

VOICE



John Knox Village Keeps Going Strong

INSIDE: A Human Face Tells A Story – Page 3 • Our Home Health Provides Wellness At Home – Page 14 • Perfect Pottery Painting Project – Page 16

Love During A Time Of COVID-19

I think Dickens has summed-up this experience, quite well, however, ever the optimist, I am finding the silver lining in this experience. This marathon.

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to heaven, we were all going direct the other way - in short, the period was so far like the present period, that some of its noisiest authorities insisted on its being received, for good or for evil, in the superlative degree of comparison only."

—Charles Dickens

I have witnessed first-hand the extraordinary and indomitable spirit of entire teams in Healthcare, Housekeeping, Operations, Security, Dining, Life Enrichment, Meaningful and Spiritual Life, Fitness, Sales, Marketing, Administration, and with our visionary Board of Directors:

All these people—as individuals and as a collective group—in service to the residents of John Knox Village.

I have watched the resilience of the residents, their patience, kindness, and sheer adaptability. They are an example of all that is good, all that is an example of perseverance and what community is all about.

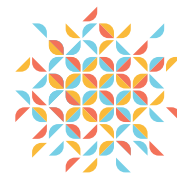
The thematic words of this COVID-19 pandemic seem to be resilience, tenacity, patience, the ability to pivot and I, dare say, hope.

The residents, in their outpouring of gratitude, raised funds to create a full-page ad touting their gratitude for the entire JKV team, which ran in the Miami Herald, the Sun Sentinel and The New Pelican. This endorsement sums up the 7 C's of JKV: Care, Community, Connectedness, Creativity, Culture,

Continued on page 25

Monica McAfee
Chief Marketing &
Innovation Officer





JOHN KNOX
VILLAGE

Where possibility plays

JKV CEO Message To Community:

A Human Face Tells a Story

For the past 53 years, John Knox Village has been an active, civic-minded community partner in South Florida.

As we face these unprecedented times in our country's history, I have come to the conclusion that silence is not an option. After listening to the media, listening to conversations at JKV among staff, residents and within my own family, I felt compelled to write and acknowledge the injustice around the death of George Floyd, a black man, at the hands of police in Minneapolis, Minnesota.

Racism has been going on for a long time. Now it can be filmed. Now people discuss it openly. The expressions of "Black Lives Matter" and "No Justice, No Peace" are personal to me. My family is diverse. My sister is married to a wonderful black man she met over 20 years ago. Our family was blessed when they gave birth to a baby girl named Faith. Faith, now 15, has been an activist against injustice, equality and bullying in her local upstate New York Community.

My oldest niece married a talented black man who is an accomplished police officer for the York Police Department in Pennsylvania. They gave birth to Alex, a handsome young boy, who at two years of age is curious as to what these moments and expressions mean.

These recent photos of my family show my father, "Grandpa Stryker" embracing these young lives and our family's joy and commitment to making the future of the next generation better.

A recent CBS poll was shared during a Sunday episode of CBS News Sunday Morning. The survey question was "Compared to Life today, the Future of the next



Continued on page 20

Gerry Stryker
President/CEO

VOICE

Discover

What's Inside?

Vol. 44 Number 4 | July-August 2020

ON THE COVER

Not even the COVID-19 pandemic could keep down the spirits of both residents and staff. Shown here clockwise from top left are: Residents Carol Strandberg and Norma Jenkins prepare for on-campus COVID-19 testing; Teddy Tennie offers Milton Graves a cold treat as part of our weekly Strolling Ice Cream Cart activity; the new Welcome & Innovation Center is expected to be open for business later in July; Foundation Assistant Odalys Rosua received gratitude (and a Bundt cake) during a recent Thankful Thursday. (Photos by Marty Lee)

IN EVERY ISSUE

- 2** News From Marketing
Love During A Time of COVID-19
- 3** News From Administration
*JKV CEO Message To Community:
A Human Face Tells a Story*
- 5** John Knox Village Foundation
Survey Says, And So Have Residents
- 8** News From Spiritual Life Director
Rev. Offers Attitude Of Gratitude
- 10** Senate News & JKV Foundation
- 17** In Good Taste: Chef Mark's Mac & Cheese,
With Gouda Recipe Is Smokin'
- 21** Living Well Corner
The Story Of Nutrition And Fitness
- 21** Nutrition Notes
Grocery Shopping During A Pandemic

FEATURED STORIES

- 6** Build Your Life Story To Slow Brain's Aging
- 7** JKV Offers LifeBio For All Residents
- 9** Marketing Department, Nomads No More
- 11** Do's And Don'ts Of Hiring Non-JKV PSPs
- 12** Thankful Thursdays Celebrate A Grateful JKV
- 14** JK Agency Provides Wellness At Home For Life

- 16** Perfect Pottery Painting Project
- 18** Resilience Of JKV Residents & Staff
Weathering Invisible Storm
- 19** Covid Causes Civvies Commission
- 19** More Residents Hooking Up On JKVConnect
- 22** The Work Of Adaptogens Is All Natural
- 22** Chairman Helped By Dr. Hubkova
- 26** JKV's Hurricane Plan Amid COVID-19

COMMUNITY INFO

- 20** JKV Professional Center Medical Offices Directory
- 24** Donations
- 27** Important Contact Info

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

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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.



JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.

Survey Says, And So Have Residents

We are so appreciative of everyone who completed the recent John Knox Village Foundation survey. Your insights and perspectives are already helping us improve our communications and services.

The response to the survey was extraordinary. In the survey world, a response rate of 25 percent is considered very, very good. In our case, 41 percent of all residents completed the survey. Participation in the online survey was phenomenal as 77 percent of those who clicked through to the survey completed it. I do believe the self-isolation worked in our favor.

Because so many of you participated, we can be confident that what you told us is representative of the community at large.

Here are a few of the most important things we learned from you:

- We have more work to do to let you know more about us, as only 25 percent are fully aware of the Foundation's activities: You want to know more about who we are and what we do for JKV.
- Fifty percent found the resident newsletter, **The Weekly**, extraordinarily useful as a communication device. Someone asked whether we should have asked most "informative?" Very good question. Since we were comparing publications of different purposes, some of which are intended to be more informative, we chose "useful" to help us understand the utility of the communicate.
- You gave us 120 comments which are very helpful. Once we sort through them, we will be able to provide more detailed results. (Thank you for your comments).
- In terms of information that the Foundation provides, nearly 70 percent would like more information about the various Foundation funds, while 40 percent would like to know more about why residents give.
- Thank you for telling us clearly that you would like to receive information about the Foundation primarily through **The Weekly** (56%) and the **Village Voice** (53%). Though 40 percent would like us to use the cluster meetings or special gatherings. Well, we will do all of that.
- In terms of the frequently mentioned core features of John Knox Village, the two most important are the safety and security of the gated community (81 percent stated as very important); and financial security (76 percent as very important).

- With regard to our most popular funds, 55 percent would like to know more about the Residents Assistance Fund and 42 percent would like to know more about the Transportation Fund.

- Since we have not yet formally embarked upon the Aquatics Complex and new Westlake Pavilion campaign, we were not surprised that 42 percent of our residents are unaware that we will be raising money for these projects.

- In terms of the features of the Aquatics Complex:
 - o Nearly 90 percent rated the resort style pool for swimming and exercise as either valuable or very valuable
 - o Seventy-seven percent rated the Tropics Grille as either valuable or very valuable
- In terms of the features of the Pavilion:
 - o Seventy two percent rated the 400-seat performing arts space as either valuable or very valuable
 - o Seventy three percent rated having superior quality sound/acoustics as either valuable or very valuable
 - o Seventy two percent rated the two restaurants, with outdoor and indoor seating, as either valuable or very valuable

- Regarding ways to make gifts, 48 percent of you are interested in receiving information regarding how to make a gift in memory of someone.

So what does this mean to us? Because you took the time to tell us what you think, we now understand how to communicate in ways you prefer. We also have a better understanding of the programs and funds that are important to you, and the type of information that you would like to receive.

Regarding our Campaign for the Aquatics Complex and Pavilion, we know more clearly which features are most important to you.

In the coming weeks we will be sharing more detailed information as we complete our analysis of the survey data. If anyone who has not completed the survey would like to do so, just type this address into your browser: <https://www.surveymonkey.com/r/KSQRB9J>. It takes about seven minutes to complete. We want to know what you think. Please contact me if you have any questions at nolson@jkvfl.com or (954) 784-4757. Thank you!

Be safe and be well,

—Nanette J. Olson
Executive Director

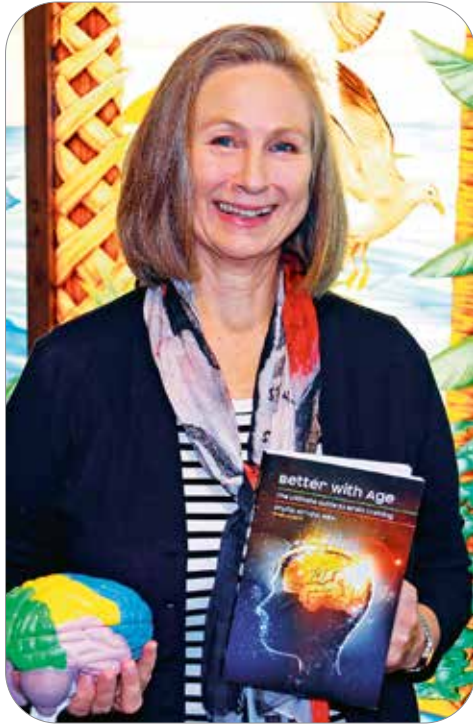
Need A Foundation Annual Report?

In Foundation Chairman Kit Frazer's article on Page 11, she refers to the Foundation's 2019 Annual Report. If you have not received it, or wish to have another, please contact Foundation Assistant Odalys Rosua at (954) 784-4786 or orosua@jkvfl.com for a copy.

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

BUILD YOUR LIFE STORY TO SLOW BRAIN'S *Default Network Give Us Our Mind*

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

In the last **Village Voice**, we reviewed how to rebalance our four key brain assets to thrive during these challenging times. Now let's consider our fifth brain asset, a team of brain areas called the "default network," in charge of our memory, motivation, and meaning.

Default network brain activity, unique to humans, gives us our mind for stories, especially our own life story. In surprising ways, this high-energy brain activity can slow down the rate at which your brain ages.

Conversely, inflammation can derail the default network and hasten the brain's aging process. When this happens, the brain may age faster than the rest of the body.

Let us begin with a story that illustrates how the brain can age too fast. My husband Peter was a hospice volunteer for about 10 years. One of his many patients was John, who was in his 90's, had Alzheimer's, and lived in a memory care facility. John had a middle-aged son in the area who would not come to visit.

Peter visited John once a week

for three hours to give John "the gift of being present," as he called it. During these visits, John was friendly and talkative. Peter would ask him the most basic questions, such as "Where did you grow up?" and "What was your work?" John never knew the answer, but he was always quick with a clever response, such as "That's a good question," or "You sure stumped me with that one," or "I'll have to think about that, ask me later."

Sometimes, John would spontaneously ramble on about past setbacks, such as crop failures or money problems. All he seemed to remember about his past was what went wrong.

John really wanted to live to his 95th birthday—and he did. The care center had a little party for him, which I attended. John was very excited by all the festivities: The cake, the decorations, the attendees. What a wide grin he had that day. He seemed like a kind, happy fellow. He died a few days after celebrating his 95th birthday.

Inflammation Ages The Brain Age Quickly

John's body aged very well, but his brain aged too fast. In other words, his life span exceeded his brain span. What happened? How was John able to live so long and well physically, and connect with other people just fine, but lose his memories and story?

No one really knows how or why this happens, but some 50 years of research have uncovered important clues. A key factor in the aging process is "inflammaging," chronic inflammation that drives the aging process and enables age-related

diseases. Inflammaging can affect the brain and body differently. In John's case, inflammaging was only a campfire in his body, but a wildfire in his brain.

The default network is the brain's manager of personal memories and the autobiographical self—that part of us that can understand our life experiences as "my story." Default network brain activity is implicated in the toxic inflammaging that makes the brain age too fast. Stress hormones, such as cortisol, are a key driver of inflammaging wildfire in the brain.

Coherent Life Narrative Slows Brain Aging

Mental health professionals recommend that everyone have a "coherent life narrative" for a healthy mind. This positive, methodical understanding of one's own life diffuses stress hormones in the brain and improves the default network.

However, the past is not where it is at: Look ahead. The best way to help your default network do its job is to keep adding to your story. Prepare to build your life story in meaningful ways with these three easy steps:

1. Create A Success Narrative

Write down what you have done, decade by decade, that makes you feel good about yourself and the life that you have lived. It is important to focus on what was meaningful to you from a personal perspective, rather than from the perspective of other people or society. Negative life events can be reframed as learning experiences, so they do not poison your story.

Continued on page 7

John Knox Village is the only Life Plan Retirement Community in Florida to offer Phyllis Strupp's exclusive Train Your Brain® workshops. Once COVID-19 related restrictions have been lifted look for a resumption of Phyllis's workshops.

AGING *For Stories*

Continued from page 6

2. **Assess Your Unfinished Business**

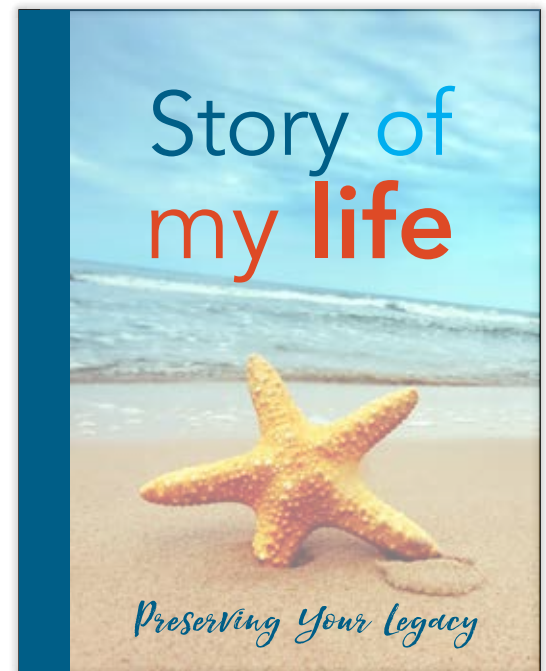
If you were to die suddenly, would you have any regrets about what you did not get to do in your life? Focus on active experiences, such as writing a book, learning a skill, or volunteering. Write down your top three unfulfilled hopes and circle the one that is most important.

3. **Make A Personal Story Plan**

Consider an action that you can take to realize your unfulfilled dream. Decide what you will do,

where, when, with whom, and what your desired outcome is. If you would like to explore your story more, you could take an autobiographical writing class, in person or online.

The COVID-19 pandemic has prompted us to slow down and be thankful for our health and lives. Use this time to intentionally shape your next chapter. The John Knox Village community is overflowing with opportunities to build your life story and slow down your brain's aging. Get started today and make your default network happy.



JKV OFFERS LifeBio FOR ALL RESIDENTS

John Knox Village is a proud partner with LifeBio, a Marysville, Ohio company that provides tools used for reminiscence therapy for our independent living residents as well as Elders in The Woodlands, Seaside Cove and Gardens West.

These tools, including an About Me Journal capture residents' life stories and help people publish biographies using the journal as well as online systems, said Marti Engel, JKV's Meaningful Life and Volunteer Manager.

"In the higher levels of care Guides and Sages work to complete a LifeBio for an Elder, then we send it to the company," she said. "They, then, send back a beautifully bound 'Life Story of...' booklet, along with snapshot summaries and action plans for care planning, if necessary, for the Elder or [Independent Living] resident. It really is one of the greatest ways to provide the deeper knowing that is so important for Shahbazim working within our GREEN

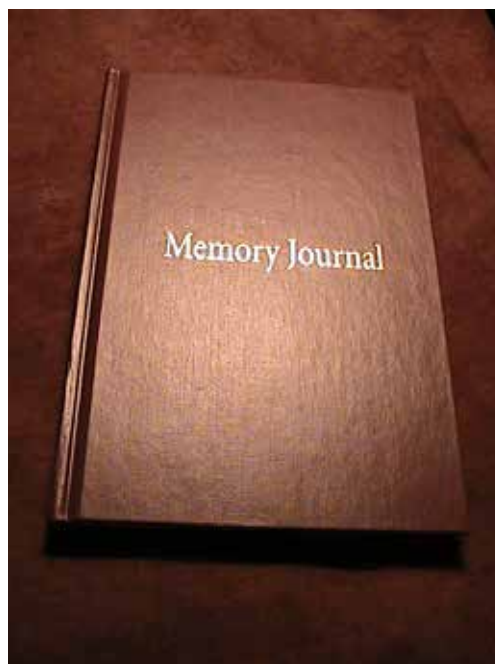
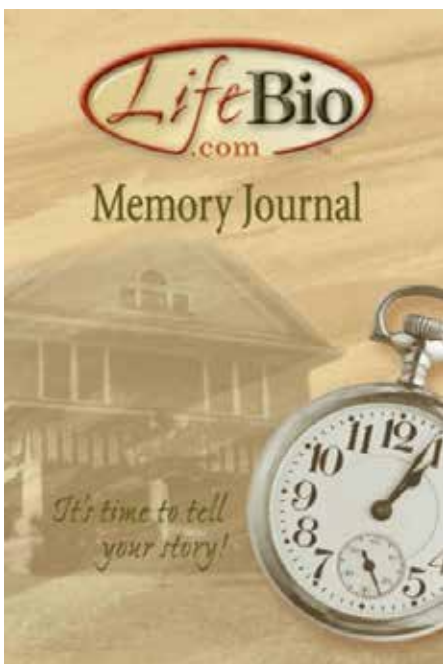
HOUSE® Project model of care."

LifeBio helps individualize activities and support solutions for people with Alzheimer's disease and other memory and communication challenges. The LifeBio Journals have life-story questions the resident or Elder can answer, so staff or family members can simply jot down the answers.

"Once we get everything back, we have a celebration for the Elder," Marti told the Village Voice. "We invite the family member to campus if they are local, or we Skype. We have balloons and the Guide or Sage will read the Snapshot. It is so heart-warming to see the Elder light up hearing about their life."

Marti has one recommendation about completing a Life Story. "Do it when you're in independent living, sooner than later."

Independent Living residents interested in learning more about LifeBio should contact Bea St. Pierre, Life Enrichment Reception Assistant (954) 783-4039 or bstpierre@jkvfl.com and Elders in Gardens West, Seaside Cove and The Woodlands should contact Marti Engel at (954) 784-4762 or mengel@jkvfl.com



Rev. Offers Attitude Of Gratitude



Rev. Bridgette Sullenger
Spiritual Life Leader

The science that has studied gratitude has shown that having an attitude of gratitude has multiple positive outcomes for people in the midst of a crisis: Positive outcomes mentally, physically and spiritually; benefits that include more satisfaction in life, lowered levels of stress, increased cellular health, decreased inflammation, a more intentional faith-life and stronger relational ties.

As a newcomer to the greater community—and here as JKV's Spiritual Life Leader—arriving days before full COVID-related shutdowns and guidelines, I have observed attitudes of gratitude in full operation. Not once did I see anything but kindness towards each other.

This was not observed in one specific department, or with one group of residents. I saw staff and residents all over JKV change their perspectives and participation in on-campus events, while discovering new ways of connecting in more meaningful manners: From the ways in which daily care was given, to the emotional support that resonated in kind inquiries of "how are you doing, is there something I can help you with?"

JKV staff and residents have shared in support and care emotionally, spiritually and physically through alternate programming during this very difficult world-wide pandemic.

I have, with newfound appreciation, witnessed both residents and staff, step outside of their own areas and roles of comfort to assure the Village was kept healthy and functioning, including through intentional connections complete with the aforementioned attitude of gratitude.



Gratitude is one of the emotions Rev. Dr. Bridgette A. Sullenger has found runs deep at John Knox Village. She is shown here at Furman Square with residents Karen Audet (L) and Andrea Hipskin (C).

JKV has not allowed a pandemic to hamper attitudes. They have gone about fitness classes, ice cream socials, Bible studies, TED Talks, and parades six feet apart with masks. They have kept on, joyfully, every day. JKV will not be deterred.

Residents and staff have found new ways to connect and support one another. And, I may add that, I am highly impressed with the proficiency of Zoom meeting usage. Do not let anyone tell you that those over "a certain age group" are not flexible or open to new learning.

While I believe that the faith and spirituality at JKV is a testimony in how they live their lives, witnessing this firsthand and watching people genuinely care about one another, making sure everyone is okay and getting what they need, confirms that JKV is a village that lives in kindness.

I watched as one resident received a package of food and goodies from an out-of-state family, only to share it with several of her neighbors. I listened as residents expressed gratitude for how they felt they were able to remain connected despite social distancing, masks and restructured events.

While my faith and vocation calls me to live in a very specific and intentional

manner, I see God present and working here at JKV. I was shocked when the article of my arrival was published and the very next day my email inbox was full of welcomes and well wishes (and my email had not even been published!). JKV residents and staff might have been COVID-grounded, but they made sure I knew I was welcomed and received into the family.

What does this mean for me as the new Spiritual Life Leader? I believe it has shown me that kindness comes in all forms, that support is here because both residents AND staff are grateful, kind, caring people who will remain connected in some manner, shape or form no matter what circumstances they find themselves facing.

Also, I am fortunate to be sharing time with a Village of amazing souls. I am thankful, grateful, and inspired by all the kind gestures, of intentional connections done with attitudes of gratitude through creative daily care, exceptionally creative programming of events and radical changes to daily routines.

I look forward to gathering—in person as physical distancing guidelines relax—and share, with pride, that I am a member of this remarkable John Knox Family.

—Rev. Dr. Bridgette Sullenger

Nomads No More Welcome & Innovation Center Opens This Month

By Rob Seitz, Village Voice Editor

John Knox Village, South Florida's premier life plan retirement community, is home to nearly 1,000 residents. Finding the right apartment and villa home for the 62-plus set is the job of JKV's four expert Life Plan Consultants and Sales Director.

It helps them that those homes are located on a beautifully maintained botanical-style 70-acre campus, complemented by a rich and diverse internationally award-winning Life Enrichment activities program, all while providing the peace of mind that comes from knowing 5-Star quality health care is available should the need arise.

Much like the cobbler's barefoot children, those experts at pairing people and homes, have been arguably the Village's most nomadic group.

Over the years, the Sales and Marketing teams had office space in Cassels Tower, the 17-story building with iconic clock and JKV sign on its west-facing side, familiar to motorists traveling along Interstate 95. At another point in time they occupied seven apartments in the Village Towers building until, you guessed it, the Consultants sold those very apartments to new residents.

For more than three years the Department has not even, technically, been on JKV's campus at all, rather just north and west of the Village as a tenant in the John Knox Village Professional Center Building. To meet prospects, the Consultants travel onto the campus, and then open a Heritage Tower apartment converted into a Discovery Center, where

Within the WIC will be a Design Center where new residents can select their modern and classic finishes, cabinetry, flooring and more.

There will also be an in-house video production area, meeting and conference rooms and a nearly 2,500-square-foot open-air space for on-campus events and gatherings for residents and the greater community.

"To have a permanent on-campus home is a dream come true for the teams," Monica McAfee, Chief Marketing & Innovation Officer told The Village Voice. "We will be able to meet and greet prospective new residents in this beautiful new Welcome and Innovation Center, help guide them on their next chapter's journey from here and to have the entire team all together is fantastic.

"It's wonderful to see John Knox Village's Master Vision Plan coming together."

Speaking of which. The next Master Vision Plan puzzle piece coming out—and going into—the ground is JKV's Aquatic Complex. Located just west of the Village Centre, the \$6.9 million complex is replacing a small pool and gathering area with a resort-style pool, a four-lane 75-foot long lap pool, a 60-seat Tropics Grille indoor restaurant, an open-air sports bar, two each Pickleball and Bocce ball courts, a Jacuzzi and fire pit.

"We are converting old Fitness and



With nearly all the exterior work completed, construction crews can concentrate on completing all the interior work for a July opening of the Welcome and Innovation Center. The Sales and Marketing teams are gearing up for a late-July move-in.

bocce and Pickleball courts are coming together.

"The project is looking good for a late-Fall opening."

Behind-the-scenes work is also taking place on the grandest plan ever for the Village—its \$100-million-plus The Vue and The Terrace at Westlake project.

The new Westlake homes will boast 1,277 to 2,364 square feet of light-filled living throughout the spacious open floor plans. A number of homes will have access to private gardens, along with towering floor-to-ceiling windows, balconies and water views.

As JKV's newest residents, Westlakers—as they will affectionately be known—will also enjoy choosing and customizing their new homes from a selection of one and two-bedroom floor plans, many with dens, and all thoughtfully designed for the entertaining of friends and family. Two penthouses are also in the unit mix.

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

The Westlake Pavilion will rise at the northwestern corner of the project, with its 200-plus seat multi-purpose performing arts center, terrace and outdoor dining and much more.

Through all the changes, one constant holds true for JKV residents and that is the peace of mind that comes from living in a Life Plan Retirement Community with its all-inclusive comprehensive long-term care insurance policy.

When the \$3.9 million Welcome & Innovation Center opens later this month, they will be nomads no more.

they begin illustrating how exciting life at JKV can be.

When the \$3.9 million Welcome and Innovation Center opens later this month, they will be nomads no more.

Located just to the east of the Village's Main Gate, the WIC will include offices for the Sales, Marketing and Innovations Teams, along with Discovery Rooms in which prospective new residents can learn more about JKV.

Arts and Crafts center spaces in the Village Centre into the Tropics Grille," said Thom Price, Director of Plant Operations. "It will provide yet another on-campus dining option for residents and their guests. The lap pool concrete has been blown in, so it very much looks like the pool it will become. The exterior walls for our outside sports pub and other facilities are up. We have the resort pool work taking place and the



Pete Audet
President Resident Senate

Karen and I moved to John Knox Village in 2013. Seems like yesterday, but it has been seven years.

We had lived about four miles south, raised two kids, burned a mortgage, all while staying in our beautiful home for 43 years.

We already knew a bunch of folks living here, Karen had taught at Cypress Elementary (just east of the railroad tracks and one block south) from 1973 until 2007. We have seen a lot of change in the neighborhood, having shopped at the Publix where Orchid Grove is, and we've also seen a lot of change at JKV.

When we moved here the gym was a cozy room in the Auditorium. Cozy?

Nah, it was tiny. Now in its new location, the Fitness Studio is noteworthy to our friends on the other side of the hedge as we show 'em around.

Do you remember the walking path hidden in the pine trees on the north side of Village Towers, with its "No Dogs Allowed" sign hanging on one of the trees? The pine tree path was there when we got here, and got torn up for this blue ribbon rehab and health center we now call The Woodlands. Our rehab is unequalled and the envy of rehabilitation centers throughout South Florida... and the "No Dogs" sign was replaced by a first-class Wellness Dog Park, with areas to sit or read a book on wonderful gliders and with shade trees.

Oh yeah, dogs are also welcome there to run, chase balls and have a great time.

Then we needed a safe way to get our Elders from The Woodlands to the Dog Park and "POOF" a wonderful raised walkway wide enough for wheelchairs and small children was built—thanks to the gracious support of the John Knox Village Foundation and our friends from the Resident Auxiliary Services.

Anyone remember the old Health Center and Village Glen? Two Elders

to a room with its nurses' station and pill carts? Now it's Seaside Cove—modeled closely after The Woodlands, they enjoy single person rooms with individual showers, 40" TVs in every room and communal dining.

Speaking of eating, any one fondly remember the tray line in the dining room with steam trays and smiling servers who, for a smile, would slide a second helping of mashed potatoes on your plate?

Now our dining hall is a wonderful restaurant, and there's a second-to-none eatery at The Woodlands, the Palm Bistro. And, my crystal ball tells me there is a third dining venue coming soon called the Tropics, and the old "Lobster Pot" pool is gone and will, like a caterpillar changing to a butterfly, transform to our state-of-the-art Aquatic Complex—featuring a resort pool and a lap pool with nautical sails for shading and poolside furniture for reading—and pickleball and bocce ball for the adventurous.

Yup we have seen a lot of wonderful changes in our first seven years and hold on to your hat, I hear there's much more coming. Is JKV, a great place to live? You betcha!

—Pete Audet

The John Knox Village Foundation



Kit Frazer
President John Knox Village Foundation

A big thank you to all who filled out the John Knox Village Foundation Survey. We appreciate your quick responses and are tabulating the results to see how we may better serve you.

One of the questions checked frequently had to do with our Funds. The 2019 Foundation Annual Report which was just mailed to all residents

has a listing of all the funds with descriptions and the balances at year's end. The Financials page is much easier to read and gives you information you asked about in the surveys.

The Foundation Funds make a difference each year to our lives at JKV. The Transportation Fund purchased three new cars for our fleet this month, replacing three very old vehicles. The Woodlands Fund will begin replacing the flooring in all the homes in the Woodlands. The Gardens West Fund will help with renovations in the near future. Everything you donate to a Foundation Fund finds its way back to enhancing life here in the Village.

Two of our funds benefit people directly. The Toshiko Inouye Fund pays for sitters for residents in The Woodlands or Seaside Cove who



If you have not received, or wish to have another copy of the Foundation's 2019 Annual Report, please contact Foundation Assistant Odalys Rosua at (954) 784-4786 or orosua@jkvfl.com.

Continued on page 13

Do's And Don'ts Of Hiring Non-JKV PSPs

Personal Service Providers **MUST BE VETTED**



Leslie Schlienger
Home Health Agency
Administrator

Even though John Knox Village has been so successful as a community making its way through the impositions this pandemic has brought upon all, no one has escaped being affected in some way.

We have learned a great deal about how some of the systems that have been put into place have morphed into best practices. One of those processes has had a complete overhaul.

The Personal Service Provider (PSP) policy has been in place for many years. It is designed to protect JKV residents from the risks associated with having unvetted people on the campus. Residents who choose to contract, or employ non-JKV staff to meet their individual needs, must comply with certain standards that have been established to protect the community.

When access to the campus was tightened, it became clear that a lot of people we did not know about were regularly coming on campus. By reviewing the gate screening tools, we have been able to identify who they are and which resident we needed to contact to bring this into compliance.

A team of JKV staff worked together to revamp the existing policy and documents as well as develop a tighter protocol to ensure consistency and mitigate risk. Those

residents who were not already in compliance have been contacted. Some residents have been requested to refresh documents that have aged out. The collaboration between Resident Relations staff and Human Resources staff has resulted in a much clearer picture of the process.

When contracting or hiring a PSP, a resident must understand that they are the employer. They are responsible for actions of the individual, wherever they are on campus. If an accident occurs, the resident is the accountable party. There are laws that define the scope of the person's role.

Often these specific functions are ignored or blurred in the home. An example would be an unlicensed person giving medications such as morphine or insulin. Other areas of concern are security and safety. By holding residents accountable for doing background checks and drug screens for PSPs, the Village continues its efforts to keep all residents safe.

The Woodlands, Seaside Cove and Gardens West have even higher standards of practice, due to the need to protect more vulnerable Elders. For a caregiver to be able to assist an Elder or guest, the caregiver must be a Certified Nursing Assistant from a licensed Agency. PSPs who do not meet this criterion can only be allowed to function as a companion. They may not provide hands-on assistance to an Elder.

If privately hired employees fail to comply with JKV rules and policies, the resident will be notified to manage their employee. In extreme



situations JKV always maintains the right to bar access to the campus.

In summary the following points are important to know:

- All PSPs are required to register with JKV's Human Resources Department and must go through the vetting process.
- Any resident who has hired or plans to hire a PSP, **MUST** contact Resident Relations to discuss the process of registration.
- JKV requires certain protective measures, including liability insurance, for each PSP.
- Failure to comply with the registration process will result in the PSP not being granted access to the community.

If you have any questions about the process, please contact Joanne Avis or Loli Pire-Schmidt in Resident Relations for assistance (954) 784-4706.

—Leslie Schlienger
John Knox Home Health Agency
Administrator



Thankful Thursdays Celebrate A Grateful JKV

Entire Village Comes Together To Honor Its Heroes

By Marty Lee, Village Voice Contributor

John Knox Village residents have used this time of stay-at-home guidelines and physical distancing to actually become closer in mind, heart and spirit. This has included in the sharing of gratitude through events called Thankful Thursdays, dedicated to honoring the many employees who work diligently to keep residents safe, healthy and secure.

An Early Morning Inspiration

Thankful Thursday was an idea initiated by Monica McAfee, JKV's Chief Marketing & Innovation Officer. "An idea came to me at 3 o'clock one morning and I thought we have an incredible opportunity to bring residents and staff together to celebrate our JKV Heroes.

"Of course, our health care workers are on the front lines caring for our Elders and frailest of residents, who are in the demographic population consistently cited as being the most at-risk for contracting the COVID-19 virus," Monica told The Village Voice.

"Yet many team members from

out. For instance, our drivers were trained and became screeners at our gates. Once communal dining was prohibited, our dining staff was suddenly delivering breakfast, lunch, and dinner meals to residents in their apartment and villa homes."

Monica presented the idea of Thankful Thursday to the Meaningful Life and Life Enrichment Teams and empowered them to come up with a plan to honor all JKV staff and employees.

The Idea Comes To Fruition

Marti Engel, Meaningful Life and Volunteer Manager; Jamisyn Becker, Life Enrichment Manager; and Kim Morgan-Vagnuolo, Marketing Director went to work. In concert with Wendy Bednarcik, Director of Human



Residents from throughout the Village came out to cheer on heroes from every department.

Resources; Mark Rayner, The Woodlands Director/Administrator; and Kelly McIntyre, Gardens West Administrator. Times were developed to easily facilitate Thankful Thursdays:

They would occur during the shift changes. The plan was put into action. to make posters. We had an overwhelming overnight response with more than 40 residents participating.

"That was the first time we had any small regulated program, where residents could meet with other residents and staff. Each art station was six feet apart. Materials were supplied for poster-making, plus gloves and wipe downs for everyone."

Jamisyn explained that the first Thankful Thursday would begin during the shift changes at 6:30 a.m. and then again at 2:30 p.m. to honor the health care staff, who directly care for Elders in The Woodlands, Seaside Cove and Gardens West.

President and CEO Gerry Stryker enthusiastically got on board and contacted the Broward County Sheriff's Office and the Pompano Beach Fire Department, and both sent a representation including patrol cars and fire trucks with red lights flashing. Monica coordinated with Marti and Norma Blanchard of the Human Resources Department in ordering individual bundt cakes from Nothing Bundt Cakes in Coral Springs, as thank you gifts for all staff members honored. The JKV Foundation graciously provided funding for the cakes.



Groundskeeping Crew Leader Sonson Durand, no doubt, enjoyed his Bundt cake courtesy of the JKV Foundation, during a Thankful Thursday.

all departments, completely shifted their job responsibilities. In many cases they began performing tasks they had never dreamed of carrying

Jamisyn said, "The Life Enrichment Team sent out an email and set aside two days inviting 10 residents at a time to come to the Auditorium

Continued on page 13

Thankful Thursdays Thankful Thursdays

Continued from page 12

That first Thankful Thursday was a huge success, as more than 30 residents with signs and enthusiastic shouts of appreciation gathered in the dawn hours with staff and fellow employees. An even larger group of residents, staff, firefighters and Broward Sheriffs convened in the afternoon to reprise the activities during the next shift change honoring



Cassels Tower resident Benita Ferrara is ready to show her appreciation during a Thankful Thursday celebration.

the John Knox Village health care employees.

Jamisynd said that after the success of the first Thankful Thursday, "The Administration, Marketing and Life Enrichment Departments decided it would be great to thank all employees. The idea was heartily and enthusiastically supported by residents, to plan Thankful Thursdays for all Village Departments, so each could enjoy and share a special day."

Monica emphasized that unified sentiment. "From the very beginning, we dismissed the notion coming from government agencies which were differentiating 'Essential' and 'Non-essential' workers," she said. "That is not the way we think of staff at John Knox Village. They are all essential. In fact, through this entire pandemic crisis, JKV has not let any staff go—or furloughed any team member.

"Our dear residents enthusiastically embraced Thankful Thursday as soon as they heard about it. They created Thank You posters and came to every one of our events, cheering, dancing and sincerely expressing their



Tony and Lyn Walk express the sentiments of many residents during a Thankful Thursday.

gratitude."

Monica sums up the effect of Thankful Thursdays, and the feelings shared by nearly 1,000 residents and more than 800 employees alike.

"Thankful Thursdays are pick-me-ups that show everyone within our 15 departments how much they are appreciated. They are all JKV Heroes."

The John Knox Village Foundation



Continued from page 10

have sundowning due to cognitive challenges and cannot otherwise afford to hire someone to be with them. (Sundowning is a group of symptoms that occur at a specific time of the day that may affect people with dementia, such as confusion, anxiety, aggression, pacing or wandering).

The sitters help reduce anxiety and make it easier for their families to know they have someone with their loved ones at night. The healthcare team makes the request when they have a resident who

qualifies for this support.

The Charlotte Symmonds Fund was established when a beloved employee had a catastrophic illness. This fund can support employees who are suffering financial hardship because of severe illness. Due to measures of confidentiality, all requests come to us through the Human Resources Department.

We have begun to raise money for the new Aquatic Complex. As you can see when you walk or ride by, it is growing by leaps and bounds.

The lap pool is in and the resort pool is underway. The storage

buildings for pool equipment and fitness equipment are up, and the outdoor sports pub is taking shape. The Tropics Grille will be a treat for both the eye and the tummy.

From the Tropics Grille, we will have a wonderful view of the pools from inside and will be able to dine outside as well. The kitchen will be accessible from the Auditorium, the Hibiscus Room and the pool area, making it a wonderful venue for entertaining.

—Kit Frazer
Chairman of the Board

JK Agency Provides Wellness

Compassionate Caregivers

By Rob Seitz, Village Voice Editor



Compassionate caregivers one and all. Team members from the Home Health Agency were recognized during a recent Thankful Thursday. Shown here (L-R) are: Donna Lewis, HHA Administrator Leslie Schlienger, Consie Reynolds, Beverly Cordiel, Carline Baptiste, Jennifer Porter and Marie Bernard.

Merriam-Webster defines caregiver as a person who has responsibility for the care of another. Compassionate is defined as having or marked by sympathy and consideration for others.

Combine and personify those two and you have some 200 compassionate caregivers who make up the John Knox Home Health Agency (HHA).

"Since 1987, so for 33 years, the John Knox Home Health Agency has been providing home care in Broward County with licensed, fully insured, background screened and completely vetted professional RNs, LPNs and CNAs," Leslie Schlienger, Home Health Administrator, told **The Village Voice**. "You wouldn't let just anyone come into your home or

room, would you? Neither would we.

"All of our compassionate caregivers have their credentials verified, successfully pass pre-employment exams, and are tested for illicit substances before they can work for us. These rigorous standards ensure that every client of ours will be in the safest of hands."

As one might guess, a large number of HHA's clients come from the nearly 1,000 residents living at John Knox Village,

however many people throughout Broward County have taken advantage of the in-home services over the years.

One of the differentiators HHA has over other agencies is the breadth of education and training provided to staff members, which most other agencies do not offer.

While the COVID-19 pandemic has provided its share of challenges worldwide, Leslie's team has received additional training to help residents remain free of any known COVID cases, as of the publishing of this **Village Voice**.

"Unlike other agencies, we have the resources and backing of John Knox Village, which allows us to send the most qualified professionals in health care to everyone's home, no matter where they live," Schlienger said. "We have some of the industry's sharpest minds with which to collaborate on specific cases, as well as overall general best practices."



While checking in on South Garden villa resident Sharon Ruhs, Home Health Agency Case Manager Frederika Walters provided her with some socialization...and coffee.

At Home For Life *Are Key*



Ready for their sweet treats. Staff from the John Knox Home Health Agency line up during a recent Thankful Thursday. All employees received sweet treats, courtesy of the JKV Foundation. Pictured here (L-R) are: Donna Davis-Scott, Sheila Oliveras, Chris Contich, Ivy Smith, Jacqueline Allen-Randall, Jennifer Ford and Sibyl Valery.

Schlienger recommends people needing home health care to be diligent in their research.

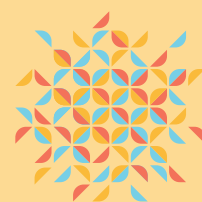
"Ask about the agency's education, training and staff recognition programs," she said. "Do they offer a total plan of care? Our goal is to allow our clients to remain healthier longer in their homes."

For more information contact the John Knox Home Health Agency 24-hours-a-day, seven-

days-a-week at (954) 783-4009 or visit www.JohnKnoxHomeHealth.com



HHA Case Manager Angela Robinson, sitting with Cassels Tower resident Ursula Husgen, enjoys some light reading in the CT Lobby.



JOHN KNOX
HOME HEALTH
AGENCY, INC.

Concierge Services

Some of the concierge services HHA offers include:

- Shopping assistance
- Pet care
- Socialization
- 24-hour emergency on-call nurse and coordinator services
- Medication management
- Private duty aides and nurses
- Bathing, Grooming, Dressing
- Meal preparation
- Escort and accompany to faith-based programs
- Escort and accompany to medical appointments

For more information, call the John Knox Home Health Agency at (954) 783-4009.

Perfect Pottery Painting Project

The Life Enrichment Team came up with a new way for residents to stay busy at home during COVID-19, by bringing a "Paint Your Own Pottery" studio to the comfort of their living rooms. Participating residents received a ceramic item of their choice, paint, brushes and instructions. They

brought their imaginations and creativity.

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

Here are the finished works of art.



Joyce Lucaccioni



Carol Frei



Peggy Golden



Carolyn Eldridge



Jane Middleton



Laurel Blake



Sandy and Jim Kamp



Pat McNulty

Mac & Cheese



In Good Taste: Chef Mark's Mac & Cheese, With Gouda Recipe Is Smokin'

By Rob Seitz, Village Voice Editor

Surprising outcomes often come from actions taken out of necessity. Within an hour over the weekend in which Gov. Ron DeSantis prohibited communal dining, due to the spread in Florida of the COVID-19 virus, JKV greatly expanded its campus-wide Home Delivery Operation.

Front-of-the-house staff who normally would be taking orders in JKV's dining rooms, shifted gears and began taking phone and emailed orders for breakfast, lunch and dinner. Catering Team members, used to pouring bubbly and offering award-winning entrees and appetizers for guests at on and off-campus events, were now re-deployed to delivering meals to our nearly 800 Independent Living residents.

Once Home Delivery Only became the "new normal," JKV Executive Chef Mark Gullusci began cooking up some new entrée ideas, including creating a half-dozen freshly prepared, then frozen entrees. Much like frozen entrees found in grocery stores (only better), Chef Mark wanted to provide his residents with additional meal options, above and beyond the extensive and delicious weekly menu.

Out of his noodling about with entrée ideas, came a newfound resident favorite—Mac & Cheese with Smoked Gouda. Find his recipe below, which also includes spinach and bacon. Yum, enjoy...

Smoke Gouda Macaroni And Cheese

(Yield 4 Servings)

- 2 cups whole milk
- 1 10-ounce bag of spinach
- 1 pound bacon, cook, cool, then chop
- 1 chicken bouillon cube
- 1/3 cup unsalted butter
- 1/3 cup all purpose flour
- 1/4 tsp. white pepper
- 1/4 tsp. granulated garlic
- 1/4 tsp. granulated onion
- 1/4 tsp. ground mustard
- 2 cups shredded smoked gouda
- Reserve 1/2 cup of smoked gouda to place on top to brown
- 8 oz. pasta (Cavatappi, Orecchiette, large elbows or wagon wheels)

Method of Preparation:

Cook the macaroni noodles in a pot of salted water, draining them 1 minute

before the done time to keep firm.

Heat the milk to very hot, but not boiling, in a pot or in the microwave. In a heavy bottomed sauce pot melt the butter, whisk in the flour and cook for 2 minutes whisking the whole time. Add the milk, place the pot back onto medium heat until sauce starts to thicken, stirring the whole time, then start adding the cheese slowly. After all but 1/2 cup of smoked gouda is added, add the seasonings.

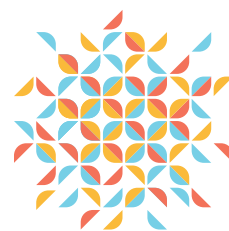
If the mixture is too thick add some milk. The sauce should coat the back of a spoon and if you run your finger on the spoon the line your finger makes should remain.

Finally, add the pasta and mix well, add spinach and bacon bits. Place in a casserole dish, or a roasting dish. Add the remaining 1/2 cup cheese on top and bake until cheese is melted and the dish is bubbly. Approximately 15 minutes at 350 degrees.

Resilience Of JKV Residents & Staff

Weathering Invisible Storm

By Leslie Schlienger, Village Voice Contributor



Leslie Schlienger

We are an amazing community of people.

Some of us reside here. Some of us work here. All of us live here or, at least, experience life here.

Fortunately, for all of us, we are a smart group.

We are capable and enthusiastic about solving problems.

We are kind and compassionate. Most of us have lived through challenges and have mastered the lessons learned.

Phyllis Strupp, *Village Voice* Contributor, and founder of the JKV-exclusive "Train Your Brain" program, refers to a person's ability to synthesize all of those life lessons—and draw from them in the present—as wisdom.

Look how well we have adjusted to social distancing and using face coverings. Recently, JKV held what has become a weekly tradition during the pandemic—Thankful Thursday.

At one such recent Thankful Thursday celebration—during which residents carrying signs and practicing 6-foot Social Distancing cheer on JKV staff members—I saw a great deal of joy and love being expressed at Furman Square on our campus, with good compliance to the new norms of our community.

I think we are at a point in the trajectory of this experience in which we need to take conscious steps to create and sustain resilience in our community.

Resilience is the capacity to weather a storm and have enough reserve to come back from the event with most of yourself intact.

Individuals have resilience. Communities also have resilience.

At JKV, we have been impacted by this pandemic in ways that we are only just beginning to understand. As the days go by and we become more confident in our ability to predict effects and outcomes, we are experiencing growth and developing capacity.

We begin to trust our collective intelligence and create new practices and then best practices. We have been lucky, and we have been agile. Both good characteristics to weather this storm.

Building our collective resilience

members of the greater community. If you are stressing out about your own situation reach out to someone with whom you are comfortable. We can figure this out.

I think the next chapter of our JKV's history will reflect that we did this together.

Leslie Schlienger is the Administrator for the John Knox Home Health Agency (HHA). For more than 30 years, the John Knox HHA has been providing Home Care—not just to JKV's nearly 1,000 residents—but to the greater community throughout Broward County. HHA's licensed, fully insured, background-screened and completely



During a Thankful Thursday celebration, John Knox Home Health Agency Administrator Leslie Schlienger reflected fondly on the resiliency of the Village's residents and staff.

starts with self-care. Each of us needs to do what our grandmothers and mothers always told us to do: Eat right. Exercise. Drink water. Sleep well and enough. Meet your spiritual needs. Connect with others who matter to you. Remind those around you to do the same.

If you think someone is not adjusting well to this new normal, call someone. We take care of our own here—residents, staff—as well as

vetted RNs, LPNs and CNAs have their credentials verified, successfully pass pre-employment exams and are tested for illicit substances. HHA's services include: 24-hour on-call nurse and coordinator services; medication management; private duty aides and nurses; coordination of care/case/care management; socialization; safety; comfort; shopping assistance; pet care. For more information call (954) 783-4009.

COVID CAUSES CIVVIES COMMISSION

CT RESIDENT'S GRANDDAUGHTER NOW U.S. ARMY 2ND LT.

One of my granddaughters, Alex Bayer, is a proud member of the United States Military Academy Class of 2020. Her graduation and commissioning ceremonies were originally scheduled to take place at West Point on May 23rd.

My wife Jackie and I were looking forward to being there, and I had accepted Alex's invitation to commission her as a Second Lieutenant following her graduation. Due to the COVID-19 outbreak, however, the cadets were directed not to return to campus after their Spring Break.

Accordingly, it was decided to reschedule the graduation at West Point for June 13th but keep the commissioning date as May 23rd and perform it virtually.

Alex arranged for her virtual commissioning to take place before a small group of family and friends at a waterfront restaurant in Flagler Beach, FL near her home. The Academy Commandant performed the commissioning preliminaries virtually, after which I administered the oath and commissioned Alex as: Second Lieutenant Alex Bayer, United States Army. Alex and I then shared a few comments with our family and friends.

Alex had not brought her uniform home with her for Spring Break, so we were dressed informally "in civvies." That was fine with me, as it appears that my dress uniform may have shrunk since I retired from the Navy 45 years ago.

It was a very meaningful occasion despite lacking the beautiful setting that West Point would have provided.

The oath for commissioned officers in the United



Cassels Tower resident David Bayer, a retired U.S. Navy Captain, felt privileged to commission his granddaughter Alex Bayer as a U.S. Army 2nd Lieutenant. (Photo courtesy of Gordon Yurk)

States military service is to: "...support and defend the Constitution of the United States against all enemies, foreign and domestic..." has been basically unchanged since 1884.

The wisdom expressed in those words continues to become even more meaningful as our country evolves. To participate in the commissioning of a fine young woman like Alex as she maintains her place in the Army's "Long Gray Line" is a memory I will always cherish.

—David A. Bayer
Captain, U. S. Navy (retired)
Cassels Tower resident

More Residents Hooking Up On JKVConnect

One of the many things the COVID-19 virus has taught us is how technology can enhance resident engagement. By signing up for and using the resident engagement portal—JKVConnect—residents have a convenient, easy-to-use way to view current information about programming, dining menus, activity sign-ups and other community goings-on.

Among its many benefits, JKVConnect helps residents manage their daily calendars, put in a Help Ticket to the Maintenance Team, and check the community page—all from the comfort of their home on

their computer.

Additionally, in an effort to be good stewards of resident monies, staff saves hours of time by automating management and maintenance requests and the Life Enrichment team can alert residents to changes or quickly let them know of newly scheduled exciting Pop-Up activities.

Please also know that the old Janus boards set up in common areas around the campus have all been programmed to JKVConnect, so residents can see what is happening on campus, even outside their apartment and villa homes.



JKVConnect Schedule

All classes are held in Village Towers Unit #212

**Classes are
Mondays and Wednesdays
beginning at 10:30 a.m.**

**To sign-up for a class, please call
JKV Production & Technology
Coordinator Nick Sconiers at
(954) 784-4739 or nsconiers@
jkvfl.com**

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 AM
(954) 491-0510

Deborah Rivera
Hearing Specialist
Suite #101
Tuesday AM
(954) 771-6000

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

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

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

Andrew Nolan, M.D.
Ophthalmologist
Larry Gould, Optician
Suite #101
Every Other Wed. 1-5 PM
(954) 941-0731

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

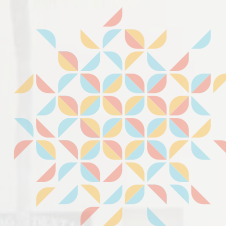
Matthew Popkin, M.D.
Internal Medicine/Chiropractic
Suite #101B
Monday PM
(954) 586-2273

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



JKV CEO Message To Community A Human Face Tells a Story

Continued from page 3

generation will be...?"

The data revealed:

- Better 28%
- Worse 47%
- The Same 20%

These results are very concerning to me. Our commitment to action is important! Many of us are soul-searching, having tough, uncomfortable conversations with ourselves and one another.

Oprah Winfrey shared recently, "It is incumbent on all of us to not just be outraged when we see injustice. It is not enough to just say it's so terrible. We need to speak up and say that will not happen on my watch. We're going to do the work that it takes, to dismantle in our own way."

That is how we can begin to make real change happen. Change starts with accountability, to ourselves and those around us. We all have a part to play in transforming the big picture.

Martin Luther King wanted everyone to have a voice. He was quoted sharing, "It's not the violence of the few that scares me, it's the silence of the many."

Please join me in this commitment of changing the culture of "Us Versus



Uncle Gerry is shown with niece Faith Desassure during a trip to Disney World.

Them."

To making a difference with human dignity.

That "Good Will" is within all our hearts.

So, when we respond to the question, "What kind of country do you want to live in?"

We respond, "A country that respects and achieves equality for all."

JKV Directors and Managers are scheduling team meetings with an agenda focusing on Racial Injustices in



Grandpa Lewis Stryker enjoys the company of grandson Alex Snyder and great niece Amelia Cavanaugh.

our country, state, city and, of course, the Village. We are also planning to work directly with local not-for-profit organizations on this initiative that will have a direct impact on our local future generations.

I look forward to sharing additional action steps that our community of staff, residents and their respective families can take this week and beyond.

With gratitude and respect,

—Gerald Stryker
President/CEO

LIVING WELL CORNER

The Story Of Nutrition And Fitness *(First of a two-part series)*



Jasmine Tennie, BS, C-EP

What is Nutrition?

Nutrition is a tree hugger, always trying to convert things into usable energy, leaving as little waste as possible. Nutrition wears many hats when it comes to its career. In fact, Nutrition's passion is using a variety of processes to turn food into usable energy.

Nutrition's workday begins at Ingestion. Ingestion breaks down the food source. The teeth, saliva, and tongue play important

roles in mastication (preparing the food into bolus). While the food is being mechanically broken down, the enzymes in saliva begin to chemically process the food as well.

After some work with Ingestion, Nutrition moves onto its second job with Digestion and Absorption. It is important to break down macromolecules (a molecule containing a very large number of atoms) into smaller fragments that are of suitable size for absorption across the digestive epithelium (Epithelial tissues line the surfaces of cavities in many internal organs).

Absorption is the Nutrition's favorite part of the day. This is because depending on what substances are being ingested dictates where the Nutrition's next job takes place. The animal diet needs carbohydrates, protein, and fat, as well as vitamins and inorganic components for nutritional balance.

Nutrition has many coworkers. One of which is named Banana. Banana is known around town as a carbohydrate. As a carbohydrate, digestion is performed by several enzymes. Starch and glycogen are broken down into glucose by amylase

and maltase. Sucrose (table sugar) and lactose (milk sugar) are broken down by sucrase and lactase, respectively.

After digestion and absorption, Nutrition moves over to Elimination. You would think that this would be the end of the workday for Nutrition, however, this is not so. Anything that is not digested enters the colon. From there, water is reabsorbed through osmosis.

What drives Nutrition's passion to wake up and work so hard every day you ask? Some would say that it's a bit of insanity, others would say it is a touch of obsession. I would say it's his good friend Fitness. Who is Fitness you ask?

Fitness is strong with a whole lot of willpower. Fitness enjoys some recreational activity, competition and all-around ease of life. You could describe fitness as the cool guy with a can-do attitude. With that said, Fitness requires help in keeping his positive busy life in order.

Everyone is capable of partaking in Fitness. A typical work week with Fitness involves cardiovascular exercise, strength exercise, and balance exercise. Fitness is very accepting of all people. Fitness can accept people by personalizing its time with them. For example, some people enjoy walking for cardiovascular exercise, others prefer riding a bike, and some people find it more appropriate to use an arm cycle to work their heart. Now all this activity takes work and coordination. The power to run the machine that is your body comes from reactions that are always happening. For the sake of time we will focus on the brain, and muscle connection.

That is where Fitness's best friend and manager Nutrition comes in. Nutrition includes all the food that goes into a person's body. The choices that are made when choosing your meal directly affect how our brain and muscles can perform.

—Jasmine Tennie, BS, C-EP
JKV Fitness Outreach Coordinator

NUTRITION NOTES

Grocery Shopping During A Pandemic



Rachel Graham

As the ability to travel to stores becomes more accessible as the economy starts to re-open during the COVID-19 pandemic, many people have questions about how to shop safely.

It should be known that currently, there is no evidence of human or animal food or food packaging being associated with the transmission of the coronavirus that causes COVID-19.

That being said, since COVID-19 is spread from person-to-person transmission, it is important to take extra precautions to protect yourself, grocery store workers and other shoppers while out in the community. Here are some tips for a safe shopping experience:

1. Prepare a shopping list in advance. Only buy one to two weeks' worth of groceries at a time.
2. Always wear a face mask, even if the store you are visiting does not require it.

3. Make sure you wipe down the handles of the shopping cart or basket.

4. If you use reusable shopping bags, ensure they are cleaned or washed before each use.

5. Practice physical distancing while shopping, keeping at least six feet between you and other shoppers.

6. Always keep your hands away from your face and wash your hands with soap and water for at least 20 seconds when you return home and again after you put away your groceries.

7. Before eating, rinse fresh fruits and vegetables under running tap water, scrubbing firmly with a clean brush. For canned goods, clean lids before opening.

8. Clean and sanitize kitchen counters using a commercially available disinfectant product after every use, and/or multiple times a day.

Remember to always use your best judgment. If you walk into a store and you see people not utilizing the proper personal protective equipment and not physical distancing, leave the store and find another store to visit.

—Rachel Graham
Assistant Director of Dining Services

The Work Of Adaptogens Is All Natural

Herbs Promote Anti-Stress

By Tereza Hubkova, MD, Village Voice Contributor



Tereza Hubkova, MD

There are many lessons we can learn from the COVID-19 pandemic: We can reflect on our vulnerability and mortality, our values, the importance of connection to others: Our families and friends, the importance of nature, the benefits of taking a break from the human rat race we have imposed on ourselves and the importance of taking better care of our health.

Regardless of whether you are taking the opportunity to learn from this global crisis, the pandemic has brought an enormous amount of stress to many of us.

I have spoken to many people who have had trouble sleeping, increased anxiety, some noticed difficulty concentrating, and others fear what the future may hold.

Many (especially physicians and



those who are caretakers for others) have already begun to experience increased fatigue and burnout.

Stress suppresses immune systems and can make us more prone to infection, but it can also take a toll on our cardiovascular system, increasing the risk of heart attacks, irregular heartbeat (arrhythmia), strokes and, if persistent, increased risk of dementia.

It has a negative impact on our digestive system. Many people may experience a flare up of reflux, irritable bowel, Crohn's disease or ulcerative colitis, but stress can also cause flare up of autoimmune conditions such as psoriasis or rheumatoid arthritis.

At this time more than ever, we need all the help we can get. There is a lot of assistance we can get from

Mother Nature.

Adaptogens are plants and mushrooms that help us deal with stress, as the name suggests, they can assist both physically as well as emotionally. These wonderful gifts of nature support our immune system and make us more resilient—less likely to catch an infection. In addition, adaptogens support our nervous and endocrine systems by normalizing hormone levels, sharpening our focus and memory.

Herbalists use the term tonic for herbs that support a healthy function of our organs. As such, tonics promote health and longevity. All adaptogens are tonics. Some are liver tonics, while others are lung tonics, or kidney tonics. Most of them are immune tonics and

Continued on page 23

Chairman Helped By Dr. Hubkova



Paul Simpson

JKV Chairman of the Board Paul Simpson provides his perspective on Dr. Tereza Hubkova:

I became acquainted with Dr. Tereza Hubkova while I was a guest at Canyon Ranch Wellness Resort and Spa, the past two years. I attended several of her lectures and found them to be very educational as well as enjoyable. I have also had the benefit of having her give me some personal suggestions to achieve optimal health.

Her passion is to help people learn how to enjoy excellent health and to greatly reduce the probability of becoming ill. I thought that our JKV community would appreciate having the opportunity to hear Dr. Hubkova speak and to meet her in person.

She accepted our invitation to visit and was scheduled to do that in March. When the pandemic affected the country, we were forced to postpone her visit. While we anticipate rescheduling for a more opportune time, she was kind enough to write this article for us. We feel that it is most timely and that you will find it of great interest. I hope you enjoy it.

Continued from page 22

they protect our bodies from depletion of important nutrients that support our immune systems.

Many adaptogens are antioxidants and anti-inflammatory, reducing the collateral damage of stress on our cells and organs. As such and through their effect on hormones and neurotransmitters, adaptogens also improve brain function. They can be very helpful for prevention and treatment of anxiety, depression and insomnia, as well as to improve focus, memory and mental stamina.

For these challenging times, I would like you to know about three of these adaptogens based upon modern research.

With an over 3,000-year-long tradition of use in India, Ashwagandha (*Withania somnifera*) has been shown to improve sleep quality and the ability to focus, while reducing fatigue and anxiety. It improves many stress-related blood markers, including C-reactive protein (CRP), DHEA-S (the vitality hormone), cholesterol, glucose and it even improves muscle strength.

This is a wonderful plant to help you deal with stress and it also promotes recovery, both physically and mentally, from a disease or surgery. Ashwagandha seems to minimize the pathology of Alzheimer's as supported by laboratory research and has been used to boost memory and promote longevity for centuries. It can be taken in many forms including powder, pill, capsule, oil and liquid.

A saying goes: "If you take Ashwagandha for a year, you will have the strength of a stallion for 10 years." Indeed, along with increased muscle mass, Ashwagandha has been shown to improve fertility, as well as libido.

Rhodiola (*Rhodiola rosea*) may be my personal favorite adaptogen. Also known as arctic or golden root, Rhodiola contains more than 140 active ingredients, and grows in the cold, mountainous regions of Europe and Asia.

While I have been using it mostly to help me focus, especially when having to read and digest large amounts of medical literature, or studying for medical boards and other exams, it has many other wonderful applications.

Traditionally, Rhodiola has been used to prevent upper respiratory infections and, in the pre-antibiotic era, to treat lung diseases such as tuberculosis. Modern studies support its use for depression, stress-related insomnia, fatigue and burnout. In studies of Rhodiola for improvement of mental performance many noticed its beneficial effect in less than a week.

Modern animal research has shown its ability to reduce stress-related damage to the heart muscle and protect the heart from stress-related heartbeat irregularities (arrhythmias). Like many herbs, Rhodiola rosea is available in the form of capsules, tablets, dried powder and liquid extract.

Astragalus (*Astragalus membranaceus*) was the first plant that turned me into a big fan of botanical medicine. When my daughter was little, I would get sick each time she brought home another germ from her playgroup or kindergarten.

My immune system was weak due to sleep deprivation. My daughter was a terrible sleeper and thus, for years, I was getting very little sleep myself. The infections triggered a dry, asthma-like cough in me for weeks and weeks. As a physician, I felt ashamed that I could not handle this. That is, until I came across Astragalus.

As if by magic, with Astragalus my immunity improved, and I now rarely get a cold when I use it. I use it each flu season and I have not used my inhaler in years.

In China, where Astragalus has been used for thousands of years, it was believed to strengthen the lung and protect it against negative external influences, including infections. It may even prevent immunosuppression caused by chemotherapy. My own dramatic experience with Astragalus started my herbal studies and I could not imagine practicing medicine today without using herbs.

There are dozens of adaptogens and tonics that might help you deal with the stress of COVID-19 and modulate your immunity. Once you start learning about them, a whole new world opens for you, full of support, gentle healing and deeper connection to nature.



The root of the Astragalus plant is made into many different forms of supplements, including liquid extract, capsules, powders and teas.

Please, consider these times as an opportunity to widen your knowledge and improve your health. These plants will continue to serve you long after COVID-19 is gone.

Adaptogens have been used for thousands of years in India and China and continue to be used in many cultures still relying primarily on herbs as their medicine. Growing modern research of these plants and mushrooms helps us understand their mechanism of action and supports what our ancestors have been observing for thousands of years. They work.

Certainly, more research is needed to understand how adaptogens may interact with medications, and to establish safety, although most seem to be quite safe with only a few warnings. Still, when using herbs, I recommend working with a trusted and experienced practitioner.

Be well, stay safe and healthy,

—Tereza Hubkova, MD
Medical Director of The Center for
Whole Health, Advent Health,
Overland Park, Kansas

Dr. Tereza Hubkova is former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS. Before the pandemic gripped the world, Dr. Hubkova was scheduled to be a guest presenter at John Knox. Dr. Hubkova wrote this article for the John Knox Village Voice.

Donations To The Village



Donations received during the months of April-May 2020

To John Knox Village

Employee Scholarship Fund

Arch, Susan & Allan
in memory of Sam Hollowell
Bayer, Jackie & David
in memory of Henry Hollwedel
Bishop, Claire & George
in memory of Bob Milanovich
Bowling, Marilyn
Cason, Ernest & Maude
through the Cason Trust
DeJong, Joyce & Don
in memory of Jackie Knowles
Jaeger, Marie & Frank
Jenkins, Norma
in memory of Marjorie Thomas
Knowles, Lee
Loree, Sally & Paul
Martin, Fran
Matthews, Laura
in memory of Nancy Gifford
Mellett, Marty & Dick
in memory of Nancy Gifford & Donna Mandt
Milanovich, Rose
Phillips, Shirley
in memory of Bob Milanovich
Redd, Carol
in memory of Nancy Gifford
Rupp, Bill
in memory of Bob Milanovich
Spalding, Jan
in memory of Nancy Gifford
Stephens, Penelope
in memory of Jackie Knowles
Stevens, Edwin

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Bednarcik, Wendy
Chittenden, Bruce
Folsom, Doug
Gibbons-Kilroy, Marge
Mallen, Joe
McAfee, Monica
Murphy, Fran
Olson, Nanette & Mark
Pickhardt, Bill
Stryker, Gerald & Carol Dumond
Sutton-Pauling, Gail

Benevolent Endowment Fund

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

Chapel Endowment Fund

Michel, Fred & Irene
through the Michel Trust

Chapel/Village Centre Maintenance Fund

Florida Peninsula Insurance Company
in memory of Frank Furman
Phillips, Shirley
in honor of Darryl Powell

Charlotte Symonds Fund

Baczynski, George
Bayer, Jackie & David
in memory of Henry Hollwedel
Bousfield, Betsy
in memory of John Crossley
Gibbons-Kilroy, Marge
Martin, Fran
Milanovich, Rose
Redd, Carol
in memory of James Brown

CNA Training Fund

Milanovich, Rose

Foundation Unrestricted Fund

Cuddy, Joyce
Haun, Twylah & David
Heger, David & Ken Raiten
Horn, Virginia
in memory of James Brown & Bob Milanovich
Huizenga, Jack
Hutzler, Sheri
in memory of Sam Hollowell
Larsen, Jay
through the Jay Larsen Family Trust
Loree, Sally & Paul
Lycke, Liz
Naylor, Harvey
Raiten, Ken & David Heger

Health Center Other Fund

Miller, Romaine

JKV Resident Music Fund

Bayer, Jackie & David
in honor of Elaine McNamara

Maggie Goetz Birds Fund

Bonewits, Johnnie D.
through the Estate of Johnnie D. Bonewits
Bousfield, Betsy
in memory of Jim Brown
Bowling, Marilyn

Kisshauer, Phyllis
in memory of John Deagan

Piano Tuning Fund

Grahe, Patricia
in memory of Marjorie Thomas
Phillips, Shirley
in memory of Arnie Nilsen

Residents Assistance Fund

Bishop, Claire & George
in memory of Bob Milanovich
Cason, Ernest & Maude
through the Cason Trust
Harris Family Trust
Kisshauer, Phyllis
in memory of Bob Milanovich
Mellett, Marty & Dick
in memory of Bob Milanovich
Milanovich, Rose
Rupp, Bill
in memory of Bob Milanovich

Rose Garden & Oak Tree Fund

Bonewits, Johnnie D.
through the Estate of Johnnie D. Bonewits

Toshiko Inouye Fund

Bowling, Marilyn
Harrison, Fran
in memory of Nina Bellosillo

Transportation Fund

Fitch, Dennis & Michael Kearns
Heger, David & Ken Raiten
Jaeger, Marie & Frank
Kearns, Michael & Dennis Fitch
Patriss, Don
Raiten, Ken & David Heger
Sams, Harriett

Tropical Tree Fund

Harrison, Fran
in memory of James Brown

Wellness Park Fund

Martin, Fran
in memory of James Brown
Welch, Fran

Woodlands Fund

Johnson, Herb
Knowles, Lee
Phillips, Shirley
in honor of Lillian Kimmel's 103rd birthday

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

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Love During A Time Of COVID-19

Continued from page 2

Credibility and finally, Confidence. Thank you, dear residents, for your confidence in us.

This endorsement, and level of trust, is yet another example of what differentiates JKV. This, too, will go a long way as we share our story with colleagues, family members and prospects.

Despite COVID-19 the Sales team had 7 sales in March, 4 in April, 4 in May and as the Village Voice is going to press in early June, we already have 2 sales on the books.

We have safely and successfully moved several residents into their new JKV homes. "Keep Calm and Carry On," seems to be the mantra for everyone on staff, as well as the residents and Board.

Construction has continued to move forward on the Aquatic Complex and the Welcome and Innovation Center (WIC). All safety precautions have been in place with testing on behalf of the vendors as well as at our gates.

Everything related to these projects has been contained within the confines of their site-spaces. The Sales and Marketing team is planning a move to the new center in the latter part of July. The WIC will house the new Design Center, the Marketing Design Production Studio, Sales Discovery offices, a multi-purpose Conference Room, display kitchen and outdoor gathering patio.

Many resident events and meetings will take place here and will provide another lovely destination for residents and community partners to gather. It will be the starting point for prospective residents and will set the tone for their experience as they arrive at our beautiful 70-acre botanical oasis.

The Aquatic Complex will finally allow our dedicated JKV swimmers back into the pool. Director Thom Price and the Operations team continue to make tremendous progress to the state-of-the-art area. Fitness Manager Marsha Dixon, and Life Enrichment manager Jamisyn Becker, along with Dining Services Director Joe Mallen, have been busy developing engaging water-related activities, numerous class offerings and delicious new menu items.

We look forward to hosting small Open House gatherings in the Fall along with several kick-off special events.

Cassels Tower has set the tone for the new palette for exterior paint colors. Our tallest building now has impact windows installed throughout. Village Towers is receiving the same treatment.

COVID-19 has delayed the timeline on several projects; however, we will continue to move them forward, along with interior renovation and designs for Heritage Tower, East Lake and Gardens West.

The partnerships with Johns Hopkins, Baptist Health and Holy Cross continue to move ahead and will help provide easily accessible, convenient healthcare options to residents, staff, and community partners.

The leadership of the Board (including three resident Board members), input from the Resident Senate Committees and the dedication from the Administration is palpable. COVID-19 cannot keep us down!

There is so much to look forward to. I salute you, dear residents. Thank you for all that you do.

Not even a pandemic can dampen your spirits.

With admiration, appreciation - and dare I say...Love.

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

JKV's Hurricane Plan Amid COVID-19



Fran Murphy

Hurricane Season runs through Nov. 30 and this year is promising to be a busy one with several named storms appearing early. John Knox Village has a comprehensive Hurricane plan which is reviewed and updated annually. Our challenge this year was to integrate COVID-19 into our plan to protect residents from both a hurricane and the virus.

Many things will remain the same this year, but there are a few differences.

The three biggest changes are related to Villa Residents relocation, COVID-19 and pets. JKV has always been a proponent of having pets and have included them in our hurricane shelter planning.

The Village is not in an evacuation zone, nor do we evacuate our high rises or East Lake during a storm. During a severe storm with damage or an embedded tornado, residents may be asked to move into hallways or another area of the building. A team of staff, such as Directors, Managers, Nursing, Maintenance, Housekeeping, Volunteers and Security are assigned to stay during hurricanes to assist residents.

Residents in high rises are provided with power for oxygen and breathing equipment, so they do not have to leave their home. Building generators provide Life Safety Equipment. Residents in our Skilled Nursing Buildings and our Assisted Living (The Woodlands, Seaside Cove and Gardens West) will shelter in place, with full generator power and air conditioning. The Village Centre has full generator power, as well.



Renovations Painter Rafael Isea helped install shutters at the Fitness Studio as part of JKV's preparation in advance of last year's Hurricane Dorian. Things will be different with COVID-19 planning a part in the planning.

Our Villa Residents are asked to evacuate their home for storms over a Category 1, to be better assisted during the emergency. They are relocated to the main buildings and the Auditorium when choosing to remain on campus.

This year, because of COVID-19, we will be using protocols such as health and travel screenings, masks, six-foot physical distancing, and strict sanitation procedures. Fewer residents will be placed in the Auditorium and we will use vacant units, party rooms and more to control the number of people in one area.

The nearby Forum Building has generously offered the use of some classrooms as well, if needed. Residents with COVID-19 or symptoms of COVID-19 will be housed separately from others.

Villa residents, with pets, may be housed in high-rise locations with other residents with pets if they are able to manage them safely and bring necessary food, bedding and supplies. Pet relief stations for dogs will be available in each building and residents can bring cat boxes as well for use once the doors to the building are locked. Current vaccine records will be required. Pets will not be housed in the Auditorium

due to potential allergies and the size of the group.

All Residents will need to have food and water for seven days and an extra two-week supply of medication. Those relocating will need to bring bedding, personal items as well as food.

The Dining Room will be closed and no delivery available until the "All Clear" safe sign is given by President Gerry Stryker. Residents also need to bring water for three days and leave the rest in their supplies at home for use upon return.

A list of suggested items in available on JKVConnect and in your Resident Manual.

The Village will keep residents informed as services are changed and preparations are made. **Please contact your Senator or JKV Risk Manager, Kirsten Whiting at (954) 783-4077 if your plans change or if you have questions.**

Please purchase necessary food and items now as supplies are limited just before a storm. Let's all prepare for the worst and hope for the best during this challenging Hurricane Season.

—Fran Murphy
JKV Director of Compliance and Risk



Got Questions

WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

ACCOUNTING (Questions about your monthly bill)	(954) 783-4091
ACTIVITIES (Questions or to sign up for upcoming programs).....	(954) 783-4039
ADMINISTRATION	(954) 783-4021
AT&T TELEVISION SUPPORT HOTLINE	(954) 788-2000
CART SERVICE (Call for a cart or to book a local car trip, call Elsa Bonilla)	(954) 784-4733
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: Pete Audet	VT 613
Vice President: George Baczynski.....	HT 514
Secretary: Amy Barrow	CT 1706
Treasurer: Ellen Isaacs	SG 604
At Large: Beverly Cardinal.....	HT 302
At Large: Bill Spiker	CT 506
At Large: Eleanor Smith	LS 407
Former President: Gus Miller	LS 109
Resident Board Member 1: Jan Spalding	LS 401
Resident Board Member 2: Diane Barton	LS 317
Resident Board Member 3: Tom McKay	HT 403

Committee Chairs:

Building, Grounds & Housekeeping: Harry Wood.....	HT 1007
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: Tom McDowell.....	HT 718
Legislative: Fred Depenbrock	EL 214
Library: Marcia Ellington.....	HT 404
Life Enrichment: John/Diane Dalsimer	CT 315
Long Range Planning: Dick Mellett	CT 1415
Security, Safety & Transportation: Reed Brown.....	LS 303
Volunteer Services: Art Battista	NE 603



Village Stories

John Knox Village is a wonderful mosaic of so many people. Employees, residents.... Something has brought each of us here to share this part of our lives with each other. We have all walked our own paths along the road that brought us here, and there's no doubt that each of us has a story. In their own words, some remarkable people here at JKV will tell you theirs.

Village Stories, Season One will explore "Stories of Resilience." Hear one resident talk about his experience with contracting polio at the age of nine, and how that impacted his life. Meet a JKV employee who started a program to support victims of domestic violence.

Their experiences will inspire and enlighten you. Watch for more information on where you can view their stories, coming soon.



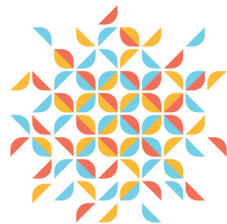
Our Mission Statement:

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

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

www.JohnKnoxVillage.com

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



JOHN KNOX
VILLAGE

Where possibility plays

For More Info Contact
(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
f t in JohnKnoxVillage