

VOICE



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Dr. Mark Cochran

What do caterpillars have to do with the new COVID-19 vaccine from Novavax? Quite a lot, which is rather personal to me. Let me explain.

Vaccines for COVID (and other diseases) come in a few flavors, but the common feature is that each is designed to present to our immune system the outside structure of the virus. In the case of COVID-19 that is the spike protein which is the virus's way to attach and enter cells of our upper respiratory system, thus initiating infection.

By showing the spike protein to our immune system, it becomes activated to recognize it again. Each booster, or infection, makes our immune system even stronger.

There are two general ways to produce the spike protein used to stimulate our immune system. One is genetically, where our own cells manufacture the protein as directed by a genetic code such as DNA or messenger RNA. Another way is to manufacture the spike protein in the laboratory in cell culture systems, and inject the purified protein as a vaccine. These are more like conventional vaccines than the new messenger RNA approach.

Novavax uses insect cells infected with an insect virus designed to make the spike protein, which is then purified and used in their vaccine.

This is the same system I worked on developing about 40 years ago. The idea came from the observation that in nature this virus liquefies the insides of the caterpillar filling it with virus protected by a matrix of trillions

of copies of a single protein. The sorts of caterpillars that are hosts for this include army worms and budworms. The virus is called a baculovirus.

For vaccine production purposes, the baculovirus gene that makes this massive quantity of protein is replaced with the gene that makes the protein for the vaccine. The engineered virus is then used to infect insect cells, purified to nearly 100 percent, and formulated with an adjuvant derived from the bark of a tree. This formulated mixture arranges the spike protein into nanoparticles, which to our immune system looks like a virus.

Why use an insect system? One reason is that it is a safer alternative to using human or other mammalian cells which might harbor unknown viruses that could end up in a product. Also, the virus is easily manipulated for foreign gene insertion such that a new vaccine could be prepared in a matter of weeks. Finally, the economics of manufacturing are very favorable given the amount of protein that can be made.

There is already a product on the market that uses this system—that is FluBlok, an influenza vaccine from Sanofi, acquired from Protein Sciences, a company I co-founded in the 1980s. The advantage of this product is that it does not use hen eggs in its manufacture, thus avoiding manufacturing challenges and egg allergies.

Novavax was one of the first participants of Operation Warp Speed. It is late mostly due to having started as a very small and fledgling company which had to tool up and



meet all regulatory requirements. The vaccine has been shown to be 90.4-percent effective at preventing COVID-19 and is already approved in 40 countries. While this product comes from an exotic technology, it is more like conventional vaccine: Protein plus adjuvant. It is an alternative for primary or booster vaccination.

—Mark Cochran, PhD

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.



JOHN KNOX
VILLAGE
Where possibility plays

Milestones Achieved In Executing JKV's

Vision For The Future

The excitement continues to build as we transform our campus.

In June we celebrated completion of the Pavilion with a Grand Opening Ribbon Cutting ceremony in the 400-seat Cultural Arts Center.

Other amenities within the Pavilion include our seven-day-a-week breakfast, lunch and dinner workhorse restaurant the Seaglass, our upscale seafood and chophouse-styled The Pearl and our Barton's Nautilus Bar, the perfect spot for an adult beverage, or two.

To the side of The Pearl is our 24-seat Private Dining Room designed to celebrate special occasions.

To fully appreciate JKV's Master Vision Plan—the first to be adopted in the City of Pompano Beach on March 22, we need to recognize the strategic planning efforts that led to where we are to date.

In the four years leading up to 2013, when I started my succession plan, JKV management, Residents and Board of Directors began to envision and explore a future model of health care (The GREEN HOUSE® Project) that would replace the institutional skilled nursing care model, predominately offered across the U.S.

A Life-Plan Retirement Community is unique because it focuses on amenities and evolving lifestyle needs and desires of older adults, with the ultimate protection for "what if" health care events across a continuum of care.

The value proposition to JKV's life plan model today continues to thrive well beyond the expectations and experiences of the long-term care insurance

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Gerry Stryker
President/CEO



ON THE COVER

There were festivities galore surrounding the Westlake groundbreaking and Pavilion ribbon cutting, culminated with a rousing performance from the American Sirens, wowing residents and guests alike with their musical renditions from the Golden Years of Hollywood. Please see Page 14 for the complete story. (Photos by Marty Lee)

VOICE

Discover

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

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Looking for a previous issue of our magazine?

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



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

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



Introducing JKV's Community Partners

The First In A Multi-Part Series: Fort Lauderdale International Film Festival



Jody Leshinsky
Life Enrichment Manager

John Knox Village (JKV) has been involved in the greater community of South Florida for more than 50 years. Team members serve as advisors on local boards, residents volunteer at various organizations and schools, and JKV creates unique partnerships with many nonprofit organizations to provide benefits to both the organization and our residents.

This column is the first in a continuing series which will explain the wide variety of community partners and how JKV interacts with each for mutual benefit.

The History Of FLiFF

Today, we will examine our partnership with the Fort Lauderdale International Film Festival, or FLiFF as it is fondly known in the community. The Broward County Film Society, Inc. is a nonprofit organization established in 1986. This Society presents the annual Fort Lauderdale International Film Festival; operates Savor Cinema, Gateway Cinema in Ft. Lauderdale and Cinema Paradiso in Hollywood.

Celebrating its 37th annual festival in 2022, FLiFF presents American independent and studio films, international films, student films, special tributes, seminars and intro-

duces filmmakers to South Florida audiences. Considered one of the most important regional film festivals in the U.S., the Festival's commitment to first-time filmmakers and innovative programming make it the perfect test market for filmmakers.

JKV's Partnership With FLiFF

FLiFF has committed to providing JKV residents year-round programming both on and off campus. There will be six film presentations on the JKV campus, generally every other month. Immediately following each film screening, there will be a question-and-answer session with either the director, the filmmaker or an actor from that film. Residents are encouraged to participate in these intimate and unique opportunities to learn more about the artist's vision and intention in the making of that film.

Once a year, FLiFF will present "Movies Under the Stars," at the beautiful new JKV Aquatic Complex. This event will be presented in the evening, along with special snacks at Stryker's Poolside Sports Pub, located inside the Aquatic Complex.

The Annual Film Festival

During this year's Film Festival, scheduled for Nov. 4 -13, JKV will provide bus transportation to many of the more than 200 films that will



JKV residents Bea Wilbur and Jan Spaulding take a seat at Ft. Lauderdale's Gateway Theater for a FLiFF presentation.

be presented at Savor Cinema, Gateway Theater and Cinema Paradiso.

Additionally, JKV residents receive member benefits at year-round Member-Only FLiFF events including quarterly bus trips to the various screening locations, and Member Events that are announced to FLiFF members. JKV residents receive the FLiFF member rate with a promo code.

Now, with more than 20 active community partners, JKV offers a wealth of opportunities for involvement in the arts, entertainment, history, education and volunteering. Gazette readers who put down a fully refundable 10-percent deposit on a new state-of-the-art Westlake apartment are automatically enrolled as a Platinum-Level Westlake Village Club Member and are entitled to receive the same benefits as JKV residents from community partners, such as FLiFF.

For more information feel free to contact the Life Enrichment Department at 954-783-4039.

—Jody Leshinsky
JKV Life Enrichment Manager

Divided We Fail, *United We Shall Prevail*

By Burn Loeffke, Village Voice Contributor

I had been on the floor for 15 hours. I had lost balance, slipped and fell. Now I could not get up. No phone. I had ripped the landline when I fell, and the cell phone was not near. I tried crawling on my back. Unable to move more than a couple of inches. I tried yelling. No one could hear me.

This can't be that bad. What is happening? Finally, a friend found me.

You Are Positive?

The paramedics were called and unlocked the door. Picked me up and placed me on a stretcher. The test came back positive and that cleared a room where I could be isolated. They started an IV, filled me up with fluids and inserted a catheter. Then I was alone again. Outside I could see the commotion but could not hear the noise. The hospital was full of patients and yet understaffed with medical professionals.

Memorial Day Thoughts

Laying on the floor for 15 hours I had time to think of Memorial Day. I had been asked to be guest speaker for the John Knox Village Memorial Day ceremony. I planned to speak about Lt. John Little and Sgt. Larry Morford.

Lt. Little had been a cadet at West Point and was one of my students taking my class in learning the Russian language. Years later, he was assigned to my unit in Vietnam. Lt. Little was leading a recon unit. I was talking to Lt. Little over the radio when it went dead. Silence. A few moments later I heard a different voice over the radio: "Sir, they just killed the lieutenant." Lt. Little was killed when his recon unit was ambushed. He fought bravely while outnumbered.

I also recounted Sgt. Larry Morford, who was instrumental in my going into medicine after retirement. He and I had many conversations. Although he did not believe that war was an answer to international problems, he



Maj. Gen. Burn Loeffke U.S. Army (ret.) met Rev. Rachael Gallagher, JKV's Spiritual Life Director, for the first time during JKV's Memorial Day Ceremony.

volunteered to fight in Vietnam. I remember Sgt. Morford by his statement; "War is a beastly thing, and the least beastly of us should be doing the fighting." Sgt. Morford was killed in combat only days before he was scheduled to ship back home to the States.

As I lay in my hospital bed, I considered my career in wartime, as well as the effects of COVID-19 upon our nation and the world. The sheer numbers who have died from COVID-19 in the U.S. demands that we mention this new war and the brave workers who are fighting this very powerful new enemy.

Americans Killed In Wars

To put this new war into perspective let us look at the numbers. During the past more than 100 years of wars, we have lost the following American Veterans in battle: WWI: 116,000, WWII: 298,000, Korea: 40,000, Vietnam: 58,000, Iraq: 4,000, Afghanistan: 2,400.

We are engaged in a new war against COVID-19. Most recent figures show COVID-19 has killed more than one million in our country. One virus has killed more Americans than the six wars mentioned above. What is happening?

In the military, we accomplish missions as a unit, as a family. As we honored our fallen veterans on Memorial Day and look forward to celebrating our freedom and independence on July 4th, let us remember the million who have died from COVID-19. Let us resolve to ameliorate the personal problems that separate us, and work together to save our families, our friends and our nation in a common goal of mutual consideration, love and understanding.

Bernard "Burn" Loeffke is a retired Major General of the United States Army and periodic contributor to The Village Voice. He fought and was wounded in the Vietnam War. He was awarded several valor honors including the silver star, bronze star and others. In 1992, he retired and was called back four months later to head a year-long delegation looking for POWs in the former USSR. He retired again in 1993, and immediately started his second career in medicine. He finished his medical studies in 1997, and participated in medical missions in war-torn or impoverished areas such as Bosnia, Haiti, Kenya, Iraq, Niger, Darfur and the Amazon jungles.

Welcome Angelica Blakely

Spiritual Life Coordinator Joins John Knox Village Family



Rev. Rachael Gallagher
JKV Spiritual Life Director

ously served in the Office of Student Conduct at Tulane University and the Office of the Chaplain at Dillard University. Angelica was elevated to a minister in December 2019.

In 2021, she graduated from the Andersonville Theological Seminary with a degree in Christian Counseling and is pursuing a graduate degree in the same area with a specialization in death and grief therapy. Angelica has a background in Small Groups Ministry and was the Small Groups Pastor for a church in Miami Gardens. She hopes to bring her past experiences in ministry to our community and grow at the same time.

Dedicated To An Awareness Of Self

Angelica's goal at John Knox is to utilize her gifts: Of being an advocate for emotional intelligence, coaching and small groups to our community. She hopes to bring a different approach and an awareness of self to the programming she offers. She will begin this for residents with the July programming event series on Acceptance where she will tackle the hard subjects of race, sexual orientation, gender roles and religion. She hopes to also begin a small group ministry where our residents can build their own communities that are both intentional and supportive to deepen and expand the ministry outside of four walls.



Angelica Blakely
JKV Spiritual Life Coordinator

Angelica Blakely recently joined the Spiritual Life Department and I am thrilled to introduce her to you.

Angelica relocated from New Orleans, LA in 2021 with her daughter, Christian, who just completed her freshman year at the University of Miami majoring in Microbiology/Immunology and Public Health with a minor in Chemistry and Health Management and Policy.

Angelica is one proud mom. She enjoys reading, traveling, painting, singing and visits the beach weekly as her favorite self-care activity.

Angelica is a certified life coach and Christian Counselor, who previ-

This is a great time to remind all of you that Spiritual Life is for everyone. We love connecting with the diverse community here and our interfaith services are a highlight of our work. We aim to create and exercise an inclusive spiritual community that enriches individuals and the community of JKV.

With Angelica on board, JKV's interfaith commitment will pave a new path of spiritual literacy and dialogue in the community that crosses boundaries and entertains new, creative spiritual tensions that will foster authentic spiritual formation.

—Rev. Rachael Gallagher



Vision For The Future

After a successful 42-year-run, the venerable Main Dining Room was razed to make way to recreate a larger Rex Foster Lake and expand JKV's waterway systems, as part of campus beautification plans and the Westlake project.



JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.

We Hope You Will Consider...



Mark Dobosz

Over the past three months I have had several people ask me about language to give their estate planning attorney so that they can leave in their wills a gift to the John Knox Village Foundation. What an excellent way to leave your personal legacy.

The number of Residents who provide for JKV in their estate plan is astonishing. It is a wonderful testament to the Village that so many residents consider leaving a gift in their wills.

Anytime you would like to talk about how to make a bequest for the Foundation, I would be happy to come over to your place to talk about it.

It is an amazingly straightforward process—even if you already have a will. You can reach me at 954-784-4757 or mdobosz@jkvfl.com. I know that some residents prefer to keep their plans confidential. We will always respect your wishes for anonymity.

The following language will help you and your advisor put a gift in your estate plan:

I, (your name) of Pompano Beach, FL, give, devise and bequeath to John Knox Village of Florida Foundation, Inc., a Florida not-for-profit corporation, (insert here the written amount of percentage of your estate or specific dollar amount) for the Foundation's greatest needs.

Residents have created their own legacies by making the Foundation the beneficiary of many bequests, charitable gift annuities, IRA remainders, life insurance policies, second homes, donor-advised funds (DAF's), automobiles, etc.

Also, making ANY type of legacy gift qualifies you for membership in the JKV Legacy Society that meets annually to celebrate the whole concept of legacy giving.

We are here as a philanthropy resource for the Residents and their families of JKV as well as their advisors. Please do not hesitate to call me anytime: Foundation Coordinator Bailey Moroney or I can be of assistance to you or your estate planning advisors. The Foundation's number is 954-784-4757.

—Mark Dobosz
Executive Director

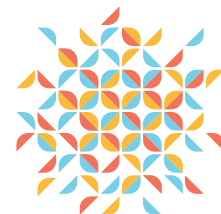
Congratulations To Our JKV Employee Scholarship Recipients



From generous donations from Residents, collected by the Employee Scholarship Committee, five worthy JKV employees received scholarships to continue with their educational development. Shown here (L-R) are: Lee Knowles, Flora McQueen, Nick Febbraro, Judy Baker, Claire Dunn, Doris Castano, Peter Flyzik, Icylin Ricketts-Medley, Cliff Credle, Anthony Manley, Sonjaria Brown and Dave Bayer.

Live Your Best Life Now:

The Emergence Of Lifestyle & Aquatics For Integrated Wellness At JKV



By Melissa Jill Clark, JKV Lifestyle and Aquatics Manager



Melissa Jill Clark
Lifestyle & Aquatics Manager

Lifestyle and Aquatics (L&A) is a new department here at JKV with intentions of creating your own best and unique lifestyle-wellness plan and I just couldn't be more thrilled to have the honor of presenting this programming to you.

Many people ask me how L&A differs from Life Enrichment or Fitness.

The best way that I can think of describing it is that it is a hybrid of all different things combined together in order to present you the opportunity to integrate all aspects of wellness and healthy living in order to live your very best life!

We offer integrated programming to help you engage your life in areas such as fitness, recreation, education, health, wellness, mindset, self development, stress relief, socialization and all programming based on the latest research that helps you to live your very best life of health, happiness and wholeness.

Breathing life into our luxurious multi-million dollar Aquatic Complex, much of our group programming is offered outdoors, so that you can further enjoy the fresh air at our beautiful resort and lap pools, as well as Stryker's Poolside Sports Pub.

Considerable research has been conducted and there is science back-

ing the importance of combining all dimensions of wellness in order to live your very best life.

L&A is integrating all of these things, along with a review of the 7 Dimensions of Wellness. We will be partnering with JKV's Center for Healthy Living to further support Residents and Team Members on all levels of integrated wellness.

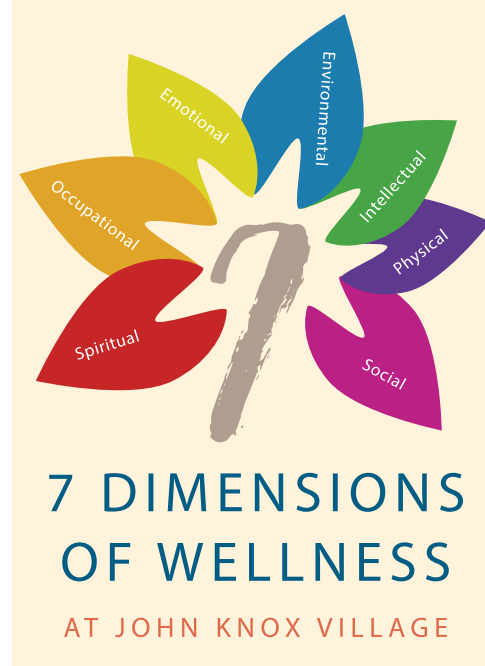
Some of the things that we are currently offering are:

- One-on-One Life Coaching Sessions
- RISE!, which combines gentle stretches, breathing and mindset in our beautiful Aquatic Complex
- Deep Water Fluid Motion and Aqua Laps
- Yoga on the Resort Pool Deck
- Aging Greatly Weekly Mastermind Group
- Walk & Talk
- Community Spanish Club, Line Dancing, Splish Splash Water Workout, and lots of fun scheduled group recreational activities like Bocce Ball, Ping-Pong, Board Games, and Fun & Sun with our team and more!

There are two important things for you to know in order to stay informed of all that we are offering you, and to be able to effectively find and participate in those offerings.

Number One is that all of this innovative programming is offered to you by L&A. We have our very own page in the Month at a Glance. Make sure to visit the L&A page because this is where you will see our current schedule, along with program descriptions. You will not find them mixed in with Life Enrichment or Fitness programs in the book, so do yourself a great favor and make a point to read our page each month.

Second, when signing up on JKVConnect, if you filter by department, you will only find these



programs under L&A. This is important to know if you filter, for example, by Fitness or Life Enrichment when booking your chosen activities.

This can be confusing since some of our programs would be considered to be Fitness or Life Enrichment programs by topic. It is important to know that when you use a filter you are filtering by department, not by topic of the activity or signing up for.

This has confused many people in the past who thought the activities were not offered because they couldn't find them under a specific department category. If you are not sure from which department an activity is being offered, the best thing to do is to not use the filter when you're looking for your activity in order to sign up on the JKVConnect.

We are so very happy to be here with you and looking forward to helping you, in any way we can, to create the opportunity to "Age Greatly."

Please feel free to reach out to me at 954-783-4093 or mjclark@jkvfl.com, or our L&A team at 561-564-1623. It is our pleasure to serve you, and to enjoy this very precious gift of life with you.

—Melissa Jill Clark

Summer Estate Planning Updates

In A Post-Pandemic World

Submitted By Kaley N. Barbera, J.D., LL.M., Village Voice Contributor



Kaley N. Barbera

Estate planning in a post-pandemic (nearly endemic) world is just as important as planning during the height of the pandemic. Some would even argue that it is more important now that individuals and families have seen or witnessed the impact that COVID-19 has had on our community.

Every person has had a different

"summer cleaning" pointers for an estate plan.

What if, when I did my plan, I named my parents or siblings but now I have grown children?

Once your children reach a certain age, if you feel they are capable of properly managing your estate or trust and/or making health care or financial decisions for you, then they may be the best option as replacements for elderly parents or same-age siblings. Having kids take over this role is great as they are young enough to be around when the time comes versus parents or siblings. If your children are not the right option, then it is important to speak with your advisor or attorney about coming up with other alternative family members, friends or corporate representatives who could handle these tasks. It is always important to have a backup plan.

I believe whole heartedly that this open communication philosophy is one of the things that truly sets JKV apart from many other Life Plan Communities.

experience with COVID-19. Some of us have battled the virus one or more times, others have witnessed or cared for loved ones who have been sick and weakened by the virus, and even worse, many of us have lost family or friends to this ravaging strong-willed virus.

We all have a different tale to tell when it comes to COVID-19, but the uptick in estate planning and getting your affairs in order has never been higher. The fog has lifted and clients now know the far-reaching effect that a pandemic can have and they want to be sure that any procrastination they once had is no longer a roadblock to getting their plans in place. A large number of clients have some form of estate planning documents in place, but don't know whether they need to update them or change them. This article will provide some

My children have grown, now what do I do?

It is important to take another glance at your documents once your children have grown and analyze whether you have put in the proper provisions for them. You may wish to leave assets in a specific way, whether that is in trust for creditor protection or to make sure assets are insulated in the event of divorce. Alternatively, you may have provisions in your documents that were added when your children were younger and now is the time to loosen up the terms, since your children are handling finances well and can manage things on their own without supervision.

For example, many younger parents start by leaving the children their estate "in trust" until specific ages and this trust is typically over-

seen by a trustee. Years later, your now 36-year-old may no longer need that trust and instead you may wish to distribute everything to that child immediately upon your passing. On the other hand, you may have an estate planning document which leaves your estate to your 37-year-old and that same son or daughter has unfortunately battled addiction or is going through a rough divorce.

You may instead wish to alter your estate plan to protect the inheritance that this son or daughter is receiving. Take a glance at your documents to make sure the provisions that you built for your children when they were young still work today.

These are just a few summer cleaning tips to think about for your estate plan. Now that we have all battled this pandemic as a community, we need to continue to protect ourselves and get our legal house in order.

The above information was provided solely for information purposes. An estate and tax plan for an individual may or may not contain the documents or ideas discussed, above. We highly suggest that you seek the professional advice of a specialist in this field to determine the appropriate estate plan for your situation.

Kaley N. Barbera is a Partner at the law firm of Snyder & Snyder, P.A. in Davie, FL, where she concentrates on estate planning with an emphasis on special needs planning, art succession planning focusing on how to transfer art, artifacts and collectibles in a tax-efficient manner, estate administration and trust administration. She is a member of both The Florida and the New York Bar. Kaley is a graduate of the University of Miami, where she received her Bachelor's degree in English Literature and her J.D. from New York Law School. She also earned her LL.M. in estate planning from the University of Miami Law School. You can email your questions for Kaley to Kaley@snyderlawpa.com.

Remembering Kit Frazer

A Life Well Lived And Foundation Spark Plug

Submitted by Sondra St. Martin and Carol Frei, Foundation Board Members

Katherine (Kit) Frazer was born into a military family, and lived a life of excitement, challenges and accomplishments. Her family, spouses and life found her living in Japan, Germany, Iran, Vietnam, Korea, Hong Kong, Hawaii, Denmark and Florida.

Her first husband, Lt. Colonel Eldon Oakley was killed in Vietnam and her second husband, Robert Frazer died of natural causes.

During her working career, she held positions in banking and in the State Department. Clearly, she had many and varied experiences abroad and enjoyed sharing stories, especially with fellow retired military families...except for one story.

She was with the CIA and not one of those stories did she ever leak out, try though we may.

Little known, but her friends were the lucky beneficiaries of her extraordinary cooking skills, gleaned in her life abroad.

She was President of the Gold



A passionate advocate and supporter of JKV Foundation projects, Kit Frazer (far right) is shown at a fund-raising event in September 2019 for the then-proposed Aquatic Complex. She is shown with Monica McAfee, Chief Marketing & Innovation Officer and President Gerry Stryker.

Star Club for many years, working on many political issues in Washington, D.C. She was also very involved with The Daughters of the American Revolution as well as Wreaths Across America.

Kit was a resident who always reached out to newcomers and welcomed them into the Village family.

Kit was a resident who always reached out to newcomers and welcomed them into the Village family. Since she was a great volun-

ter advocate, she influenced others to do likewise. Sadly, Kit passed on May 20th of this year.

The John Knox Village of Florida Foundation drew Kit's attention. As a member of that Board of Directors she rose to its Presidency in 2018. She worked closely with Nanette Olson, then-Executive Director and continued on with Mark Dobosz, who followed Nanette in that position.

Kit was an avid promoter and

supporter for JKV Foundation projects. She was a tireless leader as President. She supported the Sharing and Caring project. She worked diligently on obtaining funds for the JKV Aquatic Complex.

There are a number of other funds that the Foundation has undertaken through the years. These cover areas that support and benefit quality of life for JKV Residents. Kit made sure that we were aware that the Foundation is the vehicle for bequests and donations to enhance our lifestyle in retirement years here.

Thank you Kit Frazer for your guiding light.

The Moral Of The Story

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

Here's an important fact you should know. According to scientists, sugar is bad for your brain health.

Due to this fact you are surely going to skip the strawberry shortcake and ice cream this summer, right? Maybe not. Facts don't easily change our behaviors, and there's a good reason for why.

We don't have a mind for facts, we have a mind for stories.

Our brains are built to absorb facts that matter to us, and stories determine what is meaningful to us. Perhaps that is why we humans are suckers for stories from cradle to grave, because we crave to share meaning in life with others.

Stories Share Meaning

A story, or narrative, is an account of related events that unfold over time in a certain place. A story has a beginning, middle and end, as well as a shared social significance for teller and listeners, a lesson to teach called "the moral of the story."

To facilitate social bonding, a newborn's brain gets busy right away building the four neural pillars of a story: Place, time, me, we. By age three, our brain keeps the mind in a perpetual state of story-readiness.

Think of how easy it would be to engage a child's attention with these words: "Once upon a time, in a faraway land, a little mouse lived with her family in a deep underground nest..." A child would consider the

story as make-believe with such vague language for time and place, and would imagine the little mouse and her family as proxies for "me" and "we," respectively.

Since a child has so few memories from life experiences to draw on, the line between reality and fantasy is very thin, making it very easy to tell make-believe stories to a young child. However, even fictional stories allow a child to grasp norms and values from the social context. This social awareness improves a child's ability to understand the desires, motives and intentions of others to prepare for success in social roles and relationships.

Stories Prevent Crashes

Stories expand our view of possible actions to avoid fear and make adaptive, life-enhancing choices. Just as a flight simulator prepares a pilot-in-training to fly without crashing a plane, a story gives the adult brain a learning experience to avoid social-emotional "crashes."

Beyond the here and now, a story presents a mental simulation of a possible outcome in a given context. As the characters engage our imagination, the brain prepares for future action by learning from the mistakes of others without risking life and limb, or social status.

As adults, our minds live in a sea of stories encountered in daily life. Conversations, books, movies, plays, songs, dance, sermons, speeches, articles, blogposts, meetings and other activities offer opportunities to share stories in different ways.

Our brains are so predisposed to the influence of stories that you have to be wary about which ones you absorb. How easily we can suspend disbelief and return to the imaginary world of a child. A compelling story can be conjured up to hoodwink just about anyone. Next thing you know, fiction overwrites facts in your brain.

The 7-Layer Story Cake

Despite the damage done by false

narratives, the benefits of stories have outweighed their drawbacks. Otherwise, humanity would have crashed and burned long ago.

Since stories are here to stay, let's review the main ingredients that go into a story. If you think of a story being structured like a big wedding cake, there are seven layers. Here they are, beginning with the bottom layer:

1. **Perspective:** The voice of the story's author, expressed in first person (I or we) or third person (he/she/it/they).

2. **Place:** The setting and conditions of where the story occurs.

3. **Period:** The timeframe in which the story takes place.

4. **People:** The folks who act in the plot, including heroes, allies and opponents.

5. **Plot:** The sequence of events with a beginning, middle, and end that reveals the characters' desires, motives, intentions, actions, and outcomes.

6. **Problems:** The challenges faced by the hero/heroes in pursuing their goals.

7. **Point:** The meaning that the audience is to derive from the story.

When it's time to boost your mental health, pass on the sugar and go get yourself a nice, big, tasty piece of story cake. And when you have important information to share with others, get busy and whip up a 7-layer story cake of your own. They will gobble it up.

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

You're A Grand Old Flag

You're A High-Flying Flag

By Nona Smith, Village Voice Contributor

'One flag, one land, one heart, one hand. One Nation evermore.'

—Oliver Wendell Holmes

No taxation without representation," were the fighting words that the 13 colonies of America used to protest paying taxes to England's King George III, while not having any representation in Britain's Parliament. As the Americans' dissatisfaction grew, the British sent troops to quell a growing rebellion. The Colonists made attempts to resolve the crisis without a military conflict to no avail.

On June 11, 1776, the Continental Congress met in Philadelphia with representatives from each of the 13 colonies, and formed a committee to write a formal document that would cut ties with Great Britain. The committee included Thomas Jefferson, Benjamin Franklin, John Adams, Robert Sherman and Robert R. Livingston. Jefferson was recognized as the strongest and most eloquent writer, so he was chosen to write the original document.

The document begins with the famous words "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." The group made 86 changes to Jefferson's original draft before the Continental Congress officially adopted the final version on July 4, 1776.

The following day, copies of the Declaration of Independence were distributed and then published in The Pennsylvania Evening Post on July 6. The Declaration of Independence has become the United States' most revered and cherished symbol of liberty.

As much as Americans have an intense and profound respect and belief in the Declaration of Independence, we also have a unique and passionate devotion to our flag. It stirs our patriotism and our pride.

A Flag By Any Other Name

The Stars and Stripes, Old Glory, and The Star-Spangled Banner are the three names most used to describe the U.S. flag. The original design of the flag was based on the Continental Colors Flag, which had 13 red and white horizontal stripes, but instead of stars, it showed the British Union Jack in the upper left corner. The Flag Resolution of 1777 decreed that the Union Jack must be replaced with 13 white stars on a blue background, one star for each of the 13 states that comprised the new country, at that time.

As we celebrate the 246th anniversary of our independence this July 4th. Let us proudly reaffirm America's greatness: "Indivisible, with freedom and justice for all."



Matthew Sabatella and the Rambling String Band are slated for a Fourth of July performance on July 4, beginning at 1 p.m. in the Cultural Arts Center. If you wish to attend, sign up on JKVConnect or call the Life Enrichment Department at 954-783-4039.

WITH FIRST HALF OF YEAR IN *Festivities Celebrate*

By Rob Seitz, Village Voice Editor

For all of us, the first half of 2022 is in the record books.

For John Knox Village, South Florida's premier Life-Plan Continuing Care Retirement Community, the first two quarters of 2022 are in the books as record-setting.

Thanks to strategic marketing and a team packed with sales dynamos, the Village is enjoying more than 92-percent occupancy for its current inventory of apartment and villa homes, and blowing past projected goals with 84 percent in pre-sales for the most ambitious project in its 54-year history—Westlake @ JKV.

"The buzz around John Knox Village in general and Westlake in particular is appreciable," JKV Director of Sales Kim Ali told *The Village Voice*. "In my 25 years of working in the senior living industry I have never experienced such excitement within a community.

Reasons For The Frenzy?

"I would say part of it stems from the many referrals our current residents provide us on behalf of their friends. Our residents really want their friends to join in the fun they are having. Another reason is JKV has a great reputation as a provider of resort-style living, along with unlimited health care should our residents ever need it, and outside people want to see what we are all about."

Hundreds of people saw exactly what JKV was all about during two same-day celebrations on June 9th. The morning started with a formal gold-shovel, hard-hat ground-breaking ceremony for the Westlake @ JKV project.



The fact that Westlake is 84-percent pre-sold is due in part from members of the Sales and Marketing teams shown here (L-R): Birgit Pedra, Chris Fleury, Susan Lawrence, Kim Ali, Monica McAfee, Jamsyn Becker, Oscar Gomez, Denise Snuszka and Rob Seitz.

The initial ground-breaking ceremony was a COVID-casualty; however JKV's contractor—Moss Construction—never lost focus and has the project right on schedule with concrete already being poured on the seventh floor.

Part II of the day's festivities was a ribbon-cutting ceremony in the 400-seat Cultural Arts Center at the sparkling new \$34 million Pavilion. Praise was

heaped on both visionary projects by JKV President Gerry Stryker, Moss Construction Chairman and Founder Bob Moss, as well as other project partners and dignitaries.

Stated JKV Board Chairman Paul Simpson: "Is this a great day, or what? This Pavilion, and the Westlake project going up behind us, are a collaborative effort that all started with the residents. They have the passion and commitment



Cassels Tower Residents (L-R) Daneen Manalac and Janet Westcott enjoy a mimosa prior to the formal ribbon-cutting ceremony in the Pavilion.

BOOKS, JKV SETTING RECORDS

Pavillion, Westlake



Lakeside Villa Resident Diane Barton provided a Resident's perspective during the Pavilion ribbon cutting. Diane, along with husband Bob, are financial supporters of the Pavilion project, for which Barton's Nautilus Bar is named.

to this vision."

Stryker humbly praised his staff for helping create reality from dreams.

"You can have a vision," he told the 200-plus in attendance, "however, you have to find the right team members to execute that vision. And folks, I'm here to tell you, we have that team. In my career, I have worked at eight [life-care continuing care retirement] communities and our JKV team, as well as the fine folks from Moss Construction led by founder Bob Moss, are the best I've ever worked with."

What is a successful construction project?

Bob Moss explained: "The key to any good piece of construction is the people on the ground each and every day: The ones who follow the plans, and do their work in a timely and safe manner. Our partnership with John Knox Village has truly been amazing."

Once completed, as expected in the First Quarter of 2024, the Westlake project will consist of 146 state-of-the-art apartments within The Vue and The Terrace

buildings. The Vue will be 15 stories and similar in height to the Village's iconic 17-story Cassels Tower apartment building that I-95 motorists see when they look east during their commutes.

The Terrace is 11 stories and will boast a namesake stunning rooftop terrace for residents and guests alike to enjoy.

"Even though we are 84-percent presold at Westlake, we have many wonderful apartments still available," Ali said. "Residents, please tell your friends that with a fully refundable 10-percent deposit, they are automatically enrolled as Platinum Level members of the Westlake Village Club."

Westlake's first-floor common areas will include a high-tech projection movie theater, library, sacred space, art studio, The French Press—a coffee bar during the day and wine bar in the evenings—and a bistro-styled restaurant called the Westlake Eatery.

Residents with referrals or questions about Westlake can call Kim Ali at 954-783-4040 or emailing askkim@jkvfl.com



Moss Construction Founder Bob Moss (L) is shown with JKV Executive Assistant Jody Puishys and Chairman of the Board Paul Simpson moments before entering the Cultural Arts Center for the Pavilion ribbon-cutting ceremony.



Gabe Salazar, artistic director of the Gay Men's Chorus of South Florida, provided attendees to the Pavilion ribbon-cutting ceremony with a rousing version of the National Anthem.



The American Sirens is a female-fronted vintage group delivering songs from the Golden Age of Hollywood. They performed two shows at JKV, one immediately following the ribbon cutting and then a full show for residents later in the evening.



Village Arts Circle Members Support *'Best In Class' Performances*

With the opening of the John Knox Village Pavilion in June, the community has seen increased interest from Residents in support of the arts.

There is no better time than now for Residents to start doing so. If you have not joined yet, the John Knox Village Foundation is excited to extend this invitation to join the JKV Village Arts Circle.

Joining **The Village Arts Circle** gives Residents and your non-JKV friends and family the opportunity to be a part of a group of like-minded individuals who will ensure a lasting connection to all the arts at JKV.

Your support will allow JKV to provide "Best in Class" on- and off-campus programming for Residents in partnership with the greater community.

Village Arts Circle Members receive exciting benefits, which include:

- Advance notice of programs and performances
- Advance notice and a 20-percent discount on ticketed performances
- Invitations to select pre-performance receptions, such as the Latin Divos Dinner and Concert and the Solomon Eichner Concert and Reception
- Invitations to select speakers and VIP receptions
- Recognition at performances

We hope that you will join us in continuing to provide Residents with the knowledge and experiences from incredible artists, scholars and performers.

If you are interested in becoming a member or would like more information about The Village Arts Circle, please contact Foundation Coordinator Bailey Moroney at 954-784-4786 or bmoroney@jkvfl.com

The Latin Divos recently wowed Residents with a "Best in Class" performance. Here Ernesto Cabrera belts out a tune in harmony with Gabby Corujo's dance moves. Village Arts Club Circle members enjoyed a dinner before and reception after the show.



With support from Village Arts Circle Club members, the JKV Foundation was able to provide a complimentary concert by internationally acclaimed pianist Solomon Eichner.





THE
GLADES
GRILL

Chicken Salad



In Good Taste:

Don't Be Chicken To Try This Simple, Flavorful Salad

By Rob Seitz, Village Voice Editor

Perhaps nothing conjures images of summer and picnics more than chicken salad, especially in sandwich form. It is not hard to think of red and white checkerboard table cloths and sunny weather after taking a big bite of what many argue is poultry perfection.

John Knox Village's Executive Chef Mark Gullusci's take on this picnic prize is simple and flavorful. It is crisp and cool, while giving you much of the nutrition you need. Adding apples gives this recipe a powerful crunch.

Enjoy!

Ingredients: (serves 4)

1 lb. Chicken breast poached in a court bouillon* (see preparation instructions below)

2 tbs. green onions

1 cup mayonnaise

1 stalk celery cleaned and finely diced

¼ cup vanilla yogurt

¼ tsp. cinnamon ground

¼ tsp. ground nutmeg

½ tsp. ground ginger

1/2 cup Craisins

2 apples cored and diced

1/8 cup honey

Method Of Preparation:

- Make a court bouillon with celery, onions and carrots; let the water boil and all the ingredients come together. Poach the chicken until done. Remove cool and dice.

- Cut up ingredients as needed, mix all the other ingredients well and cover.

- Refrigerate to let the chicken salad come together for more flavor.

- Use a good crusty bread.

- Label, date and store product (If there is any left over).

LIVING WELL CORNER

4 Fun, Easy Ways To Improve Your Posture



Maria Leon



When you were younger, did a parent, grandparent or teacher ever tell you to sit up straight? It turns out that's good advice in your golden years, too.

Posture is more important to your health than you might realize. You may have noticed that maintaining your posture has gotten a little more challenging as you get older. At the age of 30, most people begin to notice posture issues, including slumping, leaning, and even losing inches of height. As a result, it becomes more difficult for your body to hold itself upright.

As we age, our muscles and skeletons begin to change. You will notice the most significant changes in your spine. This is because the discs and vertebrae in your back degrade over time, losing their ability to stretch and move as easily.

In addition, our muscles also become weaker as we age. Muscles hold bodies straight. You don't have a posture problem: You have a muscle problem.

Changes in posture are to be expected and aren't necessarily an urgent medical issue. However, it still benefits us to be aware of our posture and work to improve it. Bad posture can make common health issues for seniors more dangerous. For example, bad posture can combine with balance issues to make you even more prone to falls and accidents.

Good posture can help relieve back, as well as circulation problems. It can even help you avoid osteoporosis by keeping your spine from experiencing stress. There are zero drawbacks to improving your posture, and lots of potential benefits.

Before you try some posture exercises, the first thing to do is to set your posture.

You can start from a seated position. Sit up straight, lift your ribs, and set your shoulders back. Put your feet flat on the floor and take a deep breath. Make sure your chin is raised, and your back and neck are in a neutral position. Nothing should feel strained or uncomfortable. You can also do this standing up if that is comfortable for you.

Once you know how to set your posture, you can begin practicing some posture exercises. There are lots of different posture exercises you can learn. Here are some easy ones to help you get started:

- **Shoulder Blade Squeezes:** Imagine there's a coin between your lower shoulder blades. Press your shoulder blades back and downwards, trying to pinch the coin between them. Hold for five seconds and repeat 10 times.

- **Chin Tucks:** Set your posture, then tuck your chin inwards and down. Hold for a second, then extend your chin outwards. Return to a natural position. Repeat as

many times as you feel comfortable.

- **Arms Up:** Start with your arms down at your sides. Slowly lift them up to shoulder height, fingertips pointing away from you, so you finish in a "T" pose. Then squeeze your shoulder blades together, similar to the Shoulder Blade Squeeze. Return to a neutral position. Hold five seconds and repeat 10 times.

- **Wall Stretch:** Stand up straight with your back braced against a wall. Slowly raise your arms, palms facing upwards. The goal is to lift your arms all the way overhead without losing contact with the wall behind you. Raise your arms as high as you can, then lower them. Repeat five times.

It's easy to forget about maintaining good posture but committing to a routine of posture exercises will certainly help. To learn more, visit the Fitness Studio or contact a JKV Fitness Professional 954-784-4730.

—Maria Leon
JKV Fitness Professional



NUTRITION NOTES

Healthier Cocktails For The Hot Summer Months



Rachel Graham

As the summer heat sets in, what's better than reaching for a cooling and refreshing cocktail? But beware, some of those cocktails can be deliciously deceptive, causing you to pile on those dreaded summer pounds. Here are some great tips that enable you to enjoy those sun-sational cocktails, while watching your weight.

1. Try making your own simple syrup using stevia, a plant-based sugar substitute and sweetener that has no negligible effects on blood

glucose levels. Dissolve one part stevia in four parts boiling water and you get a simple, healthy sweetener.

2. Squeeze real fruits into drinks like lemons and limes to avoid flavored juices that are high in sugar, calories and preservatives.

3. Choose a healthy sparkle. Add zero-calorie seltzers or sparkling water to your favorite liquor of choice, helping you to avoid sodium, high fructose corn syrup and artificial colors that you find in tonics and sodas.

4. Garnish with fruit. Pack your cocktails with nutrients produced by adding fresh fruits to sangrias and wines, helping you to avoid artificially flavored alcohols and mixers.

5. Add herbs to not only drinks like mojitos, but get creative and add a sprig of basil and mint to your drinks to help improve digestive health.

6. For wine lovers, replace half a

glass of white wine with club soda and a splash of citrus juice for a refreshing bubbly cocktail.

7. Pour your cocktails into tall glasses with plenty of ice.

Research studies show that people drink less when given tall, slender glasses compared to shorter, wider glasses.

8. Cut down your salt intake by only rimming half your margarita glass with salt, instead of the whole rim.

9. Skip the mixer all together and get vodkas that are infused with fresh flavors like peach or jalapeno instead of artificially sweetened.

Cheers to a fun-filled summer!

—Rachel Graham, RD, LD/N



Is Aquatic Physical Therapy *Right For You?*

What is Aquatic Therapy?

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

Who Benefits from Aquatic Therapy?

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

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

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

Problems that can be treated with Aquatic Therapy:

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

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

Cost

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

For more information

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

In Case You Missed It...

Thanks, in part, to the wonderful events put on by our Life Enrichment Team, there never seems to be a dull moment at John Knox Village. Here is photographic proof.



The Pride Jazz Ensemble, South Florida's premier LGBT musical performance group for over 35 years, delighted Residents during a recent show in the new Cultural Arts Center.



Melissa Lackey and Peggy Strumski of the Broward County Chapter of the North American Butterfly Association offered up an educational discussion for Residents concerning the importance of butterflies—even how to start your own butterfly garden.



Cassels Tower Resident Dave Bayer was a good sport when Will Corujo, from the Latin Divos, sang a song while Dave doffed a slightly darker-colored hairstyle than usual.



Residents had an opportunity to Mix & Mingle with musicians from the Navy Band Southeast Brass Band after their concert in the Cultural Arts Center. Shown here (L-R) with Musician Second Class Josh Mariani are Jackie Bayer, Joel Terzich, Jim Jana and Ray Sarik.

As a reminder, the JKV Marketing Team is posting photographs on JKVConnect from events taking place at the Village. Simply login to JKVConnect, go to the JKV Photos Tab, then click on either Events or Holidays (or both). Enjoy!



Now that's a fine display of hats. A hat contest was part of the fun Kentucky Derby Watch Party at Stryker's Poolside Sports Pub.



A musical staple around campus, Gail Smith performed a wonderful medley of Mother's Day-themed songs during a piano concert in the Vilalge Centre Auditorium.



Befitting the Latin America theme for May Jane Middleton, Janice Joggerst, Diane and John Dalsimer enjoy Mexican drinks as part of a dinner outing to Lakos Takos Taqueria.



Cassels Tower Resident Sondra St. Martin is appropriately decked out to enjoy our Cinco de Mayo celebration at Stryker's Poolside Sports Pub



Jerry and June Felski enjoyed a delicious lunch on the transition day when the Main Dining Room was closed to begin its razing and the opening of the Pavilion dining venues.



The Aquatic Complex quickly became the Village's most popular gathering place, both on land and in water. It had been part of JKV Master Vision Development Plan for several years.

Milestones Achieved In Executing JKV's *Vision For The Future*

Continued from page 3

policies and products that still remain.

One of the many differentiations to JKV's brand "Where Possibility Plays" is the ongoing desire to innovate by engaging its Residents, Team Members, Governance and Greater Community Partnerships.

The expression, you're either "growing, learning and evolving or you're dying," has been witnessed in the many disruptions we've seen in our local, national and global markets over the past few years.

The achievement of JKV's Master Vision Development Plan was certainly sparked by the May 26, 2016 grand opening of The Woodlands—Florida's first Green House® Model of Care, with its 144 skilled nursing residences for rehabilitation and long-term care.

It has, indeed, been six years since our opening and the adoption of our three principal Core Values:

Meaningful Life in a **Real Home** provided by an **Empowered Staff**. JKV has achieved outcome measurements in quality of care and quality of life that far surpasses any of our completion.

JKV has become the international training site for over 300-plus Green House® Project adopters and has the largest engagement of any resident-volunteer caregivers, called Sages in the world.

The inspiration in making a difference in the lives of older adults continues to be reflected in the

many milestones we've achieved in the 54-plus years JKV has served our greater communities of South Florida and beyond.

A quick reference, to the Milestones achieved in our Master Vision Development Plan since 2013:

- The Woodlands—skilled nursing, Wellness Studio for rehabilitation, the Palm Bistro and Life Enrichment Center (May 2016)
- Seaside Cove—skilled nursing, Trustbridge Hospice partnership (November 2018)
- The Fitness Studio, (April 2017)
- The Welcome & Innovation Center, (August 2020)
- Village Centre renovation (November 2019)
- Aquatic Complex, Glades Grill, Stryker's Poolside Sports Pub (March 2021)
- The Center for Healthy Living; A collaboration with Johns Hopkins, Everside Health, Holy Cross Hospital and Health Care practitioners from South Florida (March 2021)
- Central Energy Plant and Pavilion (June 2022)
- The anticipated opening of the Westlake project—two apartment buildings, with 146 state-of-the-art apartments, with five-star amenities for all to use on the first floor—(First Quarter of 2024)
- Future Opportunities? To be continued

I will complete 10 years at JKV this coming January 2023.

We've achieved a lot, and a lot remains to be executed, with critical paths to mitigate during challenging economic and major global events. The successful completion to date of our Master Vision Development Plan that leads to disruption in the marketplace has not been one coming from a place of fear or lack of action. Rather it comes from one of careful consideration, community engagement, strategic visioning and scenario-planning, as well as fiscal accountability.

One of the greatest gifts in my leadership role at JKV is the "Life's Wisdom" extended from the many experiences shared in celebrating life's journey. The expression "Doing With, For and Alongside," is at the heart of this unique community experience.

At JKV, we embrace learning from each other and celebrating the many God-given talents each of us has and the opportunity to be heard and valued.

I am confident that the talented team of staff professionals, along with our governance and engaged residents will ensure a Village and community integration with growth that we will be celebrating for many years to come.

With great gratitude for the many blessings we experience daily at JKV.

G. Stryker

GERALD STRYKER
President/CEO

Best Older Adult Philanthropic Support Organization 2022

Reprinted in part from *Acquisition International - Business Excellence Awards 2022* - Pages 4-7.

In terms of funding and government support, the elderly population often flies under the radar. However, the John Knox Village of Florida is on a mission to change this for good – indeed, it hopes to provide retirees with a happy and healthy life post-retirement. As such, 16 years ago, the John Knox Village of Florida Foundation, an organization that acquires funding and donations for the village and its mission, was established.

Everyone gets older – it's inevitable. Therefore, it's never too early to consider what your retirement plans are. For example, do you plan to stay at home or move into a retirement home or life plan community? Both options offer numerous benefits; however, taking up residence in a life plan community can open you up to a whole host of new experiences.

Indeed, John Knox Village of Florida offers just this – a resort to retreat to for you to age gracefully. There are a range of residential options available, including comfortable apartments and luxurious bungalows, each coming equipped with security options that always ensure safety. Moreover, for over 50 years John Knox Village of Florida has been providing a vibrant community, complete with leading-edge amenities for the aging population, encapsulating what can only be described as a 'relaxed, upscale South Florida beach vibe.'

Serving as a premium retirement village, John Knox Village of Florida is the place 'where possibility plays.' In essence, it prioritizes health and wellbeing, ensuring that you get the most out of your years of freedom. Henceforth, everyday its residents get to wake up in a maintenance-free abode, from where they can partake in 'healthy endeavours, socializing, creative and intellectual pursuits, sunny adventures, or simply relaxing.' From yoga classes to art classes, and massages to libraries, there is so much to do and see both on and off-site.

Additionally, in the event of an emergency, there is a full-scale emergency response team on standby. Each residence is fitted with emergency alert cords, daily check-in systems, and smoke detectors, and is further protected by 24/7 security. Not only is the gated community equipped to cope with small-scale emergencies,

but it is also able to handle natural disasters – the village's emergency response team, trained and maintained by John Knox Village, guarantees that no resident will ever face another hurricane or other potential disaster alone.

"Making the decision to move to JKV was one of the best decisions I ever made. My experiences here continue to help me grow emotionally, spiritually, and mentally. And I feel protected and cared for! As well, walking through the botanical gardens continually enrich my life," writes one resident in a five-star Google Review.

If this is something that appeals to you, then perhaps you will be interested in the John Knox Village of Florida Foundation. Established in 2006, the non-profit was created to enhance the health, wellbeing, and lifestyle of the village's residents. In essence, it has been designed to make a difference. The foundation is fulfilling this goal via a plethora of means, with a primary focus upon funding and supporting programs, services, and spaces that impact eight areas of wellness – physical, mental, emotional, spiritual, environmental, philanthropic and occupational.

The foundation is wholly committed to the individual care of its residents. This is, of course, a non-negotiable aspect of its work. Consequently, it is this devotion that guides the John Knox Village of Florida Foundation to share the knowledge it has acquired through working with this population to collaboratively, with John Knox Village, lead to change the narrative on ageism. As of now, it is targeting the local area, but the John Knox Village of Florida Foundation hopes to push this



Kit Frazer, JKV Board President and Gerry Stryker, JKV CEO with \$1.1 million donation from JKV Foundation

mission to a national and potentially international level. Furthermore, its core values act as a basis upon which it strives to attract philanthropists whose interests and passions center on the eight areas of wellness and the needs of the aging population.

You can trust the John Knox Village of Florida Foundation with your donations. According to Charity Navigator, the company boasts a score of 100/100 for finance and accountability. While the Foundation prides itself upon being entirely transparent with its donors – it is abundantly clear where your donations are going, what they are contributing to, and how they are benefitting the village's residents.

One key example is the new John Knox Village Pavilion. Supported by The Village Art Circle, the new pavilion will serve as a venue for the arts in all its forms, including architecture, ceramics, fashion, storytelling, and much more. Additionally, it offers the opportunity for the village to create a group of likeminded individuals whose collective support will allow John Knox

Continued on page 25

Donations To The Village



Donations received during the months of May-June 2022

To John Knox Village

Employee Scholarship Fund

Cason Trust
Clark Rechkemmer
Countrymark Refining & Logistics
David Haun
Doreen Haynie
Ellen Isaacs
In honor of Marie Jaeger's birthday
Franklin Schmidt
In memory of Thomas Casali
Guia Jansen
Norma Jenkins
Paul Loree
Richmond Knowles
Rose Milanovich

To John Knox Village

Foundation

Benevolent Endowment Fund

Ann Archard
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Cason Trust
Romaine Miller

Environmental Enhancements Fund

Bruce Voelkel
In memory of Marie Jaeger
Lissa Lord

Foundation Unrestricted Fund

Allan Arch
In memory of Thelma Arch and Kay Lawlor
Anne McVeigh
In memory of Kate Naughton McVeigh
Beth Hand
Carol Frei
In memory of Earl Clark and Jerrie Roba
Carol Redd
In memory of Kit Frazer

Catherine Mallow
In memory of Mary Beckman
Clark Rechkemmer
In memory of Kit Frazer
David Heger
Dennis Fitch
In memory of Marie Jaeger
Dick & Marty Mellett
In memory of Marie Jaeger, Earl Clark and Kit Frazer
Donna Brown
In memory of Martha Jane Furman and Robert Birkenmeier
Dee Davis
In memory of Ron Davis
Dorothy Porges
In memory of Earl Clark and Marie Jaeger
Frances Martin
In memory of Marie Jaeger
Gallo Herbert Architects
Herbert Souza
In memory of Gladys Souza
John and Diane Dalsimer
In memory of Nancy Matthews, Ruth Clark and Martha Jane Furman
Joyce Cuddy
Lissa Lord
Margaret Hellgren
Marie Jaeger
Mark Dobosz
Mary Louise Morley
In memory of Stevie
Nancy Matthews
Paul Loree
Peggy Stanley
In memory of Jerrie Roba
Peter Cole
Phil Farnsworth
Phyllis Kisshauer
In memory of her parents, Rev. and Mrs. H.W. Dure
Platinum Equity Advisors
Robert Oliver
Rose Milanovich

Ross Claiborne
Russ Robinson
Samuel Townsend
Sondra St. Martin
In memory of Earl Clark, Fran Welch and Nancy Matthews
Teresa Reid
In honor of Romaine Miller

Healthcare Enhancements Fund

Ann Archard
In memory of June Totura
Bruce Voelkel
In memory of Barry Gross
Herbert Johnson
Platinum Equity Advisors
In memory of Susan Steinfeld from the Gores Foundation
Richmond Knowles

Intellectual Enhancements Fund

Bruce Voelkel
Elizabeth Cobb

Intellectual Enhancements Fund - Village Arts Circle Memberships

Anne Selby
Barbara Hirschhorn
Barbara Morningstar & Michael Featherstone
Bruce & Jane Burgess
Constance Shank
Daniel Graves & Larry Culler
David and Jackie Bayer
David Webb & Walter McLaughlin
Denyse Cunningham
Donald Patriss
Gail Klevay
Gaile Boomhower
George Clark
Gloria Chekanow
Jack Richards
James Meyer

Jane Brofee
Janice Sheppard
Karen and Pete Audet
Margaret Gibbons-Kilroy
Marilyn Meyer
Mark Brown
Mary Lou Siefker
Mickey & Harris Cohen
Nancy & Farrell Patrick
Nancy & Kenneth Logue
Patricia D'Antonio
Patrick Burke and Michael Velayo
Peter Flyzik
Raymond Sarik
Romaine Miller
Russ Robinson
Samuel Profeta
Sondra St. Martin
Steven Allen
Terry & Maria Blagg
Thomas and Sue McDowell
Thomas Keenan
Thomas Regan
William Thompson & Donald Williams

Physical Enhancements Fund

David Haun
Emmerson Harris
Karen Audet
Marty and Dick Mellett
In memory of Earl Clark

Resident Music Endowment Fund

Florence Doumar

Staff Professional Training Fund

Rose Milanovich

Transportation & Mobility Fund

David Heger
Donald Patriss
Lyn Walk
In memory of Tony Walk

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



700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

Westlake Construction Project Spotlight Moss General Superintendent Stephen Whitmer



Stephen Whitmer
Moss Construction
General Superintendent



As the Moss Construction General Superintendent for John Knox Village's Westlake Tower project, Stephen Whitmer is responsible for supervising all the work in the field, including that of Moss' subcontractors.

Westlake is JKV's 146-apartment, two-tower project: The Vue will rise to 15 stories with one- and two-bedroom floorplans ranging from 1,231 to 2,259 square feet and

The Terrace will stand at 11 stories, consisting of two-bedroom floorplans up to 1,845 square feet.

Whitmer's additional duties include managing all site quality and safety issues, on-site schedule management, staging and logistics planning, subcontractor coordination, jobsite record-keeping and the management of all self-performed work.

Whitmer holds over 35 years of construction industry experience and has a diverse project background experience, including senior living, healthcare, multi-family housing, hospitality, offices and educational facilities.

Hailing from Nashville TN, Whitmer is a father, graduate of Broward College and a member of the United States Marine Corps. When not on construction sites, Whitmer enjoys paleontology in his spare time.

Best Older Adult Philanthropic Support Organization 2022

Continued from page 23

Village of Florida to provide premium programming both on and off-campus for its residents in partnership with the greater community.

Many senior living facilities are planning ahead in order to tackle upcoming challenges. Within this group is, of course, the John Knox Village of Florida and its foundation. Its devotion to ensuring that long-term funding is secured has placed the village upon a stable path – one which benefits not only its residents, but also its team. As their needs are met, they are better equipped to provide the residents with above adequate care. They are able to create events, supply classes, and offer medical assistance thanks to the funding and donations acquired by the John Knox Village of Florida Foundation.

Consequently, 2022 is set to be a year of great success for the Foundation. Recently, the Foundation is discussing developing a multi-million-dollar unrestricted endowment to complement its \$7 million restricted endowment which has enabled it to fund its Residents Assistance Program – a fund that assures financial support to any resident who outlives their financial resources through no fault of their own. Subsequently, this means that no resident will be forced to leave the community if they cannot pay due to circumstances beyond their control. They do not have to worry about their future at the facility. Further, the planned unrestricted endowment will ensure that future unanticipated funding for programs, services, and spaces for its residents is available.

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

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

— 2022 JKV SENATE LEADERSHIP —

-----Executive Committee-----



Mark Levey
President



Elizabeth Cobb
Secretary



Jack Richards
Treasurer

-----At-Large Members-----



Diane Dalsimer



Tom McDowell



Bruce Voelkel



Pete Audet
Past President

----- Standing Committee Chairs-----



Stephanie Messana
Building, Grounds,
& Housekeeping



Carol Redd
Communications
& Technology



Tom Regan
Dining
Services



Tom McDowell
Finance



Paul Loree
Health Services



Jan Spalding
Life Enrichment



Bill Spiker
Long-Range
Planning



Barbara Kamakaris
Security, Safety,
& Transportation

----Resident Board Members----



Diane Barton



Terry Colli



Tom McKay

----Select Committee Chairs----



Susan Seidler
Legislative



Karen Audet
Library



Fred Schieferstein
Volunteer Services



Got Questions WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

ACCOUNTING (Questions about your monthly bill)	954-783-4048
ADMINISTRATION	954-783-4021
AQUATIC COMPLEX	561-564-1623
AT&T TELEVISION SUPPORT HOTLINE	954-788-2000
CART SERVICE (Call for a cart or to book a local car trip)	954-783-4054
CASSELS TOWER FRONT DESK	954-783-4036
DINING ROOMS - SEAGLASS AND THE PEARL	
(For reservations)	954-783-4062
(For delivery or takeout)	954-783-4061
DIXIE GATE (SW 6th Street Entrance)	954-784-4732
EAST LAKE FRONT DESK	954-783-4058
FITNESS STUDIO	954-784-4730
FOUNDATION (For questions about making donations, call Executive Director Mark Dobosz)	954-784-4757
GARDENS WEST FRONT DESK	954-784-4050
GLADES GRILL (For reservations) (Open Thursday-Monday 11 a.m.-8 p.m. Closed Tuesday and Wednesday)	954-546-6116
(For takeout)	954-546-6115
HERITAGE TOWER FRONT DESK	954-784-4737
HOME HEALTH AGENCY	954-783-4009
HOUSEKEEPING	954-784-4727
LIFE ENRICHMENT (Questions or to sign up for upcoming programs)	954-783-4039
MAIN GATE (SW 3rd Street, John Knox Village Blvd. Entrance)	954-783-4079
MAINTENANCE (To report a maintenance issue)	954-783-4030
ON-CALL PRODUCTION ASSISTANT (Issues with your event)	561-592-2974
PALM BISTRO (Open Tuesday-Sunday 11 a.m.-8 p.m. Closed Monday)	954-247-5820
PNC BANK (Open Monday-Friday, 10 a.m. - 2 p.m. until further notice)	954-781-0816
REJUVENATE SALON CASSELS TOWER (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.)	954-783-4013
RAS CURIOSITY SHOP (Tuesday, 10 a.m.-12:30 p.m. and Thursday-Friday, 2-4 p.m.)	954-784-4753
RESIDENT RELATIONS/SOCIAL WORK (Call Joanne Avis)	954-783-4023
SEASIDE COVE FRONT DESK	954-546-6000
SWITCHBOARD/MAILING SERVICES/CHANNEL 8001 UPDATES (Call Lynne Hunt)	954-783-4000
VILLAGE TOWERS FRONT DESK	954-783-4056
WELLNESS NURSES (For 24-hour emergency care/assessment)	954-783-4004
WOODLANDS FRONT DESK	954-247-5800

GET ACQUAINTED – GET INVOLVED

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

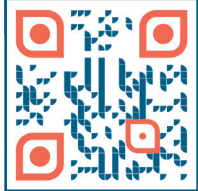
President: Mark Levey	VT 306
Secretary: Elizabeth Cobb	EL 110
Treasurer: Jack Richards	VT 1010
At Large: Tom McDowell	HT 718
At Large: Diane Dalsimer	CT 315
At Large: Bruce Voelkel	CT 1107
Former President: Pete Audet	VT 613
Resident Board Member Diane Barton	LS 317
Resident Board Member Terry Colli	NE 501
Resident Board Member Tom McKay	HT 403

Committee Chairs:

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

Brazilian Voices Concert

**Brazilian Samba & Jazz at the Cultural Arts Center
Friday, Aug. 5 at 7 p.m.**



For this beautiful concert, Brazilian Voices' Artistic Directors Beatriz Malnic and Loren Oliveira have chosen works that highlight the group's strengths and feature their fluidity and warmth through singing. The program will demonstrate the group's powerful interpretation, rich harmonies and passionate approach to Brazilian Samba and Jazz, while also including joyful music performed by wonderful international musicians.

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



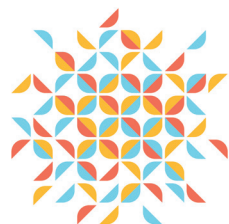
Our Mission Statement:

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

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

www.JohnKnoxVillage.com

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
   JohnKnoxVillage