

VOICE



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In Case You *Missed It...*

It's summer time and living is easy, however that doesn't mean things slow down at John Knox Village. Here is a sampling of some of the fun, interesting and even thought-provoking things that took place since our last issue of the Village Voice.



The 2019 Employee Scholarship recipients are: Jaqueline Allen-Randall, Faysean Barrett, Camiel Cain-Spence, Charmaine Carr, Carline Clervin, Victoria Hart, Wesley Hodge, Gracita Jean, Alexis Judon, Courtney Miller Lamb, Minday-Jo Lorman, Phelecia Lue-Fung, Kelly McIntyre, Sahadaye Ramlal, Alexis Reyes, Odalys Rousa, Valerie Williams. They are shown along with residents Claire Dunn, Flora McQueen, Lee Knowles and Mark Rayner, Director of Health Services. This year's class received some \$140,000+ from our generous residents.



Residents enjoyed themselves during a 50s Sock Hop in the Lakeside Dining Room.



Housekeeping Supervisor Alexis Judon (L) honored 10-year employee Maria Kontosova during the recent Resident-Board of Directors meeting. They are shown with President Gerry Stryker.



Cassels Tower Julio Ajon gets the "scoop" from Catering's Doris Castano during a recent Ice Cream Social in the Lakeside Dining Room.



Members of Calvary Church Boy Scout Troop 208 helped create a special Flag Day, held in front of Gardens West. They are joined by staff members (back row L-R): Gardens West Administrator Kelly McIntyre, Production and Events Manager Joshua Teddy Tennie, Life Enrichment Manager Jamisyn Becker and President Gerry Stryker.



Staff members were recognized for their years of dedicated service during the recent Resident-Senate meeting. Front row (L-R): Director of Nursing Ivy Gordon-Thompson (10 years); LPN Annette Black (10 years); Master Electrician Mario Velasquez (25 years). Back row: Mark Rayner, William Moll, Sprinkler Technician Nathaniel Crouch (10 years), Jim Witt and President Gerry Stryker.

ON THE COVER

Classical musicians from around the world are ready to hit the stage for John Knox Village's 13th Annual Summerfest program, this year being held at the Pompano Beach Cultural Center due to the Village Centre Auditorium renovations.



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 in the community have met these requirements. There may be residents and occupants that have resided the community prior to these requirements going into effect. Additionally, our ability to verify whether these requirements have been met is limited to the information we receive from various credit and screening services used.



JOHN KNOX
VILLAGE

Where possibility plays

New Aquatic Center, West Lake at JKV Residences Launched

Over the past three years a Master Site Plan has been developed to guide the capital improvements of our 70-acre campus.

Marketing research, including focus groups with current and future residents, was conducted along with financial feasibility studies to guide our priorities.

The Goals were clear from our research:

- Expand our residential offerings and amenities to sustain relevance and financial viability
- Sustain the botanical nature of our campus and increase walkability
- Expand the water features and views for marketability and to accommodate environmental changes required in new zoning for our property
- Enhance the campus center of activity by creating an entertainment district and lifestyle area for our residents and greater community to interact and enjoy.

John Knox Village has been serving the greater community for over 52 years. To remain relevant in serving the needs and desires of current and future residents, JKV has launched the first two phases of our Master Site Plan.

The Aquatic Center will feature two outdoor pools. A resort pool, featuring a walk in entry, surrounded with lush tropical landscaping, nautical sails for shading and comfortable poolside furniture for catching up on that latest novel or engaging in conversations with friends and family.

The second pool will be dedicated for aquatic fitness and includes a four-lane lap pool with easy access for all swimmers.

JKV Fitness Manager Marsha Dixon and her team, are excited to lead this aquatic-related programming.

Surrounding these pools will be patio and lawn areas designed for soaking up the rays, enjoying a smoothie and lunch from our Tropics restaurant, watching favorite sports team in our poolside sports bar or enjoying music under the stars with your favorite jazz, classical trios and quartets and of course an

Continued on page 20

Gerry Stryker
Chief Executive
Officer



An overhead rendering of the Aquatic Center shows both pools, as well as the Pickleball and Bocce Ball courts and restaurant space.



The new Aquatic Center will include a fun dining option, tentatively named the Tropics.



This schematic shows the view from Cassels Tower. Where northern-facing CT residents once viewed the roof of the Dining Room, they will now enjoy enhanced water views, as well as the new West Lake residences and Pavilion.

VOICE

Discover

What's Inside?

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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 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.



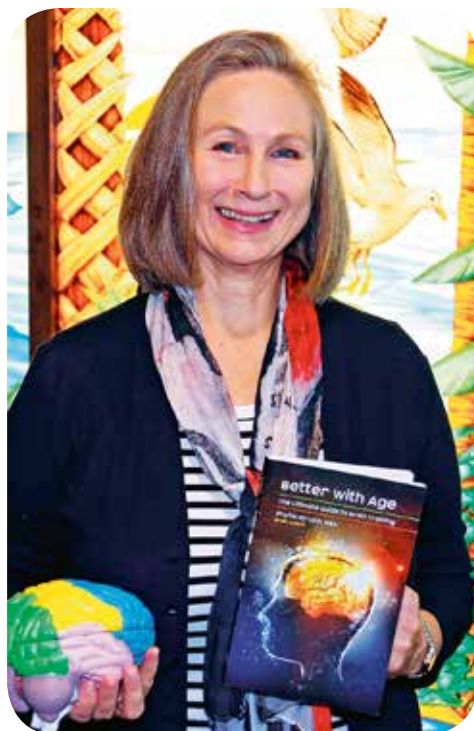
THE AMERICAN DREAM 2.0:

Happy Interdependence Day

By Phyllis Strupp, Village Voice Contributor

"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 United States Declaration of Independence



ALS, bipolar disorder, depression, diabetes, hypertension, loneliness, pervasive developmental disorder, Parkinson's, schizophrenia, and suicide pose challenges to American public health as well. Americans have shorter, unhealthier lives compared to other western nations.

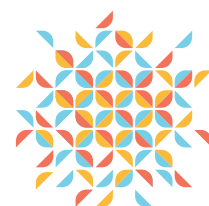
This sounds more like "unhappiness, impairment, and the loss of neurological function." Our founding fathers must be turning in their graves.

Perhaps we are in the market for a new and improved version of the American Dream. What do our brains need from us to do their jobs better?

From a brain perspective, perhaps we have overplayed the importance of "freedom and independence." These are wonderful values, but too much independence increases the risk of social isolation and loneliness—and impaired brain health.

the pursuit of neuroplasticity." Because neuroplasticity requires social engagement, we would have to focus on interdependence first and independence second. And we would have to embrace a more brain-friendly version of the first part of the sentence: All people are created equal and endowed with certain unalienable rights.

Let's make American brains great again. Let's celebrate Happy Interdependence Day on July 4th and beyond.



On July 4th in 1776, the Continental Congress adopted the Declaration of Independence of the United States, recognizing the 13 original American colonies as independent, sovereign states working together (United States).

Since then, freedom and independence have become deeply ingrained in the American psyche.

The American Dream of "life, liberty and the pursuit of happiness" has built the largest economy in the world, and continues to provide a beacon of hope to oppressed people all over the world.

However, over the past few decades, the American Dream has hit a speed bump. At all ages, American brains are having a harder time doing their jobs: To help us survive and thrive.

The U.S. struggles with one of the highest rates of Alzheimer's disease in the world. Troubling rates of addiction, anxiety, autism, ADHD,

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

Socialization Is Key

The basis of brain health is trust and social connection. Meaningful interactions with other people enable neuroplasticity, a healthy brain's magical ability to change and grow, and get better with age.

Alzheimer's disease is associated with a loss of neuroplasticity, particularly in brain areas associated with language, interpersonal relationships, identity and memory.

Pursue Neuroplasticity

Perhaps the American Dream 2.0 should be "life, liberty, and



Plan To Visit

NSU Art Museum This Month

**NSU ART
MUSEUM**
FORT LAUDERDALE

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



William J. Glackens, "The Bandstand," 1919. Oil on canvas. NSU Art Museum Fort Lauderdale; gift of the Sansom Foundation, Inc.

During the hot and sunny days of July, plan to escape the heat and enjoy an afternoon of art appreciation during a visit to the NSU Art Museum Fort Lauderdale.

Museum Hours are: Sunday: Noon - 5 p.m., Tuesday-Saturday: 11 a.m. - 5 p.m. and closed on Mondays.

Unless otherwise noted, all events take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd.

Special Note: The Museum will be closed July 4. Free First Thursdays Starry Nights will resume August 8th.

Space is limited for the events listed below. Advance reservations are required. To reserve your spot, email: moareservations@moafl.org or call 954-262-0258 and tell Museum officials you are a JKV resident to enjoy reduced or complimentary pricing.

Creativity Exploration: Going with

the Flow: Saturday, July 13, from Noon to 1:30 p.m.

Learn about the Japanese paper marbling technique called suminagashi, and make your own papers while mindfully "going with the flow."

Creativity Exploration adult workshops promote the benefits of creative exploration and the mind-to-body experience. Studies have shown that 45 minutes of creative activity a day reduces stress and offers mental clarity and relaxation. In addition to producing a sense of well-being, sessions expand participants' perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation. The workshop is led by educator Lark Keeler, a specialist in mindfulness education.

Second Sunday Film Series:
"Heading Home: The Tale of Team Israel" Sunday, July 14, 1:30 p.m. Tour / 2:30 p.m. Film Screening.

Enjoy a docent-led highlight tour of "Remember to React" followed by a screening of "Heading Home: The Tale of Team Israel," the David-and-Goliath story of Israel's national baseball team as it competes for the first time in the World Baseball Classic.

Film and tour: Museum members and John Knox Village residents tour free; \$22 non-members.

For information about attending these events contact the Life Enrichment Department at (954) 783-4039.

Call the Museum to ask about resident discounts at (954) 262-0258 or the Life Enrichment Department at (954) 783-4039.





JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.



We Are Grateful For So Much

On June 6th, your John Knox Village Foundation hosted its 12th Annual Legacy Luncheon. This is the Charitable Gift Annuity Luncheon which we have expanded to include all those who have made planned gifts for the John Knox Village Foundation.

A Legacy Gift is any gift made for the Village in the future. Charitable Gift Annuities and gifts made through your will or trust are what we call Legacy Gifts. Legacy gifts can also be a beneficiary designation in an insurance policy or in retirement funds such as an IRA or 403(b) retirement account.

I have also worked with residents who have made the Foundation the designee of their bank account or investment account by filling out a TOD form (Transfer on Death) through their investment advisor.

All of these types of gifts qualify as Legacy Gifts. As the year continues, I hope you will review your estate plan and let me know if we can help you make a difference for John Knox Village in the future.

I recently needed to order new business cards. This is what the back of my card looks like now:

Please consider a bequest to

The John Knox Village of Florida Foundation, Inc.

"I, (name), of (city, state, zip) give, devise and bequeath to the John Knox Village of Florida Foundation, Inc. (written amount of percentage of estate or description of property) for its unrestricted use and purpose,"

If you would like to give this language to your financial advisor or attorney, please feel free to come by and pick up a card. I am pleased to help in any way I can. Of course, our conversations, and your plans, are always confidential.

This luncheon is our way of recognizing your gifts



Foundation Board Member Suzanne Higgins, JKV Board of Director Jan Spalding and JKV resident and long-time Foundation supporter Franklin Schmidt enjoy the recent Legacy Luncheon, at which many were honored for their charitable gifts. (Photo by Lauren Wion)

and saying "Thank You." But little did I realize when we scheduled the luncheon months ago that this date was also the 75th Anniversary of D-Day. It made the day even more special as we all reflected on the gratitude we had for those who sacrificed so much for all of us that day.

It is nice to give with a warm hand and even nicer to be able to thank you face to face.

Have a wonderful summer,

—Nanette J. Olson, Executive Director

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

UPCOMING

ART

Sage

ALLIANCE EVENTS

From Sculpture To Slave Spirituals

John Knox Village residents are the lucky beneficiaries of a partnership with the Venetian Arts Society (VAS) and Nova Southeastern University that is appropriately called the Art Sage Alliance.

Upcoming jointly offered events include the following:

On Aug. 2, the NSU Art Museum will come alive with a nine-foot marble sculpture of Mary Jane McLeod Bethune created by international artist, sculptor and VAS Art Curator Nilda Comas. Nilda has been commissioned by the State of Florida to create the

art work for the United States Capitol in Washington, D.C.

Comas, VAS' Art Curator, was selected in a national competition by Florida's Council on Arts and Culture to create Florida's sculpture for National Statuary Hall in 2016. At the time she was chosen, she had no idea who her subject would be.

Since learning that Mary McLeod Bethune—founder of Bethune Cookman University, the National Council of Negro Women and co-founder of the United Negro College Fund—would be Florida's representative in the place she describes as “the most

important place in the world, where the most important decisions in the world are made,” Comas has immersed herself in the life of the influential educator and stateswoman to prepare herself for what may become the most important work of her career.

“I listened to speeches so I could hear her voice,” said Comas. “She had a way of speaking that was so educated, so direct and yet so gentle. That takes a lot of confidence. I think she had so much confidence and that is one of the things that impressed me about her. I can see that someone who could be like that could accomplish so much.”

The Aug. 2 event will be held in the Art

Museum. There is a \$35 charge for VAS/JKV/MOA members (residents). To RSVP, sign up at the Cassels Tower lobby or call the Life Enrichment Department at (954) 783-4039.

In addition, that same night residents will have the opportunity to tour the extraordinary Redeye Exhibition on the last evening of ArtServe's exciting Redeye Festival.

Narrative Of A Slave Woman

This unique program is a powerful presentation examining the issue of slavery by combining musical performance with spoken slave narrative accounts. It will be held Sept. 21 at the Village Centre Auditorium, beginning with a reception at 6 p.m., followed by the performance at 7.

Guest artists Dr. LaToya Lain and Dr. Casey Robards have presented this program throughout the country. Performing spirituals combined with extensive narrative puts this music in context and highlights the importance of these marvelous works. The event will be informative, enlightening and moving.

Applauded for her “wonderfully rich, powerful, and captivating” voice, Dr. Lain, a native of New Orleans, LA, studied voice at the University of Cincinnati-College Conservatory of Music, Florida State University, and the University of Nevada, Las Vegas. Before joining the voice faculty of the University of North Carolina at Chapel Hill, Dr. Lain served on the voice faculties of Central Michigan University, New York University, and

Continued on page 9



Your chance to see a beautiful nine-foot marble statue of civil rights spokeswoman Mary Jane McLeod Bethune—created by VAS Art Curator Nilda Comas—will be Aug. 2 at the NSU Art Museum.



Tickets for the unique event are \$35 for JKV residents. Reservations are a must and can be made by calling Life Enrichment at (954) 783-4039.

Dr. LaToya Lain will call on her research and intensive study of Negro Spirituals when she presents "Narrative of a Slave Woman," in the Village Centre Auditorium.

Dr. Casey Robards, will accompany Dr. Lain on an informative, enlightening and moving event Sept. 21st.

Continued from page 8

Woman: Songs of Hope, Justice, and Freedom" on concert stages and universities throughout the world. Consequently, she was one of 57 experts invited to author a short chapter in The Voice Teacher's Cookbook: Creative Recipes for Teachers of Singing, as part of a series addressed to various groups of musicians. Her chapter is called "Delectable Diction and Dialect in the Negro Spiritual." It was published this summer by Meredith Music Resources.

Known for her musical sensitivity, collaborative skill and versatility, pianist Dr. Robards has given recitals throughout the U.S., Europe, Central and South America and Asia. Her repertoire includes art song, opera, musical theatre, gospel and popular vocal music, string, brass and wind chamber music, solo piano and new works. Dr. Robards is currently on the faculty of the University of Illinois. Dr. Robards has twice been an invited faculty clinician for the Black Sacred Music Symposium, a

biennial conference.

Dr. Robards is interested in the intersection of music and social justice and has led benefit recitals for Musicambia, a non-profit organization that creates music conservatories in prisons. Dr. Robards has recorded projects of spirituals and various classical music works by underrepresented composers with singers Ollie Watts Davis, Angelique Clay, Henry Pleas, violinist Fangye Sun, and oboist, Sara Fraker.

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August Miller
President Resident Senate

There have been many changes and improvements at John Knox Village over the recent past with many other changes anticipated through a Long Range Master Vision Plan which I'm sure you have heard about.

We have seen the implementation of, virtually, a whole new Health Center System in our community through the opening of The Woodlands (now seen as one of the nation's best Health Care Centers for a Life Plan Community), and our newly inaugurated Seaside Cove Health Center, as well, an adjunct to The Woodlands.

Five years ago neither of these existed, now they are praised by many

as among the best. We have changed the way we look at Life Enrichment and Marketing/Sales with new leadership in those areas, which has led to complete reorganization and improvement in Life Enrichment. The revitalization of the Village Centre is underway, a new Aquatic Center is about to be built, and construction of the new Welcome and Innovation Center (for the Marketing & Innovations teams) is under construction. Important maintenance and renewal/repair efforts are underway for the apartment towers and villas too. It's a very busy and changing time for the whole village.

The Times They Are A-Changin' At JKV

In about a year all JKV residents will reap the benefits of these newest changes, and now we are embarking on the implementation of Phase II of the Master Plan. The Village Glen (old health center) has been torn down and a field of beautiful grass awaits the building of a new Pavilion (which will be the basis of our Dining, Life Enrichment/entertainment/activities) at John Knox Village. Then our current dining and kitchen facilities will disappear to make room for a new 150 unit glass

tower and parking facility for new residences and a bigger, expanded lake/bridges/gardens that will form the core of a new, changed JKV in about 5 years if all goes as planned. Of course our famous JKV "Botanical Garden" look will remain in the planning of these changes.

Some residents wonder who plans all these changes. Is it just one, two, or 10 people who figure out these changes in order to try to make JKV the "best in the business?" It's really more like hundreds of people who work to make these changes and plans. Starting with actuarial planners at insurance companies, architects, engineers, consultants, interior/landscape designers responding to the desires of our Corporate Officials at JKV and JKV Administration, working up to the City Planners and engineers of Pompano Beach, and Broward County officials (working on the Master Plan), hundreds of professionals are involved.

Current Residents Too!

Your Resident Senate Executive Committee, the 12 Standing Committees, and Senators are often consulted by the Administration about parts of these plans and changes. Ideas

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The John Knox Village Foundation



Darryl Hinkle
Foundation Board Member

I would like to introduce myself to the John Knox Village Family. I am Darryl Hinkle, a local CPA with offices in Pompano Beach since 1979.

I was invited to be a member of the Foundation Board in the summer of 2018, and I am serving a three-year term. It seemed natural to me since I have been helping residents of the Village for years with their tax planning and tax returns. I promptly accepted

the invitation

During the fall of 2018, some of the discussions at our Board meetings centered around the relatively recent IRS rules. These rules allow for those with IRA accounts subject to the required minimum distribution rules (RMD) to make non-deductible contributions directly from their IRAs to a charity.

This has become a popular tax-planning technique, particularly in 2018 with the Tax Cuts and Jobs Act (TCJA) passed in 2017. With the increase in the standard deduction to \$13,300 per person many taxpayers were unable to itemize their deductions, so making a distribution directly from their IRA became a useful tax-savings technique.

Up until now, residents of JKV could only make these kind of distributions directly to the Village because the Foundation was known to the

IRS as a "supporting organization" of JKV. There is, however, a process by which the Foundation can qualify and be approved by the IRS to allow these kind of distributions to be made directly from an individual's IRA to the Foundation.

At the Foundation Board's Jan. 16th meeting, I was encouraged and, subsequently, submitted a motion with the IRS to pursue the Revenue Procedure to allow the Foundation to be considered by the IRS to be known as a 509(A)(1) or (A)(2) organization. The Foundation is in this approval process now with the IRS.

Stay tuned. This and other gifting techniques the Foundation is working on will allow the residents increased flexibility in how they benefit themselves and the Village.

-Darryl Hinkle

SOTA Musicians Ready To Hit Right Notes At Summerfest

JKV Partnership Now In 13th Year

John Knox Village continues its long-standing partnership with the Symphony of the Americas for its acclaimed summer music festival—Summerfest, this year at 2 p.m. on July 13 at the Pompano Beach Cultural Center.

This is JKV's 13th consecutive Summerfest concert. Traditionally, more than 10 different countries are represented on stage during Summerfest concerts.

This year's Summerfest cultural exchange includes musicians from the Opera Orchestra of Bulgaria, Mission Symphony of Switzerland and Orchestre Francais. Soloists are Angelo di Veroli (Marimba – Orchestra Sinfonica di Roma, Italy), Summerfest Concertmaster Orlando Forte of Cuba, Symphony of the Americas Principal Trumpet Claudio Osorio, Glenn Basham (Concert-master of Naples Philharmonic), and acclaimed international organist Tim Brumfield, among others.

Artistic Director Maestro James Brooks-Bruzzese will lead the Summerfest program featuring music of Vivaldi, Humperdinck, Beethoven, Tartini, Dvorak and Mozart. Highlighted is a commissioned composition by Italian composer in residence, Lorenzo Turchi-Floris. Additional performances feature the Quartetto Orfeo from Rome.

Seating will be limited to the first 75 residents. There is no charge for the concert, and transportation will be provided, however reservations are required. Sign up in the Cassels Tower lobby or call (954) 783-4039.

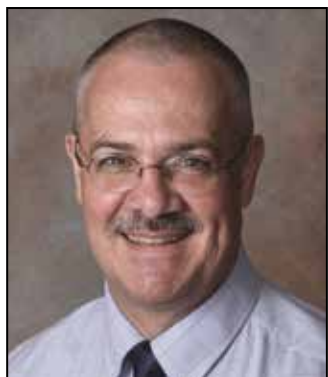


JAMES BROOKS-BRUZZESE
ARTISTIC DIRECTOR

Summerfest
2019



A Community Challenge From Rev. Powell



Rev. Darryl Powell
Spiritual Life Leader

Living in a community is challenging. It requires a constant give and take of understanding, patience and compromise. Compromise is the key—the word comes from “com” meaning together and “promittere” meaning to let go. Compromise, therefore, is an agreement among parties to each let go of something dear to them.

It has been a practice at many public events at John Knox Village to have a public prayer. At a “goodbye” party for a long-time employee, I offered a prayer of blessing as she departed our presence. This experience led to a lengthy and meaningful conversation with a resident who felt the prayer was received by some in attendance as something forced upon them, since they did not practice prayer and faith as part of their lifestyles.

The conversation ultimately revolved around the concept of when is public prayer both meaningful and appropriate? To say this from a different point of view, when is public prayer an imposition of one group’s religious point of view upon others?

Such is the reality in a community of any size: There are different points of view. As we continue to nurture a culture at JKV that is both spiritual and supportive of those with religious beliefs and equally supportive of those who do not, we will seek compromise.

The first step I took was to write a “Policy Regarding Public Prayer,” as follows: The residents of John Knox Village represent a variety of faith traditions and practices. At all times, it is the commitment of the Spiritual Life employees, and John Knox Village as a community, to honor and support people of faith in the ways that are meaningful to them. It is equally our commitment to honor and respect the point of view of residents whose life philosophy is not of a religious nature. In light of these commitments, we acknowledge that public expressions of faith such as prayer, when presented in a venue that is not a scheduled religious event, can be experienced as coercive and/or offensive.

In order to achieve this commitment of universal honor and respect, it is the policy at John Knox Village that public prayer will be reserved exclusively for those events that are advertised and promoted as religious events (for example, worship services in any religious tradition, Bible studies, prayer meetings in any religious tradition, other worship-centered spiritual life gatherings, etc.). Public events that include a religious component, but are not intended to be centered around worship or spiritual life per se (for example, an educational presentation about a historical religious figure, the history of religion, an

interfaith dialogue, etc.) will not include public prayer. In those situations where there are different opinions as to whether the event is meant to be religious, the leaders and people of John Knox Village involved with the event will respectfully not include public prayer.

This policy is not a limitation of prayer or spiritual expression on the John Knox campus. It is designed to encourage prayer in all settings that are meaningful and appropriate, while also acknowledging and respecting the reality that in a community as large and diverse as ours, public prayer is not meaningful to all.

It is my expectation that there will be some reaction to this policy. I invite you to contact me, preferably in person, to have a conversation about your point of view and your reaction.

I present it to you with the following challenges to all residents:

To those who treasure prayer and desire the free expression of public prayer anytime someone requests it:

I challenge you to understand that, in the last few decades, public prayer has been overwhelmingly Christian, to the exclusion of prayer representing other religious traditions. We Christians must learn to appreciate that people of other religious faiths, as well as those without religious inclinations, have felt coerced into both listening to and accepting Christian faith and theology. This policy should help us practice sensitivity toward others who do not share our faith and religious practices.

To those who are pleased to know that you will not be

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Recently two of our John Knox Village staff friends, Maria and Eugen Kontosova left JKV to return to their home country of the Czech Republic. When they left, they gave to the JKV Spiritual Life Center (and, therefore, to you) a beautiful, hand-carved wall hanging depicting the Last Supper. They purchased it when they were in Rome visiting the Vatican and other special sights. Please come to the Spiritual Life Center (SG 676) and sit a bit in the big, comfy red chair, look at the carving and meditate. We are grateful to Maria and Eugen for their years of loving and faithful service here at JKV and for this gift which will continue to be a blessing to us. –Rev. Darryl Powell

VOLUNTEERING: Making The Ordinary *Extraordinary*

Committee Striving To Improve Program

The Senate Volunteer Services Committee and the Life Enrichment Department are striving to create a more organized volunteer program, for the betterment of all John Knox Village residents. The Committee has developed forms to gather information from current resident volunteers, to determine specific areas where volunteers are needed and the volunteer skills that would be needed and helpful.

This information will be part of a Volunteer Services Database that will help match volunteers to volunteer opportunities and will keep track of volunteer activity. We all feel that volunteers add value to the Village, but specific information will validate that feeling.

We are interested in recruiting, retaining and rewarding our volunteers. The Committee is utilizing our in-house Senate publication, *The Weekly*, to publicize opportunities available Village-wide, but especially in the Health Services areas.

Sometimes residents don't realize the various volunteer activities that are within their ability and interest range. There really is something for everyone: Bingo callers, musicians,



The Resident-Volunteer Services Committee, chaired by Lakeside Villa resident Diane Barton has some exciting new ideas. The Committee will continue inducting outstanding volunteers into the JKV Volunteer Hall of Fame, just like in 2018.

In the Spring, the Committee hosted a Volunteer Appreciation

Periodically, volunteer profiles are featured and specific volunteer positions are highlighted in *The Weekly*. A Resident Opportunity Brochure is being revised and Volunteer Identification cards will soon be available.

This Fall, the Committee will host Fruits of Our Labor which is a recruitment opportunity, but also a great time to honor some of our wonderful volunteers with induction into the Volunteer Hall of Fame. This is a busy and exciting time to be a volunteer.

—Diane Barton

Volunteer Services Committee Chair

A Volunteer Services Database will help match volunteers to volunteer opportunities.

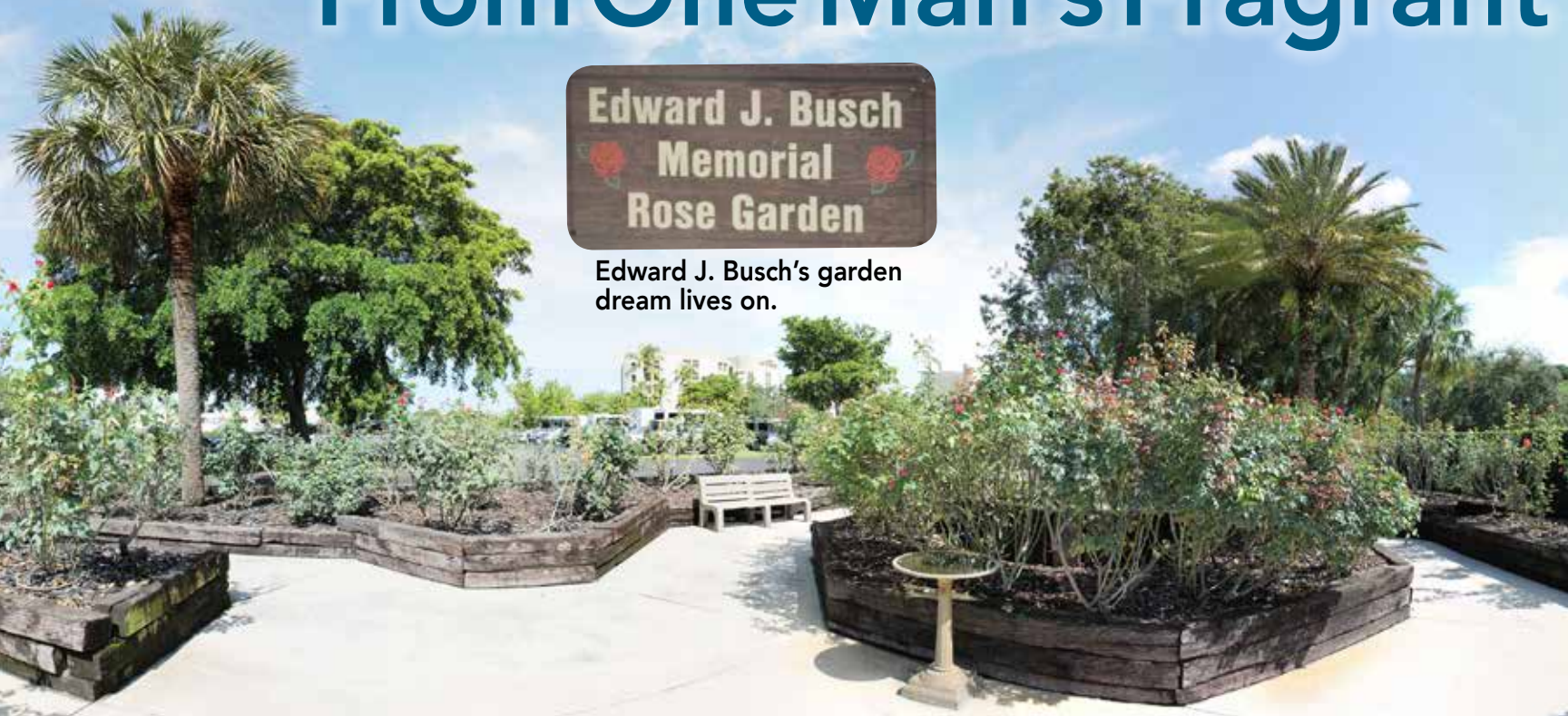
travel sharers, wheelchair transporters or just someone with whom to share the "Good Ole' Days" are all welcome.

A Buddy Program in our Gardens West (GW) assisted living facility, matches a resident Buddy with a GW resident who would enjoy a little company. It has recently been expanded to our Independent Living residents.

Open House for current and prospective volunteers. Even though it was a rainy day, we had a good turnout and everyone enjoyed the refreshments and raffle prizes.

This gathering was also an opportunity for staff and resident leaders to discuss their specific volunteer needs and resulted in some recruitment.

From One Man's Fragrant



Edward J. Busch Memorial Rose Garden

Edward J. Busch's garden dream lives on.

A rose sends a message of love.

At John Knox Village, we send hundreds of messages of healing and love from the Edward J. Busch Memorial Rose Garden each year.

This beautiful garden, now graced with the endearing "Butterfly Boy," came to life almost two decades ago.

In the late 1990s, Edward Busch, anticipating a move to the Village, underwrote the planting of more than 400 rose bushes along the northern fence of the JKV property. He loved gardening and wanted to work in his garden immediately upon arrival.

Busch was attracted to roses because of their fragrance.

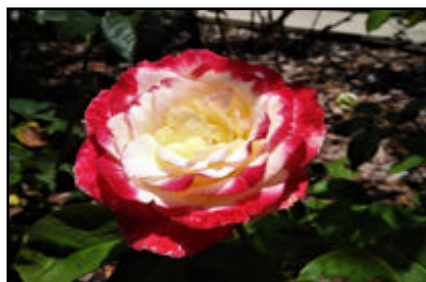
"Every rose bush that he bought had to have a fragrance," Anna Nordmann, Busch's daughter, told the Village Voice. He tended to the roses and then brought them to residents in the nursing center. Soon, he found the tasks daunting and asked for help from friends—his Rose Buddies.

The engineer/horticulturalist died on Jan. 18, 2000, but his dream—and

garden—lives on, through a family bequest to the Rose Garden Fund, which now comes under the John Knox Village Foundation. It took time to find a central location for the garden. It was dedicated on Jan. 25, 2002, at its present location, overlooking Rex Foster Lake.

Through the years, the garden survived and thrived.

Fast forward to 2018. Margaret Swift moves from Texas to JKV. Her bronze statue was the last treasure tucked into the moving van. The marriage of the garden and her special "Butterfly Boy" is a perfect one. The bronze statue, by Dennis Smith, philosopher/artist, represents "the beauty and innocence of children," Swift said.



"Double Delight," a Busch favorite.

In the future, the garden will be relocated to allow for the growth of the Village, but, as in the past, the spirit of love, folded into each rose

petal, will live on.

Busch, a Pittsburgh native, received a degree in horticulture from Penn State University and worked in the family nursery for five years. After Pearl Harbor, he enlisted in the US Navy with the commission of lieutenant (jg). He commanded 27 signalmen and gunners, who were stationed in the Mediterranean.

He married his wife, Lucille Fallen, on Christmas Day in 1943. They returned to Pittsburgh where he started the Busch Company, which was an early supplier of air conditioners. With a degree in engineering, Busch expanded into developing ways "of collecting and turning oil mist into liquid during the rolling process." The Environmental Protection Agency approved his product and steel mills worldwide used his system. He also built environmental equipment for the steel and aluminum industries.

Busch retired to Pompano Beach and gardening became his focus. His garden brimmed with herbs, roses and live oak trees. He was president of the Ft. Lauderdale Men's Garden Club. The Busches moved to JKV in late 1996.

"I think rose gardening will keep me going for some extra years," Busch said, in a 1997 article in the



Edward J. Busch

Dream A Garden Has Grown

The Story Of JKV's *Rose Garden*

By Jeannette Jordan,
Village Voice Resident Contributor



Jane Lusk-Smith



Lois Fry

Village Voice. He had helpers in his garden, especially the first Head Rose Buddy, Bob Franklin. Busch's wish was to have residents participate in the maintenance and management of the garden. The Rose Buddies did that. They pruned the dead roses and delivered fresh roses throughout the Village.

Busch was a perfectionist. Jane Lusk-Smith, Garden Club co-founder with Lois Fry, remembers Busch discarding wilted or imperfect roses. Other Villagers would rush in to rescue the roses for their own yards.

Busch died in 2000, but his dream continued, through the Busch Rose Garden/Oak Trees Fund, which thankfully accepts donations for the garden. As you can see from the fund's name, Busch was an advocate of planting live oak trees for their beauty and environmental benefits. In fact, he proposed a border of oaks around the JKV property.

For years, the garden was under the watchful eye of Eddie L. Labanowski, JKV grounds superintendent. It was moved, from its first location, when Heritage Tower was built.

The Edward J. Busch Memorial Garden was dedicated, with 200 in attendance, in 2002. It was a triumph for the Village. Everyone had helped.

The arch, the fountain, the half-mile of "railroad ties, ground mulch, the irrigation system, everything was installed in-house," according to Bob

Scharmann, former JKV president, in a 2002 Pompano Times article.

From 2007 to 2009, residents inaugurated a rose renaissance. "I was here when the flowers needed help," said Fry, dear friend of the roses.

For 12 years, she took the leadership of the Rose Buddies and grew the team to 40. Once again, roses were everywhere -- the Health Center, Gardens West, the Dining Room, at Memorial Services, Chapel Services

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JKV Foundation Executive Director Nanette Olson (L), stands alongside Edward Busch's daughter Anna Nordmann and Margaret Swift, who donated the bronze statue "Butterfly Boy," at the Rose Garden's entrance.

JKV'S DYNAMIC DUO ENSURE A SAFE, WELL-REGULATED VILLAGE

Inside The Compliance and Risk Departments

We are sometimes asked what the John Knox Village Corporate Compliance and Risk Department Office does.

The department is comprised of two positions—the Director of Compliance and Risk, and the Risk Manager. There is some crossover in duties, however each position has distinctive roles as well.

The office is responsible for numerous functions that support the integrity, regulatory compliance, financial strength, ethics, core values, safety and reputation of the Village.

Fran Murphy, RN, BC, CHC, CHPC, serves as the Compliance Officer, the Privacy Officer, the Security Officer and takes Hotline calls. In addition, she guides the Leadership team regarding current and new regulatory requirements and assists with policy and procedure development.

Her responsibilities also include management of the multi-faceted loss prevention program and management of health care investigations. Loss prevention activities involve securing adequate and appropriate insurance services and policies, training in Compliance, HIPAA and Emergency Management and having programs in place to mitigate loss and injury. She works with the Corporate Attorney, Cliff Wolfe, should there be any professional investigations or claims.

Kirsten Whiting is JKV's Risk

Manager. She is a certified Healthcare Risk Manager who has a Bachelor's Degree in Health Informatics and Information Management, and is a Registered Health Information Administrator. Kirsten executes the loss prevention program and is fully responsible for the Worker Compensation program at JKV, including teaching safety and OSHA requirements and managing individual claims.

She reviews and updates the Emergency Management Plans for the Village, The Woodlands and Seaside Cove. In addition to the plans, she is responsible for management of the hurricane teams during hurricane season. Kirsten also manages the JKV Alert System for Residents and Staff and the Resident Hurricane Relocation forms.

Together, Fran and Kirsten work across all departments at the Village to manage loss control, maintain compliance with the numerous



Fran Murphy (R) is JKV's Corporate Compliance Officer. She is shown with Risk Manager Kirsten Whiting.

regulatory bodies to whom JKV is beholden, provide a safe environment for Residents, a safe workplace for Staff, all while being prepared for disasters. By doing so, the team proudly assists in the financial strength and long-held positive reputation for which JKV is known.



HOW TO BOOK A ROOM ON CAMPUS

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

Here are the steps to follow:

- Pick up the easy-to-complete Room Reservation forms at the front desk in the lobby of the Cassels Tower Lobby.
- Fill out the spaces for your name and alternate contact name (if appli-

cable), event name, event location and telephone number.

- Indicate whether event(s) are re-occurring (Monday through Sunday, Weekly or Monthly) or one-time only.

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

- Please submit all requests via campus mail to Marti Engel in the Life Enrichment Department. Also, you can submit by scanning and emailing to Marti at MEngel@jkvfl.com. Her direct line is (954) 784-4762.

Baby Back Pork Ribs

By Rob Seitz, Village Voice Editor

In Good Taste: Chef Mark's BBQ Recipe, It's Just Heat, Meat & Eat

Sometimes a person gets a hankering for melt-in-your-mouth barbecued ribs, but does not want to stand out in the summertime heat in front of a smoky grill. They just want the delicious pay off.

Well, Executive Chef Mark Gullusci has developed a delectable solution to your culinary-meteorological dilemma. Think about letting your oven do all the work for you, while smelling the incredible BBQ pork aromas wafting all through your house.

Chef Mark's recipe also answers the question from many Village Voice readers who have loved our slow cooker ribs, but have been asking how to make them in the oven.

Are you ready?

Delicious and tender baby back pork ribs:

- 1 rack of pork ribs, approximately

2lbs. Chef Mark bought from Publix, so you do not necessarily need to visit a specialty shop.

- 1 tbsp. kosher salt
- 1 tbsp. black pepper
- 1 tbsp. granulated garlic
- 1 tbsp. granulated onion
- 1 tbsp. smoked paprika
- 1 tbsp. granulated sugar
- BBQ sauce, use your favorite brand.

Method Of Preparation:

- If frozen, thaw pork in refrigerator for 48 hours.
- Make the dry rub by blending all the dry spices.
- Remove pork rack of ribs from packing and rinse under cold water, pat dry with paper towels.
- Season generously with dry seasoning mix.

Pre-heat oven to 425 degrees, place rack on an aluminum covered cookie sheet and roast for 45 minutes or until a golden brown color develops.

Brush with BBQ sauce and cover with aluminum foil tightly and place back in oven for 90 minutes. A few ways to test the rib's tenderness is, first, the meat should rise up the bone about ¼ of an inch, then you can either stick a meat thermometer in between 2 bones and feel the resistance, or grab a bone on the end and see if it is easily removable. If it is, you have achieved the proper tenderness. If not, bake a little more.

Enjoy!



Elders Living With Dementia... Creating A Community Of Inclusion



Leslie Schlienger
Home Health Administrator

multiple steps to complete a task. They may say they need to do an errand that they have just completed. They may no longer enjoy reading a book because they can no longer follow the story line from chapter to chapter and have to reread it every time they pick it back up.

Since we learn our social graces early in life, manners are part of our long-term memories. People in the early stages of dementia often mask it well by defaulting to socially accepted responses that cover up their memory loss. That is why the decline in function in our friends or neighbors is not always evident.

For example, if you are aware that an individual went to a luncheon birthday party and you ask them if they enjoyed it, even if they don't remember, they will answer, "it was lovely, the food was good and I enjoyed myself." If you asked them specifics such as "how many of her children were there?" they don't know or they may make up a non-committal answer "Gee, I didn't pay any attention to that."

In the early stages, ELWD may begin

memos and phone calls to cue them for events. Socialization is meaningful and provides joy and stimulation. ELWD may have more difficulty preparing meals so invitations to accompany to the dining room are especially helpful. Companionship encourages participation in all the life enrichment activities on campus. This type of informal volunteerism is truly a good deed that enriches both the ELWD and the companion.

It is never helpful to ask a person with memory impairment if they remember something or to tell them that they remember something no matter how cheerfully it is done. ELWD do not remember. They become embarrassed and sometimes anxious in this situation, further degrading the communication.

It is more helpful to share your own memories of an event and express your feelings about shared experiences. This allows for inclusion and does not set the ELWD up for failure.

For example, "I had so much fun when we went out for ice cream yesterday. I enjoyed your company. Next time I will get a banana split." This is so much more effective than, "did you have fun yesterday when we went out?"

Ultimately our goal as caring participants is to preserve dignity and safety and allow for continued joy and fellowship for ELWD in the early stages of the disease. Some six to eight percent of all older persons are living with dementia. About one percent of 60 year olds and nearly 30 percent of those over 85 years of age experience symptoms.

The better we prepare ourselves to understand the experience of others the more likely we will be able to have positive exchanges and help others who do not understand.

There is a need for more education on campus regarding communication and managing behavioral issues for ELWD. These needs are not limited to health care settings or providers. All employees at JKV interact with ELWD and have the opportunity to make or break an experience by the style of their approach in communicating.

—Leslie Schlienger

As our population is aging, and yet benefiting from medical advances, we experience the ever-increasing phenomena of elders living with dementia (ELWD) in our daily lives.

Often we do not immediately recognize why a particular experience seemed uncomfortable to us. It may take a few encounters, or some training, before one becomes aware that the memory or judgment of a fellow resident is inconsistent. There are many different types of dementia, but the most common are

"Researchers are working diligently to find ways to prevent, halt or reverse the symptoms of dementia."

Alzheimer's and Vascular dementia. All forms of dementia share the following features:

Memory impairment and at least one of the following cognitive disturbances:

- Aphasia • Apraxia • Agnosia
- Disturbed executive functioning

Cognitive deficits must impair social or occupational functioning and must represent a significant decline from a former level of functioning.

Researchers are working diligently to find ways to prevent, halt or reverse the symptoms of dementia, but for now it is valuable to learn ways to interact effectively with others who are demonstrating early or more advanced behavioral symptoms.

As changes in the brain occur, especially in the early stages, individuals are often aware of, and embarrassed by, their short-term memory losses. They may forget they made an appointment or cannot follow instructions if there are

to have difficulty managing their finances. They are often relieved to have a spouse or someone else take over bill paying and other business details, yet they will deny the inability to do it themselves.

Families may miss the early signs because their communication with an elder is principally by phone. They ask questions that the elder can answer with elaborate detail but there is no validation of the information and no inclination to think it is false.

An example of this happening occurs when a son or daughter calls to ask how their Thanksgiving meal was enjoyed. The elder may speak about turkey, gravy and cranberries, etc., but might never have left the apartment. Old memories of Thanksgiving meals fill in the gap and no one is the wiser.

ELWD in this stage are supported by the efforts of friends, neighbors and JKV staff to provide reminders on calendars,

LIVING WELL CORNER

Despite Obstacles, Residents Living Life To The Fullest



Erik Nenortas, CTRS, CPT

Old age is often considered a time of decline, but older adults around the country are filling their Golden Years with amazing fitness accomplishments. John Knox Village residents are not to be excluded.

I have been very fortunate to have the honor of working with hundreds of residents over the course of my 23 years at JKV. During these years, I have witnessed many incredible feats accomplished by those who live here. I believe there is a common

thread that ties these achievers together. It's a shared belief that age is just a number and nothing should stop one from doing what may be accomplished.

I would like to now share the stories of five John Knox Village residents who accomplished truly amazing fitness achievements.

Most people have never experienced the feeling of not being able to walk. Bill Spiker, unfortunately, has; nevertheless, his story is remarkable. Bill contracted polio as a little boy of nine. He was still able to walk, but as the years passed it became increasingly more difficult to get around. As of late last year, Bill needed a scooter to get from place to place because his legs were too weak to carry his body. He then experienced some major unexpected health issues, requiring him to have major surgery on his spine.

At the time, the Cassels Tower resident expressed that life seemed quite bleak. Subsequently, he began a very intensive therapy program at The Woodlands. Once completed, Bill resumed training with fitness professionals at the JKV Fitness Studio. Through much hard work and determination, he is now able to ambulate via a walker and the scooter is no longer need-



Cassels Tower resident Bill Spiker continues his amazing recovery from childhood polio and recent major back surgery.

ed. On the whole, his comeback is truly amazing and Bill is still continuing to conquer new fitness goals.

Can you imagine exercising two times a week for one hour—at the age of 102? Well, resident Lillian Kimmel is doing just that. Lillian visits the Fitness Studio weekly and completes a full work-out that includes cardio, stretching and weight training. She was recently asked why she keeps on exercising. She expressed that it not only keeps her “physically in shape,” but mentally “sharp” as well. Lillian also attends a variety of activities and special events at JKV. Another interesting fact is that Lillian’s daughter Diane, who is also a JKV resident, exercises regularly at

Continued on page 22

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 also watching your weight.

1. Try making your own simply syrup using Stevia, a plant-based sugar substitute and sweetener that has 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 nutrient produce by adding fresh fruits to sangrias and wines, helping you to avoid artificially flavored alcohols and mixes.

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 infused vodkas that have fresh flavors like peach or jalapeno instead of artificially sweetened worked into the vodka.

Cheers to a fun-filled summer.

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

JKV Professional Center Medical Offices Directory

Here is a list of physicians and other professionals who have practices and their businesses in John Knox Village's Professional Center Building at 550 SE 3rd St., Pompano Beach (just outside the campus on the northwest side).

In many cases they have been tenants for many years servicing the needs of our residents and are worthy of consideration if you need their support.

John Knox Home Health Agency/Home Health Services for JKV Residents
Suite #300
Every day of the week
(954) 783-4009

George E. Edwards, Esquire
Attorney at Law
Suite #203 (Own Office)
Every Day
(954) 781-0444

Mary Fien, M.D.
Dermatology
Suite #101B
Once a Month
(954) 491-0510

Barry Galitzer, M.D.
Dermatology
Suite #101B
Monday A.M.
(954) 491-0510

Layne Heise
Hearing Specialist
Suite #101
Tuesday AM
(954) 943-9020

Steven Kester, M.D. / Craig Herman, M.D.
Urology
Suite #305 (Own Office)
(954) 941-3333

Edgar Nieter, D.P.M.
Podiatry
Suite #101
Monday A.M.
(954) 941-1200

Nightingale Home HealthCare
Suite #200 (Own Office)
Every Day
(954) 657-9962

Michael E. Nudelburg, DDS
Dentist
Suite #108 (Own Office)
(954) 942-4836

Matthew Popkin, M.D.
Internal Medicine/Chiropractic
Suite #101B
Monday PM
(954) 586-2273

Donald Rose, M.D.
Neuro Psychology
Suite #304 (Own Office)
Every Day
(954) 941-4388

Victor Toledano, M.D.
Internal Medicine
Suite #101B
Thursday PM
(954) 566-7775

Cary Zinkin, D.P.M.
Podiatry
Suite #101
Thursday AM
(954) 426-9292

David Whitman, Principal
Strategic Investments and Insurance
Suite #105 (Own Office)
Every Week Day
(954) 366-5189

New Aquatic Center, West Lake at JKV Residences Launched

Continued from page 3

occasional Eagles or Rod Stewart tribute band to rock our souls.

Four courts for pickleball and bocce ball and a fire pit will complete the amenities to this exciting new destination on our campus.

The timeline for construction is set to begin in late July-early August depending on city-approved permitting and be completed approximately nine months later.

The new 150-unit independent living buildings—West Lake residences—as well as the Performing Arts Pavilion are currently in the pre-sales phase to be followed by construction.

Timeline for the construction of The Pavilion at West Lake will begin in the spring or summer of 2020, allowing the new Dining Venues and Performing Arts Pavilion to be created.

Then the relocation and expansion of Rex Foster Lake will be created, expanding the water views for our existing residents and adding to the botanical gardens and water fowl sanctuary in collaboration with officials from Zoo Miami, our talented residents and grounds staff.

The West Lake residences are projected to begin construction in June 2021, following the receipt of 105 deposits of 10 percent of the apartment entrance fees—this translates to 70 percent of the project being pre-sold.

The construction to resident move-in will take approximately 18 months with move-ins commencing in March 2023.

The new West Lake residences will include 150 state-of-the-art, designer-finished apartment homes ranging in size from 1,277 to 2,346 square feet.

We have had great success to date by achieving over 100 Priority Deposits, as of Village Voice publication deadline. Please inquire with our sales counselors to reserve and create your new home and best contract pricing options.

A large component of this project is to enlarge JKV's current dramatic water views. The first-floor common areas will boast casual dining venues for breakfast, lunch and dinner. A multi-purpose bistro will serve fresh baked goods and ice cream creations during selected hours and days of the week.

A business center, complete with the latest technologies, will accommodate our innovative professionals in sustaining or launching their entrepreneurial minds and collaborating with community businesses and universities.

An art studio and mini-theater will foster our creative talents and enjoyment for art, music and latest cinematic adventures.

A chapel, club room and fitness studio will provide opportunities for spiritual programming, a quiet space for mediation and reflection and easy access

to keep your mind, body and soul fit.

Adjacent to these multi-story apartment residences will be the pavilion and meeting center, including two restaurants, with private dining venues for our wine enthusiasts and foodies to enjoy our culinary pairings and catering services.

The Pavilion and Meeting Center will provide a 400-seating capacity.

JKV is embarking on these tremendous projects to provide and enrich the lifestyles of its current and future residents.

The collaborative team involved includes our residents and staff, Board of Directors, Gallo Herbert Architects, Perkins Eastman Architects, BSSW Architects, EDSA Landscape Architects, Keith & Associates Engineers, Love & Company Marketing, Clifton Larson Allen financial, Weitz Construction and the City of Pompano Beach.

A Master Vision and Site Plan of this magnitude and complexity has taken a team of innovative professionals, guided by our residents, management team and Board of Directors to reach this point in our journey.

I look forward to sharing more exciting updates as our plans progress.


GERALD STRYKER
President/CEO

From One Man's Fragrant Dream A Garden Has Grown

Continued from page 15

and Tower desks.

When Jim Witt, JKV's current grounds manager, came aboard the garden was returned to its glory days. He grew his expertise, from golf course management, to overseer of our grounds and Rose Garden.

Through the years, the Rose Buddies, who are a part of the JKV Garden Club, have been instrumental in keeping the roses blooming. Today, with Barbara Kuntz as Head Buddy, the 20-member group is faithfully maintaining the garden.

"Gorgeous, just gorgeous" is the applause for the roses by Villagers and visitors who stop to smell the roses, and pass their joy on to friends.

Swift, born in England, lived in New England for 38 years. With her two boys grown and married, she



Dennis Smith's "Butterfly Boy."

moved to Austin, TX to be with her sister. Sadly, her sister was diagnosed with cancer three years later. After her death, Swift decided to move to JKV to be close to her son and daughter-in-law.

While she was in Texas, Swift would visit her niece who owned a patio shop where "Butterfly Boy" resided. She admired him. One day the bronze statue appeared in her garden. It was her treasure. When she relocated to JKV, of course, her sculpture came with her.

As noted earlier, the bronze represents the innocence of children. The artist depicts a young boy exploring the world around him. With the curiosity of a child, the "Boy" chases after the butterfly, a metaphor for the search for identity. The "Boy" is captured in "a moment of discovery."

As JKV is embarking on its Master Vision Plan of expansion, with 150 new residences planned, this development will necessitate the relocation of the Rose Garden. At this time, its new home is projected to be between Gardens West and Seaside Cove.

**"We can complain rose bushes have thorns,
Or rejoice because thorn bushes have roses."
—Abraham Lincoln**

Senate News Continued

Continued from page 10

are put before the Resident Senate in various ways on how to proceed and how to present plans and ideas to the JKV community. We help the administration to present information to you about the changes. No, we are not picking the colors for the new dining rooms or the pavers in the driveways, but we are involved.

Probably the most influence we, as residents, have in the new changes is through our three residents who serve and vote on the Board of Directors. Those three residents sit with, receive the same information about the Master Plans and financing issues as all Board Members and have the power to vote on the proposals that result in the changes coming to the Village. This project will cost tens of millions of dollars and our three Resident Board Members will be making the

decisions of how this plan will look, will be implemented and financed. So if you have opinions about the project please contact one of the Senate officials or our Resident Board of Director Members:

Tom McKay, Jan Spalding, and Pete Audet (in Jan. 2020: new member Diane Barton).

We all will be affected (I feel for the good) by these important changes coming to JKV. I am preparing to vacate my villa and move with my neighbors to new residences at JKV. Soon my Lakeside Villa, which I thought would be my last home, will be torn down to make room for the new improvements. As far as I can figure out my beloved villa location will be either under the lake or on the edge of the new glass residence tower. Oh well:

***The Times They Are
A-Changin' At JKV.***

—August Miller



**May-June
Village Voice
we erroneously
omitted the
cutlines for
the three
photographs
of JKV leaders.
They are Photo
#1 (L-R): Anne
Swoboda, Kit
Frazer and John**

Mandt. Photo 2 (L-R): Pete Audet, Tom McKay, Jan Spalding. Photo #3: Dr. Paul Loree. The Village Voice regrets the error.

Gardens West Residents' Lives Enriched By Caring Cherrelle

By Yael Fishman, Village Voice Contributor

If you've ever met Cherrelle Lowe, Life Enrichment Coordinator at Gardens West, you can't help but be immediately endeared to her. Her sweet, gentle demeanor is exactly what makes her so well-loved by the residents of Gardens West.

When Cherrelle started working at JKV 15 years ago, she would have never guessed that she'd eventually become a Recreational Therapist. As a tray line server in the Tropics, the old Health Center's dining venue, Cherrelle prepared trays of food behind the scenes.

After completing her tasks, she'd circulate among the residents, checking in with people who were in the periphery, but not participating in whatever activities were going on. During her down time, though, she visited Activity Rooms to see who might need help with a craft project, or just to mingle and get in the mix.

After six years as a dining server, Erik Nenortas, then Recreational Therapy Manager, "discovered" her. He observed Cherrelle interacting with residents, realized he'd found a true gem, and offered her a position as a Recreational Therapy Assistant on his team.

And so it began.

For the past 11 years, Cherrelle has planned enriching, meaningful activities for Assisted Living and Memory Care residents at JKV. In December 2017, she was asked to become the first-ever Life Enrichment Coordinator exclusively for Gardens West, but the most incredible part of her journey at JKV is becoming a Certified Therapeutic Recreation Therapist (CTRS).

A CTRS credential is granted by the National Council for Therapeutic Recreation Certification (NCTRC) after completion of a minimum 14-week (560 hour) internship supervised by a



As Gardens West's first-ever Life Enrichment Coordinator, Cherrelle Lowe has grown in her career at John Knox Village since she began as a dining server 15 years ago.

CTRS and successful completion of the NCTRC Certification Exam.

Each morning, Cherrelle makes her rounds and greets each Gardens West resident. She makes everyone feel safe and nurtured. Residents develop a deep trust for her, and in turn, they respond to her encouragement to participate in whatever fun thing she's got planned.

"I love what I do," Cherrelle told the Village Voice. "Our residents are very special. I love making a difference in people's lives."

That, without question, she does.

LIVING WELL CORNER CONTINUED

Continued from page 19

the Fitness Studio too. Kudos to Lillian's amazing fitness achievement.

Parkinson's Disease is an ongoing, progressive disease of the nervous system that affects motor function and movement. When Heritage Tower resident Laurel Blake was told by her doctor that she had PD, she was determined to do her very best to combat each and every effect of the disease. Two years ago Laurel was beginning to have much difficulty with her walking and balance. She knew that medication could not be the only answer to help reduce the symptoms of PD. Hence, she began attending PWR Move classes offered in the Fitness Studio every Tuesday and Thursday. These classes specialize in engaging residents who have PD with exercise designed for their needs. Laurel struggled at first, but never gave up. Through two years of classes, she has improved her balance, strength, gait and speed. Laurel is a prime exam-

ple of not giving up and working hard to achieve amazing fitness goals that even doctors thought would be difficult to attain. Kudos Laurel.

Completing a triathlon is very difficult to do. One must first swim, then bicycle and finish the race by running. It takes both physical and mental strength to complete the event. Heritage Tower resident Dr. Paul Loree has completed a full triathlon. The amazing part of his achievement is that he did this when he was 80 years old. Paul continues to stay in shape by attending group fitness classes on a regular basis in the Fitness Studio. He also enjoys kayaking with friends weekly. Paul states, "You need to always have goals, it keeps things interesting." Nevertheless, Paul hasn't ruled out a second triathlon at age 90.

Sometimes bad life events happen all at once. This was the case for Harry Vordermeier. In the span of a few months, Harry had numerous falls, head inju-

ries and severely low blood pressure. During this time, hospitalizations were the "norm" for him. He had some positive breakthroughs for the better, but innately knew he couldn't rely on medicine and doctors alone. Harry determined that fitness would be his medicine. After completing physical therapy in The Woodlands, he set up personal training in the Fitness Studio three times a week. The Cassels Tower resident has been diligently training for over six months. He has renewed vigor and strength. He is able to walk with confidence and life excites him once again.

Life is full of many peaks and valleys. We can decide how to maneuver through the rough times by either staying idle or by forging ahead. These JKV residents have proven that they are making the best of their senior years by never giving up and living life to the fullest.

*-Erik Nenortas,
JKV Fitness Professional*

JKV Staff Now CERT Trained

8-Week Course Helps Expect The Unexpected



JKV staff members Kirsten Whiting, Jessica Frederic, Sasha Graham, Dolores Hughes, Nathalie Francois and Faizully Vidal were among a large class of graduates from the recent Pompano Beach CERT training course.



Fran Murphy

Man-made and natural disasters seem to be in the news on an almost daily basis. These disasters can overwhelm emergency responders.

Since 1993, the Community Emergency Response Team (CERT) program, a national Federal Emergency Management Agency (FEMA) Citizen Responder program, has been in existence to train volunteers regarding disaster preparedness and proper responses to disasters.

John Knox Village staff members recently attended a CERT program as

part of a joint partnership with Pompano Beach Fire Rescue, Emergency Management, the Florida Department of Emergency Management and FEMA.

CERT trainees learned skills to assist their community during a disaster. They can assist before the responders arrive, and allow the first responders to focus on the more complex tasks.

Our attendees learned about hazardous materials, terrorism, fire suppression, light search and rescue, team organization and disaster medical operations such as triage, rapid treatment techniques and first aid.

They received a Disaster Response Kit, which they used during their training and will keep for future use as well. The CERT trainees were taught disaster psychology, such as symptoms that might be experienced by the victims, as well as the responders themselves, in order to prepare themselves for stress and

assist the victims appropriately with their reactions.

Our motivated team members took this eight-week class at night after work on their own time at the Pompano Beach City Hall. Their training culminated in a mass casualty disaster simulation, along with other CERT teammates from all over Broward County.

Congratulations and thanks to our May 2019 JKV graduates--Kirsten Whiting, Jessica Frederic, Sasha Graham, Dolores Hughes, Nathalie Francois and Faizully Vidal.

—Fran Murphy
Corporate Compliance Officer



In Memoriam

Benson Buffham
Nancy Christensen
James H. Conklin
Jobe Croston
Robert Dooley

Raymond Doumar
June Fitzgerald
George Hammerton
Louise Jobes
Charles Johnson

Jacqueline Knowles
Sue Lakeman
George McKee
Jean Clair Sparks
Louise Spencer

Grief & Bereavement

John Knox Village's Grief & Bereavement group will meet in the Village Towers Party Room from 1-2 p.m. on July 25 and August. 22. For more information call the Life Enrichment Department at (954) 783-4039.

Donations To The Village



Donations received during the months of April and May 2019

To John Knox Village

Employee Scholarship Fund

Anonymous
Barton, Diane
in memory of Juanita Coghlan & Jackie Knowles
Bousfield, Betsy
in memory of Charlie Johnson & Louise Spencer
Cason, Ernest & Maude
through the Cason Trust
Dalsimer, Diane & John
DeJong, Joyce & Don
in memory of Jackie Knowles
Haun, Twylah & David
Hipskind, Andrea
in memory of Charlie Johnson & Jackie Knowles
Jenkins, Norma
in memory of Jackie Knowles
Knowles, Lee
Kuntz, Barbara
in memory of Louise Spencer
Lay, Diane
in memory of Louise Spencer
McQueen, Flora
in memory of Juanita Coghlan, Jackie Knowles & Janet Thomson
Mellett, Marty & Dick
in memory of Charlie Johnson & Jackie Knowles
Milanovich, Rosie & Bob
Moore, Mary
in memory of Charlie Johnson
Raby, Clark
Redd, Carol
in memory of Jackie Knowles
Rotary Club of John Knox Village
Spalding, Jan
in memory of Louise Spencer
Sprague, Sandra & Jed
in memory of Jackie Knowles
Stevens, Edwin
Stephens, Penelope
in memory of Jackie Knowles
Swanson, Liz
Voelkel, Bruce
Welch, Fran
in memory of Jackie Knowles

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Frazer, Kit

in memory of Louise Spencer
McDowell, Sue & Tom

Benevolent Endowment Fund

Cason, Ernest & Maude
through the Cason Trust
Michel, Fred & Irene
through the Michel Trust
Miller, Romaine
Redd, Carol
in memory of Louise Spencer

Chapel Endowment Fund

Cason, Ernest & Maude
through the Cason Trust
Michel, Fred & Irene
through the Michel Trust

Charlotte Symonds Fund

Milanovich, Rosie & Bob

CNA Training Fund

Milanovich, Rosie & Bob

Health Center Other Fund

Bousfield, Betsy
in memory of Jean Sparks
Miller, Romaine

Maggie Goetz Bird Fund

Bousfield, Betsy
in honor of Sue Allison and in memory of Juanita Coghlan & George McKee
Rotary Club of John Knox Village

Piano Tuning Fund

Redd, Carol
in memory of Ray Doumar

Resident Assistance Fund

Cason, Ernest & Maude
through the Cason Trust
Harris Family Trust
Higgins, Suzanne
in memory of Joan Jean
Kisshauer, Phyllis
in memory of Jackie Knowles
Milanovich, Rosie & Bob

Toshiko Inouye Fund

Kleingarter, Linda & Fred
in memory of Charles Johnson & Jackie Knowles

Transportation Fund

Heger, David & Ken Raiten

Jones, Rita
in memory of Louise Spencer
Patriss, Don
Sams, Harriett

Tropical Tree Fund

Golden, Peggy
in memory of Gerald Smith

Unrestricted Fund

Askin, Marilyn
Barton, Bob
Broaddus, Don
Cuddy, Joyce
Dalsimer, Diane & John
in memory of Charlie Johnson, George McKee Louise Spencer & Irwin Woolf
Gambino, Maddy & Ray
Harrison, Fran
in memory of Charlie Johnson & Disa Powell
Haun, Twylah & David
Heger, David & Ken Raiten
Huizenga, Jack
Hyatt, Jane
in memory of Charlie Johnson
Inspiration Press, Inc.
Kimmell, Lillian
in memory of Louise Spencer
Loree, Sally & Paul
Mahoney, Marilyn
in honor of June Fitzgerald
Martin, Beth
in memory of Charlie Johnson
Naylor, Harvey
Olson, Nanette & Mark
Redd, Carol
in memory of June Fitzgerald
Schmidt, Franklin
in memory of Kenneth Jay Brooks
Spalding, Jan
in memory of Ben Buffham, Charlie Johnson & Al Pasco

Wellness Park

Stephens, Penelope
in memory of Carol Woodburn's dog, Scruffy
Welch, Fran

Woodlands Fund

Al-Anon Group
DeJong, Joyce & Don
in memory of Charlie Johnson
Johnson, Herb
Knowles, Lee
Stryker, Gerald & Carol Dumond

HAVE AN IDEA FOR A VILLAGE VOICE FEATURE?

To paraphrase the iconic closing line from the hit TV Show *Naked City*, "There are eight million stories in the Village."

With nearly a thousand residents, all from wonderfully wide and (sometimes) wild backgrounds, there are stories that SHOULD be featured in an upcoming Village Voice.

If you have an idea for such a piece, be it a resident profile, an amusing anecdote or fond memory, all you have to do is email your idea/s to Rob Seitz, Village Voice Editor at RSeitz@JKVFL.com

Who knows, at the end of the day you may just say, "There are eight million stories in the Village and this has been one of them."

The Woodlands at John Knox Village



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

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

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

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

(954) 247-5800

www.WoodlandsJKV.com



700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

News From Spiritual Life Director

Continued from page 12

put into a situation of experiencing a religious practice with which you do not agree:

I challenge you to understand that yours is not the only point of view at JKV. Even as those who treasure public prayer are now challenged to "let go," you, too, are challenged to "let go." There may be, now and again, a time when a crisis occurs, either locally or nationally, that will bring us together in a sense of unity and community. And in that crisis, there will undoubtedly be an urge—and for many, a need—to pray. This policy should symbolize for you, as well, a need to practice sensitivity toward others who do not share your philosophy and point of view.

In the end, a community—a family—must compromise. Together, thoughtfully, carefully and compassionately, we let go of something dear to ourselves, knowing others are willing to let go of something dear to themselves.

Respectfully and faithfully submitted,

—Rev. Darryl Powell

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



DISCOUNTED MARRIOTT AMENITIES

While the Village Centre undergoes renovation work, residents can enjoy the many amenities at the Marriott Pompano Beach Resort & Spa, located right on the ocean at 1200 N. Ocean Blvd., Pompano Beach, 33062.

Enjoy discounts on food and beverages, spa services at SiSpa, its Fitness Center, three restaurants, and towel service at one of their two resort pools with sun decks, lounge chairs and umbrellas. Call the Marriott at (855) 954-4683 to let them know when you are coming. You must mention you are a John Knox Village resident and that you are eligible for "a special business rate."

You must also provide your JKV Resident ID at your time of arrival. Black-out dates will apply.

Here is the link to book your Marriott reservations https://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=John%20Knox%20Village%5E8WJ%60fllpm%60&app=resvlink&stop_mobi=yes



FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:15 a.m. Morning Meditation	8:30 - 9:15 a.m. Morning Meditation	8:30 - 9:15 a.m. Morning Meditation	8:30 - 9:15 a.m. Morning Meditation	
	9 - 9:45 a.m. Tri-Level Fitness		9 - 9:45 a.m. Strong Slow Flow	
9:15 - 10:15 a.m. Cardio Pump	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II
10:30 - 11:30 a.m. Water Aerobics	10 - 11 a.m. Mat Pilates	10:30 - 11:30 a.m. Water Aerobics	10 - 11 a.m. Mat Pilates	10:30 - 11 a.m. Posture & Balance
11 - 11:30 a.m. Chair Ex @ GW	10 - 11 a.m. Water Aerobics	10:30 - 11:30 a.m. Tai Chi	10 - 11 a.m. Water Aerobics	10:30 - 11:30 a.m. Water Pilates
	11:15 - Noon Zumba		11:15 - Noon Barre Fitness	11:15 - 11:45 a.m. Morning Meditation
1:15 - 1:45 p.m. Better Balance		1 - 1:45 p.m. Strength & Balance		1 - 1:45 p.m. Strength & Balance
2 - 2:30 p.m. Gentle Stretch	1 - 1:45 p.m. PWR!Moves	2 - 2:45 p.m. Chair Yoga	1 - 1:45 p.m. PWR!Moves	2 - 2:30 p.m. Gentle Stretch
	2:15 - 2:45 p.m. Posture & Balance	2:15 - 2:45 p.m. Chair Ex @ VT	2:15 - 2:45 p.m. Chair Aerobics	2:15 p.m. FUNCTIONal Exercise (LEC)

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

*Chair Ex @ GW = Chair Exercises at Gardens West

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

Fitness Studio
SUPERVISED EXERCISE
by appointment

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

FREE BUS TRANSPORTATION SCHEDULE

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



Got Questions

WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

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

GET ACQUAINTED – GET INVOLVED

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

President: August Miller	LS 109
Vice President: Elizabeth Cobb	EL 110
Secretary: Amy Barrow	CT 1706
Treasurer: Barbara Rietberg	SG 568
At Large: Kit Frazer	SG 532
At Large: Anne Swoboda	VT 609
At Large: John Mandt	VT 1013
Resident Board Member 1: Jan Spalding	LS 401
Resident Board Member 2: Peter Audet	VT 613
Resident Board Member 3: Tom McKay	HT 403

Committee Chairs:

Communications: Nancy Peltzer	HT 819
Dining Services: Kit Frazer	SG 532
Fiscal: Terry Colli	NE 501
Gardens West: Karen Audet	VT 613
Health Care Services: Bea Wilbur	LS 403
Historian: Marge Hellgren	SG 648
Legislative: Fred Depenbrock	EL 214
Library: Glenda Clark	CT 1406
Life Enrichment: John/Diane Dalsimer	LS 111
Long Range Planning: Dick Mellett	CT 1415
Operations: Building, Grounds and Renovations: Harry Wood	HT 1007
Operations: Security and Transportation: Reed Brown	LS 303
Volunteer Services: Diane Barton	LS 317

Welcome & Innovation Center Groundbreaking, Wed., July 10 at 10 a.m.



Join us for the groundbreaking of our \$3.9 million, 7,200-square-foot Welcome & Innovation Center. The groundbreaking takes place adjacent to the SW 3rd Street Entrance, buses will bring residents to the site. Call Life Enrichment to reserve your place (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](http://JohnKnoxVillage.com)