a good thought to keep yourself moving forward is to remember that you cannot start the next chapter of your life if you keep re-reading the last one.

Today, begin writing your story for 2021. Reflect on your hopes for the coming year and welcome the change for good this New Year.

Here's to moving forward into 2021.

—Rev. Dr. Bridgette Sullenger and
Rev. Jamie Champion

JKV- Groovy Tek Partnership

Eases Resident Technology Frustrations

By Rob Seitz, Village Voice Editor



GroovyTek personal technology trainer Jeff Waterhouse assists Phyllis Rhodes with her laptop as part of the new JKV-GroovyTek partnership.



GroovyTek VP & General Manager Barry Rogers talks with East Lake resident Bill Nazzaro, while Jeff Waterhouse discusses technology with Dr. Marie Brink, in the Village Centre lobby.



Jeanne Jordan (L) and Jan Spalding admire some of their new GroovyTek swag.



GroovyTek trainers can be seen scooting around campus in their, ahem "groovy," car—traveling from one resident appointment to another.

In the middle of one of South Florida's notorious thunderstorms, after having to cancel a highly anticipated Pickleball game with his co-workers, John Knox Village President & CEO Gerry Stryker was waiting out the weather in his car before entering a restaurant to enjoy a bite and a beer.

In his car, Stryker reopened a folder containing an advertisement from his Sunday newspaper about a company that helps people who feel frustrated with technology.

"In the pouring rain, in the middle of a parking lot, I called the company and ended up spending an hour on the phone," Stryker told *The Village Voice*. "We had aligned visions. At

John Knox Village, we believe in working with, for and alongside our residents and they believe in taking a personalized approach to teaching, grounded with respect and patience." **Partnering Senior Living With Technology**

Stryker had been on the hour-long call with Matt Munro, co-founder of GroovyTek, a nearly four-year-old company which saw a need for countering technology frustrations by developing a generationally appropriate training service and curriculum around the themes of exploration and empowerment, according to the company's website.

Thus, the John Knox Village—

GroovyTek partnership was born, adding to JKV's perennial reputation as a senior living industry innovator.

"When looking at new ventures and partnerships, we believe the most crucial element for success is genuinely understanding there is a shared sense of vision and mission between the organizations," said Munro. "It is easy for two groups to work together on task-oriented or straightforward projects. But, to create real innovation and change, it is critical to partner with groups that will put in the work, passion, and resources to build a new program from the ground up with a long-term future in mind."

Continued on page 25

As part of the JKV-GroovyTek partnership, residents are eligible for a free 20-minute consultation with a GroovyTek trainer, during which time your personal technology needs will be evaluated. To book your consultation sign up on JKVConnect or call Life enrichment at (954) 783-4039.

Like Last Year, For 2021 We're All In This Together



Pete Audet
President Resident Senate

Hi folks, have you kept any of your New Year's resolutions so far?

Did you make any? I've got one you ought to seriously think about...more on it later.

I think back on 2020 as a year that

proves we can be resilient as a civilization. We're all in this together, especially at John Knox Village...and I mean ALL.

Hopefully, the vaccine will take hold and send the pandemic to Memoryville. It was a year of masks redefining the Lone Ranger line "who was that masked man?" I admit some of the mask designs were creative—especially on some of the larger ones. I learned a new term "neck gaiter." Some found a new way to show school pride by putting their school logo on the cheek of their mask.

Maybe later this year we can add these items to a time capsule (and throw it into the deepest part of the ocean.)

We all became familiar with Zoom and the marvelous benefit of virtual

family reunions. The phone call has given way to the virtual video call. Meetings, working at home, family gatherings—all got a new expanded definition.

It did make family ties closer and will hopefully survive the fallout of the COVID-19 retreat. I can hear the call "ain't the internet great, fellow fledgling computer geeks." Naw, I really look forward to hugs, crowds, packed sports stadiums with roaring fans, restaurants: The Palm Bistro (when their great food can be served again), visiting folks in The Woodlands, Seaside Cove, and Gardens West: Not having my temperature taken at every entrance, or being quizzed about where I've been.

Hopefully, we'll be able to keep the

Continued on page 25

The John Knox Village Foundation



Kit Frazer
President John Knox Village Foundation



Lucinda Golfín Ortigao
Member, Foundation BOD



Darryl L. Hinkle
Member, Foundation BOD



Suzanne Higgins
Member, Foundation BOD

This is my third and final article giving you the background of our John Knox Foundation Board members. We have three Community leaders on our Board, plus six resident members. Let me introduce you to the members of our Board from the greater community.

Lucinda Golfín Ortigao, is retired from SunTrust Private Wealth Management. Lucinda is a Certified Financial Planner and Trust Officer with more than 20 years of comprehensive wealth management experience.

She is a past board member of the Florida Grand Opera and is active in Junior Achievement, American Cancer Society and the Broward Estate Planning Council. She serves on the

Development and Public Relations Committees of the JKV Foundation.

Darryl L. Hinkle is a Certified Public Accountant and a Certified Financial Planner. Darryl is a partner in Hinkle & Richter, a CPA firm in Pompano Beach. He has served as President of the Rotary Club of Pompano Beach and past President of the First Presbyterian Church of Pompano Beach.

He has also served as President of the Board of Trustees of the First Presbyterian Foundation. Darryl is on the Finance Committee of the JKV Foundation.

Suzanne E. Higgins is Director of Development for Henderson Behavioral Health. Her mother was a resident of our Health Center for several years

and Suzanne's brother works at John Knox Village.

Suzanne often says, "John Knox Village is like family to me." Suzanne is very involved in the community and serves on several boards, including the Greater Pompano Beach Chamber of Commerce, Bonnet House, Sample McDougald House and the Tower Forum. She serves as Chair of the Development Committee and is on the Evaluation Committee of the JKV Foundation.

The Foundation is fortunate to have these committed community leaders serving on the Board of your Foundation. We are very grateful for their service.

—Kit Frazer

Sleep: Follow Your Dreams For Better Health & Longevity

By Tereza Hubkova, MD, Village Voice Contributor



Tereza Hubkova, MD

Everybody has heard the saying: "Laughter is the best medicine," but I might argue that sleep is. Sleep is essential for us: In fact, lack of sleep will kill us faster than lack of food.

Sleep is crucial for repair and restoration (from our DNA to our muscles), our immune system, blood pressure regulation and cardiovascular health, blood sugar regulation and our metabolism, hormonal regulation and brain health.

When we are in deep sleep, the lymphatic system in our brain actively pumps harmful substances out, helping us reduce the risk of neurodegenerative disorders such as Alzheimer's dementia. Sleep is crucial for memory and learning, but also for mood and social functioning.

There is a common myth that we need less sleep when we get older. While we certainly need more sleep as infants, toddlers, children and teenagers, we still need seven to eight hours of sleep as older adults for optimal health.

Unfortunately, up to 70 percent of older adults suffer from chronic sleep issues, almost half of which are not addressed. Meanwhile, lack of quality sleep negatively impacts the ability to participate in daily activities and thus significantly impairs the quality of life.

Here are some of the reasons we might sleep less well as we get older:

- **Less time spent outdoors.** Exposure to natural light helps us to align

our circadian rhythm with the cycle of day and night and helps us sleep better. The more natural light you get exposed to during the day, and the darker your bedroom is at night, the better your chances for good night's sleep.

- **Lower production of melatonin.** We produce less melatonin as we get older, but this neurohormone plunge can be further exacerbated by light pollution (since the invention of electricity), as well as use of certain medications.

- **Urinary problems.** Having to get up several times per night to use the bathroom leads to sleep fragmentation and poor sleep quality. While it is easy to blame enlarged prostate in men or bladder issues in women, nighttime urination can often be a sign of sleep apnea. In a more superficial sleep (such as sleep affected by sleep apnea) we become more aware of our bladder and thus wake up more easily.

- **Pains and aches.** It is hard to sleep when we hurt, but poor sleep can also perpetuate pain. Sleep is "anti-inflammatory," while lack of sleep can perpetuate inflammation, fibromyalgia and chronic pain. Acupuncture, biofeedback, certain herbs (including my favorite Ashwagandha) and supplements, such as magnesium, often double as both sleep and pain therapy.

- **Restless legs.** These involuntary leg movements at rest can be so uncomfortable that it is hard to fall asleep. Sometimes, these can be caused by low iron, thyroid problems, or a host of other metabolic factors, including bacterial overgrowth in the small intestine.

- **Side effects of medications.** Many medications can disrupt sleep as a side effect, and as we get older, we are more likely to be on one or more of them. Examples are certain antidepressants (such as Zoloft or Prozac), medications for Parkinson's disease, decongestants, steroids, stimulants, beta blockers and even statins (such



as Lipitor). Ask your physician about deprescribing your medications at each annual physical. Many medications are inappropriately continued "forever" even after their downsides start trumping their benefits.

- **Sleep apnea.** As we get older and our muscles weaken, many develop partial or complete collapse of the airways during sleep causing snoring and/or sleep apnea. This condition can often go undiagnosed for decades, and sadly even worsened by inappropriately prescribed sleep aids (hypnotics). Meanwhile sleep apnea increases risk of heart attacks, irregular heart rhythm, high blood pressure, diabetes, fatigue, stroke, dementia and more. Screening sleep studies can now be done easily with portable or even disposable equipment from the comfort of your home, so there is no excuse for not getting one done whenever you do not feel rested, or your partner complains about your breathing at night.

Do not blame being tired on age, you may have a treatable condition and get your energy and quality of life back. Improving your sleep will add years to your life and life to your years.

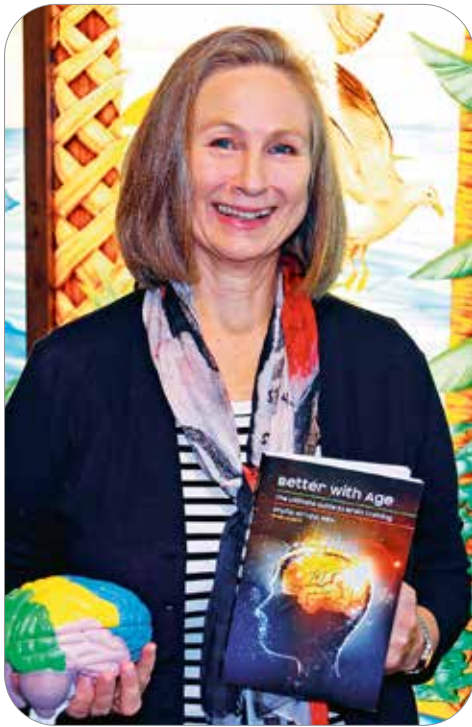
—Tereza Hubkova, MD

Dr. Tereza Hubkova is former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS. Dr. Hubkova is a regular contributor to the Village Voice.

Resolve To Relieve Brain Constipation in 2021

First of a two-part series

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

is more garbage than the brain can handle.

If chronic negative thoughts are frequently bathing your brain tissue in stress hormones, your brain might get clogged with toxic waste and age faster than your body. This pattern creates a problem you do not want to have: Your body might outlive your brain's productive life, known as brainspan. If your lifespan is longer than your brainspan, as happens with Alzheimer's disease, you become dependent on others for help with the activities of daily living.

If you hope to stay healthy and live long and well, you want to relieve constipation in your brain now. How do you do this? You clear toxic blockages in the brain areas that creates the most exhaust.

The best place to start is with the five major brain hubs that organize the mind and lay the foundation for your personal story. Two of the five hubs are listed below, along with questions to explore and strengthen each hub:

1. Place: Where am I?

This hub is centered in the place cells of the right hippocampus, one of the first brain areas to be affected by Alzheimer's. If the brain loses track of where it is, you cannot find your way from one place to another. Strengthen your Place cells by observing and writing down details about the place where you live through your six senses—the natural world as well as the built

to appreciate the beauty of these important times of day. Without the sun, we would not be able to live on the earth.

2. Time: What have I learned?

This hub is centered in the time cells of the left hippocampus. It takes a child five to six years to learn to tell time with a clock, because it is very hard work for the brain. An early diagnostic tool for Alzheimer's is the clock-drawing test. If the brain loses track of a linear progression of time, it cannot record new memories, and will have trouble retrieving memories as well.

Strengthen your time cells by writing the day of the week and date in a journal every morning, along with a few notes about what you learned and accomplished yesterday and hope to learn and accomplish today. Other ways to strengthen this hub include maintaining and using a calendar every day, wearing a wristwatch that you look at frequently, reminiscing about events and dates with friends and family, and arranging pictures from your past in chronological order.

We are out of room, so remember to read the next column to learn about the other three hubs. In the meantime, get 2021 off to a strong start refreshing your time and place hubs. These tips can easily be followed at home while you stay safe during the pandemic.

Happy New Year.

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

If you hope to stay healthy and live long and well, you want to relieve constipation in your brain now.

The human brain is considered the most complex structure in the universe. Like any powerful system, it consumes resources (oxygen, water, nutrition) to do its work, and creates "exhaust." Thoughts, feelings, and movement are your brain's work. The exhaust is chemical garbage that is taken out every night, unless there

environment. You can also do this exercise for the place where you lived at age five. Use all six senses: Vision, hearing, smell, taste, touch, and proprioception (awareness of the position and movement of the body).

Also, develop a sunrise and/or sunset habit, taking the time

Residents Were Kiln'n It At

2nd Pottery Painting Project

With a liberal grammatical license as it relates to pottery-making equipment, residents who took part in the second "Paint Your Own Pottery" event, it could be said, were kiln'n it with their creations.

The brainchild of the Life Enrichment Team, the "Paint Your Own Pottery" projects have allowed residents to keep busy in their homes during the COVID-19 pandemic and be as creative as they wish.

Participating residents received a ceramic item of their choice, paint, brushes and instructions. They needed to merely supply the creativity.

Life Enrichment Coordinator Jacquee Thompson then collected the projects and took them to pottery studio Atelier Newday for glazing and firing in an, ahem, kiln.

Here are their masterpieces.



JoAnn Culligan



Carol Frei



Carolyn Eldridge



Joyce Lucaccioni



Sandy and Jim Kamp

Projects' Progress & Accompl

Work On Aquatic Complex, Westlake P

By Rob Seitz, Village Voice Editor



It may seem cliché using Charles Dickens' seminal *"Tale of Two Cities,"* opening line "it was the best of times, it was the worst of times," but looking back on the year that was 2020, there was a bounty of accomplishments at John Knox Village, all done through the tough times of a once-in-a-lifetime world-wide pandemic.

Work around JKV was in full "go-mode" for the first several months of the year, and while there were some fits and starts as COVID-careful protocols were put into place in March, the work essentially remained on schedule for the balance of the year.

Like a proud parent, JKV's Director of Plant Operations, Thom Price, who oversees all the campus construction, easily cites the major accomplishments:

- Water proofing, exterior painting and replacing outdated windows and sliding glass doors with hurricane impact glass in both the 17-story

Cassels Tower and 10-story Village Towers apartment building.

- Part of the Cassels Tower upgrade project included replacing the building's two make-up rooftop units, a logistical challenge with a crane that needed to extend beyond the building's 17 floors.

- Opening the state-of-the-art \$3.9 million Welcome and Innovation Center, which now provides three Discovery Rooms in which prospective new residents can learn about JKV, offices for the Sales, Marketing,

Move-In and Administrative teams and boasts the 70-acre campus' largest conference room, with a cooking demo kitchen, as well as a 2,500-square-foot open-air space for on-campus events and gatherings for residents and the greater community.



The sheet metal pilings have been drilled into the ground on the east-end of the Westlake Pavilion project. They will be the water retention barrier once the project reaches the point of expanding the Village waterway system.

ishments *Kick Off 2021*

Pavilion, Enhanced Waterways Continues



Members of the JKV Foundation Board of Directors were given a tour of the new Glades Grill dining venue as part of the Aquatic Complex, by Plant Operations Director Thom Price. Shown here (L-R) are: Thom Price, Bea Wilbur (sitting), Kit Frazer, Sandra St. Martin, Tom McDowell, Carol Frei and Dick Mellett.



The kitchen at the Glades Grill is ready to get fired up.

- The steel sheet pilings to provide permanent retaining walls for the expanded waterway system throughout John Knox Village have been driven into the ground.

- Foundation and footing work for the new 400+-seat Westlake Pavilion are being put in place.

- Final permitting and sundry other approvals should be given and the hard work of having serious fun will take shape at the new Aquatic Complex early this year.

It is only January, yet progress and accomplishments at South Florida's premier Life-Plan Retirement Community march steadily on.

"It's nice to begin 2021 with our latest wonderful set of amenities for our residents—current and new—at our Aquatic Complex being close to completion," JKV Director of Plant Operations Thom Price told *The Village Voice*.

Located just west of the Village Centre, the \$6.9 million Aquatic Complex project replaces a small pool

and gathering area with a resort-style pool, a four-lane 75-foot-long lap pool, a 60-seat dining venue called the Glades Grill, two each Pickleball and bocce ball courts, a Jacuzzi, fire pit and an open-air sports bar called Stryker's Poolside Sports Pub, thanks, in part, from a generous contribution to the project by JKV President & CEO Gerry Stryker.

Contracted with Ft. Lauderdale-headquartered Moss Construction, the 37,117 square-foot Westlake Pavilion project will consist of the first-level Pavilion, including the aforementioned Performing Arts Center, pre- and post-event gallery space. There will be indoor and lakeside dining venues—The Pearl and Seaglass restaurants—along with the Nautilus Bar in between the two.

The Pavilion will also include a lakefront promenade and gathering spaces.

"We're thrilled that John Knox Village, an internationally award-winning Life Plan Retirement Commu-

nity on 70 acres in Pompano Beach, has chosen us to complete this incredible senior living project that's been designed with so many wonderful amenities," said Andrew McAllister, co-president of Moss' South Florida region. "Once again we're pleased to be adding to the fabric of South Florida with a luxury project that will serve the senior community for years to come."

While work remains on schedule for a First Quarter 2022 opening of Westlake Pavilion and all its amenities, priority deposits are now being taken as folks get in the queue for one of the 150 new Independent Living apartment homes in The Vue and Terrace buildings.

A fully refundable \$100 Priority Deposit secures your place in line for selecting your favorite floor plan, location and new home.

For more information, call the Marketing Department at (954) 783-4040 or visit www.JKVGrows.com

With GENVAS,

Venetian Arts Society Imagining New Ways To Dream

Art springs directly from that reflective consciousness that distinguishes human nature. As society expands and grows, art changes to reflect its new developments. Art reflects our history and documents the crucial component of our lives.

One thing that is certain, even through this pandemic, is that the arts will survive and once again flourish, bringing solace, hope, and inspiration to mankind. While no virus, no natural or man-made

transformed world. As overwhelming as life is at times, adversity develops character and the capacity for compassion, empathy, and courage.

It is imperative that we acknowledge the strong and resilient spirit of the South Florida people and to further empower them with hope and inspiration for a better tomorrow. While doing so, the world will see South Florida at its best...sophisticated, international, and compassionate...a world class cultural arts destination!

the Venetian Arts Society has "transformed," as well, into **GENVAS ULTRA 21st Century Art Salons**.

This "transformation" references our all-inclusive mission, our pivot to the most relevant and effective state-of-the-art technology, and our strict adherence to the latest CDC/WHO health safety guidelines.

GENVAS is committed to nurturing the mental, emotional, and spiritual well-being of all in our diverse community, and world at large, through purposeful, thought-provoking, and enlightening artistic experiences.

GENVAS strives to be "cleverly" educational, emotionally enlightening, and to present powerful messages of hope and inspiration. We envision a future in which racism is eliminated and diversity, equality, and inclusion thrive and are celebrated.

Dates, times and locations had not been finalized as of press deadline. To learn about the new Venetian Arts Society, visit their website at www.venetianartsociety.org or contact Executive Director Willie Riddle at willier2010@live.com or by calling (954) 709-7447.

disaster, can defeat the arts, it is most certain that we will all have to meet the challenges of a

To meet the challenges of a transformed world, John Knox Village's cultural arts partner,



GENVAS
Venetian Arts Society
ULTRA 21ST Century Art Salons

UPCOMING 2021 GENVAS Salons:

January 2021

Jacques-Pierre Malan, cello
(#1 virtual concert)
at JKV Date/Time TBD

February 2021

Alfreda Gerald
(#2 Virtual Concert) at JKV

Alfreda Gerald, R&B Singer & combo
Stranahan House Museum



Jacques-Pierre Malan



Alfreda Gerald



Rigatoni Puttanesca With Shrimp

In Good Taste: Chef Mark's Puttanesca Recipe Paints A Delicious Portrait Of Campania

By Rob Seitz, Village Voice Editor

Certainly in John Knox Village Executive Chef Mark Gullusci's capable culinary hands a dish such as Rigatoni Puttanesca with Shrimp embodies some of the best qualities of Italian cuisine—simple ingredients coming together to paint a portrait of the dish's Campania southern Italy roots.

Seven market ingredients, plus pantry staples, is all it takes to make this enticing, filling and deeply satisfying meal.

Some variations of the sauce exclude anchovies; however, Chef Mark not only uses a healthy five to six anchovy fillets, but he also includes capers to help provide a salty tang.

The sauce's base of blended oil is bolstered with minced garlic, along with the aforementioned anchovies and onion. Chef Mark leaves the sauce on the stovetop long enough for it to thicken into a deep red olive mélange of salty, oily flavors, with pleasantly biting notes from the olives and capers, and a bit of smoky heat from the crushed red pepper flakes.

This recipe was shared by Chef Mark during a recent cooking demonstration for residents in JKV's new Welcome & Innovation Center's demonstration kitchen.

He hopes you enjoy it as much as the residents did.

Rigatoni Puttanesca With Shrimp (Yields 4-6 Servings)

- 1 cup chopped sweet onion
- 1 cup sliced black olives
- ½ cup capers
- 5-6 anchovy fillets
- 1 tsp. crushed red pepper, depending on heat tolerance
- 2 tbsp. minced garlic
- 1 lb. rigatoni
- ½ cup blended oil, plus a bit more to sauté shrimp
- ½ cup sliced fresh basil
- Parmesan cheese to top
- 1 lb. large raw shrimp
- 2 tbsp. kosher salt
- 1 tsp. black pepper
- 1 tbsp. dried oregano leaves
- 1 14-ounce can tomato sauce
- 1 14-ounce can crushed tomatoes
- Parmesan cheese as needed

Method Of Preparation:

Heat oil in saucepan, add anchovies and cook 1 minute breaking them up, add garlic and onions and sauté 4 minutes.

Add black pepper, oregano, red pepper, tomato sauce and crushed tomatoes.

Bring to simmer and set aside.

Bring 3 qts of water to a boil, add kosher salt (2 tbsp). Cook rigatoni (can be any pasta) 7-9 minutes. Before straining pasta add 1 cup of pasta water to Puttanesca sauce. (This is an Italian cooking trick used often because the salty, starchy water not only adds flavor, but helps glue the pasta and the sauce together and will help thicken the sauce).

In a separate pan add 3 tbsp. blended oil and heat, add shrimp and sauté 4 minutes, until almost cooked through. Add enough sauce to cover the shrimp. Add pasta and stir well adding more sauce if needed. Now, finally, add the fresh basil and mix in well and top each portion with parmesan cheese if desired.

A number of videos of Chef Mark preparing his delicious recipes can be found by visiting the John Knox Village YouTube channel at: <https://www.youtube.com/user/JohnKnoxVillage/videos>

LIVING WELL CORNER

JKV Spirit Unbroken By COVID-19



Marsha Dixon, BS C-EP

This time last year, many Americans entered 2020 with detailed new year's resolutions and goals. Some had an "out with old, in with the new" type of attitude and were ready for whatever laid ahead.

Regardless of how 2020 was envisioned, one thing was very certain; COVID was not supposed to be on the calendar...a pandemic was not part of the plan.

Undoubtedly 2020 altered our lives in so many ways and while all the negatives could be listed, there are some outstanding practices that COVID-19 could not break.

New connections: The practice of physical distancing has by far been one of the hardest adjustments we have had to live with during this pandemic. Learning how to do the reverse of gathering is quite foreign to a community such as ours.

We thrive on connection and social interaction. While physical distancing was designed to avoid exposure to the virus, it has instead created isolation and separation from our friends and those dear to us. A survey completed by Senior Planet—America's first technology-themed community center for older adults, based in Manhattan—asked 2,000 seniors what technology services would be of most value during COVID-19.

Learning how to Zoom was the number one response.

Being able to use telemedicine and food delivery apps were also a top priority. Understanding the importance of keeping connected to the outside world, classes were created here at JKV to help residents learn how technology can aide in communication.

Platforms such as Zoom, Skype, and FaceTime are used daily to reach out to love ones. While the use of virtual platforms cannot replace physical closeness, it does enable us to wish someone a happy birthday, share news with friends, or watch a live show from the comfort and safety of one's home. An opportunity to stay connected can continue despite COVID-19. With the use of technology, the spirit of togetherness is cherished.

A heart of thanks: The ability to see the positive during a pandemic can be quite challenging, but there are many who have managed to tap into their personal wealth of gratitude despite current hardships. Thnx4, an online shareable gratitude journal organization, conducted a gratitude survey to record the benefits of journaling moments of thankfulness.

Over the course of six months, data collected showed that people were more resilient and more satisfied with life and less lonely. Journaling what they were thankful for lessened anxiety levels and depression.

The survey also noted that hearing words of gratitude from others improved one's mental and emotional health.

The gift of giving: Due to the pandemic, many Americans are experiencing financial difficulties and are finding it very hard to support their families. It would be expected that during these times, the act of giving would be at an all-time low, but surprisingly, the rate of giving has increased. According to the Fundraising Effectiveness Project, overall giving has increased 12.6 percent with many gifts being received from new donors. An accumulation of small monetary donations was also a trend which states a very special reminder to us all: A little goes a long way.



The Fitness team, led by Marsha Dixon (R) and Jasmine Tennie has had to pivot frequently to provide engaging programming for residents.

The ability to hope: A recent poll showed that most Americans are hopeful for the future and look forward to better things to come. Psychologists not only view hope as a necessity for good mental health, but state that hope is key to battling post-traumatic stress disorder, anxiety, and depression. There is also a chemical connection hope has on the brain. Experts say that thoughts of hope release endorphins, which help lower stress levels and make people more productive.

Although 2020 brought some of the most challenging experiences, it is comforting to know that within each of us we have the capability to connect, appreciate and inspire one another. These qualities cannot be diminished by COVID-19. Together, we can make hope the cure and expect a brighter future for 2021. Now that is something to be excited about.

—Marsha Dixon

JKV Fitness Studio Manager, ACSM C-EP

NUTRITION NOTES

Don't Be A Drip, Take A Sip And Avoid Dehydration



Rachel Graham

According to the *Journal of the American Geriatrics Society*, dehydration is the most common fluid and electrolyte disorder in the elderly with a prevalence of 20 to 40 percent. Dehydration affects many people over the age of 65 due to a decreased sense of thirst, fear of being incontinent, swallowing difficulties and gastrointestinal disorders just to name a few.

As we get older, our body water-content decreases by 15 percent between the ages of 20 and 80, increasing the risk for, and consequences of, dehydration.

Water needs vary from day to day and from person to person, however, the general rule of thumb is you should be drinking at least six to eight cups, or 48 to 64 fluid ounces of fluids per day. If you do not like drinking plain water, try unsweetened iced tea or sugar-free lemonade made with water or eating water-based foods like soups, watermelon and celery.

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

If you suspect that you might be dehydrated try drinking

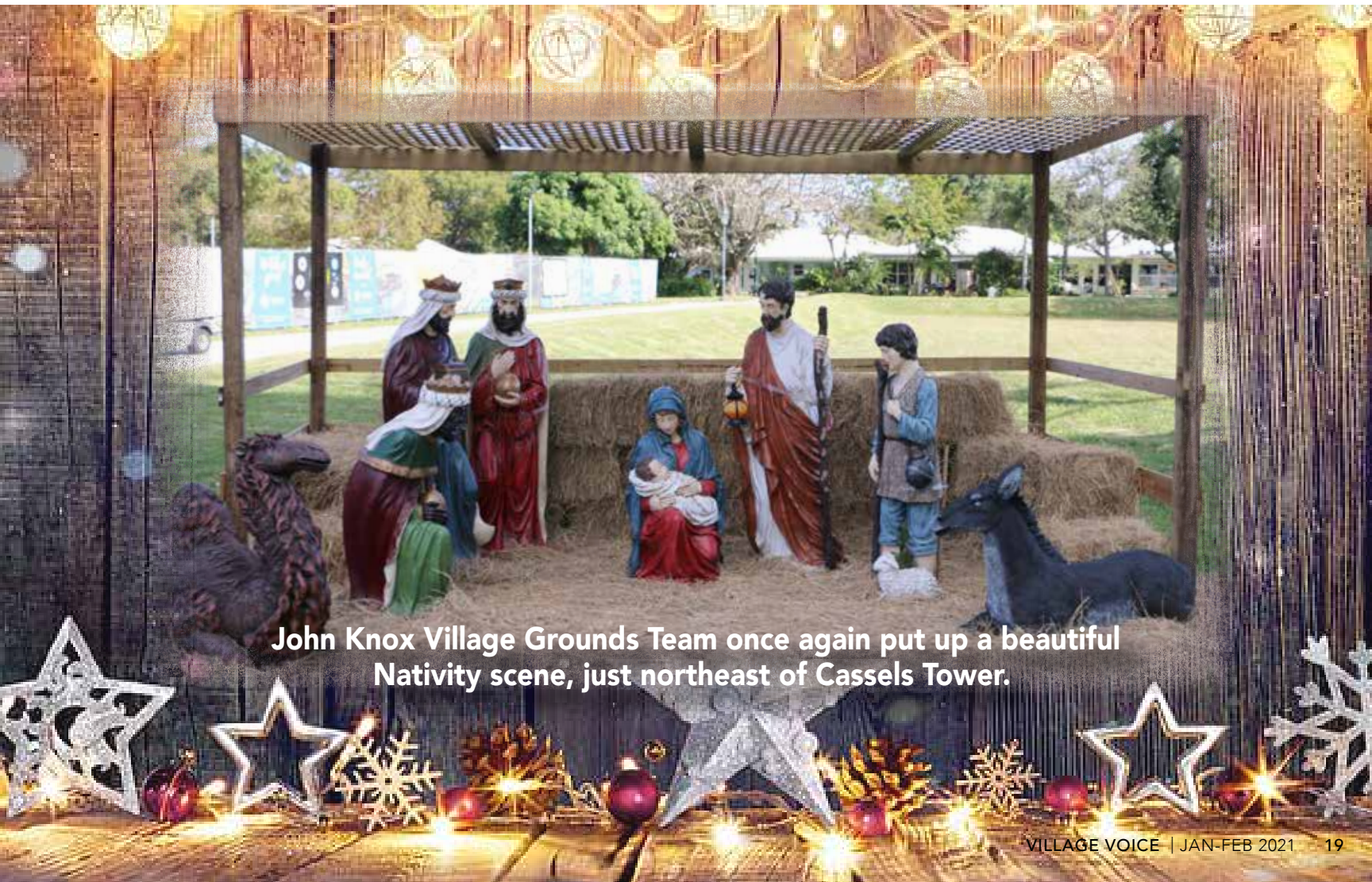


small, frequent amounts of fluid such as water. And remember: Always contact your doctor if your symptoms do not improve.

Some tips to help preventing dehydration include, drinking small amounts of fluids throughout the day rather than drinking large amounts all at once. Avoid coffee, alcohol and high-protein drinks because they have a diuretic effect.

Fear of incontinence can diminish your urge to drink voluntarily, therefore, try drinking more during the day and limit drinking before bed.

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



John Knox Village Grounds Team once again put up a beautiful Nativity scene, just northeast of Cassels Tower.



Continued from page 3

individual plans for well-being and engagement.

The Center for Healthy Living, in partnership with Healthstat, Johns Hopkins and Holy Cross, is one example of this. With easy access to world-class medical care steps from campus, residents and staff will be able to take advantage of preventative and acute medical treatment.

The goal is to create a philosophy of wellness. This will be further supported by Lifelong Learning, Fitness, and general Life Enrichment programming. Look for expanded programming in the new Aquatic Complex, as well as opportunities both inside and outside of the Fitness Studio.

We want residents and staff to find meaning in all aspects of their lives. We look forward to launching our "Village Vita," in 2021. Residents will have the opportunity to connect with a Life Coach to help navigate their continued "Success Narrative."

Life does not stop once you move to a Life Plan Retirement Community, rather it is a time to walk into a new future and perhaps make some dreams a reality. The phrase, "it's never too late" comes to mind. It is never too late to learn a new skill, achieve a fitness goal, lose a few pounds, learn a new language, explore your spirituality, interact with students and the multi-cultural broader community.

There will be expanded opportunities to volunteer, perhaps in an arena you just never had time for before. Maybe you will finally pickup that paintbrush, learn figure drawing, discuss, or better yet, write a book. We are also looking forward to exploring the expansion of our gardening on campus, as well as helping residents interested in a second or third career with the concept of "Purpose and a Paycheck." Now is the perfect time to live your dreams at JKV.

As we focus on Mindfulness and Mentorship, we will look at connection. How do we stay connected to our individual aspirations, as well as share our time, talent, and gifts through a formal mentorship program?

Some of you may be familiar with Blue Zones. They are areas across the world that have the highest concentration of centenarians. They are: Ikaria, Greece; Okinawa, Japan; Ogliastro Region, Sardinia; Loma Linda, CA and Nicoya Peninsula, Costa Rica.

We will begin the process of identifying how JKV can embark on creating our own "Blue Zone." Through Director of Dining Services Joe Mallen's ideas for menus and Executive Chef Mark Gullusci's talented recipes we will see a focus on healthy and innovative dining options. This fare

will be a highlighted feature at The Glades Grill.

As we continue to embark in providing the most engaging lifestyle possible, with the peace of mind of excellent, award winning healthcare for our current JKV residents, we look forward to attracting a diverse and vibrant group of prospects to JKV.

Despite COVID-19, JKV has fared well. Sales have remained strong and consistent. We know that your experience and satisfaction help to convey the unique positioning of JKV. We remain incredibly grateful for your support and referrals.

One of the many attributes of living at JKV is that there is truly something for everyone. The addition of Westlake helps broaden our offerings and therefore attract residents to apartment homes at higher price points and monthly service fees, which provide financial stability for the community.

Priority Deposits continue to grow, and, in the Spring, we will move to the 10 percent Deposit Phase. The project will continue to set JKV apart.

The vision for JKV residents and staff is promising, bright and unlimited. We will have more to look forward to once the Westlake Pavilion is completed. Residents will be able to enjoy two new dining venues, a bar and state-of-the-art performance venue. So, here is to "Where Possibility Plays" and to a healthy, happy, prosperous and engaged New Year!

Cheers,

—Monica McAfee
Chief Marketing & Innovation Officer
mmcafee@jktivfl.com
(954) 783-4073



where **POSSIBILITY**
plays

Rear View Mirror:

A Year Of Change For Your FLiCRA Chapter

Submitted by Jeanne Jordan, President, FLiCRA Chapter 26



Broward Sheriff Gregory Tony will be guest speaker at the Jan. 21, 1 p.m. FLiCRA annual meeting.



NEWS FLASH

Broward Sheriff Gregory Tony will be the guest speaker at our 2021 Florida Life Care Residents Association (FLiCRA) Annual Meeting. He will focus on his vision for the Sheriff's Office and on elder issues. Mark your calendars – Jan. 21 at 1 p.m. through Zoom. Look for Zoom log in information in the January Month-At-A-Glance and other communications. FLiCRA thanks the Life Enrichment team putting this "virtual" event together.

A LOOK BACK

January: FLiCRA battled a federal Medicaid proposal that would have added about \$1,000 a year to our maintenance fees. Hundreds of letters were sent to our legislators. Cassels Tower resident Dave Bayer headed JKV's brigade. The letters made a difference. In September, the Centers for Medicare & Medicaid Services withdrew the proposal.

February: FLiCRA, under the guidance of John Dalsimer, Region 5 Director and Cassels Tower resident, reviewed a Strategic Plan designed to prevent negative legislation for CCRCs (Life Plan Retirement communities).

March: Keeping pace during the pandemic's initial outbreak. FLiCRA staged its first virtual meeting.

April: With a dues deadline of April 1, membership hit about 800 residents.

May: A FLiCRA survey found that 75 percent of the state's CCRCs were coping well during the COVID-19 crisis, with emphasis on healthy and happy (Thankful Thursday!) environments.

June: The JKV FLiCRA chapter donated \$1,000 to the JKV Scholarship Fund to help employees continue their educations.

July: The sale of University Village in Tampa was completed. During the past five years, FLiCRA has been instrumental in developing legislation to protect the lifestyle and savings of CCRCs through transparency and openness.

August: To reflect the changing environment, five updates to the bylaws were proposed. These revisions, which have been outlined in the resident newsletter The Weekly, will be presented to the membership in January 2021.

September/October: The Nominating Committee proposed new board members for 2021: JoAnn Culligan, Alex Jenkins, Marge Gibbons-Kilroy, Paul Loree, Jack Richards, Bruce Voelkel.

November: Busy month: A procedure guide was developed, by Heritage Tower resident Jed Sprague, with the JKV Accounting Office on billing of membership dues. The annual meeting of state FLiCRA was held virtually for the first time. Our own Diane Dalsimer will once again be at the helm of the statewide organization.

–Jeanne Jordan, President
JKV FLiCRA Chapter 26

JKV Residents, Staff Honored Nov. 11 During Veterans Day Ceremonies

Befitting the occasion, while also adhering to JKV's strict COVID-19 preventive protocols, we nonetheless were able to recognize and honor some 150 resident and staff men and women who have, or are still are serving, in our military during the Nov. 11th Veterans Day ceremony.

A very small in-person crowd attended the ceremony in the Village Centre Auditorium, which began

precisely at 11 a.m. That ceremony was followed by programs for our Health Care Elders in Gardens West, Seaside Cove and The Woodlands.

Every vet should have received a commemorative pin prior to the ceremony. Each resident had his and her name read by Spiritual Life team members Rev. Dr. Bridgette Sullenger and Rev. Jamie Champion. Staff veterans were honored by CEO Gerry Stryker.

Here is the full list of the veterans who were recognized. For those who wish to be recognized for next Veterans Day, please submit your name, branch of service, rank and apartment or villa location on campus to Communications Manager Rob Seitz at rseitz@jvkvl.com or call him at ((54) 784-4741.

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

First	Last	Branch	Rank	Unit #	First	Last	Branch	Rank	Unit #
Nelson	Kilmer	U.S. Air Force	Airman 1st Class	CT 1006	Frank	Perkins	U.S. Army	Corporal	NE 615
Charles	Barrette	U.S. Air Force	A1C	CT 1008	Russell	Brandon	U.S. Navy	Petty Officer 3rd Class	NE 619
Clark	Reckhemmer	U.S. Army	Specialist 5	CT 1010	Donald	Lampe	U.S. Navy	Seaman 1st Class	NE 633
Daniel	Kline	U.S. Navy	Hospital Corpsman 2nd Cls	CT 1011	Roy	Evans	U.S. Navy	Lieutenant	NE 521
Frank	Jaeger	U.S. Navy	Seaman 1st Class	CT 1105	Ben	McKinney	U.S. Navy	Lieutenant JG	SSC 1013
Ross	Claiborne	U.S. Army	UNK	CT 1115	June	Maurer	U.S. Army Air Forces	Corporal	SSC 2004
Edwin	Stevens	U.S. Navy	Lieutenant Commander	CT 1206	Milbrey "Otto"	Burgett	U.S. Marine Corps &		
Hugh	Chappell	U.S. Navy	Lieutenant	CT 1212			U.S. Navy	Corporal	SSC 2008
Joel	Terzich	U.S. Army	Corporal	CT 1215			U.S. Army	UNK	SSC 2011
Earl	Clark	U.S. Air Force	Staff Sergeant	CT 1406	Leroy	Sparks	U.S. Navy	Electrician's Tech 3C	SSC 2021
Christian "Chris"	Aubanel	U.S. Army	Non-Commissioned Officer	CT 1412	Thomas	Holm	U.S. Navy	Sergeant	SSC 2012
Richard	Mellet	U.S. Army	Corps of Engineers, Lt. Colonel	CT 1415	John	Adams	U.S. Marine Corps	Corporal	SG 512
Dustin	Dunn	U.S. Coast Guard	Petty Officer 2nd Class	CT 1510	Kenneth	Moore	U.S. Army	Airman 1st Class	SG 526
George	Dewell	U.S. Navy	Seaman Apprentice	CT 1611	Martin	Menter	U.S. Air Force	Lt. Commander	SG 530
Salvatore "Ray"	Gambino	U.S. Navy	Electronics Technician	CT 1702	Edward	Speirs	U.S. Navy	Specialist 4th Class	SG 540
Pace	Willam	U.S. Army	2nd Lieutenant	CT 1705	Donald	Curran	U.S. Army Reserve	Private First Class	SG 544
Peter	Cole	U.S. Navy	Chief Petty Officer	CT 1711	Frank	Shulman	U.S. Army	Yeoman 2nd Class	SG 560
Elmer "Fred"	Kleingartner	U.S. Navy	Lt. Commander	CT 201	Charles E.	Zilly	U.S. Navy	Specialist 4th Class	SG 572
Dana	Hardy	U.S. Army	Specialist E-5	CT 311	Emerson	Oberlin	U.S. Army	Corporal	SG 578
James	Kamp	U.S. Army	Sergeant	CT 411	Jorge	Rodriguez	U.S. Army	Specialist 4th Class	SG 584
Carl	Boomhower	U.S. Army	Corporal	CT 509	Russ	Calvet	U.S. Army	1st Lieutenant	SG 592
Robert	Owens	U.S. Army	Private First Class	CT 512	Faye	Kartrude	U.S. Air Force Nurse	1st Lieutenant	SG 594
Harry	Vordermeier	U.S. Air Force	Lieutenant Colonel	CT 515	John	Barron	U.S. Army	U.S. Army Medical Corp.	SG 614
William	Johnston	U.S. Army	Major	CT 606	Dr. George	Kling	U.S. Navy	Fireman First Class	SG 650
Anthony (Tony)	Walk	U.S. Air Force	Major	CT 610	Ray	Klingler	U.S. Army	Private First Class	SG 652
David	Bayer	U.S. Navy	Captain	CT 706	David	Thomson	U.S. Navy	Lieutenant JG	SG 658
Nels "Ray"	Pearson	U.S. Army	Sergeant	CT 902	Alexander	Jenkins	U.S. Coast Guard	Chief Petty Officer	SG 662
Bill	Davidson	U.S. Navy	Lieutenant Commander	CT 909	Samuel	Kessell	U.S. Air Force	Airman First Class	SG 668
Herbert	Johnson	U.S. Air Force	UNK	CT 912	Samuel	Fulwood	U.S. Air Force	Private First Class	SG 674
Stanley	Bagush	U.S. Air Force	UNK	EL 101	William	McDougald	U.S. Army	Sergeant E-6	VT 1004
Thomas	Barrows	U.S. Navy	Sailor	EL 109	George	Percival	U.S. Navy	Midshipman	VT 1012
Howard "Gil"	Gilman	U.S. Air Force	Airman	EL 110	Dale	Sheldon	U.S. Marine Corps	Corporal	VT 1013
Curtis	Iverson	U.S. Army	Specialist 1st Class	EL 202	John	Mandt	U.S. Army	Specialist 4th Class	VT 102
William	Nazzaro	U.S. Army	Private First Class	EL 210	Dr. Michael	Featherstone	U.S. Navy	UNK	VT 117
Jerry	Felski	U.S. Army	Specialist 4th Class	EL 217	Harry	Warren	U.S. Navy	Electronics Maint. Officer	VT 121
Ronald	Poggio	U.S. Army	Specialist 4th Class	EL 317	Theodore	Dolinski	U.S. Air Force	Master Sergeant	VT 123
Peter	Cole	U.S. Navy	Petty Officer 3rd Class	GW 105	Robert	Hubbard	U.S. Army	Corporal Medical Corps	VT 202
Thomas	Johnston	British Army -			James	Meyer	U.S. Army	Sergeant	VT 210
		3rd Carbiniers	2nd Lieutenant	GW 108	John P. "Jack"	Adams	U.S. Marine Corps	Airman 1st Class	VT 211
Hugh E.	Root	U.S. Army Signal Corps	Corporal	GW 111	Donald	Elliott	U.S. Air Force	Captain	VT 218
Denny	Inouye	U.S. Army	Staff Sergeant	GW 203	Larry	Culler	U.S. Air Force	1st Lieutenant	VT 310
Mabel	Schweter	U.S. Army WAC	Sergeant	GW 220	David R.	Seibert	U.S. Navy	Hospital Corpsman	VT 317
William A.	Zeier	U.S. Army	1st Lieutenant	GW 302	Sam	Townsend	U.S. Army	Private	VT 323
Dr. Paul	Loree	U.S. Army	Captain Medical Corps	HT 100	James	Walsh	U.S. Army	Corporal	VT 418
William	Spears	U.S. Army	Private First Class	HT 1000	John	Vaughn	U.S. Army	Captain	VT 421
James	Onoprienko	U.S. Air Force	Lieutenant Colonel	HT 1004	Rod	Finston	U.S. Army	Private	VT 422
Emmerson	Harris	U.S. Navy	Petty Officer 2nd Class	HT 1016	Charles	Fick	U.S. Army	Corporal	VT 604
Fred	Checkanow	U.S. Coast Guard	Yeoman 3rd Class	HT 1018	David	Somers	U.S. Army	Specialist 3rd Class	VT 610
John	Furlano	U.S. Army	Corporal	HT 204	Paul	Fasana	U.S. Army	Captain	VT 613
James O. "Russ"	Murphy, Jr.	U.S. Air Force	Captain	HT 304	Pierre "Pete"	Audet	U.S. Army	1st Special Forces	VT 702
Robert "Bob"	Kauth	U.S. Army	Sergeant 1st Class	HT 305	Robert	Collier	U.S. Army Medical	YN3 - Yeoman (typist)	VT 702
Thomas	Keenan	U.S. Army	Corporal	HT 400	Charles	Hunziker	U.S. Navy	Petty Officer 3rd Class	VT 704
Bob	Kiminski	U.S. Navy	Lieutenant JG	HT 500				Petty Officer 2nd Class	VT 707
James	Gill	U.S. Army	Specialist 5	HT 517	Donald	Williams	U.S. Navy	Colonel	VT 805
Charles	Elliott	U.S. Air Force	Staff Sergeant	HT 520	Chris	Lamberton	U.S. Marine Corps	Private	VT 809
Herb	Souza	U.S. Air Force	Senior Airman	HT 600	Ferrell	Patrick	U.S. Army	Seaman 2nd Class	VT 812
John	Thompson	U.S. Army Sec. Agency	Specialist 6	HT 701	Robert	Talley	U.S. Navy	Sergeant E-5	VT 814
Robert	Banks	U.S. Navy	Fireman	HT 702	Joseph	Wakeman	U.S. Army	Corporal	VT 815
Russ	Robinson	U.S. Air Force	Airman 1st Class	HT 717	Sidney W.	Porter	U.S. Army	Master Sergeant	VT 818
Thomas	McDowell	U.S. Navy	Lieutenant	HT 718	Robert	Aron	U.S. Army	E5 - Specialist	VT 820
Ronald	Ault	U.S. Army	Captain	HT 800	Mack	MacVicar	U.S. Navy	Lieutenant JG	VT 902
Robert	Lutsky	U.S. Army	Specialist 2nd Class	HT 902	John "Jack"	Halligan	U.S. Army Air Force	1st Lieutenant	VT 904
Harold	Young	U.S. Navy	Seaman 1st Class	HT 903	Norman	Liedtke	U.S. Army	1st Lieutenant	VT 919
Terry	Blagg	U.S. Army	Sergeant	HT 907	Joe	Rahl	U.S. Army	Private First Class	VT 919
Joan	Padley	U.S. Army	2nd Lieutenant	HT 918	William	Mull	U.S. Air Force Reserve	Airman 1st Class	VT 923
Jed	Sprague	U.S. Air Force	Staff Sergeant	HT 920	Neil	Heathwood	U.S. Naval Reserve	Commander	WD 5201
Emerson	Allsworth	U.S. Navy	Seaman	LS 105	Robert	Kelly	U.S. Navy	UNK	WD 6105
August	Miller	U.S. Navy	Lt. Commander	LS 109	Mary	Snedeker	U.S. Army	Specialist 1st Class	WD 6112
William	Allison	U.S. Navy	UNK	LS 205	John	Schlosser	U.S. Army	Engineering Technician	WD 6205
Donald	Harris	U.S. Navy	Seaman 1st Class	LS 209	Ron	Davis	U.S. Navy		
Russell O.	Eckert	U.S. Army	Corporal	LS 213	Murray	Hunter	Canadian Navy		
Tom	Worden	U.S. Army	Specialist 3rd Class	LS 508					
John	Kent	U.S. Navy	Petty Officer 2nd Class	LS 514					
James "Jim"	Tilbrook	U.S. Army	1st Lieutenant	LS 704					
Patrick	Noon	U.S. Navy	Lieutenant JG	LS 708					
Frederic J.	Bednarek	U.S. Navy	Petty Officer 2nd Class PH2	LS 710					
Clyde W. "Bill"	Jones	U.S. Navy	Lieutenant Commander	NE 505					
Tom	Woodham	U.S. Army	Captain	NE 601					

Employee Veterans

First	Last	Branch	Rank	Department
Jamie	Champion	U.S. Marine Corps	Sergeant	Spiritual Life
Yolanda	McGhee	U.S. Army	Private 1st Class	Concierge
Betzaida	St. Pierre	U.S. Navy	ABHAN	Life Enrichment
Nicholas	Sconiers	U.S. Air Force Reserve	Staff Sergeant	Life Enrichment

Residents Helping Residents



Dave Bayer
Secretary FLiCRA Chapter 26



Our Florida Life Care Residents Association (FLiCRA) is the oldest and largest CCRC/Life Plan resident-led association in the United States, with nearly 14,000 members.

Since its start in 1989, FLiCRA has had a very positive influence on many legislative actions that have greatly benefited CCRC/Life Plan residents.

As a resident-led association working in a public policy arena, FLiCRA's efforts to advocate for legislation to ensure the residents' quality of life are often opposed by a number of highly funded provider organizations.

In spite of the differences in financial resources however, FLiCRA holds its own due to a comprehensive grassroots program. The success of this program is largely determined by how well our Chapters respond to **FLiCRA's Calls to Action**.

Calls to Action may occur at any time during the year. They basically describe the background, content and impact of the issue being addressed (usually proposed legislation).

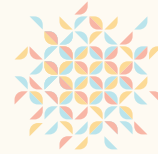
These calls also provide the contact information, both electronic and mail, of the recipients, as well as sample letters and a deadline for submission. Most FLiCRA Chapters have procedures in place to encourage and support appropriate grass root responses from their members.

In this regard, our John Knox Village Chapter has been consistently recognized and respected as being a leader in having residents respond to Calls to Action.

One more way that we can help ourselves is by keeping informed about potential legislative issues by reading The Resident Connection that is delivered to us via campus mail every three months.

If you use email, another way is to go to FLiCRA.com and sign up to receive FLiCRA alerts and updates straight to your email inbox.

—Dave Bayer, Secretary
JKV FLiCRA Chapter 26



Fire Safety Reminder

Submitted by John L. Stanley, Village Voice Contributor

Even though the holiday season is over, I continue to notice many delicious smells emanating from many different units in the Independent Living apartment buildings and villas.

As a reminder to residents in Village Towers, Heritage Tower, Cassels Tower and East Lake, if you are cooking and burn toast, a bagel or something in the oven or stove top that results in the activation of the smoke detectors in your unit, please do not open your main door.

The smoke detectors in your unit will alert Security who will respond and address the activated smoke detectors. (You may also contact the front desk of your building and

advise them of the condition).

If you open your front door, the smoke will activate the building fire alarm smoke detectors found in the hallways, activate the voice announcement and will result in the City of Pompano Beach Fire Department being dispatched to the building—sometimes unnecessarily.

Should you, in the course of cooking, burn something, open your windows and balcony door to allow the smoke to clear via the windows.

If you have fans, you can use these to also aid in getting the smoke out of your unit. While cooking, it would be helpful to utilize the fan on your cook top.

We wish for everyone to always



remain safe, but we also do not want our local fire department being dispatched to the Village without good cause, thus preventing them from responding to an otherwise true emergency.

Be safe.

—John L. Stanley
JKV Fire Prevention and
Safety Coordinator
(954) 732-4461 JStanley@jktivf.com

Donations To The Village



Donations received during the months of October-November 2020

To John Knox Village

Employee Scholarship Fund

Archard, Ann
in memory of Jeanne Kramer
Bayer, Jackie & David
in memory of Henry Hollwedel
Bowling, Marilyn
Cason, Fred & Irene
through the Cason Trust
Cohen, Marlene & Harris
in memory of Lillian Kimmel
Cook, Joan
Countrymark Refining & Logistics, Inc.
Costigan, Pat
*in memory of Maxine Andre,
Lillian Kimmel & Pauline Ultisch*
Haun, Twylah & David
Horn, Ginnie
in memory of Jeanne Kramer
Jenkins, Norma
Knowles, Lee
Lamberton, Chris
Loree, Sally & Paul
Low, Harold
in memory of Millie Low
McKay, Tom
Martin, Fran
Milanovich, Rosie
Phillips, Shirley
*in memory of Johnnie Bonewits
& Nancy Johns*
Reinhold, Robin
Ryba, Geri
Schmidt, Franklin
in memory of James Keenan
Shankweiler, Barbara
Sheppard, Janice
in memory of Robert Dooley
Stephens, Penelope
Stevens, Edwin
Totura, June
Welch, Fran

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Anding, Janet
Chittenden, Bruce
Colli, Terry
in memory of Jerry Oshinski
Folsom, Doug
Mallen, Joe
McAfee, Monica
Murphy, Fran
Olson, Nanette & Mark
Pickhardt, Bill
Stryker, Gerald & Carol Dumond
Sutton-Pauling, Gail
Townsend, Sam
Voelkel, Bruce
in memory of Jean Kramer

The following donations are in honor of Nanette Olson:

Anding, Janet
Archard, Ann
Barton, Diane & Bob
Bousfield, Betsy
Dalsimer, Diane & John
Frazer, Kit
Frei, Carol
Harrison, Fran
Higgins, Suzanne
Kuntz, Barbara
Lewis, Margo E.
Mellett, Marty & Dick
Price, Thom
St. Martin, Sandra
Schmidt, Franklin
Spalding, Jan
Sullivan, Bill
Sweet, Betsy & Tom
Wilbur, Bea

The following donation are in honor of Nanette Olson on behalf of the Library Committee:

Ellington, Marcia
Mallow, Jan
Wilbur, Bea

Benevolent Endowment Fund

Miller, Romaine

Charlotte Symonds Fund

Low, Harold
in memory of Millie Low
Milanovich, Rose
Scharrett, Karen
*in memory of Mildred Low, Phyllis
Neuberger & Gene Smith*
Sheppard, Janice
in memory of Pete Deitrich

CNA Training Fund

Milanovich, Rose

Foundation Unrestricted Fund

Cuddy, Joyce
Frazer, Kit
in memory of Jack Huizenga
Gambino, Maddy & Ray
Haun, Twylah & David
Inspiration Press, Inc.
Loree, Sally & Paul
Low, Harold
in memory of Mille Low
Naylor, Harvey
Raiten, Ken & David Heger
Smith, Eleanor
in memory of Jack Huizenga

Gardens West Fund

Featherstone, Michael & Barbara
Morningstar
in memory of Pete Deitrich

Health Center Other Fund

Miller, Romaine
Penelope Stephens

Maggie Goetz Birds Fund

Bowling, Marilyn
Woehry, Margaret T.
in memory of Judy Mallow

Residents Assistance Fund

Bodmann, Susan
in honor of Carol Redd
Cason, Fred & Irene
through the Cason Trust
Emmerson & Shelby Harris Family Trust
Milanovich, Rose

Rose Garden & Oak Tree Fund

Burkart, Joyous
in memory of my son, Eric
Featherstone, Michael & Barbara
Morningstar
in memory of Cecilia Lopes

Toshiko Inouye Fund

Bousfield, Betsy
in memory of Maria Ascensio
Bowling, Marilyn

Transportation Fund

Bonner, Betty
in memory of Lillian Kimmel
Featherstone, Michael & Barbara
Morningstar
in memory of Jack Huizenga
Fletcher, Christine R.
through the Christine R. Fletcher Estate
Heger, David & Ken Raiten
Morningstar, Barbara & Michael
Featherstone
in memory of Jack Huizenga
Patriss, Don
Raiten, Ken & David Heger
Sams, Harriett
Swoboda, Anne
Totura, June
Voelkel, Bruce

Wellness Park Fund

Burkart, Joyous
in memory of Taffee
Welch, Fran

Woodlands Fund

Brown, Donna
in memory of Phyllis Burstadt
Featherstone, Michael & Barbara
Morningstar
in memory of Frank Furman
Fletcher, Christine R.
through the Christine R. Fletcher Estate
Harrison, Fran
in memory of Lillian Kimmel
Johnson, Herb
Knowles, Lee
Morningstar, Barbara & Michael
Featherstone
in memory of Frank Furman
Ryba, Geri
St. Martin, Sondra
in memory of Lillian Kimmel

The Woodlands at John Knox Village



The Woodlands at John Knox Village offers quality care and innovative rehab services to our residents and the greater community.

Utilizing The Green House® model of care – Meaningful Life in a Real Home with Empowered Staff – it features 12 Green House homes with 144 private suites and bathrooms that surround a hearth living room, family-style dining area and open kitchen.

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

In addition, visit our Fitness Center and Rejuvenate Spa services.

(954) 247-5800
www.WoodlandsJKV.com



THE Woodlands
AT JOHN KNOX VILLAGE

700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

Groovy Tek Partnership Eases Resident Technology Frustrations Continued

Continued from page 9

Complimentary Consultations

The company has been conducting one-on-one complimentary 20-minute consultations with JKV residents three times a week. After the consult, if residents wish for additional assistance, a GroovyTek expert will set up a one-hour in-home or over-the-phone session to assist with specific technological needs.

They start by taking an inventory of a resident's devices and entertainment platforms, i.e., Smart TV, Android Watch, Amazon Echo, then help determine next steps. These can range from setting up a phone, computer, TV, to learning how to Zoom and FaceTime family and friends, order essentials from Instacart and Grubhub, even navigate the internet and protect your devices from malware.

Getting In Tune With Zoom

As an additional service, GroovyTek's personal technology trainers will be conducting small group workshops, along with informative Zoom presentations for JKV residents.

"Our goal, in working with Gerry and JKV, is to create a model that can help folks be able to 'catch up' and learn how to use these devices to improve their day-to-day lives," Munro said. "It is not enough to just be told to do a Zoom; what is needed is for someone to sit down side-by-side with someone and walk them through how to set up and use the Zoom technology in their own way. People learn differently and people use their technology differently, so working with JKV to provide a program that enables this crucial one-on-one support is very important to us."

Senate News Continued

Continued from page 10

hallway and lobby gatherings that knit many residents together in afternoon fellowship. Let's shed the disease, but not the good memories, and look back and say, "We made it together."

I look forward to January and February and the many fine traditions like Mardi Gras and Valentine's Day with its itty-bitty sugar hearts and three-word sayings.

The aforementioned resolutions I plan on keeping deal with two dates in February—Feb. 1st for National Dark Chocolate Day and Feb. 9th, National Pizza Day. Of course, let's not forget the January white sales, black-eyed peas, Twelfth Night on Jan. 5th this year and as I remember January brought the coldest night in Scouting for tent camping. The experience? Priceless.

Golly, the new Westlake Pavilion seems to really be coming out of the ground quickly. The boys playing and shoveling in the dirt and mud seem to be having fun, as well as producing some amazing results.

While we're waiting for that building let's meet at the Aquatic Complex. Not sure you'll see me in the pool water, it is January after all. Ah, but we can have a brewski or two at Stryker's (Poolside Sports Pub), and I am anxious to get something yummy at the Glades Grill.

Oh, yea almost forgot the one thing you oughta do...get down to Accounting on the west-side first floor of Cassels Tower and authorize them to bill you a nice tidy sum monthly for our Employee Gift Fund.

I've done it for several years and come the end of the year it's a pleasure to write one additional check and add a bit more to the Employee Gift Fund. Let's make 2021 an extraordinarily great year filled with events that birth great memories.

—Pete Audet

In Case You Missed It...

Even during these challenging COVID-19 times, there always seems to be something fun, enlightening, entertaining or educational taking place. Here are some photographs on events at John Knox Village...In Case You Missed It!



After rehabilitating in The Woodlands, Kenneth Knauss (second from left), a retired U.S. Marine and huge supporter of the Toys For Tots program, sparked a toy drive on campus that netted 250 gifts for youngsters for the holidays. Alongside his wife Brenda, Kenneth is shown with members of the Marines as well as The Woodlands' team of (L-R): Kandice Paige-Hudson, Kristen Drago, Elizabeth Hannah and Mark Rayner during a thank you reception in the Welcome & Innovation Center Courtyard.



Heritage Tower resident Marilyn Meyer yells "Bingo," during a recent game played for a small in-person group in the Village Centre's Hibiscus Room.



Village Towers resident Sam Townsend gives a thumbs up at the ability to attend a Life Enrichment committee meeting—even if it was "virtually" through Zoom. His embrace of technology is encouraging to many people who can sometimes be intimidated by it.



Vickie Estler (center, red top), whose mother lived in Gardens West until passing last year, has partnered with We Finish Together—a non-profit group recycling medals from across the U.S. as beacons of hope and kindness. Vickie, along with Carina Ayala (far right) donated 133 medals to JKV caregivers. Along with Gardens West staffers, they are shown with Dining Services Director Joe Mallen (L) and COO Bill Pickhardt.



JKV's Paper Airplane Derby was a flying success. Eight residents were given sheets of paper, colored pencils and sample methods to make their airplanes. Nick Sconiers, from the Life Enrichment team and an Air Force Reserve, then "flew" each plane judging on distance, design and decoration. The residents shown here (L-R) are: Carol Kitson, Jean Trebbi, Reed Brown (tied for second), Bruce Voelkel (first place) Gloria Tomey (third), Anne Selby (tied for second), Linda Orsetti and Kathy Sampson.



Got Questions WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

ALL MAINTENANCE ISSUES 24 HOURS / 7 DAYS/WEEK: (954) 783-4030

ALL JOHN KNOX VILLAGE EMERGENCIES: (954) 783-4054 • WELLNESS NURSING: (954) 783-4004

ACCOUNTING (Questions about your monthly bill)	(954) 783-4091
ACTIVITIES (Questions or to sign up for upcoming programs)	(954) 783-4039
ADMINISTRATION	(954) 783-4021
AT&T TELEVISION SUPPORT HOTLINE	(954) 788-2000
CART SERVICE (Call for a cart or to book a local car trip, call Elsa Bonilla)	(954) 784-4733
CASSELLS TOWER FRONT DESK	(954) 783-4036
DINING ROOM (For reservations or delivery)	(954) 783-4065
DIXIE GATE (SW 6th Street Entrance)	(954) 784-4732
FOUNDATION (For questions about making donations, call Executive Director Nanette Olson)	(954) 784-4757
HERITAGE TOWER FRONT DESK	(954) 784-4737
HOME HEALTH AGENCY	(954) 783-4009
HOUSEKEEPING	(954) 784-4727
MAIN GATE (SW 3rd Street, John Knox Village Blvd. Entrance)	(954) 783-4079
MAINTENANCE (To report a maintenance issue)	(954) 783-4030
PALM BISTRO (Closed until further notice)	(954) 247-5820
PNC BANK (Open Monday-Friday, 10 a.m. - 2 p.m. until further notice)	(954) 781-0816
REJUVENATE SALON CASSELLS TOWER (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.) (Open Mondays 9 a.m.-5 p.m. for men)	(954) 783-4013
REJUVENATE SALON WOODLANDS (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.)	(954) 247-5817
RAS CURIOSITY SHOP (Tuesdays, 9-11 a.m. and Thursdays, 2-4 p.m.)	(954) 784-4753
RESIDENT RELATIONS/SOCIAL WORK (Call Joanne Avis)	(954) 783-4023
SEASIDE COVE	(954) 546-6000
SWITCHBOARD/MAILING SERVICES/CHANNEL 8001 UPDATES (Call Lynne Hunt)	(954) 783-4000
VILLAGE TOWERS FRONT DESK	(954) 783-4056
WELLNESS NURSES (For 24-hour emergency care/assessment)	(954) 783-4004
WOODLANDS FRONT DESK	(954) 247-5800

GET ACQUAINTED – GET INVOLVED

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

President: Pete Audet	VT 613
Vice President: George Baczynski	HT 514
Secretary: Amy Barrow	CT 1706
Treasurer: Ellen Isaacs	SG 604
At Large: Beverly Cardinal	HT 302
At Large: Bill Spiker	CT 506
At Large: Eleanor Smith	LS 407
Former President: Gus Miller	LS 608
Resident Board Member 1: Jan Spalding	LS 401
Resident Board Member 2: Diane Barton	LS 317
Resident Board Member 3: Tom McKay	HT 403

Committee Chairs:

Building, Grounds & Housekeeping: Stephanie Messana	NE 609
Communications: Art Battista	NE 603
Dining Services: Tom Regan	SG 524
Fiscal: Tom McDowell	HT 718
Gardens West: Carol Frei	VT 913
Health Care Services: Paul Loree	HT 100
Legislative: Susan Seidler	HT 514
Library: Karen Audet	VT 613
Life Enrichment: Jeanne Jordan	VT 217
Long Range Planning: Bill Spiker	CT 506
Security, Safety & Transportation: Barbara Kamakaris	LS 716
Volunteer Services: Mark Levey	NE 519



Come Get Your Tek On!

John Knox Village has partnered with the personal technology firm GroovyTek to provide support for all residents' technology needs.

The Tek Bar is located in the Village Centre, where residents can take advantage of a complimentary consultation with one of GroovyTek's trainers, as part of the agreement. Among the support being offered are: answering questions related to your computers, tablets, phones, iPads, televisions and more.

Sign up on JKVConnect or call the Life Enrichment Department at (954) 783-4039 to make an appointment.



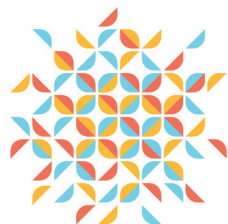
Our Mission Statement:

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

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

www.JohnKnoxVillage.com

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



**JOHN KNOX
VILLAGE**

Where possibility plays

For More Info Contact
(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
f t y JohnKnoxVillage