

VOICE



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In Case You Missed It...

There are always some fun, enlightening, entertaining or educational things taking place on campus. Here are some events of note at John Knox Village since our last issue...In Case You Missed It.



After some 12 years of gracious service on the John Knox Village Board of Directors Dirk DeJong (C), son of South Garden Villa residents Don and Joyce DeJong, was recognized for his service during the Board of Directors Report to All Residents Meeting. He is shown with President Gerry Stryker (L) and Chairman of the Board Paul Simpson.



CT resident Marilyn Askin is joined by President George H. W. Bush (aka William Wills) who, along with his wife Sue portraying Barbara Bush, gave a wonderful presentation of "Presidents and Their First Ladies."



Claire Dunn, CT resident and Employee Scholarship Committee member talked with Shahbazim Irene Maxime and Antanel Frank about the program that residents generously give to, which enable staffers to get additional education, during a Human Resources-produced Benefits Fair.



Occupational Therapist Phil Napuli was part of The Woodlands' rehabilitation team that put on an Open House for residents and outside guests. To learn more about JKV's rehab program call (954) 247-5816.



Trash or treasure? Only Benita Ferrara, knows for sure, however she found out during an arts appraisal from the Abington Auction Gallery. The same Abington folks will be part of ArtSage on March 18th.

ON THE COVER

Residents and staff stop for a photo in front of the iconic Barefoot Mailman statue after a delightful tour of the historic Hillsboro Lighthouse. Shown here (L-R) are: Ashley Tarantola, Michael Featherston, Barbara Morningstar, Maribeth Kraft, Reed Brown, Lighthouse Tour Guide Bill Slager, Leah Ostrander, Jacquee Thompson and Kim Morgan. (Photo by Marty Lee)



JOHN KNOX
VILLAGE

Where possibility plays



JKV-Johns Hopkins HealthCare Solutions Developing A Healthy Collaboration

John Knox Village is pleased to announce its collaboration with Johns Hopkins HealthCare Solutions in support of our residents, staff, their dependents and nearby employers.

Capitalizing on the clinical expertise of Johns Hopkins Medicine—and its on-site clinic partner Healthstat—the first phase of our collaboration will focus on an on-site Health Center to serve the day-to-day health needs of the JKV community, in our Professional Center Building.

With an anticipated Fall 2020 opening date for the on-site Health Center, we sat down with Stuart Sutley, head of Sales and Business Development for Johns Hopkins Healthcare Solutions, who gave an exclusive interview to the **Village Voice** on the value of offering healthcare services on campus.

Q: Stuart, tell us a little about Johns Hopkins HealthCare Solutions.

A: Solutions is a business unit within Johns Hopkins Medicine, with the mission to commercialize discoveries, such as pre-diabetes, diabetes and cancer advocacy programs, developed by Johns Hopkins faculty, researchers and scientists. As you can imagine, our faculty are regularly developing or updating clinical protocols and procedures, and some of them have applications for populations outside of a hospital setting. So about eight years ago, we set out to take these program innovations to employers across the United States, and the response has been very positive.

Q: When and how did Johns Hopkins get into the employer-based on-site Health Center business?

A: Approximately 25 years ago, Johns Hopkins opened its first on-site clinic for its own employees, with the initial



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Gerry Stryker
Chief Executive
Officer

VOICE

Discover

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

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Looking for a previous issue of our magazine?

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



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

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Pompano Beach, FL 33060

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



JOHN KNOX VILLAGE
FOUNDATION

Take Joy in Being Part of the Story.



Thoughts On Being An Executor:

The Executor's Challenge Part 2

You may recall, in the last Village Voice, I began the conversation about being an Executor. It is not unusual for residents to ask their friends to act as their executor or personal representative after they die.

I talked about the time and skills needed to be an effective executor or personal representative of someone's estate. Being an organized person, with good attention to detail, is important. Additional skills may include the following:

Are you good at resolving conflict? Try to be aware of unresolved family issues that might trip you up. Is this friend of yours estranged from family—children, siblings or nieces and nephews? In my experience, the estranged relatives tend to show up after the funeral. They often are "shocked and surprised" that their late relative did not remember them in their will or trust.

Your friend may have told you that their relative hadn't contacted them for years, not to mention never visiting. That may be true, but those relatives rarely see that as a reason for not remembering them in the will. These situations are unpleasant and stressful to say the least. You may have to be a mediator in addition to tip-toeing through the family's past relationships.

Do you know the rules? Each state is different and has different timelines that must be met. This is why I would always recommend that an attorney be retained to handle the administration of the estate. They will make sure that notices are published in a timely manner to make sure that expenses of the estate are paid.

In addition, an attorney can determine for you if a complete probate needs to occur or perhaps a Summary Administration would be sufficient. Time and expenses are different depending on which type of probate needs to occur. You are personally liable as the executor or personal representative for the proper

administration of the estate.

Can you afford it? For most of our residents, acting as an executor means dealing with the local probate court, so travel is not usually a consideration. However, if the deceased has some out-of-state real estate (a summer home perhaps), then a trip to meet with realtors or check out the property may be necessary. Such expenses associated with acting as an executor are reimbursable.

Almost all states provide by law that an executor is entitled to payment for acting as executor. After all, this is a significant responsibility and there is the time involved. What is your time worth? Especially, when you are retired, isn't your time valuable? I think mine would be very valuable. Being an executor could hamper vacation plans and family travel plans. Yet many executors feel that the deceased expected them to do this as a favor. I would suggest this would need to be part of the conversation with your friend before you decide to agree to be their executor. Believe me, this is no windfall. Being an executor can be a time consuming.

I hope this has been helpful. Being an executor is a responsibility that should not be taken lightly. I would urge everyone who agrees to act as someone's executor to have a very frank conversation with that person. Make sure you understand all the issues. Ask the difficult questions. And as always, feel free to contact me if I can be of help.

On behalf of the John Knox Village Foundation, I thank you for your support of all that we do.

Best wishes,

—Nanette J. Olson
Executive Director

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

Magic Of Spring, Lucky Charms

At NSU Art Museum

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

John Knox Village is a proud partner with the NSU Art Museum of Fort Lauderdale and with that collaboration comes complimentary or reduced pricing for a variety of Museum events.

Let JKV plan a visit. For more information about these events, please call the Life Enrichment Department at (954) 783-4039.

"Fantasy in the Garden" Fundraiser at The Woman's Club

March 3, 10 AM – Noon

Join Friends of the Museum at Fort Lauderdale Women's Club for "Fantasy in the Garden," for its annual fundraiser. Proceeds from the evening benefit NSU Art Museum's Museum on the Move art education outreach program. The event includes a prosecco reception, catered lunch, live jazz and silent auction and raffle featuring a Holland America Cruise. Tickets are \$100. RSVP to friendsofmoa@gmail.com

Free First Thursdays Starry Nights, presented by

AutoNation

Thursday, March 5 • 4 – 8 PM

Free admission

Enjoy NSU Art Museum Fort Lauderdale's exhibitions, 2-for-1 drinks in the Museum Café and hands-on art projects.

Art of Wine & Food: Magic of Spring

Thursday, March 5 • 6 -8 PM

Cost is \$40. Advance paid reservations required. Sample and compare four fabulous wines to usher in the beauty of Spring with small bites served to pair with each wine. Arrive early at 5:30 PM for a docent led tour of the highlights of the exhibition Happy.

Bank of America Museums on Us

Saturday and Sunday, March 7 and 8

Bank of America cardholders receive free admission to the Museum.

Second Sunday Film Series: Picture of His Life

Sunday, March 8

1:30 PM Exhibition Tour / 2:30 PM



NSU Art Museum Director and Chief Curator, Bonnie Clearwater, will be on campus March 23rd to discuss, "When is a Banana Art?"

Film Screening

Film: \$9. Film and exhibition tour: \$9 for residents.

Join NSU Art Museum and David Posnack JCC for a Sunday afternoon of art and film. Enjoy a guided tour of the Museum's exhibition, I Paint My Reality: Surrealism in Latin America at 1:30 PM, followed by a screening of Picture of His Life at 2:30 PM.

This fascinating portrait of world-renowned Israeli wildlife photographer Amos Nachoum follows him as he prepares for the most challenging

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Pictured is the "Friends of the Museum" auxiliary group at NSU Art Museum Fort Lauderdale.

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expedition of his career: Photographing a polar bear in its natural habitat underwater in the Canadian Arctic. 72 minutes / Hebrew, English, Inuktitut with English subtitles.

RSVP for the film and tour at the JCC website: <https://www.dpjcc.org/secondsunday>

Creativity Exploration: Lucky Charms

March 14, • Noon -1:30 PM \$10.

Explore ancient and contemporary amulets, talismans, and charms and make your own art to bring luck to your home. Creativity Exploration workshops promote the benefits of creative exploration and the mind-to-body experience. Sessions expand perception of forms while increasing brain connectivity through visual and cognitive stimulation. Workshops are led by educator Lark Keeler, a specialist in mindfulness education.

When Is Banana Art? An art lecture with Bonnie Clearwater of NSU

March 23, 3 p.m. John Knox Village Centre Auditorium

NSU Art Museum Director and Chief Curator Bonnie Clearwater will encore this highly attended lecture previously given at NSU. Bonnie will discuss the work of artist Maurizio Cattelan who created a sensation at Art Basel Miami Beach 2019 with his provocative display of a banana adhered to the wall with duct tape. It raises the question, what constitutes "art"? Attend and find out. Wine and cheese will be served. Reservations required.

Gem: Blue

Book Review – "Stolen Beauty"

Tuesday, March 31 • 10:30 AM

Given by Donna DeLeo Bruno. This is a free discussion of the book by Laurie

Albanese that captures the history behind Gustav Klimt's masterpiece, Woman in Gold.

BECOME A 'FRIEND' OF THE MUSEUM

Friends is a volunteer and fundraising organization supporting the Museum's mission to bring arts education to the community's youth. Enjoy year-round cultural field trips, lectures and special events while raising money for NSU Art Museum programming.

To find out how to become a Friends member, go here: <https://nsuartmuseum.org/friends/>

Or email friendsofmoa@gmail.com

NSU ART MUSEUM

FORT LAUDERDALE

Now on View...



WILLIAM J. GLACKEN: FROM PENCIL TO PAINT

Through Fall 2020
Featuring over 100 works from the 1890's-1930's, highlighting Glacken's role as an illustrator and painter.



HAPPY!

Through July 5, 2020
Exploring the pursuit of happiness through contemporary art.



I PAINT MY REALITY: SURREALISM IN LATIN AMERICA

Through Fall 2020
Examining the flowering of the Surrealist movement in Latin America in the 1930's and today.



AFRICAN PRESENCE 2020 17TH ANNUAL ART EXHIBITION

All That Jazz: Photography by William P. Gottlieb and Pete Turner
Through March 27, 2020 – Alvin Sherman Library, 2nd floor
This exhibition is on view at NSU Alvin Sherman Library and was organized by NSU Art Museum Fort Lauderdale. All That Jazz includes more than 20 black-and-white photographs by William P. Gottlieb of eminent jazz musicians and singers and showcases colorful photographic works by Pete Turner on vintage jazz album covers.



TRANSITIONS AND TRANSFORMATIONS

Through Fall 2020
Transitions and Transformations transforms Remember to React, the previous installation of NSU Art Museum's collection, with the addition of new acquisitions, other works from the collection and works on loan to the Museum.

Marsha, Marti Are First-Class

Wellness Management Grads

Strategies To Enhance Existing Programs Were Developed

By Kim Morgan, Village Voice Contributor

As professionals working in the fast-growing field of older adult wellness, where the need for professional training and development have never been more urgent, John Knox Village's valued personnel **Marti Engle**, Meaningful Life and Volunteer Manager and **Marsha Dixon**, Fitness Manager, are among the first graduates of the Leadership in **Wellness Management** course, given by the ICAA.

The specialized knowledge and techniques gained during this intensive, multi-week program ushers in a new level of expertise and relevance for both Marti and Marsha's important roles at JKV. At the same time, their enhanced education and expertise in their respective roles provide a competitive edge for JKV by setting a new standard for wellness in the community as well as improving the lives of residents seeking measurable results from their activities.

According to Kathie Garbe, PhD, MCHES Chief, Research & Education at ICAA, states, "Both Marti and Marsha are true pioneers and innovators in the professions of active aging and wellness. Bravo. We know it was challenging, but as Leaders in Wellness Management, we know that they have tremendous potential and will rise to new great heights as a professional in active aging and wellness."

The curriculum focused on business management and leadership, which also included a

lot of self-discovery activities, building knowledge of wellness as it applies to business, and strategies for enhancing their existing programs on campus.

"In light of JKV's recent **ICAA Pinnacle Award**, which honors the Top 5 Senior Living Communities in North America and the **Beacon Award**, which recognizes the Top 25 'Best in Wellness', it is particularly gratifying to have Marti and Marsha excel in the ICAA Leader in Wellness Management course," JKV's Chief Marketing and Innovation Officer Monica McAfee told the **Village Voice**.

"I am so proud of their hard work and achievements. They are both very important members of my team and I always cheer when my teammates go the extra mile professionally and personally."



About ICAA Education
ICAA develops and delivers courses designed to help active



Marsha Dixon (L) and Marti Engle proudly display their Leadership in Wellness Management certificates.

aging professionals build the needed skills and knowledge to impact both older-adult wellness in all dimensions as well as the business bottom line. ICAA Education is a sister company of the ICAA, a professional association that has led, connected and defined the active-aging industry since 2001. Founded in the belief that unifying the efforts of organizations focused on improving the quality of life of older adults benefits both the people they reach and the organizations themselves, ICAA's vision is shared by over 10,000 organizations, one of which is John Knox Village.



STORIES: The Antidote To Inflammaging

ART Sage Month Can Help You Super Age

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

Your personal story plays a leading role in your brain's ability to work well as long as you live. Why? Because the "default network" brain activity that generates your personal life story is highly energetic. If we manage this energy effectively, our brains will be continually rejuvenated as we age. If we don't, our brain's useful life (brainspan) may fall short of our lifespan due to inflammaging (chronic inflammation which accelerates aging).

Everyone Has A Story

Many people think they don't have a story, but we all do nonetheless. The human brain's ultimate job is to knit together a personal life story. This personal story allows us to share our wisdom—which is the point of having our very own story. The essence of being a member of homo sapiens sapiens—a double-wise person—is to share wisdom from your story.

The default network, the seat of consciousness, organizes not only your personal story, but other key aspects of your sense of self as well: your memories, your relationships, your identity, your motivation, your interests, your self-awareness, your ability to move through time and space.

The default network is far too powerful to be handled by the individual alone. This activity is regulated by balancing the needs and desires of "me" with the needs and desires of "we." SuperAgers, people

who live long and well over age 80, are the masters of default network activity. They have more brain connections in the "we" part of the brain than people 40 years their junior.

Relationships Shape Your Story

Our stories and ourselves are shaped by our relationships with others as we search for love and meaning every day. Alzheimer's disease targets the default network and gradually disorganizes the brain activity that underlies personal memories. No memories, no story, no self. My story is my self. Your story is your self.

Some 95 percent of Alzheimer's cases arise after age 65, thought to be a product of lifestyle, cultural, environmental, and psychosocial factors that are not well understood. Inflammaging is a known enabler of many age-related health challenges, including Alzheimer's. Given how Alzheimer's death rates vary from country to country and city to city, cultural attitudes and environmental factors that contribute to inflammaging may play a bigger role than individual factors.

For at least 50,000 years, human groups have relied on rituals involving storytelling to combat loneliness and negative emotions, two major drivers of inflammaging. Elders have always played a key role in ritualized storytelling that provides shared social meaning.

Inflammaging teaches us that we are not designed to age alone. We need to share meaning with other people through stories—our default network says so.

Live performances that relay stories through music, song, dance and theater provide exercise for the default network, our inner storyteller, and keep us wise in mind and young at heart.



HT resident Mary Jane Graff and Jimmy Meyer, from VT, enjoyed dancing during one of last year's ArtSage events.

Take Advantage of JKV's ART Sage Month

At JKV, ArtSage activities during the month of March give you many opportunities to just say no to inflammaging, and just say yes to stories. Join the SuperAgers and delight your default network with some new types of artistic experiences this year.

New stories can help build your personal story in surprising new ways. Enjoy the story.

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



Pete Audet
President Resident Senate

Relationships...it is all about relationships.

You see, I've discovered that the best way to enjoy life at John Knox Village is to say hello to someone you don't know. Make a friend. Ask where they came from, which school they went to. Be a good listener—most people like to talk about themselves. Don't be shy about asking them again what their name is. Several times if need be. You know we do live at JKV, and name association/recall ain't what it used to be.

Make new friends and develop relationships. I've learned that we are a friendly lot here at JKV. You'd

be pleasantly surprised to find the similarities as you cross paths with your neighbors. Say hi and smile as you mosey around campus. Waiting in line in the dining room? Ask the folks behind if they like to eat with you.

"Where are you from" is always a good opener. Karen and I have been gobsmacked (utterly astonished; astounded) more than five times while living here. We met Barbara Bradley who lives in Heritage Tower. Karen and Barbara both grew up in New Jersey and both graduated from Red Bank High School, and Barbara's sister, who lives in Miami, graduated in Karen's class.

Gobsmacked...I went to school at Marquette University and was three years ahead of Marty Lee, who takes many of the pictures around campus. During my senior year I lived, unknowingly, about six blocks from where he grew up in Norwich, WI.

Gobsmacked...Karen and David Bayer both graduated from Juniata College.

Gobsmacked...Where did you grow up I asked Jane Burgess who lives in East Lake? Chicago...in the city...South Side...South Shore Drive. We lived eight blocks apart.

Gobsmacked...I met Bob Owens, who lives in Cassels Tower, and I asked where he went to school. Alfred, NY. My Great Aunt Emily was the Librarian there for eons. She helped grad students proofread and index their thesis work. Seemingly impossible, but Bob knew her—and with fond memories.

Gobsmacked...Norm and Phyllis Liedtke were our sponsors when we moved in and helped us get acquainted. They did such a swell job we ended up cruising to Europe with them.

I think Jean Paul Sartre in his play "No Exit" got it wrong when he came to the conclusion that Hell is other people. I refute that thought entirely and find that Hell is living devoid of relationships with other people.

You see living here at JKV matches our Marketing tagline "Where Possibility Plays." Where? Here on campus and all about Possibility—conceive and imagine and obtainable—Plays, have fun, enjoy life and laugh. You just might get gobsmacked—amazed and astonished. See you around campus.

—Pete Audet

The John Knox Village Foundation



Suzanne Higgins
Foundation Board of Directors

I want to begin by sharing a quote and a philosophy that I live by, having worked in the not-for-profit/human services industry for more than 30 years.

"The service we render to others is really the rent we pay for our room on this earth. It is obvious that man is himself a traveler; that the purpose of this world is not 'to have and to hold' but 'to give and serve'." There can be no other meaning. (*Sir Wilfred T. Grenfell*).

Pay it Forward...you may have seen the movie about a junior high school student who wants to change the world for the better by encouraging people

to do good deeds for others. The beneficiary of a good deed repays the kindness to others instead of to the original benefactor. The actual phrase pay it forward was most likely coined in 1916 by author Lily Hardy Hammond in her novel *In the Garden of Delight*, where she wrote a bit of wordplay: "You don't pay love back; you pay it forward."

My organization is conducting a capital campaign for a new Crisis Stabilization Unit. Many of the donors who have contributed to this campaign may never find themselves utilizing our services for one reason or another, but they realize that their contributions will ensure that others who need the services will benefit from their generosity.

As you know, the John Knox Village Foundation is also conducting a capital campaign to raise money for the new Aquatic Complex and Pavilion as part of the overall strategic plan. There are



The new Aquatic Complex is one of the capital campaigns on which the Foundation team is working.

many opportunities to contribute to this campaign and many of you have already pledged your support, so thank you. Know that your gift to the capital campaign, or any of the JKV Foundation Funds, will keep on giving in perpetuity. To donate, contact Nanette Olson at (954) 784-4757 or nolson@jknvfl.com.

Let's all try to leave JKV and this world better than we found it.

—Suzanne Higgins

Driving Their Dreams

JKV Antique & Classic Car Show Set For March 21

By Rob Seitz, Village Voice Editor



The Antique and Classic Car Show was the brainchild of Heritage Tower resident and car aficionado Dr. Paul Loree.

It might start with the flat, front windshield. Followed by the well-trimmed interiors with their padded leather door covers that are the texture and color of a hotel Gideon Bible. Crinkled seat-lines, like homemade French fries, add to the playful mood. Rumble seats and “Ahooga” horns seal the deal.

Engage the manual choke, flick the gas switch, punch the starter button and when the V8 flathead or hemi or another engine turns over it's time for the wonderful specialness that comes with every drive in an Antique or Classic automobile.

Once on the road, fellow drivers are delighted or bewildered, rubbernecking in the confusion of what they just witnessed. That blast of history elicits waves, and grins and often a smidge of envy. They aren't thinking about the guzzler's gas mileage, or that there are no seatbelts or GPS or, heck, air conditioning.

They think that looks like fun. Heritage Tower residents Paul and Sally Loree know that feeling well.

It was in 2005 when the couple purchased their stunning black 1941 Cadillac Series 62 Formal Sedan by Derham. Since then, the Lorees have participated in numerous car shows and caravans across the United States and locally.

It is always a favorite with the residents and employees at the JKV. Each December, the Loree's Cadillac leads the Annual Holiday Parade around the 70-acre campus.

The car will be featured at John Knox Village's 16th Annual Classic and Antique Car Show, set for Saturday, March 21, from 10 a.m. to noon. Nearly 50 cars, dating back to the early 1900s, are expected to be on display in the community.

The Classic and Antique Car Show is part of John Knox Village's ArtSage celebration. Read more about ArtSage—and the varied events taking place—on Page 13 of the **Village Voice**.

Paul recalls how the show began: “My first tour, when I previously owned my 1929 Hudson Dual Cowl Phaeton, was in the small City of Canandaigua in New York. Driving slowly down the road, I noticed the people watching have tears rolling down their faces. They were so moved seeing the cars from their youth and childhood.”

Shortly after moving into John Knox Village 16 years ago,



Don DeJong (R), his son Dirk and antique car enthusiast David Thomson stand in front of the DeJongs' 1940 Buick Roadmaster Phaeton, which came in first-place last year in the People's Choice Awards.

the Lorees shared that story with then-Director of Marketing Bob Milanovich. “Bob agreed it would be an incredible event for our residents—to have several cars and their owners on campus for John Knox Village's own Car Show.”

The Car Show has become one of the most popular events during the year, starting from some 20 participating cars to a 2020 expectation of 50-plus. Paul helps the Marketing Department promote and plan for the event.

“Our residents and guests really love walking the grounds, seeing the old cars and talking to the owners. It's always enjoyable listening to them share memories and personal stories,” Paul told the Village Voice.

When it comes to variety, each year there are regular participants and always some newcomers. “We have great participation by the Antique Automobile Club of America [South Florida Region] and lately, the local Volkswagen Club.”

Residents and outside guests are given the opportunity to vote for the “People's Choice Awards” by choosing their favorite automobile. Around 1:30 p.m., there will be a parade of cars around KV, for viewing by residents from Independent Living, the assisted living center Gardens West and skilled nursing areas of Seaside Cove and The Woodlands.

The Lorees are not the only folks with JKV ties to showcase their prized vehicles during the event. South Garden Villa Resident Don DeJong, and his son Dirk (retired JKV Board of Director), have a 1940 Buick Roadmaster Phaeton that won first place in the “People's Choice Award” last year and are expected to defend their title. This year, Resident Relations Social Worker Loli Pire-Schmidt will be bringing her 1980 Volkswagen Rabbit C-Diesel.

Villagers and their guests are welcome to attend. Additionally, if you have a car, or know someone who does and wants to be in the show, call the Marketing Department at (954) 783-4040.

The Art of Village Vida

The Illusion of Control

By Anne Goldberg, Village Voice Contributor



Anne Goldberg

We can lead others by example. We can teach others. We can enlighten others, but we cannot control anyone else. In fact, when it comes to control, the absolute, only thing any one of us can control on this good, green earth, is how we think and what we say and do. We have the same degree of control over the weather as we do over others, which is, of course, absolutely no control whatsoever.

If you think you can control others, it's an illusion. You may manipulate or exert a power play, but in the truest sense of the word, control is an inside job.

Viktor Frankl was a respected Austrian neuropsychiatrist in 1942, when he, his wife, parents and sister were herded into cattle cars and transferred to a Jewish ghetto in Poland. His father died on the journey and Viktor subsequently spent seven months in an assortment of concentration camps. When he was liberated, he learned that the rest of his family perished. As a culmination of his experiences, he wrote, "Man's Search for Meaning" and one of his most famous quotes is, "When we are no longer able to change a situation, we are challenged to change ourselves."

Take Control Of Your Life

How are you challenged these days?

What events are conspiring to leave you feeling out of control? Can you realize that the control you seek has to do with how you think

about whatever it is that's going on? I recently spent two weeks babysitting my three granddaughters, all under the age of five. The experience resulted in a beautiful bonding with the girls...and a pain in my back that has knocked me off my game, resulting from frequently hoisting them upon my left hip.

It really hurts to walk and move, yet I have stayed in a good mood while in such pain. Why? Because my mood is in my control and if I get cranky, I won't be pleasant to be around. And if I'm not pleasant to be around, my boyfriend and other loved ones won't be so inclined to spend time with me. And if that happens, then I know that depression is soon to follow because humans – all of us – derive our greatest satisfactions from the relationships we have with other humans.

So, I choose to feel happy for all the good in my life, rather than crappy for this miserable pain. It is a conscious and deliberate choice.

Continued on page 25



Anne Goldberg and Dr. Larry Siegel are halfway through their eight-week series "The Art of Village Living," with four interesting topics to be discussed.

The Art of Village Living

Anne Goldberg, who has been teaming up with Dr. Larry Siegel for the program "The Art of Village Living," programs and seats are still available for classes in March and April. They will meet the second and fourth Monday of the month at 1 p.m. in the Life Enrichment Center in The Woodlands.

Here is the remaining schedule and topics:

- March 9: **Sex After 60 For JKV**
- March 23: **Prescription Drugs, Helpful Or Harmful?**
- April 13: **Demystifying Anti-Aging Medicine**
- April 27: **Tell Your Story**

All residents are invited to participate. Cost is \$10 for individual classes. Look for the tri-fold brochure in all the Village common areas. To sign up, use JKVConnect or call (954) 783-4039.

Previous Successes Lead To Expanded

ART Sage From One Week To Full Month Of All Things Art!

By Monica McAfee, Village Voice Contributor

In a whimsical play on words, ArtSage®, a "Fine Arts & Playful Celebration," is coming to John Knox Village for the month of March.

Is it Arts for the Ages? Or Art for the Sages (our profoundly wise people)? Or both?

Come to one, some, or all of the ArtSage events to decide for yourself.

Month Long Festival of the Arts

Fashioned after the 41-year-old Charleston, SC Spoleto Festival USA, JKV'S Fourth Annual ArtSage has its sights set on becoming one of the area's premier performing and fine arts festivals.

Since the inaugural JKV ArtSage in 2017 we have offered a plethora of events for residents and outside guests in which to participate and enjoy over the course of a week. Due to three years of successes, we have decided to expand our offerings to include programming for the whole month of March.

As in years past, we promise to bring an impressive array of artists, writers and speakers working within all the genres—from music, dance, theater and the humanities, to even culinary arts—with our Executive Chef whipping up creations during a cooking demonstration.

The idea of JKV's ArtSage has blossomed from a program-concept I was grateful to create at another life-plan community similar to JKV.

JKV, partnering with our destination-city location of Pompano Beach—are the

perfect fits for providing intimate, yet captivating, events to enthusiastic audiences young and not quite so young.

The month-long celebration will feature artwork from our talented residents, employees and local student and area artists. Artwork from them will be displayed throughout the JKV campus and will be on proud display during our Gallery Crawl.

Combine on-campus events with performances from community partners such as the Venetian Arts Society, the Society of the Four Arts in Palm Beach, Miami City Ballet, Norton Museum of Art, the Shakespeare Troupe of South Florida, NSU Art Museum of Fort Lauderdale and Gold Coast Jazz Society, and the stage is set for a fabulous time.

Call the John Knox Village Marketing Department at (954) 783-4040 to request our special 4th Annual ArtSage® brochure of all events. You can also view the complete brochure at www.JohnKnoxVillage.com, jkvresidents.com and JKVConnect.com.

Here are some of the highlights of

the ArtSage schedule that are open to readers of The **Village Voice**.

Nova Southeastern Dance Works
Tuesday, March 3 at 3 p.m.
John Knox Village Centre Auditorium

Dance Works is a dynamic collection of original works featuring choreography from NSU faculty, students, and guest choreographers. This dance concert features a diverse range of styles and showcases the incredible talent of the NSU Dance Ensemble. Tickets are \$12.

North Broward Prep Jazz Band In Concert
Wednesday, March 4 at 7 p.m.
John Knox Village Centre Auditorium

In collaboration with The Julliard School and under the direction of Band Director Dean Eaves, the North Broward Preparatory School's 20-piece Jazz Band will present some of their greatest work in classical and contemporary jazz. Complimentary.

Continued on page 14



Be prepared to enjoy a night of jazz when North Broward Prep School's 20-piece Jazz Band hits the Auditorium stage March 4th.

4TH ANNUAL

ART Sage All Month Long!



Learn about master sculptor Nilda Comas' artistic life during her presentation on March 5.

Nilda Comas, Master Sculptor
Thursday, March 5 at 3:30 p.m.
John Knox Village Centre Auditorium

Master sculptor Nilda Comas has been awarded an historic commission by the State of Florida to create a monument honoring Mary McLeod Bethune for the collection in the Statuary Hall of the U.S. Capitol.

Artist In Residence
March 9 -18
Mondays-3/9 & 3/16 – Drawing
South Garden Villa 644
10 a.m. to noon

Artist Kevin Morrissey will join John Knox Village for a two-week "Artist in Residence" program, teach drawing, painting with watercolor and basic oil paint skills. Classes are geared toward beginners, but all skill levels are welcome.



Kevin Morrissey is a fine artist based in North Carolina who will be presenting a two-week "Artist in Residence" program during ArtSage month.

Performance Art – The Cuban American Dialogue:
Tuesday, March 10 at 7 p.m.
John Knox Village Centre Auditorium

Meet Cuban-American sculptor Roberto Perez Crespo and guitarist Jose Angel Navarro. These brilliant Cuban-American artists of different art disciplines combine their artistry in a visual and musical "dialogue." Tickets are \$20.



International award-winning guitarist Jose Angel Navarro, will join sculptor Roberto Perez for a discussion on Cuban-American performance art, March 10th in the Auditorium.



Jacques-Pierre Malan



Didier Castello-Jacomin

Venetian Salon at JKV: Cello And Piano
Saturday, March 14 at 6 p.m.
John Knox Village Centre Auditorium

Jacques-Pierre Malan, cello, and Didier Castello-Jacomin on piano perform. Wine and hors d'oeuvres reception at 6 p.m. followed by the concert. Stay after the performance for champagne and dessert. Tickets are \$35.

Art & Antiques Collecting Lecture
Wednesday, March 18 at 2 p.m.
John Knox Village Centre Auditorium

Be our guest at a lecture, seminar and Q&A about collecting and/ or auctioning of art and antiques. Representatives from Decorative Arts and Fine Antiques, Abington Auction Gallery and Frederick Fine Art Gallery will conduct the event.

Affirmations & Illustrations With Lark Keeler
Saturday, March 21 at 10:30 a.m.



As part of its partnership with the Venetian Arts Society during ArtSage month, JKV will be holding a tribute for legendary Prima Donna Assoluta Virginia Zeani, March 26th in the Auditorium.

John Knox Village's Hibiscus Room

Connecting mindfulness and relaxation with artmaking, participants will create their own deck of affirmation cards with a variety of materials, assisting in cultivating personal growth, positivity, and optimism. Studies have shown that affirmations promote well-being, as well as artmaking, which lowers levels of the stress hormone found in our body. All materials are included.

When Is A Banana Art? Monday, March 23 at 10:30 a.m. John Knox Village Centre Auditorium

NSU Art Museum Director and Chief Curator Bonnie Clearwater will discuss the work of artist Maurizio Cattelan who created a sensation at Art Basel Miami Beach 2019 with his provocative display of a banana adhered to the wall with duct tape. It raises the question, what constitutes "art?" Wine and cheese will be served.

Photo Composition Workshop Thursday, March 26 at 10 a.m. John Knox Village Centre Auditorium

Professional photographer Phoenix will teach this 2½ hour workshop, where you will learn the art of photo composition using your own smartphone. The workshop will consist of: Learn the fundamentals, put your new knowledge to work, then reconvene to discuss your photography with the group. Bring your smartphone. Refreshments will be served. Tickets are a \$12 value, but complimentary for Gazette readers.

Silver Scribes: Publish Your Life Story Thursday, March 26 at 10 a.m. JKV's Village Towers Party Room

Join our group of Silver Scribes – senior authors who are publishing their literary works. We'll take over the technical publishing of your life story. You, too, can write your own book and get it published. Meet in the John Knox Village Towers Party Room.

Meet The Cult Diva: Virginia Zeani Thursday, March 26 at 4 p.m. John Knox Village Centre Auditorium

Meet Virginia Zeani, the legendary Prima Donna Assoluta, in person.



Executive Chef Mark Gullusci 's ArtSage Cooking demonstration will be March 30th in the Life Enrichment Center.

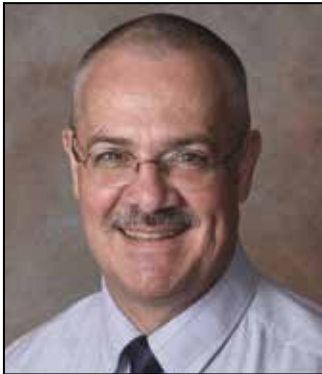
Hear the phenomenal story of how a monumental artistic legacy was saved for posterity by an adoring public. See rare videos, photographs, recordings, tributes, and the extraordinary opportunity to meet the legend in person. Tickets are \$12.

Cooking Demo And Tasting Monday, March 30 at Noon The Woodlands' Life Enrichment Center

Learn the art of creating a new delicious and healthy dish. JKV's Executive Chef Mark Gullusci will guide you through his recipe for: Garlic & Curry Grilled Shrimp over Avocado and Tomato Salsa with a Basil Pesto Drizzle. Tickets are \$15.

For reservations and more information please sign-up on JKVConnect, in the Village Centre Lobby, or by calling (954) 783-4039. Cancellations must be made at least 72 hours prior to the event or your account will be billed for any applicable ticket(s) and/or transportation costs.

God's 'MOVING' Plan For Me



Rev. Darryl Powell
Spiritual Life Leader

Isaiah 55:8-9

New International Version (NIV)

⁸ "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord.

⁹ "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

So I told God, "My plan is to be a spiritual leader at John Knox Village, the one in Pompano Beach, for 10 to 12 years and then I will retire to do other special things."

What is that old saying?, "We plan, God laughs." And for four years "the plan" has worked out just fine. Then God sent a message, "Do I have a plan for you!" And it's not anything that I had planned.

Retirement is a wonderful reality. We plan for the future. Work hard, save and invest and assure that there are substantial funds available for future years when the 9 to 5 grind isn't necessary anymore. My brother retired from the Air Force at the ripe old age of 46.

Others have to wait a few more years beyond that. Planning has its place and it's a necessity. Plans are very important. Some plans are necessary. Some are just fun. Planning to pay the taxes on the house, that's necessary. Planning to travel Europe, well that's just fun.

For those who live in the realm of faith and spirituality, there is always an aspect of the unknown. "If I truly do trust God and trust that God will provide, just how much do I need to plan for the future and how much do I leave in God's hands?"

After all, Jesus taught us to pray with, "Give us this day our daily bread." Mature spirituality is very comfortable with the unknown. It is a matter of trust in the goodness and grace of God. A deeply spiritual man in my church gave his testimony to us one Sunday. He declared, "Plenty of times God has let me get right up to the edge of the cliff, but every time I was about to go over, God pulled me back to safety. I will always trust God."

So, my plan was to be your spiritual leader for many, many years. Apparently, God had a chuckle with that plan. God's plan is different. After much reflection and prayer it has become very clear to me that working for you part time, and being present with my family part time, serves neither very well.

You deserve the full attention and energies of a Spiritual Leader who is consistently present and connected to you. My family deserves a husband, father and son that is consistently present and connected to them. And God has spoken to my heart and said, "It's time to go home."

With much grief I write to inform you that the first week of May I will be leaving JKV. At the same time, God's plan brings much, much joy: The opportunity to watch my granddaughter grow, time with my wife Holly, time with my father who now lives only a block away from us,



With God's calling him home, Rev. Powell will be able to spend time with his wife Holly, watch their granddaughter grow and be a block away from his father.

and time with our children.

We are actively interviewing and prayerfully seeking the next Spiritual Life Leader for you. A selection will be made (assuming this is God's plan) soon enough to bring that person on board by April 1. We will then work together to provide a smooth and successful transition from one leader to another. Please be in prayer for this process. That is a gift you can bring to this transition.

What are your plans? Are you prepared to "go with the flow" when God laughs and says to you, "Nice try, but that's not My plan?" This is where faith becomes real and where faith becomes challenging.

Here is a truth I have learned from others and from life's experiences: God is trustworthy. I am ready, willing and able to live in a changing current of God's making, because I know how much my God loves me.

And God loves you that much, too.

—Rev. Darryl Powell



Sautéed Snapper with Pancetta & Orzo

In Good Taste: Chef Mark's Delicious Fish Recipe Is A Snap-per

By Rob Seitz, Village Voice Editor

One of South Florida's most popular and certainly delicious fishes is the snapper. Teeming throughout the warm Atlantic and Gulf of Mexico waters, snapper is also a versatile menu item.

Given its abundance and preparation flexibility it is only natural John Knox Village Executive Chef Mark Gullusci has many snapper recipes. For this Village Voice issue he has decided to feature one of the easiest to prepare and delicious to enjoy.

Snapper also provides a lean source of mega-3 fatty acids, proteins and minerals, is low in saturated fat, a good source of Vitamin B6, Phosphorus and Potassium. Note snapper is high in Cholesterol.

With its lean, firm texture, delicate, moist and mildly sweet taste, snapper is one of the favorites whenever Chef Mark puts it on the menu in the dining room. He often includes, as a warm salad accompaniment, the rice-shaped pasta—*orzo*.

Here is Chef Mark's Recipe, enjoy:

Sautéed Snapper with Crispy Pancetta and Warm Orzo Salad

Snapper filet

- 1 Snapper filet
- 1 tablespoon diced shallots
- 1 tablespoon capers
- 2 ounces Pancetta (or 1 thick slice)
- ½ cup all-purpose flour
- 1 teaspoon chopped chives
- 1 teaspoon olive oil
- Juice of 1 lemon
- Zest of 1 lemon
- 2 ounces Riesling wine or Chardonnay

Warm orzo salad

- 4 ounces cooked orzo
- 1 ounce roasted diced red beets
- 1 tablespoon chopped green peppers
- 1 tablespoon chopped cilantro
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon chopped Kalamata or Greek olives

Method of preparation for Snapper: heat olive oil in sauté pan, dredge (coat) snapper filet in flour, shake off excess. When oil is hot place Snapper in pan and sauté until light brown, approximately 2 minutes and turn over and cook another 2 minutes. This should be done on medium heat, remove Snapper from pan and place on a plate, add capers, shallots, pancetta to pan and cook 1 minute, add wine then lemon juice, zest and chives, stir and spoon onto top of Snapper filet.

For Orzo Salad: Heat 1 quart of water in pot until boiling, add a pinch of salt, add orzo and cook until desired doneness, strain and mix with olive oil to prevent sticking, add beets, peppers, cilantro, vinegar and olives and mix. Serve on side with your Snapper.

Feel free to contact Chef Mark with your culinary questions. Just email him at mgullusci@jkvfl.com

NUTRITION NOTES

March is National Nutrition Month



Andrea Jones, RDN/LDN

March is National Nutrition Month, presented by the Academy of Nutrition and Dietetics. The theme for 2020 is "Eat Right, Bite by Bite." This year's theme promotes the philosophy that every little bit (or bite) of nutrition is a step in the right direction for health and wellness. Small goals and/or diet changes are most effective. Here is a summary of the nutritional health tips promoted for the

month and balance of the year:

- **Eat breakfast:** Make sure to include a protein source such as yogurt, eggs, nut butter, whole grain breads, cereals, and fruit. Start your day off right.
- **Lunch and Dinner:** Fill half of your plate with fruits and vegetables. Variety is key, so include fresh, frozen, or canned items. I suggest two cups of fruit and 2-1/2 cups of vegetables daily to get vitamins and dietary fiber. Consume fish or shellfish twice per week for the omega 3 fatty acids. Explore new flavors using plant-based products such as quinoa. Try one meatless meal weekly.
- **Slow Down at Mealtimes:** Try not to eat on the run. Food eaten slowly and chewed thoroughly is easier to digest, thereby decreasing upset stomachs. Sitting for meals will make them more enjoyable. Try to have mealtime with family or friends.
- **Include Healthy Snacks:** Consuming small snacks between meals can help curb appetite and help to avoid overeating at mealtimes. Plus it may help manage blood glucose levels. Snacks examples include lean protein, low fat dairy, fruits, and vegetables (i.e., veggies with low fat cottage cheese or peanut butter with an apple or banana).
- **Dining Out:** Choose grilled, baked, broiled, steamed, or fresh entrees. Share a meal when portion sizes are too large or take half home to eat at another time.
- **Drink More Water:** Stay hydrated, especially when active and or living—like we do—in hot conditions. Reduce intake of beverages with added sugar.



- **Be Active:** Physical activity is as important as good nutrition. The benefits of exercising are endless, from strengthening vital organs to controlling weight, blood pressure and preventing disease. It can increase your energy levels and improve your mood. Try it.
- **Supplement with Caution:** Choose food first for your nutrition. Only when needs cannot be met or there is a confirmed vitamin deficiency should oral supplements and vitamins be considered. Always seek advice of your physician. Consult your dietitian for additional personalized advice to decrease nutritional risk and/or manage chronic disease.
- **Managing Food at Home:** Planning can save money and nutrients. Check your food inventory before shopping. You may be able to prepare meals with what you already have. Pay attention to "use by," or "best by" dates. Discard expired food items. Do not eat or drink anything that you suspect is spoiled. When in doubt, throw it out.
- **Follow Food Safety Guidelines:** Proper food handling decreases the chance of becoming sick from food-borne illness. Always wash your hands before handling food. Separate raw foods from ready-to-eat foods. Keep "cold foods cold" (refrigerated items) and "hot foods hot" during the cooking and holding process. Visit www.homefoodsafety.org for more information.

—Andrea Jones, RDN/LDN
Clinical Dietitian for The Woodlands

HOW TO BOOK AN EVENT SPACE ON CAMPUS

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

Here are the steps to follow:

- Pick up the easy-to-complete Room Reservation forms at the front desk in the lobby of the Village Centre.
- Fill out the spaces for your name and alternate contact name

(if applicable), event name, event location and telephone number.

- Indicate whether event(s) are recurring (Monday through Sunday, Weekly or Monthly) or one-time only.
- Check which room you would like to request, expected number of people, and any audio/visual requirements you will need for the

event.

- Please submit all requests via campus mail to Teddy Tennie, Production and Events Manager. Also, you can submit by scanning and emailing to Teddy at JTennie@jkvfl.com. His cell phone number is (954) 809-5085.

LIVING WELL CORNER

Maria Tells Us How To Walk The Walk



Maria Leon

Muscle strength is important in many daily life activities. Our muscles provide forces that allow us to walk, climb stairs and perform activities.

Through exercise and training, we can increase our performance to run faster, jump higher and allows us to lift more weight. Unfortunately, aging and disease can lead to a loss of muscle strength, which may limit the performance of certain activities.

When muscles become excessively weak, daily-life activities, such as walking may become impaired. Muscle strength has shown to be strongly correlated to our functional gait. This suggests that muscle strength is an important prerequisite for our walking performance.

The primary muscles that facilitate walking include the quadriceps and hamstrings in the thighs, the calf muscles in the lower legs and the hip adductors. The gluteal and the abdominal muscles also play significant roles in forward motion.

Muscles that facilitate walking include:

Primary muscles

- The quadriceps. At the front of the thighs, they are by far the body's biggest muscles. They raise and push forward the thigh and leg.
- The hamstrings. These form the back of the thigh and move your leg backward.
- The buttock muscles. Very powerful and bulky, their job is to complete the backward movement of the step.
- The abdominal muscles. These contract with each step forward.
- The calf muscles. Are among the most heavily used muscles when you take a step.

Secondary muscles

- The pelvis's stabilizing muscles. These form a muscular crown around the pelvis and include the external abductors, the internal adductors, the abdominal muscles at the front, and the spinal muscles at the back.
- The tibialis anterior muscles in front of the calf muscles. These raise the foot up so that it does not flatten or scrape the ground as you take a stride. Walking greatly develops these muscles.



There was a fun celebration after residents, and JKV Fitness Professional Erik Nenortas, enjoyed a delightful beachfront walk along Pompano Beach. Shown here (L-R) are: Betsy Sweet, Erik Nenortas, Nancy Custance and Ellen Isaacs.

- The arm and shoulder muscles. These contribute less than the others, but they can be used a great deal in power walking.

All these muscles enable walking by providing vertical support and maintaining forward progression, which means that the entire body's muscular system contributes to the movement of walking at any given point.

It is easy to take the biomechanics of this fundamental process for granted when you are walking for your basic needs such as work, exercise or simple leisure and pleasure. However, walking is a dynamic series of actions that calls upon different muscles to work together for your comfort and efficiency throughout each stride and footstep.

Having stronger muscles also helps to keep your joints in good shape. If the muscles around your knee, for example, get weak, you may be more likely to injure that knee. Stronger muscles also help you keep your balance, so you are less likely to slip or fall. And remember—the activities that make your skeletal muscles strong, will also help to keep your heart muscle strong.

—Maria Leon
JKV Fitness Professional



Dr. Julian Gargiulo

Venetian Salon at JKV:
Julian Gargiulo, Piano
Saturday, April 4 at 6 p.m.
John Knox Village Centre Auditorium

Julian Gargiulo, a classical pianist known for his interactive, humorous performances of classical music, will perform. Wine and hors d'oeuvres reception at 6 p.m. followed by the concert. Stay after the performance for champagne and dessert. VAS/JKV Tickets are \$35. Call (954) 783-4039 to RSVP.



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 Nieter, 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-Johns Hopkins HealthCare Solutions Developing A Healthy Collaboration

Continued from page 3

focus being on work-site safety. The model was a success and the research on the outcomes have been published in medical journals and business publications, which drew the attention of a number of large employers who approached Johns Hopkins to see if we could replicate the model at their companies. Before we knew it, we had clients and Health Centers in 28 states across the country, to include a number of clients in the state of Florida. The effort being led by JKV to serve Residents and staff will be the first known health center to support both constituencies.

Q: How has the on-site Health Center changed over the last couple of years, and what is Johns Hopkins doing to meet that change?

A: The biggest change has been the increase in services clients are seeking and the size and background of organizations now offering these centers to their employees and dependents. For example, our Health Centers now manage chronic conditions, address mental health needs and even include physical therapy. And we now see organizations as small as 300-plus accessible members—from manufacturers to law

firms to organizations like JKV—offering these important services to their constituencies. In 2018, we expanded our reach by entering into a partnership with Healthstat, a Charlotte, North Carolina company that is the second largest provider of Health Centers in the United States. They provide logistical expertise, account management and patient engagement support, and now will make Johns Hopkins programs available to their populations. We also will be providing these clinics with regular performance evaluations to ensure they are delivering the highest quality care.

Q: How do you see the relationship with JKV, Johns Hopkins and Healthstat developing over time?

A: With Healthstat as our on-site clinic partner, we will be able to continue to offer new services to bring value to JKV's residents and staff in a



President Gerry Stryker (R) and Stuart Sutley, head of Sales and Business Development for Johns Hopkins Healthcare Solutions, think this developing partnership is a win-win proposition.

range of clinical areas like geriatric care, which certainly complements the JKV's mission.

—Gerald Stryker
President/CEO

Feeling Secure about the SECURE ACT?

Fed Financial Changes That Affect Us

By Kaley N. Barbera, Village Voice Contributor



Local attorney Kaley Barbera frequently assists the JKV Marketing Department with legal and estate planning presentations for prospects. In this issue of the Village Voice she offers her thoughts on the recently enacted SECURE Act.

President Donald Trump signed into law the Setting Every Community Up for Retirement Enhancement Act (SECURE Act), at the end of 2019.

This massive budget bill was focused on expanding opportunities to increase retirement savings, but with the good must come some of the bad.

Although increasing opportunities to save, this bill also repeals the life expectancy payout for beneficiaries of these plans, except for a few types of beneficiaries (described below). This particular change has caused the most buzz in the estate planning arena. This article will highlight some of the main changes that the SECURE Act brought to us:

Required Minimum Distributions from 70 ½ to 72:

- The new age that you must begin to take required minimum distributions (RMD's) from your qualified plan such as an IRA changed from 70 ½ to 72. This change only impacts those who did not turn 70 ½ prior to January 1st, 2020. If you turned 70 ½ prior to that date, then you will continue to take your RMD's and will be unaffected by this change.

- Before SECURE, the trigger

age was the year you turned 70 ½. After SECURE, this change does allow individuals to defer their distributions and thus stretch out the tax deferral and growth until age 72 (or in the case of some plans if the individual is still working, then after the year in which the individual retires, if later).

Age Cap for Traditional IRAs Removed:

- For tax years beginning after 2019, SECURE repeals the age restriction on contributions to Traditional IRAs. Beginning in 2020, any worker can contribute to a Traditional IRA regardless of their age.

- Prior to SECURE, an individual could not contribute to a Traditional IRA in, or after, the year in which the individual reached age 70 ½. Keep in mind that this change will only impact individuals who had not reached age 70 ½ by January 1, 2020.

Distribution Rules:

- Prior to SECURE, a non-spouse beneficiary of an inherited retirement account (such as an IRA, Roth IRA or 401(k)) was able to "stretch out" the distributions over that beneficiary's lifetime. This allowed for continued tax-deferred status and growth with the beneficiary gradually taking out distributions over their life expectancy.

- **Pre-SECURE EXAMPLE:** If Linda designates her granddaughter Stella as a beneficiary on her IRA and this IRA is worth \$500,000 at Linda's passing, then under the pre-SECURE rules, Stella would be able to stretch out the distributions from this IRA over her lifetime which would allow for continued growth and tax deferral.

Post-SECURE has changed this rule to a maximum 10-year post-death payout period for designated beneficiaries (with a few exceptions, below).

- **Post-SECURE EXAMPLE:** Under the new SECURE regime, if Stella is the designated beneficiary of Grandma Linda's IRA, then Stella must withdraw the entire \$500,000

within 10 years of Linda's passing.

- SECURE will not affect certain designated beneficiaries (now called eligible designated beneficiaries), who will continue to be able to take advantage of the stretch out lifetime distribution rules. These special designated beneficiaries are:

- The surviving spouse;
- A minor child (until such child reaches the age of majority at which point the 10 year rule kicks in);

- A disabled beneficiary;
- A chronically ill beneficiary;

and

- A less than 10 years younger beneficiary (such as a sibling or friend, for example).

Eligible Designated Beneficiary EXAMPLE:

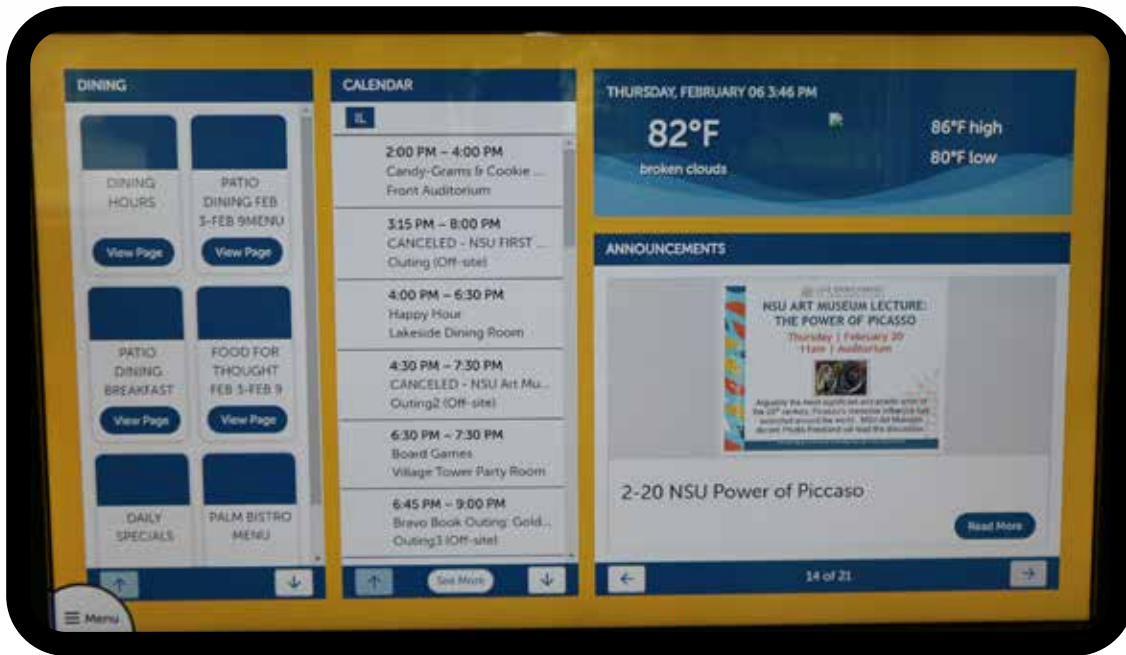
Vito names his sister, Carmella, as the beneficiary of his IRA. Carmella is only two years younger than Vito. At Vito's death, Carmella is able to use the lifetime distribution rules and stretch out the distributions from Vito's IRA over her lifetime and will NOT be subject to the 10 year distribution rule since Carmella is an eligible designated beneficiary and is less than 10 years younger than Vito.

SECURE has brought with it many changes both good and bad for the taxpayer. The most important thing will be to meet with your tax advisor and estate planning attorney to plan with these new changes and to figure out how they will impact you.

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

Kaley N. Barbera is a frequent contributor to the John Knox Village Gazette and is a partner at the law firm of Snyder & Snyder, P.A., in Davie. You can email any of your related questions to Kaley at Kaley@snyderlawpa.com

Engaging Residents As Easy As



Old Janus Board monitors in the Village common areas are now programmed with JKVConnect information. To sign up for JKVConnect and attend an informational class please contact Nick Sconiers at (954) 784-4739 or email nsconiers@jkvfl.com

The numbers keep growing as more and more John Knox Village residents sign up for and use the JKVConnect resident engagement portal. JKVConnect is the 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

management and maintenance requests and the Life Enrichment team can alert residents to changes or quickly let residents know of newly scheduled exciting activities, that may have been booked, for instance, after the Month-At-A-Glance calendar was distributed.

Please also know all 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

All 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.

Maintenance Request 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

outside their apartment and villa homes.

See the upcoming March and April schedule of JKVConnect classes at which Production & Technology Coordinator Nick Sconiers will provide general overview to residents of how JKVConnect will help them.

JKV Connect Schedule

All classes are held in Village Towers Unit #212

March (Each Tuesday and Thursday, One Class per Day)

Tuesday, March 10
10:30am-12pm

Thursday, March 12
2pm-3:30pm

Tuesday, March 17
10:30am-12pm

Thursday, March 19
2pm-3:30pm

Tuesday, March 24
10:30am-12pm

Thursday, March 26
2pm-3:30pm

Tuesday, March 31
10:30am-12pm

April (Each Tuesday and Thursday, One Class per Day)

Thursday, April 2
2pm-3:30pm

Tuesday, April 7
10:30am-12pm

Thursday, April 9
2pm-3:30pm

Tuesday, April 14
10:30am-12pm

Thursday, April 16
2pm-3:30pm

Tuesday, April 21
10:30am-12pm

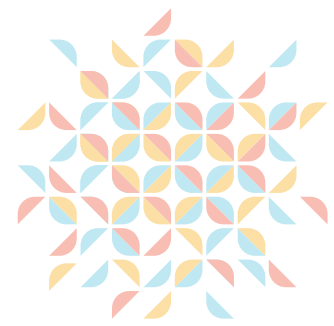
Thursday, April 23
2pm-3:30pm

Thursday, April 28
10:30am-12pm

Thursday, April 30
2pm-3:30pm

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

How Our Lives Are ENRICHED



Residents of John Knox Village have been heard to exclaim, "There is so much to do, and I am so busy, I don't know how I ever had time to work."

The combined efforts of our Marketing and the Life Enrichment departments have provided roughly 4,000 events every year for our education, enlightenment, well-being and delight in the past year.

The Month-At-A-Glance calendar-brochure and the Bravo Book give us a broad range of activities from which to choose. Our newly activated JKVConnect resident engagement internet platform provides a convenient way to register for events and activities, adding to the ability to register by phone or in person at the Auditorium.

Here are some of the recent highlights:

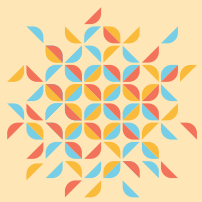
Many residents have enjoyed these Life Enrichment programs—Taking pounds off at the TOPS (Take Off Pounds Sensibly) chapter; walking on Pompano Beach and enjoying guided meditation on the sand; attending the Second Sunday film Series at Nova Southeastern University; going on the Second Annual Progressive Dinner held at three historic venues in Pompano Beach; enjoying Fit Chats addressing



Residents recently enjoyed a progressive dinner to benefit the Pompano Beach Historical Society. Shown here at the first stop, the historic Sample-McDougald House are (L-R) Marie Jaeger, Barbara Kuntz, Maggie Robin and Frank Jaeger.

ways to alleviate stress in 2020; and studying the Michelangelo's Sistine Chapel ceiling with a Nova Southeastern Art Museum docent.

You know the saying "So much to do, so little time."
—From Diane and John Dalsimer, co-chairs of the Resident Life Enrichment Committee



JOHN KNOX HOME HEALTH AGENCY, INC.

Home Health BEE-ing All They Can Bee



Leslie Schlienger
Home Health
Administrator

John Knox Home Health Agency has rolled out a new program for fun and recognition of our superlative employees. We are all the "buzz" about celebrating successes. The theme of the program is BEE'ing the best you can BEE. We are awarding staff a wearable BEE pin when recognizing them for outstanding performance in Kindness, Competence, and Special Efforts to enrich our resident's and other client's lives. If you see a BEE pin ask the staff about it. We are trying to BEE our personal best this year.

—Leslie Schlienger



The John Knox Home Health Agency is creating a buzz with its new BEE awards program.



Employee Sonya Reynolds proudly wears her BEE pin.

Donations received during the months of December 2019 - January 2020

To John Knox Village

Employee Scholarship Fund

Bahlke, Betty
Bishop, Claire & George
Bowling, Marilyn
Cason, Ernest & Maude
through the Cason Trust
Costigan, Patricia
in memory of Rudy Frei & Phyllis Neuberger
Fletcher, Christine
Haun, Twylah & David
Jenkins, Norma
Knowles, Lee
Liedtke, Phyllis
Loree, Sally & Paul
Low, Harold
in memory of Mildred Low
McQueen, Flora
in memory of Mildred Low
Milanovich, Rosie & Bob
Phillips, Shirley
in memory of Margaret McKenna Sanders
Redd, Carol
in memory of Pat Rush
Schmidt, Franklin
in memory of Kenneth Keenan
Stevens, Edwin
Swanson, Liz
Welch, Fran

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Bednarcik, Wendy
Bousfield, Betsy
Ellington, Marcia
Frazer, Kit
in memory of Rudy Frei
Folsom, Doug
Furman, Martha Jane & Frank
McAfee, Monica
McDowell, Sue & Tom
McQueen, Flora
Olson, Nanette & Mark
Phillips, Shirley
Simpson, Paul E.
Spalding, Janet
St. Martin, Sondra
Stryker, Gerald & Carol Dumond

Benevolent Endowment Fund

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

Chapel/Village Centre Maintenance Fund

Anonymous

Michel, Fred & Irene
through the Michel Trust
Redd, Carol
n memory of Ted Tanner

Charlotte Symonds Fund

Low, Harold
in memory of Mildred Low
Milanovich, Rosie & Bob

CNA Training Fund

Milanovich, Rosie & Bob
Robbins, Sally
in memory of Rudy Frei

Foundation Unrestricted Fund

Cuddy, Joyce
Dalsimer, Diane & John
in memory of Phyllis Neuberger & Rudy Frei
Haun, Twylah & David
Heger, David & Ken Raiten
Huizenga, Jack
Kelly, Kay
in memory of Mildred Low
Kelly, Robert
in memory of Rudy Frei
Kendzia, Joan
in memory of Rudy Frei
Kinsey, Reba
in memory of Arnie Nilsen
Kuntz, Barbara
LaFlamme, Thomas
Loree, Sally & Paul
Low, Harold
in memory of Mildred Low
MacVicar, Andrea & Mack
Naylor, Harvey
Pearson, Nels
Raiten, Ken & David Heger
Redd, Carol
in memory of Richard Shankweiler & Charles E. Smith Jr.
Schmidt, Franklin
in memory of Rudy Frei
Schnell, Katherine
in memory of Rudy Frei
Sheppard, Janice
Swanson, Liz
Sweet, Betsy & Thomas
Welin, Margaret
in memory of Rudy Frei

Health Center Other Fund

Miller, Romaine

Maggie Goetz Birds Fund

Anonymous
Bowling, Marilyn

Piano Tuning Fund

Redd, Carol
in memory of Norma Lyons

Residents Assistance Fund

Audet, Karen & Pete
Higgins, Suzanne
in memory of Joan Jean
Cason, Ernest & Maude
through the Cason Trust
Durkin, Harry
in memory of Mary McCormack
Halsey, Alison & William Hathaway
in memory of Don Broaddus & in honor of Jack Huizenga
Harris Family Trust
Hathaway, William & Alison Halsey
in memory of Don Broaddus & in honor of Jack Huizenga
Kline, Gloria
in memory of Rudy Frei
Malone, Kathryn & Frank
in memory of Rudy Frei
McDowell, Robert
in honor of Sue and Tom McDowell
McGinn, Marlene
in memory of Mary McCormack
Milanovich, Rosie & Bob

Rose Garden & Oak Tree Fund

Jordan, Jeannette

Toshiko Inouye Fund

Bowling, Marilyn
Inouye, Denis
in memory of Toshiko Inouye

Transportation Fund

Berk, Bernadine
Haley, Dorothy
Heger, David & Ken Raiten
Liedtke, Phyllis
Patriss, Don
Raiten, Ken & David Heger
Sams, Harriett
Sheppard, Janice
St. Martin, Sondra
in memory of Rudy Frei & Phyllis Neuberger

Wellness Park Fund

Anonymous
Urbina, Rose
in memory of Tara, Nancy Lee
Matthew's cat
Welch, Fran

Woodlands Fund

Johnson, Herb
Knowles, Lee
Moyer, Robert
through the Robert W. Moyer
Foundation

The Woodlands at John Knox Village



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

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

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

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

(954) 247-5800

www.WoodlandsJKV.com



700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

The Art of Village Vida

Continued from page 12

Focus On The Good

What choices are you making? Are you feeling happy or crappy? Consider the considerable good in your life; family and friends, community, financial freedom, warm, fresh air and blue skies. Focus on the good. Make it bigger in your mind and the pain and discomfort will fade slightly into the background. What you put your attention on, what you think about, is biggest in your consciousness. Don't focus on the pain. Is it easy? Not always. Is it do-able? Yep. Taking action (like getting PT or eating to reduce inflammation) helps when things go awry. Along with managing what and how you think, being in action helps you to feel more in control.

Be a Savvy Senior. Be grateful for what you have and know that you can only control your own thoughts, words and deeds. Choose the good ones and notice how much better you can feel.

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



DISCOUNTED MARRIOTT AMENITIES

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

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

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

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



FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell	7 a.m. Tai Chi with Russell
8:30 a.m. – 9:00 a.m. Morning Meditation	8:30 a.m. – 9:00 a.m. Morning Meditation	8:30 a.m. – 9:00 a.m. Morning Meditation	8:30 a.m. – 9:00 a.m. Morning Meditation		
	9:00 - 9:45 a.m. Tri Level Fitness		9:00 - 9:45 a.m. Strong Slow Flow		
9:00 a.m.- 10:00 am Water Exercise LA Fitness Refer to swim guide	9:00 a.m.-10:00 a.m. Leisure Swim LA Fitness Refer to swim guide	9:00 a.m. - 10:00 a.m. Water Exercise Marriot Refer to swim guide	9:00 a.m.- 10:00 am Leisure Swim LA Fitness Refer to swim guide	9:00 a.m.-10:00 a.m. Water Exercise LA Fitness Refer to swim guide	9:00 a.m. - 10:00 a.m. Water Exercise LA Fitness Refer to swim guide
9:15 - 10:15 a.m. Cardio Pump	9:15 - 9:45 a.m. Chair Exercise @ GW	9:15 - 10:15 a.m. Aerobics II	11 - 11:30 a.m. Chair Exercise @ GW	9:15 - 10:15 a.m. Aerobics II	
	10:00 - 11:00 a.m. Mat Pilates		10:00 - 11:00 a.m. Mat Pilates	10:30 - 11:00 a.m. Posture & Balance	
11:00 - 11:30 a.m. Chair Exercise @ GW		10:30 - 11:30 a.m. Tai Chi with James			
	11:15 - 12:00 p.m. Zumba		11:15 - 12:00 p.m. Barre Fitness	11:15 - 11:45 a.m. Morning Meditation	
1:15 - 1:45 p.m. Better Balance		1:00 - 1:45 p.m. Strength & Balance		1:00 - 1:45 p.m. Strength & Balance	
2:00 - 2:30 p.m. Gentle Stretch	1:00 - 1:45 p.m. PWR!Moves	2:00 - 2:45 p.m. Chair Yoga	1:00 - 1:45 p.m. PWR!Moves	2:00 - 2:30 p.m. Gentle Stretch	
	2:15 - 2:45 p.m. Posture & Balance	2:15 - 2:45 p.m. Chair Exercise @ VT	2:15 – 2:45 p.m. Chair Fitness	2:15 - 2:45 p.m. FUNctional Chair Exercise @ LEC	

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

*Chair Ex @ GW = Chair Exercises at Gardens West

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

Fitness Studio
SUPERVISED EXERCISE
by appointment

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

FREE BUS TRANSPORTATION SCHEDULE

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



Got Questions

WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

ACCOUNTING (Questions about your monthly bill)	(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
<i>Committee Chairs:</i>	
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

Learn New Skills With The JKV "Artist In Residence" March 9 - 18



Kevin Morrissey will present a two-week "Artist in Residence" program during ArtSage month.

Kevin Morrissey Brings His Creative Talents To Budding JKV Artists

North Carolina-based fine artist Kevin Morrissey will join us for a two-week "Artist in Residence" program as part of ArtSage Month. Kevin will teach hands-on studio classes, where resident "students" can practice drawing skills, painting with watercolor and learn basic oil paint skills.

**Join us for a Meet & Greet With The Artist on:
Friday, March 6 at 10:30 a.m.
in the Lakeside Dining Room**

Hear from the artist and discover, in more detail, his plans for his two weeks on campus.

**To RSVP call the Life Enrichment Department
at (954) 783-4039.**



Our Mission Statement:

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

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

www.JohnKnoxVillage.com

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



JOHN KNOX
VILLAGE

Where possibility plays

For More Info Contact
(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
   JohnKnoxVillage.com