

# VOICE



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## Preparing For Flu Season



**Dr. Mark Cochran**



**Get vaccinated with the new bivalent COVID vaccine and this season's quadrivalent, high-dose flu vaccine.**

As the winter months have begun rolling in, we are seeing an increase in incidence of not only COVID-19, but also influenza and RSV. We are at increased risk of contracting these, and the possibility of being infected with more than one of these, can be dangerous. There are vaccines for two of these, COVID and flu. It is important that we have received both to be best prepared for this season.

### **Immunity Gap**

One explanation for this confluence of infection surges, is that through the COVID pandemic and with the measures used to limit its spread, we missed the usual exposure to many infections. This has rendered our populations to have a lower immunity and has increased our susceptibility. Now that we have relaxed the use of these measures, we are being exposed to viruses we haven't seen for about two years. This immunity gap is another reason to be sure we are up-to-date with our immunizations.

### **Why Do We Need Annual Flu Shots?**

Annual influenza virus epidemics affect from five to 15 percent of the global population causing up to 650,000 deaths worldwide. The nature of the influenza virus family is that it is very prone to changes in the way it appears to our immune system. Each year, the World Health Organization (WHO) does its best to predict which versions of the virus it has seen in opposite global hemispheres, and thus predominate

in the coming winter. This is not a precise science, but they often get it right and the recommended vaccination results in up to 90 percent protection.

### **What Flu Vaccine Should I Get?**

According to the The Centers for Disease Control and Prevention (CDC), there are three flu vaccines that are preferentially recommended for people greater than 65 years of age. These are: **1.) Fluzone® High-Dose Quadrivalent vaccine, 2.) Flublok® Quadrivalent recombinant flu vaccine, and 3.) Flud® Quadrivalent adjuvanted flu vaccine.**

In our senior age group, we should get the quadrivalent, high-dose vaccine. What is that? Current seasonal vaccines consist of antigens from three or four different flu viruses as recommended by the WHO. The trivalent vaccine is composed of A(H1N1), A(H3N2) and one of B virus (Yamagata or Victoria). The quadrivalent vaccine includes both of the B virus strains. The "A" and "B" refer to different viral strains, and the "H" and "N" refer to two of their structural proteins: Hemagglutinin

and neuraminidase, which mutate to represent different variants. The high-dose product has four times the amount of antigen that is contained in the standard flu vaccine. This higher dose helps to mount a more effective response, particularly for immunocompromised and older individuals.

It is interesting to me to note that all flu vaccines are made from harvesting virus-infected embryonated eggs except for one. It takes roughly two eggs to make one dose of one viral strain per vaccine – and this has to be done within the small production timeline from the WHO recommendation to be ready for the flu season.

Any problem with the egg supply will affect the availability of vaccine. Flublok® does not use eggs, rather it uses insect cells that produce the one antigen that matters for immunity, hemagglutinin. I mention this as an alternative, especially if you have egg allergies. I also mention it for ego reasons because this is the product that ultimately came from the company I cofounded and the

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JOHN KNOX  
VILLAGE

Where possibility plays

# The Routine And Tradition Of Comfort And Affirmation

I am always drawn to ritual, to seek comfort and affirmation. Some may call it a routine, others tradition. I find that as I approach each New Year. I take a moment to pause, process, assess and then identify things I may want to improve, or goals I may want to achieve in the upcoming 365 days.

For 2023—and my New Year’s Resolutions—I am taking a fresh look at how to elicit positive change.

*The following is a list of 10 items I’ll be working on:*

1. Choosing specific goals
2. Limiting my resolutions, so I am set-up for success
3. Putting time into planning
4. Beginning with small steps
5. Avoiding past failures
6. Being mindful that change is a process
7. Asking for help or support (tough one for me!)
8. Renewing my motivation
9. Keep working on goals—not giving up
10. Learning and adapting

The yearly ritual of resolution-setting doesn’t have to be an annual disappointment. Sometimes, the difference between success and failure is simply choosing the right goal and the process you use to go about achieving it. Most importantly, remember to be kind and flexible with yourself and to celebrate any, and all, progress along the way. It’s not just the end-goal that matters—it’s the journey along the way.

I hope as you look at this New Year you can find purpose and drive by following similar steps.

### **Take Stock**

It’s also important to take stock, reflect and acknowledge the challenges of the previous year. Being fully transparent and vulnerable, I believe many of us on campus are happy we are celebrating the beginning of 2023.

There are always growing pains as we evolve and move forward. I want to recognize that the Administrative team, Board, and boots-to-the ground JKV Team

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Monica McAfee  
Chief Marketing & Innovation Officer



Live **YOUR** Goals  
FOR 2023

## ON THE COVER

John Knox Village has been buzzing with activities as illustrated On The Cover. Shown clockwise from top left are: Carole J. Bufford performing ROAR! – Music of the 1920s and Beyond; Residents enjoyed an Arts in the Park outing at Sample McDougald House with its Cultural Arts Ambassador David Miller; After 42 wonderful years at JKV, Corporate Compliance Officer Fran Murphy (L) retired. She is shown with Resident Relations Manager Joanne Avis during her retirement party; JKV honored selfless, caring people from the greater community during its Silver Angels Awards Dinner. (Photos by Marty Lee)

# VOICE

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*Here is a close-up of the Christmas in the City exhibit, graciously donated by Tom Keenan in the memory of his partner Charles "Chuck" Shields.*

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 JohnKnoxVillage

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



Thom Price  
JKV Director of Plant Operations

Thom Price likes jigsaw puzzles and that's a benefit for John Knox Village.

Mr. Price has been seen at the puzzle table in the Village Towers apartment building lobby on more than one occasion filling azure pieces in a blue sea or connecting multiple blinding white tabs into a snowy mountainscape.

When he is not putting puzzles together for fun, he has the challenge of fitting the many and varied construction jobs in place



**As part of a project to renovate the common areas on all 10 floors in Heritage Tower, the Party Room was redone, including receiving new furniture and upgraded audio-visual equipment.**

around the 70-acre campus, with the ultimate goal, in both pursuits, of creating pretty pictures.

A big piece put into place last year was completion of JKV's \$34 million Pavilion, with its two new dining venues, a nautically themed bar and 400-seat Cultural Arts Center, which now serves as host to international musical talent and



**The shell of Westlake—The Vue and The Terrace—has been completed. This view is looking east with the Pavilion on the left and expanded Rex Foster Lake in the center.**

Broadway-caliber performances, for residents and those in the greater community.

Rex Foster Lake was reconfigured to play a bigger part in enhanced waterviews around the campus, including for residents facing north in Cassels Tower and those dining in either The Pearl or Seaglass restaurants in the Pavilion.

Cassels Tower, the 17-story apartment building with its iconic JKV clock that can be seen by motorists passing by on I-95, along with Village Towers and East Lake all

received exterior makeovers including impact windows, waterproofing, painting, and in the case of Village Towers, new screened balconies.

"The shell of Westlake, our new two apartment building project, is completed," Mr. Price told *The Village Voice*. "Framing, and other interior work, has been taking place, but it is so exciting to see the project

move along, and it remains on schedule for a grand opening in the first quarter of 2024."

Westlake is the most ambitious project in JKV's 55-year history. It



**The Cassels Tower first-floor conversion of Administrative offices into apartments is progressing well. This view looks west, with new Resident mailboxes on the left.**

consists of the 15-story Vue and its conjoined 11-story neighbor The Terrace. There will be 147 state-of-the-art apartments and the \$120 million price tag includes two decks of covered parking and a first-floor common area chockful of amenities.

There were more pieces to fit: Add a completed Central Energy

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# Honoring Charitable Silver Angels

## JKV Recognizes Senior Volunteers From The Greater Broward Community

By Marty Lee, Village Voice Contributor



**The 2022 Silver Angel Awardees: (L-R top row) Linda Hinkle, Sherry Miller, Jim Sabin, Beverly Emming and Karen Schmohe. Seated (L-R) Ron and Janice White, Adele and David Greenblatt. Also receiving the award, but not pictured, was Sandy Williams.**

The Silver Angel Awards were created 15 years ago as part of John Knox Village's 40th Anniversary celebration. John Knox Village believes strongly in the importance of volunteerism, as nearly 70 percent of JKV residents give of their time and talents for the betterment of JKV and the greater community. It was that sense of community and volunteerism that led to JKV creating the Silver Angel Awards, honoring seniors living outside JKV who selflessly exemplify that same dedication to volunteerism, that JKV residents show.

Local Houses of Worship from the greater community were asked to submit their selections for those deserving such recognition and eight nominations were received.

Each Silver Angel and his or her respective House of Worship or charity received a gift from John Knox Village during the celebration

in their honor.

### **Beverly Emming, Sixth Street Church of Christ**

Beverly is a member of The Sixth Street Church of Christ. One of the services the church provides to the community is serving lunch to the homeless and hungry. Each Monday, a prepared meal and goody bag is available for those who come for lunch. Early in this ministry Beverly saw the need for clothing and daily essentials for personal grooming needs. Because of her servant heart and love for people she opened Bev's Boutique. Her initiative was an instant hit and provides needed essentials for those in need.

### **Jim Sabin, First Presbyterian of Ft. Lauderdale**

Jim's mission work has included chairing the church's Blood Drive Ministry, working as a Habitat

volunteer, traveling to Moore, Oklahoma to help with tornado relief in 2013, Jim has worked tirelessly on the community's annual Thanksgiving Basket project helping to sort, pack and deliver baskets to families in need. He has been involved in the church's fellowship and study program for many years, and when asked to help out with whatever is going on at church, he says yes with a smile.

### **Karen Schmohe, Shepherd of the Coast Lutheran Church**

Karen has been a blessing to Shepherd of the Coast Lutheran Church over the last several years. She has filled many volunteer opportunities and stepped in to assist when the staff bookkeeper had a sudden stroke, donating dozens of hours per week until the bookkeeper returned to work. About this time, the school suffered a cyberattack. Karen spent hours with vendors and financial institutions working to rectify the situation. Karen cares relentlessly, finds humor in tough situations, and is always filled with the grace of God.

### **Sandy Williams, Kadampa Meditation Center**

Sandy is described as always having a smile on her face and in her heart. She goes out of her way to make everyone around her feel at ease, and her kindness is felt by all who know her. Sandy freely volunteers her time and energy to help make Kadampa Meditation Center run smoothly and caringly.

### **Ron And Janice White, Calvary Chapel Ft. Lauderdale**

Ron and Janice are two of the most selfless people at Calvary Chapel. For years Ron served in a ministry helping single moms and widows work around their house from new doors, drywall, bathroom

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# After 42 Years, JKV's Longest-Tenured Employee Retiring JKV Career Anything But Murphy's Law

By Rob Seitz, Village Voice Editor



**Fran Murphy as a young nurse in 1980**

After an on-campus stint as a private duty nurse for a Cassels Tower resident three years prior, it was 1980 when Fran Murphy made one of the most important decisions of her life. One that would have a profound impact on John Knox Village as well.

That year the Coral Springs resident returned to JKV as an LPN in what was the former Health Center, located where the Fitness Studio and Seaside Cove stand today. In short time she was promoted to Unit Manager and by 1990 was on the now-named JKV Wellness Nursing Team.

At that time JKV consisted of its three Villa neighborhoods—Lakeside, South Gardens and Northeast Gardens—and two apartment buildings East Lake and Cassels Tower, the 17-story apartment building with the iconic JKV clock that can be seen by motorists along I-95.

The Village has grown to include two 10-story apartment buildings—

Village Towers and Heritage Tower, plus the recently opened Pavilion—and construction is taking place for Westlake, with its 15-story The Vue and 11-story The Terrace apartment buildings.

"In 1992 I became an RN," Mrs. Murphy said in a July 2018 Village Voice article commemorating JKV's 50th Anniversary. "That was thanks to the Village's continuing education fund that paid for my night classes. I had several positions at the Village Home Health Agency and eventually became the Administrator supervising a staff of about 150."

A rising star, Mrs. Murphy was named JKV's first (and only) Compliance Officer in 2002, a position she has held for the subsequent 20 years. The distinction of being the second Corporate Compliance Officer in JKV's 55-year history has gone to Kelly McIntyre, who has been Administrator at Gardens West—the Village's assisted living center—for the past five years.

On Dec. 15th—after 42 years and as JKV's longest-tenured employee—Mrs. Murphy retired.

During a recent retirement party with Team Members and Residents the mother of three told the well-wishers: "I have been at John Knox Village since I was in my early 20s and I have loved, loved, loved every minute of it. I don't

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Fran Murphy cutting her retirement cake during a Resident and Team Member celebration of her 42 years with John Knox Village.



Fran Murphy (R) attended the 2018 Board of Directors Dinner with then-Executive Director of the Foundation Nanette Olson.



Fran Murphy volunteering in 2003 during JKV's Walk In The Park Antique and Classic Car Show.



# Enhancing Your Sense Of Purpose



Mark Dobosz



Many residents find a sense of purpose in volunteering, whether at JKV or within the greater community.

When the word "enhance" was borrowed into English in the 13th century from Latin, it meant "to raise."

Although enhance initially applied only to physically making things higher, it quickly acquired figurative senses for "raising" the value or attractiveness of something or someone.

During my first two years here, I have been listening and learning from residents and staff about the many great programs, services, relationships, spaces, and culture of the John Knox Village community. What has made a big impression on me is the extent of community engagement that exists among residents and staff. There is a deep desire to continually strive for "raising" the value and attractiveness of JKV.

My goal is to join you on this journey of enhancing those things which make your experience and life at JKV fulfilling, rewarding and additives to your personal health, well-being, and sense of purpose.

I would like to hear your thoughts on the programs, services, relationships, and spaces which make JKV a great

community in which to thrive as well as, how we can better align our charitable efforts in enhancing those programs, services, relationships, and spaces.

Through our ongoing dialogue "together" we can better align current and future philanthropic resources with your dreams and desires for your home—the JKV community.

The Village has been blessed with outstanding volunteerism and great philanthropy over the years from its residents and staff. Our legacy going forward is to enhance what we have and raise it to its next level. A level we can all mutually build and celebrate.

I look forward to meeting each of you personally and hear your life stories.

Each of us brings something special to the weaving of the

community fabric, we call JKV. My door is always open.

Please feel free to come see me anytime for a cup of coffee and conversation. The Foundation Office is on the sixth floor in The Forum. My phone number is 954-784-4757 and my email is mdobosz@jkvfl.com. Or, I would also be happy to come visit you in your home.

I leave you with one of my favorite quotes.

*"Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you." –Robin Sharma*

–Mark Dobosz  
Executive Director



# Live Your Best Life Now:



## Reflect, Refresh, Renew: Your New Year Plan

By Melissa Jill Clark, Village Voice Contributor



Melissa Jill Clark

Here we are once again at the horizon of a new year.

There is something that I do not only every year, but on a regular basis, and I coach my clients to do the same.

I call this "Reflect, Refresh and Renew."

### Reflect

Take the time to stop, breathe and focus inward. Reflect on your life. Reflect on each day.

Be grateful for the beautiful positive things that you have been blessed with along the way.

Pay attention to what you need for your own personal health and well-being. Think about your actions and how you feel about them; about your accomplishments, the things you are really proud of, and about the things you wish you would have handled differently.

Notice and observe these things without judgment. The path to your own enlightenment is simply having an awareness. Being aware is a huge accomplishment, in and of itself. Awareness is the first step to literally everything!

### Refresh

This stage is all about your mindset. Everything begins with your thoughts.

Take the time to notice everything positive in your life and to focus on these things! Know that it is what you focus on that creates your experience



Reflect, Refresh and Renew are Melissa Jill Clark's 3-Rs New Year's Plan for 2023.

in life. This is why a gratitude list or journal is instrumental to your overall happiness and well-being.

It is also important to acknowledge the thoughts that are not positive so you can change them. Notice if these thoughts are mere stories in your mind. Negative stories that are not true, are called limiting beliefs. These limiting beliefs can hold us back from everything that we desire. Some common limiting beliefs are, "I'm too old," "It's too late," "I don't have energy," "I don't have time," "I'm too tired," "I'm not smart enough," "I'm not fit enough," "I'm not (fill in the blank) enough," etc. The list goes on.

I have tools and exercises that I share with my clients to help them overcome these beliefs, but the truth is you can just choose to let it go. It's as simple as that.

Choose thoughts that empower you and make you feel energized and motivated to create the life you desire.

Sometimes, if we think negative thoughts long enough, they can make us feel tired, and lethargic. This is when we need to change our state, as well as our thoughts. The best way to change your state is to move your

body, listen to music, do something that changes your physical state while you are working on your thoughts at the same time.

This may sound overwhelming, but as quick as I can write this to you, and as quick as you can read this, you can practice this, and change your state in just one minute. It's absolutely possible because it's a choice. You have the power to change. It all begins with your desire, and your will to follow-through.

### Renew

Now, here's the fun part. This is where all the work that you put in with the power of your mind can come to fruition. You've already made the decision. You have already begun the journey. All you have to do is keep on walking. Step through the threshold into the life that you dream of, desire, and deserve.

You can do this for the New Year and you can repeat as often as you like. This is a great practice for you to live your very best life now.

—Melissa Jill Clark

Melissa Jill Clark can be reached at 732-966-1188 or [melissajill@alivewithmelissa.com](mailto:melissajill@alivewithmelissa.com)

## Where Did 2022 Go?



Mark Levey  
President Resident Senate

Please get to know your Committee Chairs, Executive Committee, and Resident Board Members. A photo chart is on page 26.

We are here to work towards the well-being of Village Residents. The Senate Leadership is committed to engaging with Residents and the Administration to move the entire campus in a positive direction.

We will have the chance to learn about exciting enhancements to our services on campus. I personally look forward to seeing our Dining Services goals come to fruition. In the spring, our new communications provider, Hotwire, will be in place. Look for their presence on campus to be felt soon.

I'd like to take a moment to reiterate a favorite theme that I've presented in earlier articles. The need for patience as change and growth is at hand.

I always find a well-crafted song says it best.

This is from "All Things In Time"  
By Jason Robert Brown

*"All things in time.  
If not today, if not tomorrow,  
Then all things in time –  
We can't predict  
What comes to pass.  
All we control is how we react  
And how we recover.  
All things in time –  
Some things come quick, some  
things come easy, but all things  
will come  
Given the chance, Given the  
room."*

Happy 2023.

–Mark Levey

Last year brought lots of changes and adjustments for everyone at John Knox Village.

Now that it is January 2023, there is so much to look forward to as we grow and evolve.

I have enjoyed working with the 2022 Committees and learned a lot from each. We now have new Resident Senate Leadership in place.

## After 42 Years, JKV's Longest-Tenured Employee Retiring

Continued from page 7

know what I am going to do the day after [Dec. 15th], but I will figure it out. It's going to be hard leaving, but it's time."

She is certified in Health Care Compliance, Health Care Privacy and Geriatrics. Her important duties were to oversee the Village's compliance with existing health care regulations, handling of legal matters, assisting with ethical decision-making, as well as administering worker's compensation and employee injury programs.

She has educated staff regarding compliance, ethics, privacy, and emergency management that includes the very challenging task of hurricane preparedness.

Perhaps JKV Resident Relations Manager Joanne Avis said it best during her retirement party: "Fran,

you have been one of the most flexible and adaptive people I have ever known at JKV, all while coming from an amazing position of gratitude. Our entire community is a better place because of you and your legacy will live on for a very long time."

Fran has worked for four CEOs during her tenure: Robert Rigel, Robert Scharmann, Gerald Stryker and most recently Dr. Salvatore Barbera. She will now have more time to spend with her two daughters and one stepson.

"I've seen the Village evolve into



Residents Elizabeth Cobb (L) and Amy Barrow were among the many well-wishers to celebrate Fran Murphy's retirement party after 42 years with JKV.

what it is today, and I feel fortunate to have grown in experience and responsibility right along with it. It has been a great journey."

# In Case You Missed It...

As 2022 drew to a close the on- and off-campus activities did not slow down as these photos wonderfully illustrate.

As a sidenote, the JKV Marketing Team is continually updating and posting photographs on JKVConnect from events. Simply login to JKVConnect, go to the JKV Photos tab, then click on either Events or Holidays...or both. Enjoy!



On Nov. 28 some 60 current and former JKV Villagers, Noteables, Chimers and Choristers got together at the Poolside Sports Pub to celebrate Elaine McNamara's retirement as their long-time Village Music Director and to express their love and appreciation for her years of dedicated leadership. She is shown with (L-R): sister Janet Clark, Dave Bayer and Lee Knowles.



Benita Ferrara and Jimmy Meyer, from Cassels Tower and Village Towers respectively danced during one of the numbers from the Ed Calle and the Mambule Big Band Performance, part of JKV's inaugural Jazz Series.



Woodlands Elder Rosalie Bender along with Meaningful Life Coordinator Hana Salem helped decorate the lobby Christmas tree in The Woodlands for the holidays.



Members of the Dining Services Team were shown appreciation during the NexDine Town Hall Forum, with NexDine's Executive VP of Operations Wayne King and JKV CFO applauding from the stage.



JKV Chief Marketing & Innovation Officer Monica McAfee conducted a virtual interview during the Aging Greatly 2022 Symposium with keynote speaker Maria Shriver. Ms. Shriver's topic was "How to Stay Healthy, Engage and Full of Purpose at Any Age."



Lakeside Villa Residents Sue and Bill Allison met with Santa during the Bonnet House's Magic Sparkling Evening Experience.

# JKV Holiday Bazaar Raises \$22+ K For Health Services

By Marty Lee, Village Voice Contributor



Bazaar Committee Members (l to r): Patricia D'Antonio, Sondra St. Martin, Andrea Hipskind, Fred Schieferstein, Nona Moore, Ken Shanahan, Jane Burgess, Barbara McGuire and Gordon Prat. Committee Members unavailable for the photo: Ann Bywaters, Karen Donaldson and Laraine Legg.

The annual JKV Holiday Bazaar, a resident-driven fund-raising event, returned to the Village Centre Auditorium on Dec. 7 and 8.

This year's Bazaar was co-chaired by Heritage Tower Residents Ken Shanahan and Fred Schieferstein, who were ably assisted by 104 volunteers who handled every detail of the planning, collection of sale items, set-up, sales and take-down. The work of the Bazaar committee began with its first meeting back on May 3.

Mr. Shanahan said, the team began collecting donations Sept. 1, which included: "Artwork, jewelry, treasures for the home, household decor, kitchenware, dishes, glassware, holiday decor, sculptures, gift baskets and gift cards. We also had a Bakery with goodies produced by many of our neighbors and Team Members with freshly baked goods brought to the

Bazaar early each morning.

"Unlike past years, with raffled drawings, this Bazaar offered silent auctions with 42 items/baskets for shoppers to bid on. The merchandise had an E-Bay value in excess of \$12,500."

Most satisfying, after all the preparations involved, the crowds arrived at 9 a.m. and continued throughout the two-day Bazaar. JKV Residents, Staff, family, friends and guests took advantage of the bargains available in time for holiday giving.

When the last sale was made, the net proceeds of the Bazaar were \$22,271.43 to be donated to the Health Services Committee. The funds will be used for valuable medical equipment and services in the Village's Meaningful Life Homes: Gardens West, Seaside Cove and The Woodlands.

## Successful Team Effort

Mr. Shanahan offered his thanks to all who shopped at the Bazaar and to the volunteers on the committee.

"The support for the Bazaar from residents and team members was overwhelming," he said. "Our Booth Chairs included Ann Bywaters and Karen Donaldson (Art), Nona Moore (Bakery), Jane Burgess (Holiday), Sondra St. Martin and Patricia D'Antonio (Jewelry), Laraine Legg (Silent Auction), Barbara McGuire and Gordon Pratt (Treasures). Alison Steinberg from Administration and Bailey Moroney from the JKV Foundation offered invaluable assistance. Bob Omenitsch and Nelson Kilmer served as Treasurers."

# A New Year Plan That Could BENEFIT YOU



Mark Dobosz

I thought that it might be beneficial to talk about how a charitable gift annuity funded with appreciated stock could help you defer capital gains you would have incurred if you sold the stock, receive guaranteed income for the rest of your life and make a gift to John Knox Village Foundation that will benefit the Village in years to come.

Some of you are new to John Knox Village and don't even realize that we have this wonderful program that benefits you and JKV.

The Village has had a robust charitable gift annuity program for many years. Years ago, an astute board member, William Baird, knew that universities were offering charitable gift annuities and wondered why we couldn't do the same. He did some research, had the paperwork filed with the State of Florida and JKV has offered charitable gift annuities for over 20 years.

The older you are at the time of making a charitable gift annuity (CGA), the greater the income that comes back to you for the rest of your life. A CGA



is a contract under which the JKV Foundation, in return for a transfer of cash or securities, agrees to pay the donor(s) a fixed sum of money for life.

These annuity payments are a general obligation of the JKV Foundation and backed by all of the Foundation's assets. The CGA funds are securely managed by an investment firm in a conservative, regulated and disciplined manner.

On Jan. 1, 2023, the American Council on Gift Annuities (ACGA) has announced that payout rates will be incrementally increasing. So, year 2023 may be a good time to explore a CGA for yourself.

If funded with appreciated securities, the capital gains are taxed over your life on the distributions made to you each year. In addition, typically about half of your annual distribution is tax-exempt, since it is treated as a return of principal. We can show you exactly how the

numbers work out if you want us to investigate this for you.

As Executive Director of the Foundation, I can run some calculations to show you what benefits a CGA could give you today. Please call me at 954-784-4757 or drop me an email at [mdobosz@jkvfl.com](mailto:mdobosz@jkvfl.com). As always, your consultation is confidential.

Every year we recognize those who have completed CGAs through the JKV Legacy Society. These gifts mean a great deal to the future of JKV and it is our pleasure to thank you. We can complete a gift annuity in a matter of days, however, if you want to fund it with appreciated securities, we need about 10 days lead-time.

There is so much to be thankful for at JKV. Thank you for all you do to make this an amazing place to live and work!

–Mark Dobosz  
Executive Director

# Christmas In The

By Mark Brown, Heritage Tower Resident



*Here is a close-up of the Christmas in the City exhibit, graciously donated by Tom Keenan in the memory of his partner Charles "Chuck" Shields.*

Christmas carolers filling the air with festive holiday songs. Children ice skating on a frozen pond while their parents scurry around to finish their last-minute shopping. The Rockettes performing their famous dance routines in front of Radio City Music Hall, in the shadow of the towering Empire State Building.



*South Garden Villa Resident Sandy Gordon admires the Christmas in the City display in Village Towers.*

Snow-dusted office buildings, shops and city streets on a cold wintry night in New York City

These are just a few of the scenes

depicted in the beautiful "Christmas in the City" art exhibit which is now on display in five buildings across the John Knox Village campus.

"That's what Christmas is all about," said Resident Harvey Naylor as he admired the display in Gardens West. "It reminds me of when I was a kid and we went to the department stores

to see the decorations. Here they are."

"It brings back a lot of childhood memories," added Lakeside Villa Resident Bea Wilbur. "It's similar to the display that my mother and father

put up every year."

This is the fifth year that the Christmas in the City exhibit has been brought to JKV by Heritage Tower resident Tom Keenan. He first discovered the displays on a business trip to Minneapolis in 1987. Tom was so enamored with their intricate designs and powerful imagery that he bought several pieces.

Over the years he and his late partner Charles "Chuck" Shields expanded their collection to 160 ceramic houses and 100 accessories, which they put on display in their home during the holiday season, much to the delight of their families and friends.

Tom moved to JKV five years ago, after Chuck passed away, and donated his entire collection to the community. He was motivated to put the exhibit on display here "because it brings so much joy to people and brings back so many memories."

Tom and Village Towers Resident John Carter spend hundreds of hours each year transporting, unpacking, designing, assembling and taking down the displays. Once they have their basic layouts in place, Tom hires professional designer David Milliam, owner of the Christmas Palace in Ft. Lauderdale, to put the finishing touches on the displays, from stringing the lights to dusting the tableaux with snow to create the memorable scenes.

# City Comes To JKV

This is the first year Tom and John put a display up in Gardens West and it's been a big hit with the Residents.

"That's what we appreciate about Christmas, sharing the happiness," said Lillian Salvato.

"I enjoy it year after year," Melissa Barlow said. "It's always a success."

Harvey added the snow-topped houses remind him of when he was young and his father made him climb up on the roof of their home in Maryland to shovel off the snow so the roof wouldn't collapse.

In addition to Gardens West, there are exhibits in Village Towers, Cassels Tower and The Woodlands. However, Tom's favorite is the display in the lobby of The Pearl and Seaglass restaurants, which feature the Empire State and Chrysler buildings against the backdrop of the Brooklyn Bridge.



***This was the Christmas in the City display Tom Keenan set-up in 2018, the first year he displayed his amazing art exhibit throughout John Knox Village.***

The closer one looks at each scene, the more intricate and evocative they are: From the Fifth Avenue shops and entertainment venues in Central Park, to the uptown residential district in NYC.

Tom hopes to continue putting

up the Christmas in the City displays in the future, but it's a lot of back-breaking work. "I'll do it as long as I can," he said.



***John Carter and Christmas in the City donor Tom Keenan stand before the holiday cityscape in the foyer to Barton's Nautilus Bar.***



***This is the first year the Christmas in the City exhibit has been displayed in Gardens West and it is a hit with GW Resident Harvey Naylor.***

# *JKV Honors Residents & Staff Veterans*

In the November-December *Village Voice*, page 5 was dedicated to listing all the known Resident-Veterans. However, several were not included for which we apologize.

They were:

- Dr. Bruce Burgess, U.S. Navy Lt. Commander
- James Kamp, U.S. Army Specialist 5th Class

- William Nazzaro, U.S. Army Private 1st Class
  - Dale Sheldon, U.S. Navy Seaman 2nd Class
  - Steven Waldschmidt, U.S. Marine Corps Corporal
- Those who were in attendance on Veterans Day for the ceremony at 11 a.m. in the Cultural Arts Center were formally recognized. They will be included in future veteran listings.



***At the conclusion of the JKV Veterans Day Ceremony many of the honored Resident-Veterans remained for a group photo. We thank them for their service in every branch of the U.S. military.***



***Steven Waldschmidt, a Corporal in the U.S. Marines, is shown during the JKV Veterans Day Ceremony with Emcee and Spiritual Life Coordinator Angelica Blakely.***



***East Lake Resident William "Bill" Nazzaro served in the U.S. Army and is shown the Veterans Day Emcee and Spiritual Life Coordinator Angelica Blakely during the Veterans Day Ceremony.***



# JKV's Community Partnerships Series:



## Musicfor America

LORENZO TURCHI-FLORIS ARTISTIC DIRECTOR  
JAMES BROOKS-BRUZZESE MUSICAL OUTREACH



Jody Leshinsky  
Life Enrichment Manager

MusicFor America is a Florida-based not-for-profit corporation created for the purpose of furthering the MusicFor mission in America and is the newest member of the MusicFor International Alliance.

A large part of MusicFor's efforts focus on the humanitarian sector helping to fund music educational programs, the purchase of musical instruments, the presentation of scholarships to deserving students, and sharing the magic of live musical presentations.

MusicFor's headquarters is in Switzerland, with branches in Italy, UK, France and America.

The South Florida branch was incorporated in 2020, during the pandemic, with veteran classical musician Renee LaBonte at the helm. LaBonte has more than 40 years of experience bringing classical music programming to the area.

When John Knox Village formed a community partnership with MusicFor America, the intent was to bring arts educational programming to the residents.

On a quarterly basis, MusicFor America will present programs on different orchestral instruments focusing on a "family" of instruments during each event. Brass will be presented in January, there will be



*Residents had an opportunity to learn about string instruments during a presentation from musicians with MusicFor America, one of JKV's community partners.*



*Cassels Tower Resident Julio Ajon has some fun with maracas during a percussion-themed presentation from community partner MusicFor America.*

a Polyphonic Picnic in conjunction with the Innovation Charter School in March, Woodwinds will be explored in May, and piano and/or harp will be presented in August.

JKV Residents who attend any MusicFor America concerts scheduled in South Florida performing arts venues receive a 10-percent discount on tickets.

In addition, John Knox Village residents will be able to have hands-on education by signing up for six one-hour monthly ukulele classes. These classes will be held on the JKV campus and will be offered for a fee. JKV will provide the ukuleles.

Music provides so many benefits to people from sparking creativity in the brain to influencing our moods. Music therapy can also aid in healing. MusicFor America brings immersive and joyful programming to not only entertain but

also to educate. JKV recognizes the impact music can have, and continues to bring dynamic, diverse, purposeful programming to our Residents.

**To learn more about these programs, please contact the Life Enrichment Department at 954-783-4039.**

# LIVING WELL CORNER

## Tips For Traveling With Parkinson's Disease



Erik Nenortas, CTRS, CPT

Traveling can bring up challenges and many unforeseen obstacles. For those living with Parkinson's Disease (PD), traveling can be extra tricky, as the changes to motor functioning and cognition make things more difficult to manage.

PD is a neurodegenerative disorder, which leads to progressive deterioration of motor function. The progression of PD and the degree of impairment vary from person to person. Although there is no cure for PD, symptoms can be effectively managed, and life can be enjoyed. With proper planning, one can still explore the world, even with the multiple challenges that those with PD encounter.

The following list of travel tips and recommendations will help those with PD travel smarter, safer and with less stress.

**Planning** - Map out your trip in

advance. Make a list of all the items you will need for your travel. Confirm who will be traveling with you, as it is best to travel with a companion or two.

**Packing** – This will help you feel less rushed. Pack comfortable clothing that will allow you to move freely while on the move. Try not to overpack. Bring slip-on shoes or sandals that don't require you to lean over to take them off. Keep an extra pair of socks in your carry-on luggage for cold planes.

**Bring Important Information** – Bring all your emergency contact information. Carry medical alert information and a letter from your doctor describing your medical condition. Have the name and telephone number of your physician and neurologist. Keep a complete list of all your medications with you or saved on your cellphone.

**Medications** – Put your medications in more than one location. This way if something happens with your luggage or you forget a backpack somewhere, you're still covered. Ideally, keep them in your carry-on bags or on you if possible. Set timers or alarms on your phone so you're always prompted to take meds on time. Consult with your physician before taking a long trip or traveling out of the country to identify specific healthcare needs during your trip. Check with your doctor if any of

your medications are "sun sensitive."

**On The Move** – Use a backpack to keep both arms free for ease and better balance, especially if walking any distance. Always carry a water bottle to stay hydrated. Pack snacks so there is no need to stop and shop. For hotel reservations, request a room on the first floor or close to the elevator: Confirm in advance the availability of handicap accessible rooms. Keep your cellphone charged and carry it at all times in case of an emergency.

**Pace Yourself** – Slow down and don't overschedule your days. Choose the activities that are most important to you rather than trying to rush through and hit every attraction. Make sure to schedule rest periods.

**Plane Travel** – Consider a non-stop flight and ask for handicap assistance. Take a nap prior to departure so you are well rested when you depart for your trip. Don't forget transportation to and from the airport. If you have a wheelchair, try to make arrangements in advance to have an accessible vehicle pick you up in your destination city. Read up on flying with a disability so you know what is available to you.

**Have Fun!!!** – Travel can still be an incredible adventure for those living with PD. Plan accordingly and have a wonderful time.

–Erik Nenortas  
JKV Fitness Professional

## News From JKV's 'IT' Guy *Oh, Hack No,* *Tips For Online Security*



Jason Cook

In these trying times, we always need to be on our guard. The same

holds true when we are surfing the web. There are many threats in the cyber world, such as viruses, which can spread from computer to computer, changing the way your computer works.

Viruses can usually be avoided by not opening suspicious emails and not accessing the links or attachments that come with them. Some threats are more significant than others with the largest of them catching you off guard and not being what you thought the

email was.

The Cyber Bad Guys can be very clever, sophisticated offering a subject line that could tug at your heart, prey on your emotions, and make offers that sound too good to be true (almost always they are).

Another possible threat is losing control of your computer either through ransomware or through remote control software.

Wikipedia defines ransomware

*Continued on page 23*

# NUTRITION NOTES

## New Year, New You



Rachel Graham

As 2022 ended it is time to again set those New Year health goals. If you are like a lot of people, you are experiencing frustration and even disappointment that you didn't achieve the health goals you thought you would have achieved over the past year.

Losing weight and eating better are some of the most common New Year's resolutions made each and every year. When you consider what nutrition or weight loss goals you want to achieve, it is important to remember that the word diet actually comes from the Greek word "diaita" which means **way of life**.

"Diet" really refers to the way we eat throughout our lives. A diet is something permanent and something that can include all foods in moderation. Think of the changes you want to make as something permanent—not something that you will do for only one or two months.

Include consulting your primary care physician on this matter as well.

It is important to keep in mind that when setting nutrition goals, small changes can lead to big rewards. Take a look at how you are currently eating.

- Keep a food journal for at least three days, so you can analyze your typical eating patterns.
  - Are you eating a balanced diet?
  - Do you have fruits and vegetables included at each meal?
  - Are you eating breakfast?
  - Do you tend to eat late at night, right before bed?
  - Are your beverages high in sugar and empty calories?

- Do you have water with each meal?

Once you see where you can make changes, pick a place to start. It is much less daunting to focus on one or two small dietary changes than trying to do a complete overhaul of your way of eating. Once you realize that you are able to make a few small changes, you will be more motivated to continue to incorporate healthier eating habits.

The most successful people, when it comes to eating better, are the not the ones who decide to give up all desserts or never eat their favorite foods again. They are the people who are unable to maintain their changes in the long-term. Successful people start small and build upon their accomplishments.

Here are some ideas for a first change you can make toward healthier eating in the new year:



1. Eat breakfast: You want your breakfast to be low in sugar, but high in fiber and protein.
2. Ditch the soda for water.
3. Switch your bread from white to whole grain.
4. Lighten up your milk by switching from whole or 2-percent milk to 1-percent, or skim.
5. Aim to stop eating at least two hours before bedtime.
6. Try incorporating six small meals a day rather than three large meals per day.

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

# 2023

## A New Year, A New You at Rejuvenate Salon & Spa

**Winter Warm-Up:** Heated stones used in conjunction with the therapist's hands to penetrate deep into the muscles. Anyone who is experiencing muscle tension, pain, insomnia, or stress will benefit from a warm stone.

**New Skin Resolution:** The perfect facial treatment to start your year off right! Enjoy a relaxing spa facial that soothes and heals the skin.

**Vitamin Recharge Manicure:** High-five for soft hands! This wonderful experience includes a sugar scrub, mud masque and massage butter made with Vitamin C to recharge, relax and radiate your skin.

**Call for an appointment**  
Cassels Tower 954-783-4013  
Woodlands 954-247-5817



REJUVENATE  
salon and spa

# Charitable Giving Makes JKV Great

## Donations At Heart Of Village's Spirit

By Marty Lee, Village Voice Contributor

John Knox Village is a caring, sharing community, where Residents and Staff alike work together to create a Village of fulfillment, respect, commitment and inclusion. For Residents, JKV is a true home, full of familial friends and neighbors, cared "for life" by a committed and talented Staff. Many Residents feel a responsibility to "give back" for the many blessings they have received from life in the Village.

The main conduit for giving to JKV is through the John Knox Village Foundation. The Foundation's mission is to support the programs, services and spaces of the JKV community.

Mark Dobosz, the Foundation's Executive Director said, "Residents at JKV are very philanthropic and generous with their time, talent and treasure. I am amazed at the heartwarming stories of how much JKV means to a donor and the strong desire to give back to the place that provides them with the safety, security and comfort that is 'home' for them. And the size of donation doesn't matter because the same deep level of gratitude is expressed and shared in a similar manner – sincerely and from the bottom of their heart and soul."

The following are just a few examples of resident gratitude.

### **We Need A Steinway**

Margo and Herschell Lewis moved to JKV in 2006 from their Ft. Lauderdale home. They might have reconsidered the move, had not the Sales and Marketing Director at that time made accommodations to find space for Herschell's pride and joy: His Steinway Piano. The Lewis's took two Village Towers apartments – one in which to live, the other for Herschell's piano, office, storage and their Segways.

Ever since Mr. Lewis was a boy – born during the Depression in Chicago – he loved music more than anything. He played the violin as a youngster, but with his large hands it was a difficult instrument to master. Whenever he saw a piano, Mr. Lewis would sit down to play. He never took piano lessons but learned to play by ear.

It was many years later in life when

Mr. Lewis finally got the chance to own a Steinway. "We bought the piano in 1998," Margo said.

After two years of living in two Village Towers apartments, the Lewises moved into a double apartment in Heritage Tower with plenty of room for Herschell's and Margo's offices, living space and the Steinway piano.

He was a prolific professional in marketing, merchandising, advertising, writing and film production. Mr. Lewis never stopped working during his years at JKV, and he never stopped playing his piano. Mrs. Lewis said, in fact, "Herschell worked on a marketing proposal over his final Saturday and Sunday." He died that Monday at the age of 90 in 2016.

After his death, Mrs. Lewis knew that Herschell's Steinway was meant to be played. She donated the piano to the JKV Foundation, and it found a temporary home on the eighth-floor lobby at Heritage Tower.

Mrs. Lewis recalls having dinner last year with JKV's Chief Marketing & Innovation Officer Monica McAfee prior to the opening of the new Cultural Arts Center in the Pavilion at JKV. Mrs. Lewis remembered that during dinner, Ms. McAfee told her, "I have to find a Steinway," in anticipation of the completion of the Cultural Arts Center. Mrs. Lewis replied, "You already have one."

Once construction was completed, her husband's beloved Steinway was moved from Heritage Tower to the Cultural Arts Center. Its inaugural performance was by the noted classical pianist Solomon Eichner. In the months since, Mr. Lewis' Steinway has brought the joy of music to audiences at JKV, and will continue to do so for years to come.

### **Barton's Nautilus Bar**

Mr. Dobosz said the effort to build The Woodlands, which opened six years ago, was very much a resident-driven initiative to create a first-class skilled nursing and rehab facility at JKV.

"Being the first, and still only Green House model program in Florida, residents sought to get fully behind the



Shows like ROAR, with Carol Bufford, in the Cultural Arts Center were the very reason Margo Lewis donated her late-husband's beloved Steinway piano to JKV.

effort to see the facility constructed and contributed a sizeable portion to the total cost," he said.

The same spirit of charitable giving continued during the construction of The Pavilion. Mr. Dobosz said that residents Bob and Diane Barton selected the naming opportunity for the Bar in the new Pavilion during the Village's 50th Anniversary Campaign in 2017.

The naming opportunity provided the Bartons the chance to have the space named while philanthropically supporting the JKV Foundation with a \$100,000 gift. As part of the 50th Anniversary Campaign, the Barton's saw making their gift in this way as something that would be of interest to them and supportive of the JKV Foundation's fundraising efforts.

### **Generosity Is The Heart Of JKV**

Whether it is a contribution to the Foundation, or simply volunteering time to help a neighbor in need, generosity is in the DNA of the vast majority of JKV residents. It's that dedication to community that makes a statement about the charitable heart and soul of residents living at John Knox Village.

## A Time For Renewal In Life's Mission



Angelica Blakely  
JKV Spiritual Life Coordinator

January seems to be the month where we're often exploding with fresh ideas and goals to accomplish.

We fill vision boards with inspirational quotes, affirmations and share resolutions with friends, family and even strangers if available.

Meanwhile, there's this tiny piece of us which intuitively knows after the "newness of the new year" wears off, if we don't approach our goals any differently, this year will be the same as the last. We'll start things, not follow through and out of frustration abandon them at some point.

I'm certainly not shouting from some high mountain of perfection. From supplies purchased to start DIY projects, to unfinished drafted journal writings and more ... we can all succumb to this trap.

But one of the most wonderful things we can do is Begin Again. When we notice we are stuck, we can begin again. When external distractions interrupt our intention to practice, we can begin again. When our reactivity once again overtakes our desire to be more responsive, it is again our chance to start over.

The opportunity to begin again happens in our day-to-day lives too. It won't be easy. Nothing worth having rarely ever is. And that's the thing about setting goals and resolutions at the start of the year.

We often approach them with this "New Year clean slate mindset" and while not bad, we often fail to account for the hardships that are bound to come. We ride off the "feel goodness" of the moment and set lofty goals and aspirations without calculating and planning for

how we will deal with the inevitable challenges which will arise.

The most freeing thing is truly realizing we don't need January 1st to start working towards anything. All the months and days of the year are the perfect time to begin any goal.

You messed up and ate outside your eating plan on Wednesday? Don't wait for next Monday to start, just begin again at the next meal. Missed exercising for three days in a row? At the moment you recognize you've done so, you don't have to wait for a new month to start, just begin again.

Know you don't need to beat yourself up when things don't go as planned. It will never be perfect. But I love that we can be creative each day, trying new things, forgiving ourselves for what doesn't work and starting over again the next day, week or semester.

Each new day is a new day. You can simply just begin again.

—Angelica Blakely

## Honoring Charitable Silver Angels

Continued from page 6

etc. He does whatever is needed; often using his own money. Ron and Janice also serve as leaders in Operation Christmas Child. They are amazing people, faithful servants, and an inspiration to so many seniors in the church's community.

### Sherry Miller, St. Henry Catholic Church

Church officials describe Sherry as a role model – a dedicated, reliable and trustworthy volunteer who puts her heart into every role she takes on. She is active in the Citizens on Patrol program with the Broward Sheriff's Office. She will also take time to assist others

who are homebound and may need transportation to/from Church and she is known to love animals. Sherry will feed and help find homes for lost or stray animals that she encounters.

### David and Adele Greenblatt, Temple Shalom

The Greenblatts have served Temple Shalom as volunteers for many years. David has served as chairperson of the Ritual Committee, overseeing that ancient Jewish traditions are upheld. Adele has served in the past as the temple's catering head and set high standards as catering moves forward.

### Linda Hinkle, The Pink Church: First Presbyterian Church Of Pompano Beach

Linda has been a member of the Pink Church for 30 years and has supported the ministry in a variety of ways. She has taught science at Lighthouse Christian and has been the "Book Lady" at the pre-school – Imagination Station. Linda has served as a Deacon and Moderator of Deacons. She is part of the Hospitality Team and currently volunteers two days a week as church receptionist.

Congratulations to the 2022 Silver Angels for their charitable service to their communities.

# The Routine And Tradition Of Comfort And Affirmation

Continued from page 3

Members (Staff) are acutely aware of the turmoil that construction brings. The good news is that we are in the home stretch on Westlake. We are moving steadily towards our goal of 134 apartment homes sold by February 2023. The Sales and Marketing teams continue to make great strides in hitting goals and exceeding margins and revenue budgets.

Our partner, Moss Construction, is an industry leader and innovator and has the highest regard and sensitivity to the construction area and site safety. We also realize that the construction has caused added dust and early hours of construction for the patient residents of Village Towers. The fabulous news is that Moss continues to work ahead of schedule.

Residents of Cassels Tower have been impacted by construction, access to garbage chutes, plumbing and the AC issues. Residents at Heritage and East Lake are getting through a major renovation. We must remember that constant upkeep and maintenance that may be inconvenient is necessary, especially given the age of JKV's infrastructure. I also just want to provide a very BIG "Thank You" to everyone for their kindness and, once again, patience as we get through renovations.

We want to acknowledge that we remain vigilant and committed as we address concerns around: Dining and Resident Hospitality...change in our Administrative team...an unprecedented increase in Resident Monthly Service fees...inflation...COLA (Cost of Living Adjustment)...interest rates. Supply chain issues and general cost of goods have presented us with real and perceived challenges.

I would still offer that living at JKV, and the benefits our lifestyle, access to exceptional healthcare and maintenance-free living far out-weigh the costs you would be facing off campus.

To maintain and enhance Resident experiences there is the need for constant upkeep and maintenance to all campus spaces. I am currently experiencing something similar with the complete reconstruction of my condo pool. I won't bore you with

those horrible details, however, I will share that JKV successfully built a resort pool, lap pool, two pickleball and bocce courts, and an outdoor programming/Poolside Pub venue in 13 months and my condo project is in Year Three!

## Collaborations During Improvements

We all look forward to collaborating with Residents, NexDine and JKV Team Members to address all these areas for improvement.

We also take to heart that Senior Leadership needs to be visible, engaged and easily accessible. We are working behind the scenes to establish Senior Leader office hours on campus (instead of heading to the Forum), "Lunch with Sal," "Ask Sal Q & A" sessions at Cluster meetings, as well as an "Ask Sal" column.

The entire management team is here at your service. I am also delighted to share that Alison Steinberg is now working as the Marketing and Innovation Project Coordinator, assisting me with administrative and project support. The best way to reach me is through Alison at [asteinberg@jkvfl.com](mailto:asteinberg@jkvfl.com) or 954-784-4714.

As we begin to take a deep dive into Activated Insight's Resident Satisfaction Survey, you'll be able to note that the Top 5 rating of "Very Satisfied" went to: Landscaping and Grounds, feeling "safe," being satisfied with Resident's personal residences, that the Shahbaz and skilled care teams respect family's wishes, and finally, Residents are satisfied with the timeliness and quality of Maintenance Work Orders.

Certainly, we are not "perfect" in these areas and that we are aware that there is always room for improvement, however those Top 5 are things to celebrate at JKV.

## Working Through The Survey

They hopefully provide solace as we are still working through the 2022 Bottom 5 areas on the survey. These include: Parking and Dining—quality and consistency of the food, variety of food offered and overall general satisfaction with rating the food served on campus.

Our goal was to be able to share a more in-depth overview and the

survey outcomes before distribution of this edition of the Village Voice.

Prior to the updated survey work on improving parking and signage was continuing

We are hopeful that menus will be modified to provide more variety soon. Along with training for Dining Services team members, NexDine is committed to a Resident-centric model of care founded in their commitment to wholesome, nutritious, and healing foods, compassionate services, and people-centric strategies.

The reassuring news is that we are collaborating with the standing Resident Senate Committee Chairs and making strides in all areas each day. The objective is to stay focused and to always have the best interests of the Residents at heart as we navigate everything at the Village.

The thing that I find hopeful, as I remain steadfast and optimistic, is the spirit of JKV: That we are all in this together, and together we can embrace JKV's Core Values:

- Trust in each other
- Invite engagement
- Be mindful
- Be the change

## Stay Engaged

Stay engaged. Don't isolate. A basic form of engagement, especially post-COVID is the opportunity to gather: To enjoy a meal with friends, neighbors, and newcomers; along with programs and activities that bring people together to keep us excited about life-long learning, entertainment as well as connectedness.

For those of you who did not attend the November Aging Greatly Symposium brought to JKV and the surrounding community (thanks to the Foundation!), a good deal of what was covered through keynote speaker, award-winning journalist and New York Times bestseller Maria Shriver, is that change and the way we look at aging, community, wellness, all play a significant role and impact our health and well-being.

Please continue to come together, ask thoughtful questions, smile at a stranger, pay it forward, challenge yourself, be kind, gentle, optimistic and live your goals for 2023.

—Monica McAfee

# This Year, Partner With The John Knox Home Health Agency



By: Christy Kelly, Director Of Nursing & Dihara Guzman, Home Health Administrator



Christy Kelly  
Director Of Nursing



Dihara Guzman  
Home Health Administrator

That time of the year when we examine the triumphs of the past year and think about resolutions for the coming year is here.

This New Year as a new resolution, partner with the John Knox Home Health Agency to allow yourself time to fulfill your care needs. You will receive many benefits, including increased socialization through the companionship of a skilled, knowledgeable, and caring JKV Home Health Private Duty Aide.

Start today with an assessment from one of our experience Case Managers. They will listen to the needs and challenges you are facing, they will develop a personalized plan of care to fulfill those needs and offer you a variety of services, such as:

- Light housekeeping and laundry
- Prepare and serve nutritious and delicious meals
- Assistance with personal hygiene, dressing, ambulation, and transfers
- Schedule grocery shopping services
- Accompany to Doctor's offices, salons, and on outings
- Companionship, engaging in conversations, games, go on walks, and other pastimes of your interest
- And much more

Take the initial step and contact us at 954-783-4009, ask for Christy Kelly our Director of Nursing. We will help achieve your goal.

From all of us at John Knox Home Health Agency, we wish you happy holidays and all the best in the year to come.

## News From JKV's 'IT' Guy: 'Oh, Hack No,' Tips For Online Security

*Continued from page 18*

as: "...a type of malware from cryptovirology that threatens to publish the victim's personal data, or permanently block access to it, unless a ransom is paid.

"While some simple ransomware may lock the system without damaging any files, more advanced malware uses a technique called cryptoviral extortion. It encrypts the victim's files, making them inaccessible, and demands a ransom payment to decrypt them."

So, hackers will encrypt your hard drive and only allow you access to it after they have received payment. Often they pose as computer technicians who ask to take control of your computer so they can find and remove "the problem."

Once allowed into your system they will head right to your Settings and change your password for the computer, meaning the next time you want to use your computer you

will need to get access from them. Therefore, I recommend only letting someone you know very well take control of your computer.

### **The Biggest Threat Out There Is...You**

Most of these scams rely on you panicking, having a quick knee-jerk reaction that the scammers will tell you needs immediate action to resolve, and not thinking clearly in what is typically, a highly stressful moment.

Clicking on a link or calling a number from a phishing email is probably the most popular and successful type of fraud. As mentioned above, if you ever get an email claiming something is too good—or bad—to be true, it probably is.

If you get an email from your bank claiming something is wrong and you need to click a link immediately to fix it, NEVER do it. Get your bank statement, find the customer service phone number on it and call.

At John Knox Village, there is an

added level of security by having technical support (me) stationed in various apartment building lobbies on scheduled days and times.

Recently, a resident was heading out from Cassels Tower towards the parking lot. He stopped, came back in, walked over to my office, and said, "I am heading to Target to get some gift cards to pay Microsoft for fixing my computer. Does this sound right to you?"

I immediately informed him that Microsoft does not fix computers expecting to be paid in gift cards and that anytime someone wants to be paid in gift cards, it is a scam.

Thanks to him sensing something was wrong—and having a resource to ask—he did not spend (and ultimately lose) \$2,500 on Target gift cards to continue to support the scammers.

—Jason Cook

JKV Technology Coordinator

## Donations received during the months of October-November 2022

### To John Knox Village Employee Scholarship Fund

David and Jackie Bayer  
Jackie Bayer in honor of Lee Knowles  
Laura and Terry Knight  
Peter Flyzik  
Janet Spalding  
Rose Milanovich  
Clark Rechkemmer  
Paul Loree  
Richmond Knowles  
Norma Jenkins  
Guia Jansen  
Doreen Haynie  
David Haun  
David Barnett  
Eleanor Smith  
*In memory of Chauncey Hunt*

### To John Knox Village Foundation Benevolent Endowment Fund

Phyllis Miller

### Charlotte Symonds Employee Assistance Fund

Carol Redd  
*In memory of Gloria Haeffner and  
Virginia Horn*

### Foundation Unrestricted Fund

Judith Carson  
*In memory of Dixie Buehrer*  
Donna Brown  
Mitzi Doumar  
Laura and Terry Knight  
*In memory of Celene & and  
Henry Jacobsins*  
Barbara Bradley  
*In memory of Chauncey Hunt*  
Amy Barrow  
Rose Milanovich  
Robert Oliver  
Paul Loree  
Peggy Golden  
David Heger  
Joyce Cuddy  
Florida Life Care Residents  
Association Inc (FLiCRA)  
*In honor of Diane Dalsimer*  
Reba Kinsey  
*In memory of Chauncey Hunt*  
Elizabeth Swanson  
*In memory of Dixie Buehrer*  
Franklin Schmidt

Barbara Hirschhorn  
*In memory of Chauncey Hunt*  
Dennis Fitch  
Les Ross  
Carol Frei  
*In memory of Chauncey Hunt  
and Rodney Bate*  
David and Twylah Haun

### Healthcare Enhancements Fund

Theresa Claire  
Laura and Terry Knight  
Richmond Knowles  
Herbert Johnson

### Mental Wellness Enhancements Fund

Gallo Herbert Architects

### Physical Enhancements Fund

Marilyn Askin  
Andrea Hipskind  
David Haun

### Resident Assistance & Inouye Support Fund

Emmerson Harris  
Mark Brown

### Resident Music Endowment Fund

Jackie Bayer

### Spiritual Enhancements Fund

Eugene Schlecht

### Staff Professional Training Fund

Rose Milanovich

### Village Arts Circle Intellectual Enhancements Fund

Jane Brofee  
Jack Richards  
Dee Davis  
Elisabeth Lycke  
Samuel Profeta  
Daneen Manalac  
Fred Schieferstein and Ken Shanahan  
Dennis Fitch  
Jeannette Jordan  
Benita Ferrara  
Dana and Elizabeth Hardy  
Terry and Maria Blagg  
Lena Dehlin  
Russ Robinson

David Eccleston  
Anastasis Homatas  
Andrea Hipskind  
Ann Archard  
Dick Huitema  
Gail Klevay  
Marcia Ellington  
Daniel Fountaine  
Danny Graves and Larry Culler  
Marianne Jackson  
Norma Jenkins  
Carol Redd  
Constance Shank  
Carol Frei  
Terry Colli  
Elizabeth Cobb and Howard Gilman  
Beth Hand  
Nancy and Farrell Patrick  
Doris Christian  
Mark Levey and Ken McAlice  
Clark Rechkemmer  
Judy Houston  
Thomas and Sue McDowell  
Thomas Keenan  
Bruce Voelkel  
Marty and Dick Mellett  
Theresa Claire  
Franklin Schmidt  
Mary Louise Morley  
David and Jackie Bayer  
Peter Flyzik  
Peggy Golden  
Milt and Judy Baker  
Patrick Burke and Michael Velayo  
Charles Flynn and James Shamberger  
Barbara Hirschhorn  
Tom McKay  
Laura and Terry Knight  
Beverly Cardinal  
Reed Brown

### Transportation & Mobility Fund

Thomas McDowell  
Anne Swoboda  
Donald Patriss  
David Heger  
Mary Kraft  
*In memory of Mary Jane Graff*  
Bernadine Berk  
Lyn Walk  
*In memory of Tony Walk*  
Terry Colli



# The Woodlands at John Knox Village



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

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

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

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

**(954) 247-5800**  
[www.WoodlandsJKV.com](http://www.WoodlandsJKV.com)



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

SNF1258096

## Preparing For Flu Season

*Continued from page 2*

technology I helped to develop many years ago.

The bottom line for all of us over 65 is simple. Let's be sure to be fully vaccinated and boosted with the new bivalent COVID vaccine and with this season's quadrivalent, high-dose flu vaccine.

**Dr. Mark Cochran** holds a doctoral degree in Microbiology and Immunology and has been JKV's medical expert during the COVID-19 pandemic. He is retired from Johns Hopkins Medicine, where he built and led the Johns Hopkins HealthCare Solutions team, which included his work in creating the model of care used by residents and staff at JKV's on-campus Center For Healthy Living.

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

## JKV's Puzzle Master Pieced Together Quite A Year

*Continued from page 5*

Plant to the puzzle. It will assist with powering the Village with its current expansion, and beyond. Resident windows in Gardens West, JKV's assisted living center, were replaced with impact glass.

A new roof and renovations in all of the 10 floors of common areas in Heritage Tower are complete, including its Party Room, which received an upgrade in audio-visual equipment as well. A new chiller has been ordered and will be installed early in 2023.

Thom and his team renovated some 80 independent living apartments and villas, aligning their features more to the desires of incoming residents. They also completely updated 11 Gardens West apartments.

Renovation work on the first floor of Cassels Tower that started in 2022 continues, but a larger beauty salon, spa and barber shop have been completed. Space that once housed JKV administrators has been converted into five new apartments, three of which have Rex Foster Lake waterviews.

There will be more pieces to fit in 2023, according to Mr. Price: "Early this year we will be getting designs and pricing for interior upgrades to Village Towers, Cassels Tower and Gardens West. The problem that everyone with construction projects is seeing right now is that pricing is just crazy. You're seeing jobs that you think are about \$3.5 million coming in at \$7 million. We want to make sure we do the job right, but also at the best price for the Village."

Just another piece to the puzzle.

–Thom Price

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

COPIES ARE AVAILABLE AT THE FRONT DESK OF VILLAGE TOWERS, HERITAGE TOWER, EAST LAKE & CASSELS TOWER.  
PLEASE MAKE RESERVATION THROUGH JKVCONNECT OR THE FRONT DESK CONCIERGE AT THE TOWERS. 2/22

## — 2023 JKV SENATE LEADERSHIP —

### Executive Committee



Mark Levey  
President



Fred Schieferstein  
Vice President



Stephanie Messana  
Secretary



Gerry Kennedy  
Treasurer

### Standing Committee Chairs



Ken Shanahan  
Bldg, Grnds, &  
Housekeeping



Pete Audet  
Communications  
& Technology



David Barnett  
Dining Services



Steve Abrahams  
Finance

### At-Large Members



Jan Spalding



Julie Vikmanis



Bruce Voelkel



Carol Frei  
Health Services



Paul Smith  
Legislative



Joan Warren  
Library

### Resident Board Members



Diane Barton



Terry Colli



Tom McDowell



Tom McKay



Diane Dalsimer  
Life Enrichment



Richard Aronowitz  
Long Range  
Planning



Peggy Golden  
Security, Safety  
& 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) .....	954-783-4048
<b>ADMINISTRATION</b> .....	954-783-4021
<b>AQUATIC COMPLEX</b> .....	561-564-1623
<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) .....	954-783-4054
<b>CASSELS TOWER FRONT DESK</b> .....	954-783-4036
<b>DINING ROOMS - SEAGLASS AND THE PEARL</b>	
(For reservations) .....	954-783-4062
(For delivery or takeout) .....	954-783-4061
<b>DIXIE GATE</b> (SW 6th Street Entrance) .....	954-784-4732
<b>EAST LAKE FRONT DESK</b> .....	954-783-4058
<b>FITNESS STUDIO</b> .....	954-784-4730
<b>FOUNDATION</b> (For questions about making donations, call Executive Director Mark Dobosz) .....	954-784-4757
<b>GARDENS WEST FRONT DESK</b> .....	954-784-4050
<b>GLADES GRILL</b> (For reservations) (Open Thursday-Monday 11 a.m.-8 p.m. Closed Tuesday and Wednesday) .....	954-546-6116
(For takeout) .....	954-546-6115
<b>HERITAGE TOWER FRONT DESK</b> .....	954-784-4737
<b>HOME HEALTH AGENCY</b> .....	954-783-4009
<b>HOUSEKEEPING</b> .....	954-784-4727
<b>LIFE ENRICHMENT</b> (Questions or to sign up for upcoming programs) .....	954-783-4039
<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>ON-CALL PRODUCTION ASSISTANT</b> (Issues with your event) .....	561-592-2974
<b>PALM BISTRO</b> (Open Tuesday-Sunday 11 a.m.-8 p.m. Closed Monday) .....	954-247-5820
<b>REJUVENATE SALON CASSELS TOWER</b> (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.) .....	954-783-4013
<b>RAS CURIOSITY SHOP</b> (Tuesday, 10 a.m.-12:30 p.m. and Thursday-Friday, 2-4 p.m.) .....	954-784-4753
<b>RESIDENT RELATIONS/SOCIAL WORK</b> (Call Joanne Avis) .....	954-783-4023
<b>SEASIDE COVE FRONT DESK</b> .....	954-546-6000
<b>SECURITY</b> .....	954-784-4054
<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

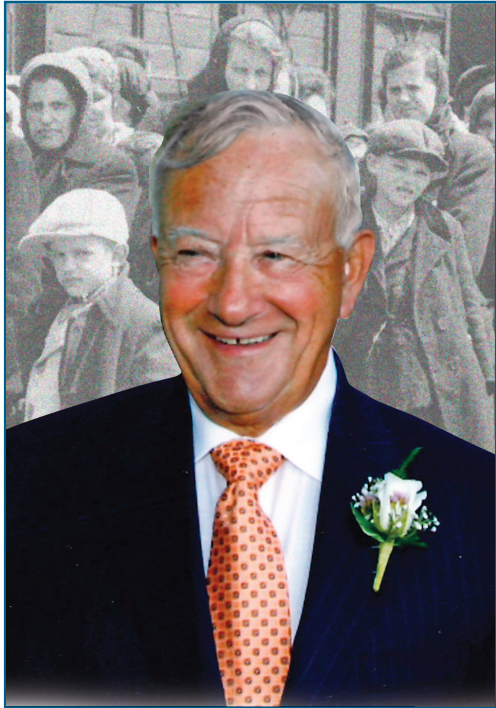
*John Knox Village Resident Senate Officers (Phone numbers listed in Directory)*

<b>President:</b> Mark Levey .....	VT 306
<b>Vice President:</b> Fred Schieferstein .....	HT 817
<b>Secretary:</b> Stephanie Messana .....	NE 600
<b>Treasurer:</b> Gerry Kennedy .....	VT 713
<b>At Large:</b> Jan Spalding .....	LS 401
<b>At Large:</b> Julie Vikmanis .....	EL 202
<b>At Large:</b> Bruce Voelkel .....	CT 1107
<b>Resident Board Member:</b> Diane Barton .....	LS 317
<b>Resident Board Member:</b> Terry Colli .....	NE 501
<b>Resident Board Member:</b> Tom McDowell .....	HT 718
<b>Resident Board Member:</b> Tom McKay .....	HT 403

*Committee Chairs:*

<b>Building, Grounds &amp; Housekeeping:</b> Ken Shanahan .....	HT 817
<b>Communications &amp; Technology:</b> Pete Audet .....	VT 613
<b>Dining Services:</b> David Barnett .....	NE 635
<b>Fiscal:</b> Steve Abrahams .....	SG 698
<b>Health Care Services:</b> Carol Frei .....	VT 913
<b>Legislative:</b> Paul Smith .....	VT 713
<b>Library:</b> Joan Warren .....	VT 922
<b>Life Enrichment:</b> Diane Dalsimer .....	CT 315
<b>Long Range Planning:</b> Richard Aronowitz .....	CT 615
<b>Security, Safety &amp; Transportation:</b> Peggy Golden .....	VT 405

# Holocaust Remembrance Day



## Presentation with Child Holocaust Survivor Manny Gurowski on Friday, Jan. 27 at 2 p.m. in the Cultural Arts Center

Please join JKV, as we welcome Manny Gurowski on **International Holocaust Remembrance Day** to share his childhood experiences as a Holocaust survivor. Born in Germany in a small town with few Jewish families when Hitler and the Nazis took power in the mid-1930s, Manny, his mother and younger sister were taken from their home, forced to give up everything and were taken to a heavily guarded Nazi Labor Camp. Hear his amazing story.

A wine and cheese reception will follow.

**For reservations please sign up on JKVConnect or by calling 954-783-4039.**



### Our Mission Statement:

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

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

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

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




JOHN KNOX  
VILLAGE

Where possibility plays

For More Info Contact  
954-783-4040

651 SW 6th Street  
Pompano Beach, FL 33060

web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
   [JohnKnoxVillage.com](http://JohnKnoxVillage.com)