

# VOICE



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# In Case You *Missed It...*

Not even COVID-19 could suppress the resilient spirit of JKV residents and staff. There always seems to be something fun, entertaining or educational going on. Here are some photographs of events at JKV...In Case You Missed It!



Dave and Jackie Bayer (second from right and center) were honored during the January Board of Directors' Report to All Residents meeting for their tireless work chairing the Newcomers Committee. They are shown (L-R) with Senate President Pete Audet, Board Chair Paul Simpson and Marti Engel, Meaningful Life and Volunteer Manager.



Appropriately donning their "Pivot" T-shirts, the Life Enrichment Ladies have some fun by Furman Fountain. Much like all JKV departments they have had to shift gears periodically as the Village works its way through the COVID-19 pandemic. Shown here (L-R) are: Jacquée Thompson, Jamisyn Becker, Bea St. Pierre and Yael Fishman.



Broward County Commissioner Lamar Fisher makes a point during his presentation at the February Resident Senate Meeting for All Residents. Heritage Tower resident Susan Seidler, chair of the Legislative Committee, listens intently.



In partnership with GENVAS (formerly the Venetian Arts Society) residents enjoyed a COVID-careful outing to the historic Stranahan House to listen to (L-R) guitar virtuoso Jose Angel Navarro, flute legend Nestor Torres and drummer vocalist Joel Hernandez.



As seen from the Heritage Tower rooftop, the exterior of Village Towers is getting a facelift, including the installation of impact windows and sliding glass doors, waterproofing and painting.



Because of JKV's COVID-19 preventive protocols residents and staff were not permitted to thank residents in person for their generous financial gift of \$700,565 from the Holiday Gift Fund. So all departments created posters. This one is from Resident Relations—Manager Joanne Avis, Social Worker Loli Pire-Schmidt and Administrative Assistant Sonya Reynolds.

## ON THE COVER

Thanks to JKV's stringent COVID-19 preventive protocols, the Village was selected to have the first vaccination doses in the state for our Elders in Seaside Cove and The Woodlands, followed by our Independent Living, Garden West residents and our staff.



The joys of  
**WELLNESS**  
& peace of mind



JOHN KNOX  
VILLAGE

Where possibility plays

## The Best Word Defining JKV...

### *Resiliency*

The word resiliency, as defined by *Webster's New World Dictionary of the American Language*, is "an ability to recover from or adjust easily to adversity or change."

The word just as easily applies to the nearly 1,000 residents and more than 800 employees who live and work at John Knox Village. Your resiliency in the face of a now more-than-year-long world-wide pandemic has been nothing short of amazing.

Our first communication delivered to residents and staff related to the then-described Novel Coronavirus was on Feb. 12, 2020 and provided some health-care protocols related to travel, the virus' symptoms and steps to take if you encountered someone suspected of having the virus.

The message was the result of an initial core group meeting of our JKV Emergency Preparedness Team that was just "adjusting" to the notion things were going to get very busy.

By March 2nd hand sanitizers were in place throughout the Village's common areas, Gov. Ron DeSantis declared a "State of Emergency," and virus-related training for staff began. Environmental Services started cleaning and re-cleaning and sanitizing and re-sanitizing high-touch points throughout the Village.

Screening for residents, employees, guests and vendors began March 8th, requiring many staffers to "adjust" from the roles for which they were hired to assist as screeners. Days later visitation to Gardens West, Seaside Cove and



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Gerry Stryker  
President/CEO

# VOICE

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**JKV staff members (L. to R.) Susanne Russell, Joanne Avis and Loli Pire-Schmidt check-in resident Andrea Hipskind for her initial COVID-19 vaccination on Jan. 19. In all, some 800 residents and employees received their first vaccinations that day. Marty Lee photo.**

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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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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.



## Enhancing Your Sense Of Purpose



Mark Dobosz

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

Although enhance initially applied only to physically making things

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

higher, it quickly acquired figurative senses for "raising" the value or attractiveness of something or someone.

During my first six weeks at John Knox Village as your new Foundation Executive Director, I have been listening and learning from residents and staff about the many great programs, services, relationships, spaces, and culture of the community.

What has made a big impression on me is the extent of community engagement that exists among residents and staff. There is a deep desire to continually strive for "raising" the value and attractiveness of JKV.

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

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

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

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

John Knox Village has been blessed with outstanding

volunteerism and great philanthropy over the years from its residents and staff. Our legacy going forward is to enhance what we have and raise it to its next level. A level on which we can all mutually build and celebrate.

I look forward to meeting each of you personally and hear your life stories. Each of us brings something special to the weaving of our community fabric we call John Knox Village. My door is always open. Please feel free to come see me anytime for a cup of coffee and conversation. The Foundation Office is on the first floor in Cassels Tower.

My phone number is 954-784-4757 and my email is [mdobosz@jkvfl.com](mailto:mdobosz@jkvfl.com)

I leave you with one of my favorite quotes.

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

–Robin Sharma

–Mark Dobosz  
Executive Director

# JKV Offers All Residents & Staff Chance For COVID-19 VACCINATION

By Marty Lee. Village Voice Contributor



*JKV staff members (L. to R.) Susanne Russell, Joanne Avis and Loli Pires-Schmidt check-in resident Andrea Hipskind for her initial COVID-19 vaccination on Jan. 19. In all, some 800 residents and employees received their first vaccinations that day. Marty Lee photo.*

Ever since December and the approval of both the Pfizer- BioNTech and Moderna COVID-19 vaccines, people all over the nation have been seeking their turn for vaccinations. Subsequently, the state of Florida prioritized persons 65 years of age and older, plus health care personnel with direct patient contact and residents and staff of long-term care facilities.

Fortunately, John Knox Village was presented the opportunity to sign up for the vaccination program for its Independent Living, Assisted Living and Skilled-Nursing residents. Leslie Schlienger, Administrator of the John Knox Home Health Agency, said that JKV took quick advantage and submitted requests for all three areas. "We qualified to provide vaccinations as a Life-Plan community through the Assisted Living Facility assignment in Florida," Leslie said. "Independent Living was assigned Walgreens as a provider. We took the opportunity as

fast as it came."

JKV was given notification approximately two weeks before the scheduled vaccination Jan. 19 program. JKV's management team jumped into action to plan for this major health care event. Elders in the Meaningful Life homes including Assisted Living at Gardens

West and Long-Term Care in Seaside Cove and The Woodlands had already received their vaccinations, so the planning would involve vaccinations for the entire community of Independent Living residents and employees.

Leslie said that the planning involved a leadership group tasked with: Communications with Walgreens and residents and staff about the program; forms documentation and clerical support for those signing up for the vaccination; nursing and home health to assist where needed; volunteer management; plus, staff involved with transportation, security and parking.

The group walked the Village Centre to manage logistics. "This was the single most valuable activity in identifying best practices for the day of the event," Leslie said.

Jamisyn Becker, Life Enrichment Manager, and her team managed the day's set-up and logistics. They, along with many volunteers, coordinated the flow of people:

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*Life Enrichment Administrative Coordinator Bea St. Pierre is interviewed by Telemundo reporter Carolina Peguero during our vaccination clinic.*

# Benefits Of A *Curious Mind*

By Anne Goldberg, Village Voice Contributor & Savvy Senior



Anne Goldberg

Back in September, I had a severe stomachache that sent me to my doctor, who ordered an endoscopy. A December call from my gastro doc informed me that my colonoscopy was clean, but the biopsy he took of my stomach showed signs of precancerous changes. Whaaat?

He explained that I have excess stomach acid (not uncommon) and told me there is a simple fix to stop the progression of the cell changes and therefore nix any possible cancer. "All you have to do is take an OTC acid-blocker,"

to take the acid reducer daily. "You don't want stomach cancer Anne." After a week of daily omeprazole, I had a nagging urge to get online and investigate the relationship between acid-blockers and stomach cancer. My curiosity was piquing. I was unprepared for what I found.

## Searching For Information

There were studies that concluded there is a link between stomach cancer and the daily use of OTC proton pump inhibitors such as Prilosec (omeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), AcipHex (rabeprazole), Nexium (esomeprazole) and Dexilant (dexlansoprazole). The National Institutes of Health (NIH) wrote about it in 2017, and a study published in 2016 by the American Gastroenterological Association, looked at over 80,000 patients and showed that the use of proton-pump inhibitors was associated with a significant increase in the risk of gastric cancer. Long-term use is defined as 12 months.

I researched deeper into the world of acid-reducing meds and the relationship to gastric cancer.

of Pepcid. Other H2 blockers are Tagamet (cimetidine), Axid (nizatidine) and ranitidine (Zantac, a brand of ranitidine was taken off the market for another cancer-causing problem not related specifically to ranitidine, which is widely available).

I am ever grateful for the freak stomachache that caused my PCP to order an endoscopy. Without that, I would not have known about the pre-cancerous cells in my stomach. I am ever grateful for my curious mind that urges me to look deeper into things and not just accept the opinions of others. Without my curious mind I would be blindly following instructions and taking a medication that might well have cemented a future gastric disaster.

Be a Savvy Senior. Ask questions. Do your own research. Don't accept information on face value. If you're not good with the computer, ask a friend for help or go to the library. Be responsible for your own health.

**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 and workshops on "The Art of Living Longer," with decluttering & organizing, and with "Tell Your Story Videos," preserving the stories and wisdom of your life for future generations. Visit: [www.SavvySeniorServices.com](http://www.SavvySeniorServices.com)**

**Be a Savvy Senior. Ask questions.  
Do your own research.**

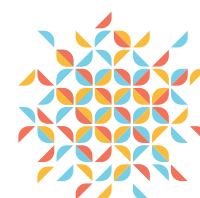
he said. I don't like them, and I was distraught but not bull-headed, as he told me that this was the only way he knew to treat this.

We agreed to a dose of Prilosec three times a week. Why Prilosec? It was the only name that came into my head when he suggested an OTC solution. He did not care which one I took. That afternoon I purchased the generic version of Prilosec, omeprazole, and began taking it three times a week.

At an appointment with my personal care physician, we went over the test results. She urged me

It didn't take long to learn that the older versions of acid-blocker meds – the H2 blockers are not associated with an increased risk of gastric cancer. A meta-study by the Department of Medicine at the University of Hong Kong in China showed that people who took PPIs had more than twice the risk of developing stomach cancer, whereas H2 blockers were not associated with an increased risk.

I threw away the omeprazole and replaced it with famotidine, reportedly the most potent of the H2 blockers and the generic



## Three Steps To Kindness

By Rev. Dr. Bridgette A. Sullenger and Rev. Jamie Champion, JKV's Spiritual Life Directors, Village Voice Contributors



Rev. Bridgette Sullenger  
Spiritual Life Leader

Smiling has a double benefit.

**Second, say more.** There are people who go days or even weeks without ever talking to another person. There are people who do not have the courage or confidence to speak out when they are in need.

When we recognize this in someone else, then we open up the opportunity to help them. Talking to others prevents them from feeling isolated and disconnected from the world. Talking, even a simple hello, can help others to feel connected, alive and may even help to decrease feelings of isolation.

**Third, share more.** We live in a



Rev. Dr. Bridgette A. Sullenger and Rev. Jamie Champion, JKV's Spiritual Life Directors, co-wrote this article for the Village Voice.

At some point in our lives we have been there: Sad, afraid, lonely, sick, or maybe even financially strapped. It is in those times that we seek out remedies to help get us out of our situation. Sometimes all it takes to bring us back to our normal and productive lives is a kind word from a friend or a stranger. When we personally experience this, it is uplifting.

In this new year, we would like to offer some ways that you might be able to help someone who may be going through a difficult time.

those who have talents, donate those. There are plenty of people and organizations that could use your time, talents and or financial support. Do some research to discover where you might be able to help and be there for someone else this year. This also has a return benefit, when we share, we in turn have feelings of benevolence.

If each of us would follow these three simple steps – smile more, say more, share more – think of how much better we could make life. Let's continue to make this a year of opportunity, where we can show that love and kindness are what guides us.

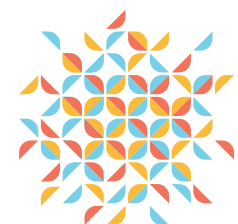
–Rev. Dr. Bridgette Sullenger and  
Rev. Jamie Champion

## Kindness Matters

**First, smile more.** This is probably the easiest way to brighten someone else's day. When we smile, we express warmth and kindness to those who are around us. For those people who are in need of kindness, a simple smile can lift their hearts and even make them smile back which has the added benefit that when they smile back, it in turn helps us to receive a dose of kindness.

world where there are those who have and those who have not. If you have plenty, then sharing some will not be a huge burden. In fact, it can help you. The act of sharing is something that we learn very young and is something that we should continue our whole life.

Discover new ways to share that help with the world. We all have resources. For those who have time, donate time, and for





# Personal Tech Company

## Offers Tech Assistance To Raise Your Digital Savvy

By Matt Munro, GroovyTek President and Village Voice Contributor



Matt Munro

Here are five technology-related resolutions that could be considered by almost anyone who owns a smart-phone, tablet, or computer.

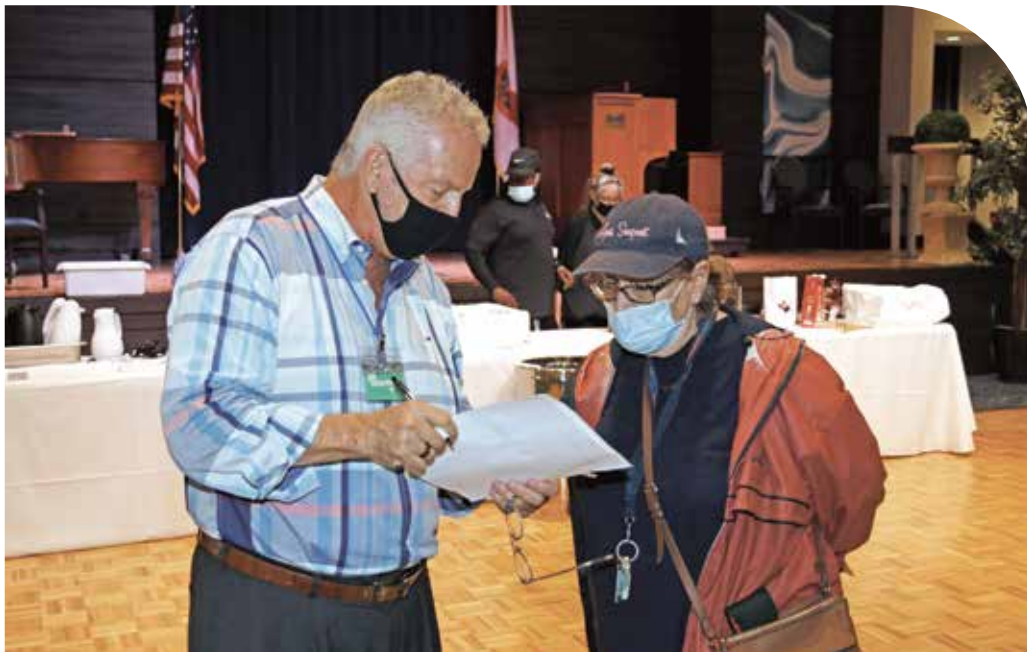
### 1. Get Organized

Get your digital life in order.

Focus first on decluttering your inbox by unsubscribing to spam messages or marketing emails from companies you have done business with once. On a related note, get a handle on your subscriptions, spend a bit of time reviewing your banking/PayPal statements to make sure you aren't paying for services you don't use, but are paying for just because you forgot that you set up a subscription. And, take a look at a password manager application to get your password house in order. Can you feel the Zen taking hold already?

### 2. Pledge To Be Safer Online

If we learned anything from 2020, it is that worst-case scenarios can become a reality. Be more sensitive about where and how you are sharing your personal information in 2021. Who knows, it might even be the year to explore setting up your own Virtual Private Network (VPN), which gives you online privacy and anonymity by creating a private network from a public internet connection. Consider making sure you have two-factor authentication set up for critical accounts. Also, be wary of public Wi-Fi networks and how you operate



GroovyTek V.P. & General Manager Barry Rogers discusses his company's services with Village Towers resident Jeanne Jordan.

when using one. And again, consider a password manager application or updating your passwords overall with a tougher-to-crack password than the name of your grandkids and favorite pets.

### 3. Spend Less Time With Screens

Last year it was easy to spend more time than usual with our personal technology devices. In 2021, commit to breaking away from your screens and apps. Realize that you can be more efficient when checking in via your devices. Try to be more aware of when you are being manipulated by algorithms and various applications' design elements when spending time on your devices. They are designed to make you feel addicted to them; trust me, you aren't going to miss out on too much if you schedule in time away from your screens.

### 4. Take An Online Course

Learn online or work with an online tutor on a new subject. Many services were able to thrive during the pandemic by offering educational and broadening experiences via tech-

nology platforms. Maybe this is the year you learn Japanese by doing Skype sessions with a tutor in Japan? Perhaps explore a new degree; there really is no limit as to the engagements you can find online that can enhance your skill sets and quality of life.

### 5. Don't Tech And Drive

Put the phone in the backseat or power it off when you are going to be behind the wheel. Any and all messages you miss while driving will be there for you to respond to when you get to your destination, so make sure you get there and be safe. No message is more important than your life or the life of someone else.

*Matt Munro is President of GroovyTek, a four-year-old company which takes a personalized approach— anchored in respect and patience—to help people become confident navigating personal technology independently and on their own terms.*

## Recalling Mom and Loving Life At JKV



Pete Audet  
President Resident Senate

A man goes into a bar and shares, "a cop just knocked on my door and told me my dogs were chasing people on bikes." I told him, "that's impossible, my dogs don't even own bikes."

Growing up my mom was a teacher—a high school English teacher. She used to review my homework, especially the essays: Couldn't get away with dangling participles, misplaced modifiers, or the horrid homophones—similar words that had similar spelling and

pronunciation, but different meanings. Mom taught me the fun of spotting them, and the discretion not to laugh out loud if the author was nearby. I still chortle when I see one in print ...Rules, Rules, Rules... like always coloring inside the lines. Does anyone remember the Crayola color Burnt Umber?

Well, you'll have to 'scuse me, I am writing this the day after my second COVID-19 vaccination. My arm is a bit stiff and lugubrious and I thought I could milk that as my excuse for all the thoughts this month. Or another way is, the views expressed here are those of my left brain and may not reflect the wider views of my more ambiguous self.

But I do so remember my mother correcting my papers: Our school principal was also the school coach who allowed us to shoot baskets in the gym during our free time. We had summer reading lists that seemed like an unbearable demand on our sum-

mer sultan. Occasionally, there was a hair-raising plot, and our book reports became pieces of art. We were forced to practice patience staring at the blank page, hoping that inspiration would quickly flow from our brain so we could go outside before the weather changed

Seriously, while in third grade my mother went back to teaching, and she taught me to laugh at street signs like "caution pedestrians slippery when wet," or sayings like "one morning I got the newspaper in my pajamas."

"They just said it's not going to rain on the radio,"...(oh good, we don't need to bring it inside), or "she handed out brownies to children wrapped in Tupperware." (Do you have to go to a party to get one that size?)

Book reports were due by the second week of class and the teachers were generally fair, as long as we were able to keep up and bear with reading it ... I mean how many times can one

*Continued on page 25*

## The John Knox Village Foundation



**Foundation Board of Director Sondra St. Martin enjoys herself at the Glades Grill.**

How Your Routine Shopping Can Help Support JKV Community Enhancements

You can do this while you shop on Amazon.

Through the Amazon Smiles program, you can help enhance the programs, services and spaces at John Knox Village every time you shop on Amazon. Yes, it is true. Amazon will send certified charities a portion of most sales as part of the Amazon Smiles Program.

Simply put, Amazon will donate .5 percent of your purchases to the Foundation. All you need to do is log into [smile.amazon.com](https://smile.amazon.com) instead of [amazon.com](https://amazon.com). In the header, you will see, in gold lettering "Supporting." Click on that link and simply enter **John Knox Village of Florida Foundation**.

Note: There are other John Knox Village Foundations, so make sure you "click" on ours. You only have to do this the first time. From then on, just sign in to [smile.amazon.com](https://smile.amazon.com), shop to your heart's desire and a portion of eligible purchases will be donated to

the JKV Foundation.

As with all things, there are exclusions to this donation. Certain items are not eligible for and will not result in donations, however there are tens of millions of products that are eligible for donations. You will see "Eligible for AmazonSmile Donation" on their product detail page.

The fun part is that you can go into the header and click on YOURNAME's Amazon and they will show the total amount you have donated. Truly, a "Feel Good" feeling.

I was so excited when I learned of this that I immediately purchased a few items and, VOILA, I earned \$2.46 for John Knox Village.

And that is just Step 1. Send this to your family, friends, former neighbors, hairdresser, barber, etc. etc. etc. Happy Shopping.

—Sondra St Martin  
JKV Foundation Board Member

# Food As Medicine

## Ginger... Turmeric... Ginseng

By Tereza Hubkova, MD, Village Voice Contributor



Tereza Hubkova, MD

While millions of Americans have already been vaccinated against COVID-19, questions remain about the duration of the protection derived from the vaccine, as well as its effectiveness against the already spreading and future mutations of the SARS-COV-2 virus.

Fortunately, we have many natural resources to help our immune system work better and improve our resilience against viruses. We have talked about some (like garlic, Holy Basil and several adaptogens) earlier in the pandemic, but there are many more to learn about and add to our culinary armamentarium.

***It is so easy to incorporate these foods into our daily and weekly menu, and really use our food as medicine.***

### Ginger (*Zingiber Officinale*)

Ginger is one of the staples of my kitchen. Not only is it an excellent digestive aid, fresh ginger has antiviral properties and a freshly brewed ginger tea can be very helpful for upper respiratory infections. I carry ginger root with me everywhere when I travel and use it almost daily as tea, in a soup or broth. Silico studies (computer simulation) of nasal rinse made from ginger and lemon suggest its potential to reduce the ability of the SARS-COV-2 virus to enter our

body, reduce viral shedding and reduce the ability to spread. (Haridas, Sasidhar, Nath et al., *Futur J Pharm Sci.* 2021)

### Turmeric (*Curcuma longa*)

Turmeric, the bright yellow relative of ginger, is one of the most studied immunomodulatory plants on the planet. It has been used in Asia as a common household remedy for sore throat and cough for centuries and modern research confirmed its role in the management of influenza and other viruses. Given its anti-cancer properties, beneficial effect on the brain and pancreas, as well as anti-inflammatory effects, turmeric in cooking or as a supplement is here to stay. I use a ¼ to ½ teaspoon in my soups, stews and sprinkle it over chicken and vegetables before baking, and of course, it is a key ingredient in most curries.

### Ginseng (*Panax Ginseng*, Korean Ginseng)

Ginseng has been shown to have an antiviral activity against influenza A, a virus we try to battle every single year, and for which we have only vari-

ably successful vaccinations. Try to make a nourishing Korean ginseng chicken soup (samgyetang) or ginseng tea.

Other anti-microbial plants used since Greek and Roman times are oregano, mint, rosemary and sage. The latter three have also demonstrated some benefits for brain health.

A lot of research is now also looking at foods/ compounds that activate our own inner antioxidant producing gene Nrf2, such as sulforaphane from broccoli and other cruciferous vege-



tables (cabbage, Brussels sprouts), epigallocatechin gallate from green tea, resveratrol from red grapes, quercetin from red onions, capers, apples, and tea or genistein from miso and tempeh.

It is so easy to incorporate these foods into our daily and weekly menu, and really use our food as medicine.

While your kitchen will be filled with wonderful aromas of garlic and other herbs, let's mention aromatherapy, which has been used in ancient Egypt and India for thousands of years. Modern research confirmed antiviral activity of many essential oils, including their vapors, such as bergamot, cinnamon, eucalyptus and lemon-grass. While more human studies on the use of essential oils are needed, I wonder how they might compare to the currently used harsh disinfectants. I think that this is the year to find out about that as well as hundreds of other natural compounds that Mother Earth has provided for us.

—Tereza Hubkova, MD

**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. Dr. Hubkova is a regular contributor to the **Village Voice**.

# A Clever Immune System Supports

## Brain Health

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

Unfortunately, the amyloid hypothesis has been discredited as the disease's cause, accounting for the lack of results in finding a cure or effective treatments.

However, extensive amyloid-related research has shed light on how the brain and immune system work together. Rather than the cause of Alzheimer's, the amyloid plaques are likely an immune system response to some unknown invader.

But destructive invaders should not be in the brain—how do they get into it in the first place? The immune system maintains a powerful wall to keep unwanted guests out of the brain. This immune structure, called the blood-brain barrier, is ultra-vigilant in keeping blood-borne pathogens and toxins out of the brain.

However, this protective barrier can weaken over time, allowing harmful agents to enter the brain and cause trouble. A major culprit in this barrier's loss of power is inflammation, the immune system's own mechanism for fighting disease and repairing wounds.

Over age 50, the aging process brings increasing wear and tear on the body's cells. This means that normal aging can increase the inflammation factor in the body, even in the absences of disease or injury. This age-related inflammation is known as inflammaging.

brain and cause trouble.

Your immune system has already proved how clever it is, keeping you and your brain safe all the years of your life. But inflammaging can be accelerated by lifestyle choices that exhaust your immune system and increase your risk for Alzheimer's disease and COVID-19 complications.

So how can we help our immune systems stay clever as we get older? These 10 tips help you support both your immune system and your brain health on a daily basis:

- Get at least 7 hours of sleep every night.
- Drink plenty of water before 5 p.m. daily.
- Wash hands with soap frequently daily.
- Limit foods high in animal fat.
- Eat high-fiber foods and avoid constipation.
- Eat foods high in vitamin A (such as carrots, peppers, sweet potatoes) and vitamin C (such as berries, citrus, kiwis, melon, pineapple).
- Get regular exercise and take a stretch break after sitting an hour.
- Avoid social isolation and manage social conflict.
- Be grateful every day for what your immune system does to keep you healthy.
- Stay positive, reducing negative thoughts with journaling, laughter, prayer or therapy.

Spring is here, turning our thoughts to sunnier days, blossoms, and Brain Awareness Week (March 15-21, 2021).

For 25 years, this global campaign has increased public awareness about the wonders of the brain and how brain science can help our everyday lives.

To honor Brain Awareness Week, let's take a closer look at findings about how a clever immune system supports brain health.

Over the past year, the pandemic has revealed the starring role our

**A major culprit in this barrier's loss of power is inflammation, the immune system's own mechanism for fighting disease and repairing wounds.**

immune system plays in our health. Antibodies, cytokine storms, and vaccinations have become part of the daily news. Yet the immune system's role in brain health is often overlooked.

For years, brain research has focused on the role of amyloid plaques as the cause of Alzheimer's disease. Researchers were so convinced that these plaques cause the disease, that research on competing theories was not funded.

A clever immune system does not get agitated by this age-related increase in inflammation or overreact to invading pathogens. Balancing resistance and tolerance, it keeps us healthy without harming us. However, an overworked immune system may become less discriminating, lashing out at threats so intensely that healthy body cells become collateral damage. The blood-brain barrier is especially vulnerable to this friendly fire, making it easier for pathogens to enter the

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](http://www.brainwealth.org)



## Is Aquatic Physical Therapy

# Right For You?

### What is Aquatic Therapy?

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

### Who Benefits from Aquatic Therapy?

Patients with neck and back pain, including most sports-related injuries, often benefit from aquatic therapy as well as those experiencing severe weakness as a result of injury or surgery. Additionally, the pool's heat helps soothe the pain associated with injuries or discomforts. Patients recovering from muscular or skeletal injuries can control the intensity of their therapy by increasing or decreasing the amount of water resistance while performing their aquatic exercises. Therapy programs are tailored to the individual's needs by a licensed physical therapist trained in aquatic physical therapy. Skilled Therapists will be providing one on one care in the new Aquatic Complex swimming pool.

### Problems that can be treated with Aquatic Therapy:

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

### COST

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

### COVID CAREFUL

Therapy sessions will follow JKV's strict COVID-19 preventive protocols, including one-on-one sessions, 6-foot physical distancing and residents will need to wear a face shield when in the water.

### FOR MORE INFORMATION

JKV's Director of Nursing, Christy Kelly, will be the point of contact along with two part-time physical therapy assistants, Kristie Sento and Anne Holness. Appointments can be made for the hours of 8:30 a.m. to 4 p.m., however those hours may become more flexible depending on the demand and hours may be extended in the summer. **Christy Kelly can be reached at (954) 783-4009, EXT 1257 or [ckelly@jkvfl.com](mailto:ckelly@jkvfl.com)**



# JKV Offers All Residents And Staff Chan

By Marty Lee. Village Voice Contributor



**The health care professionals from Walgreens take a moment from their busy vaccination schedule for this photo.**

*Continued from page 6*

From check-in, to directing the line for documentation verification, to vaccination, and finally for the mandatory 15-minute observational wait period in the Auditorium, to make sure there were no harmful after-effects of the vaccine.

## 100 Vaccinations Per Hour

Leslie said she scheduled residents and employees to create an average of 100 persons per hour. "Besides breaking the groups up

into sensible geographic locations, there was a need to assign special needs residents to the first few spots each hour to minimize risks to frail individuals."

Jessica Frederic, JKV's Transportation Manager, was tasked with coordinating transportation for residents from their apartment or villa homes to the Village Centre.

"The schedule was set to accommodate the transportation of 100 people scheduled for the

vaccine per hour," Jessica said. "Twelve drivers worked together using a combination of carts and buses. The drivers would arrive at the scheduled time and communicate any delays. We also assigned drivers to return residents back to their residences. It worked out perfectly because of our amazing drivers."

## Positive Resident Reaction

As vaccination day arrived and progressed, residents appreciated the planning and thoroughness of the program.

Joyce and Don DeJong have been JKV residents for seven years. Don said that during the pandemic, "We thought that the JKV administration exhibited exemplary skills in the handling of the COVID-19 restrictions here in John Knox Village.

"When we learned about the schedule of the vaccinations here at John Knox Village, we were greatly appreciative of what the administration had been going through to get the vaccines delivered here."

Joyce was relieved that JKV had arranged for the vaccinations right on campus. "In talking to my friends [outside JKV] they are still

*Continued on page 15*



**South Garden villa resident Nicole Shulman receives her vaccination.**



**Resident Don DeJong receives his COVID-19 vaccination. Marty Lee photo.**

# ce For COVID-19 VACCINATION



**John Knox Home Health Agency Assistant Administrator Maria Hannah (L) and Risk Manager Kirsten Whiting handed out "I got my COVID-19 Vaccine" stickers and lollipops to residents and staff after they received their shots.**



**Kitchen Manager Curtis Haralson drops off his paperwork in advance of his vaccination.**

*Continued from page 14*

trying to get a COVID-19 shot," Joyce said. "I have heard of some people waiting four hours in their car to get a shot.

"I was very impressed in the organization of the process. It took us 35 minutes, including the 15 minutes after the shot. I felt a feeling of relief after I got the COVID-19 shot."

Claire and Dusty Dunn have lived at JKV since January 2018. Dusty said, "COVID-19 had been very frightening, but JKV immediately decided to take precautions, setting guidelines for both employees and residents to follow. At first, I thought they were very rigid but, after a while, we realized how necessary this was to keep us all safe.

"We were very excited to hear that the residents of senior care facilities would be the first to receive the vaccines. I started to wonder if and when, this would happen. I looked into getting the vaccines elsewhere but could not get an appointment and just decided to wait. I was thrilled that this day arrived and did not hesitate to sign up to get the vaccine

[at John Knox Village]."

Claire said, "I was pleased that many of the people that I knew would have peace of mind after receiving their first shot, knowing that the second one would soon come.

"I was amazed as to how quickly they were able to get everything so organized. When the day arrived, I was in awe as to how well it was planned and how professionally Walgreens administered the vaccine. JKV did a fantastic job and we are very grateful."

### **Evaluating The Results**

In assessing the vaccination program, Life Enrichment's Jami-syn Becker said, "The first round of vaccinations was a huge success. It was a true testament of various departments working together to execute a seamless event. We were able to bring the community together in a safe and comfortable way to distribute the highly anticipated vaccines with very minimal wait times. The placement of team members at each stage of the process from getting off the buses, to the various waiting areas, to the observation room ensured residents were informed and guided

along the way resulting in lower anxiety. What could have been a frenetic, stressful day, was instead of day of smiles and an overwhelming feeling of hope."

One of the many who added his assessment was Paul Simpson, a member of the John Knox Village Board of Directors for nine years and its Chairman for the past six. Paul appreciated the detail and thoroughness with which the JKV COVID-19 Vaccination Team approached its task.

"In the media, we read, watch and hear about the critical need to get these vaccines into people's arms, yet we see distribution problems all across the country," Paul said. "I've seen the news reports of people sitting in their car for hours, or seniors standing, waiting in line for hours with nowhere to sit and relax during their wait.

"Once the partnership with Walgreens and the date for vaccinations were established, the staff went to work in the planning. JKV has a significant team of people who put their hearts into what they can do for the greater good of the community."



**GENVAS**  
Venetian Arts Society  
ULTRA 21<sup>st</sup> Century Art Salons



## **JKV-Sponsored GENVAS Salons**

John Knox Village's years-long partnership with the Venetian Arts Society, continues even through the COVID-19 pandemic. Reorganized, VAS is now GENVAS, however the same intimate art salons performed by an international cast of supremely talented artists remains.

Here is the schedule for March and April. Events highlighted in **RED** will take place in the Village Centre Auditorium. For more information on these programs feel free to contact the Life Enrichment Department (954) 783-4039 or GENVAS at (954) 709-7447.



*Julian Gargiulo*



*Steven LaBrie*

**Thursday, March 25, at 5 p.m.**  
**GENVAS "Daydreams"**

with Introduction and Concert Promo "Live In-Person" Steven LaBrie, baritone, and Adam Nielson, piano, virtual concert at John Knox Village.

**Friday, March 26 from 6:30 to 9 p.m.**  
**"From South Florida with Love!"**

Steven LaBrie, and Adam Nielsen, GENVAS "The 11th Guest" on New River Terrace at Historic Stranahan House Museum.

**Thursday, April 29, at 1:30 & 3:30 p.m.**  
**GENVAS "Daydreams"**

With Julian Gargiulo, piano (Steinway Artist) virtual concert from Paris, France at John Knox Village.

**Thursday, April 29, at 3:30 & 5:30 p.m.**  
**"A Conversation with the Artist"**

Round Table Discussion (Virtual) Master Class NSU, FAU, Dillard High School, all South Florida Dance Schools (public and private)  
Venue/Time TBD (Virtual).

**Friday, April 30, CONVERGENCE**

Performance Art, featuring John Henry Maldonado (digital artist), Alexander Star (Impact/Electronic artist), Dr. Kevin Wilt (FAU composer), Kenneth Averett Clark (actor), Miami City Ballet Principal Soloist VAS "The 11th Guest" at The Ancient Spanish Monastery 16711 W. Dixie Hwy., North Miami Beach, FL 33160.

**CONVERGENCE:**

Multi-media interactive performance art fusing all art disciplines, spirituality, and humanity and how it evolved from ancient times to the digital and electronic techniques of today and into the future! VAS honors and celebrate the diversity of our community to help unite the world and move forward by being "cleverly" educational, emotionally enlightening, and to present powerfully relevant messages of hope and inspiration for the world today...and tomorrow.





THE  
GLADES  
GRILL

# Signature Black Bean Soup

## In Good Taste: Glades Grill's Signature Black Bean Soup

By Rob Seitz, Village Voice Editor

John Knox Village's newest dining venue—**The Glades Grill**—is an outstanding addition to the recently opened \$6.9 million Aquatic Complex.

Residents and Staff enjoy both indoor and outdoor poolside dining. The 84-seat Glades Grill offers a nod to healthful dining options, using seasonal organic vegetables and fruits as much as possible.

The Glades Grill's varied menu ranges from grilled or blackened fresh fish and Caribbean lobster roll to entrée salads and Gator Bites appetizers, however one of the most popular dishes Executive Chef Mark Gullusci prepares is his signature black bean soup.

### Glades Grill Black Bean Soup

(Yields 8-10 Bowls)

- 2 cups of dry black beans, soak in cool water for 24 hours
- 1 tbsp. blended oil (75% canola 25% olive)
- 1 cup chopped onions, carrots, and celery
- 1 cup chopped bell pepper
- 1 tbsp. minced garlic
- 32-ounce vegetable broth
- ¼ tsp. ground black pepper
- ½ tbsp cumin
- 1 tsp. smoked paprika
- ½ tsp. granulated garlic
- ½ tsp. granulated onion
- Chopped red onions, tomatoes and scallions for garnish

### Method Of Preparation

Heat oil in a large soup kettle or pot. Add onions, peppers, celery, carrots and garlic, sauté for 5 minutes. Add vegetable broth, bring to a boil. Strain beans and add seasonings. If using dry beans, you must simmer for 50 minutes, or until beans are tender.

Once all ingredients are in and beans are tender, remove 3 cups of soup and puree, add back to soup pot. This will thicken soup. If the soup is not thick enough, you may puree more soup. If the soup is too thick, adjust with more vegetable broth. Serve with your choice of toppings: Items may include diced red onions, chopped scallions, cilantro, tomatoes, even a dollop of sour cream is delicious, or if you are bold enough, add thinly sliced jalapeño peppers.

## Are You Hindering Your Workout?



Jasmine Tennie, BS, C-EP

How can I get the most out of a workout? If I push too hard during my workout I will get hurt. Am I doing enough during my workout? Why is my balance suddenly off and why am I so stiff?

Have you asked yourself any of these questions? There may be some simple solutions.

In order to get the most out of your workout you first have to assess how you are feeling before each workout. If you are sore from a previous workout or did not get a good night's sleep, you might not feel like you can lift as much weight or make it through your aerobics class as easily.

This is normal. Your best self is going to change depending on how you are feeling that day and the same goes for your workout. Staying consistent with your workouts is also important.

Aerobic exercise should be done at least three to five days a week. General muscular fitness should take place two to three days per week, according to the American College of Sports Medicine's *Guidelines for Exercise Testing and Prescription*. Try to keep your exercise regimen consistent on a weekly basis. Do not be afraid to branch out and try a different workout or a new class if you are unable to make your usual fitness appointments.

If you feel any pain or unusual discomfort during your workout you should stop that exercise immedi-

ately. These can be signs that you are pushing too hard during a workout. It is important to understand the difference between working with a physical therapist and a Fitness trainer.

A physical therapist is a licensed health professional who has specific graduate training in physical therapy. A physical therapist can be a Fitness trainer, a Fitness trainer cannot be a physical therapist. With that said, if you have an injury or a painful joint or muscle you should get a prescription from your doctor to see a physical therapist. Physical Therapists are trained in correcting or easing pain and/or injuries.

Fitness trainers work with you when you are at your best. Fitness trainers are trained in what to avoid when you have had a previous surgery or surgery so as not to make anything worse. In terms of JKV, Physical Therapists are in The Woodlands to help treat your injuries and Fitness Professionals are in the Fitness Studio to help you maintain your everyday fitness.

A Fitness Professional can help you determine if you are working at the proper intensity during your workout. The most important tool we have as Fitness Professionals is your health history. Our training has taught us to use your health information to best decide which type of exercises will help keep you from re-injuring or exacerbating any preexisting conditions.

Balance and flexibility can be affected by a myriad of medications, diseases, conditions, and more. Two very simple hindrances to balance



and flexibility could be your footwear and slacks. The shoes you wear when walking more than a mile should be supportive, and comfortable. I recommend shoes that are specifically tailored to the way you step (pronation or supination) and are made for distance walking. Shoes that are not made for walking long distances, such as slip-on shoes or dress shoes for men or women are not always made to fit these standards. A podiatrist or physical therapist may be able to recommend a brand of shoe that fits your needs. Working out requires you to be able to move freely. Tight jeans, dress shirts and dress pants do not allow for the freedom of stretching and lifting your limbs that help you become stronger and more limber. A T-shirt and pants with stretch material are more suited for your workout movements. You may in fact be more flexible and balanced than your fitness fashion is allowing.

For more advice or assistance with any of these topics, please stop by the Fitness Studio. We can give you assistance based on our scope of practice or help direct you to the appropriate department.

Stay fit and well.

—Jasmine Tennie  
JKV Fitness Outreach Coordinator,  
B.S., CEP

# NUTRITION NOTES

## Aging And Digestive Health



Rachel Graham

Getting older has its pluses and minuses. On the plus side, you get more time to relax and enjoy life. On the minus side lies many health challenges, including an increase in digestive health disorders.

While problems with digestion can occur at any age, research shows that nearly 40 percent of older adults have one or more age-related digestive symptoms each year.

Let us discuss some common digestive problems that you may experience as you age.

1. **Constipation:** Symptoms can include difficult or painful bowel movements, infrequent bowel movements and/or hard, dry stool. This can be related to various factors such as changes in the digestive system, medication use, lack of hydration and inactivity.

**1a. Changes in the digestive system:** Your digestive system moves food through your body by a series of muscle contractions. These contractions, much like squeezing a toothpaste tube, push food along your digestive tract. As we age, the process sometimes slows down, causing food to move more slowly through the colon which can cause constipation.

**1b. Medication use:** As we age, we start to have more health problems that require medications. Several common meds can cause constipation such as channel blockers (used for high blood pressure) and narcotics (which actually slow down the digestive system).

**1c. Not drinking enough fluids:** Staying hydrated helps prevent constipation at any age. It can become more of an issue for older adults who take diuretics for high blood pressure or heart failure. Diuretics cause you to urinate more



often, helping to lower blood pressure by causing you to lose excess fluid. This will cause some to drink less, to help prevent excess urination, therefore causing dehydration.

2. **Diverticular Disease:** About half of people age 60 and older have diverticulosis. This occurs when small pouches in the lining of the colon bulge out along weak spots in the intestinal wall, causing symptoms such as gas, bloating, cramps and constipation.

3. **GERD:** is the most common upper GI disorder in older adults stemming from stomach acid backing up into the esophagus, causing heartburn and other symptoms.

So how can we protect our digestive health as we age? The best medicine to keeping your digestion running smoothly is prevention. Check your meds. Talk with your doctor to see if your meds could be causing any digestive symptoms. Stay active by getting at least 30 minutes of exercise five days a week. Eat more fiber. Drink plenty of fluids. Maintain a healthy weight. And last, but not least, get regular health screenings.

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

## Valentine's Day Concert



Residents enjoyed a live, in-person COVID-careful Valentine's Day concert by pianist Gail Smith.



Resident favorite Gail Smith performed a special Valentine's Day Piano Concert in the Auditorium. The playlist included "Let Me Call You Sweetheart" and "What the World Needs Now is Love, Sweet Love."

# The Best Word Defining JKV... *Resiliency*

Continued from page 3

The Woodlands was restricted, Life Enrichment and Fitness Studio activities were cancelled and Marketing ceased offering staycations to prospects—a nearly cinch-the-deal method of converting a reluctant person or couple into enthusiastic new residents.

Shortly thereafter in-person dining stopped and our teams again “adjusted” to taking phoned-in meal orders and making home deliveries. Off-campus trips to grocers were cancelled, throwing teammates into Instacart ordering mode. We had the chance to buy paper products on campus, when they could not be purchased elsewhere. (Who would have thought finding toilet paper would have been a thing?)

We all started to learn about this wonderful video conferencing tool—Zoom—with its many boxes lining our screens, looking more like the opening of a Brady Bunch episode than an important team meeting or fun LE event. Our Fitness Professionals “recovered” to make instructional videos to help keep us all in shape while staying inside.

In no time our three-pronged mantra became: Wear a mask; maintain 6-foot physical distancing; wash your hands frequently.

Very different looking days, weeks, months, seasons and holidays came and went, culminating 2020 with six face-masked Life Enrichment team members with party hats and champagne flutes broadcasting a Zoomed-in New Year’s Eve toast in an empty Auditorium, out to hundreds of virtual resident revelers.

Leading to year’s end, many thought that our preventive protocols were too restrictive, however it got the attention all the way up in Tallahassee where Gov. DeSantis hand-picked JKV as the first community in Florida to receive the COVID-19 vaccinations for Seaside Cove and The Woodlands Elders, and our health-care staff members. He even came to campus to introduce our inaugural patient—16-year resident Vera Leip—during a press conference for which JKV received media coverage and professional recognition around the world.

Remarkably, by March 4th of this year, all residents and staff members will have had the chance to receive both doses of the vaccination, without enduring the hassles of scheduling websites crashing or sitting in miles-long lines of traffic in the hopes of receiving a shot.

All seven on-campus vaccination clinic visits had the potential to be logistical nightmares: At its peak, staff from all departments twice moved 800 residents and staff over eight hours from around campus to the Village Centre, processed necessary paperwork, walked them into the Hibiscus Room for their shots, watched for any side effects in the Auditorium and Glades Grill, and safely returned everyone to their homes and work areas. I understand that “I got my COVID-19 Vaccine” stickers and lollipops helped.

Throughout this unprecedented time period, the Village continued to upgrade its infrastructure and add new amenities. Cassels Tower was waterproofed, painted and impact glass was installed. New higher-capacity rooftop air conditioners were added.

Village Towers received an impact glass, waterproofing and painting facelift. Next will be upgrade work on the balconies.

We opened our state-of-the-art Welcome & Innovation Center which, because of its large conference room, has become our number one in-person meeting spot. The new Aquatic Complex is completed—with its two pools, Glades Grill, pickleball, bocce ball and Stryker’s Poolside Pub—and is open for COVID-careful convivium.

In partnership with Johns Hopkins Medicines, Holy Cross Health and Everside Health, JKV’s new Center for Healthy Living defines JKV’s commitment to the ongoing well-being of our residents and staff. Located on the first floor of our Professional Center Building, it is designed to improve the lives of those inside John Knox Village, and eventually the larger community.

Finally, you would be hard-pressed to say you have not noticed work taking place on the Westlake Pavilion. Construction on the 400-seat Performing Arts Center, two restaurants and a bar is right on schedule for a First Quarter 2022 opening: Talk about lifestyle and amenity upgrades.

Look for information concerning April ribbon cutting ceremonies for the Welcome & Innovation Center, Aquatic Complex and Center for Healthy Living, along with a topping off celebration for the Pavilion.

As we continue progressing through the pandemic and the Village’s Master Vision Plan, I know your resiliency will continue unabated, for which I am deeply grateful.

Cheers,



GERALD STRYKER  
President/CEO

*The joys of*  
**WELLNESS**  
*& peace of mind*



# Your Scholarship Dollars Making A Difference

Submitted by Norma Jenkins, Scholarship Committee

Often, we think of our JKV Employee Scholarship Fund scholarships going to our health-care workers, however, Michael Barrett shows that this isn't always the case.

Michael works in the electrical section of the Renovations Department at John Knox Village and is one of nine employees supervised by a Master Electrician. He is enrolled in a program at Atlantic Technical School (ATS) leading to certification as a journeyman electrician.

Michael began working at JKV in January 2018 and quickly started his schooling to become more proficient in his profession. The journeyman electrician program lasts four years, with an additional two years of study to become a Master Electrician. After graduating from ATS, he is considering enrolling at Broward College to pursue an electrical engineering degree.

Michael was born in Jamaica and lost both of his parents at an early age, growing up with an older sister. When he was 17, he left school and worked in the tourist industry for 14 years. While still in Jamaica, he married his wife, Simone and had a

son, Michael, Jr.

Because Simone had relatives in the United States, she could immigrate here but Michael could not. After many years of navigating through our complex immigration system, Michael was finally able to come to Florida and reunite with Simone and Michael, Jr. He became a citizen in 2019.

Simone works as an accountant at The Forum, making their commute together from Palm Beach County every day much easier. In addition to Michael, Jr., who is a student in computer science at FAU, their other children are Jonathan, 10, and Emily, 6. The family is very active in their church.

Michael's Scholarship Committee mentors are Jack and Jane Middleton. They indicated that they have been impressed with Michael's maturity and commitment to his studies.

All of you who generously contribute to the Scholarship Fund can be proud of being a part of Michael's success as he seeks to advance his career, his work at JKV and the life of his family.

Donations can be made to the



*Thanks to financial assistance from the JKV Employee Scholarship Fund, Michael Barrett is pursuing his journeyman electrician certification, with hopes of earning a degree as an electrical engineer.*

JKV Scholarship Fund by specifically noting the fund and sending the contribution to Odalys Rosua in the Foundation office or arranging for regular contributions to your monthly JKV invoice through the Accounting Department on the first floor of Cassels Tower. All our recipients are grateful for your support.

## Holiday Art Panel *Winners*

When our annual Holiday Parade—with department floats, marching bands, dignitaries and Santa on the Pompano Beach fire truck—became a COVID casualty, JKV shifted gears and created a different holiday event. The Holiday Art Panel contest pitted departments to come up with the most creative art panel best depicting the theme: Unity in the Community.

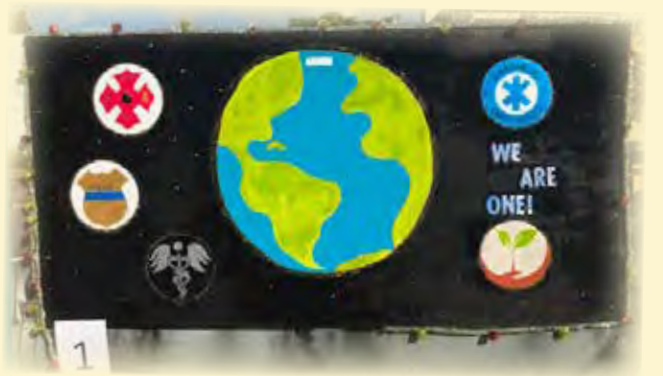
First-place winners was the Plant Operations entry, second was from The Woodlands and third was Dining Services. Thanks to all who participated.



*The Woodlands' art panel came in second.*



*Plant Operation's entry, secured first-place bragging rights.*



*This art panel helped Dining Services capture third-place honors.*



# A Bitcoin Primer

## Hint... It's Not A Coin

By Dr. Michael Featherstone, Village Voice Contributor

So, if its not a coin, what is Bitcoin? That was the most frequent question my students asked when I was teaching at Jacksonville State University, and that was (and still is) both an easy and yet complex response.

The short answer is it's simply a computer program—not unlike Microsoft's Word or Excel programs, or the software that delivers your e-mail or the applications you use on your smart phone.

**Not only can it be challenging to spend Bitcoins, but it can be a bit of a challenge even to get them.**

Bitcoin is "code," and fairly simple code at that. The original Bitcoin program was a relatively scant 12,222 lines long. By comparison, Microsoft Office is estimated to have in excess of 44 million lines of code and Facebook contains over 62 million lines.

We do not know who actually authored the program. It was written by an anonymous person (or persons) who used the pseudonym "Satoshi Nakamoto." It was introduced in 2008 in an article entitled "Bitcoin: A Peer-to-Peer Electronic Cash System," published on an internet web-site frequented by computer geeks whose primary interest was cryptography; you know, "secret codes."

Bitcoin is a peer-to-peer (much like person-to-person) electronic cash system, only the person sell-

ing something may never know the identity of the person buying that something and vice-versa. So, it is an anonymous electronic payment system and the first example of a growing category of currency now called "cryptocurrency" or "digital currency." Some say it represents the future of money.

The program was launched in early 2009, but the first transaction did not occur until 2010, when (famously amongst the computer

literati) Laszlo Hanyecz of Jacksonville, FL purchased two pizzas for only 10,000 Bitcoins. Using today's valuation those pizzas cost about \$50 million, but in 2010 a single Bitcoin was worth .008 cents. It was a difficult transaction in 2010 and it would still be relatively difficult today because so few retailers accept them.

Not only can it be challenging to spend Bitcoins, but it can be a bit of a challenge even to get them.

There are basically three ways in which Bitcoins can be acquired. First, and least practical from an individual standpoint, is a process referred to as "mining." It is a complex endeavor involving vast amounts of computing power. Just scratch that idea off the list.

Second is to acquire them in

an online currency exchange. This is much easier than it was even a year ago, but it does require a modicum of computer skill. The third is for you to accept them in a personal business exchange or financial transaction. That's what a very young Jeremy Sturdivant did on May 22, 2010 when he accepted Mr. Hanyecz's 10,000 bitcoins, called a pizza parlor in Jacksonville, and had two pizzas delivered to Mr. Hanyecz's residence.

What has been responsible for the dramatic rise in the value of Bitcoin since its pizza parlor premier? Part of the reason is the simplicity and genius of the program that underlies Bitcoin. It allows for complete transparency while at the same time guaranteeing the anonymity of transaction participants. It allows transactions without any oversight from a "trusted third party," such as banks or even governments, and it is virtually invulnerable to any external hacking or tampering. It is an inviolable form of ledger or database now referred to as the "Block-chain."

*Village Towers resident and retired Jacksonville State University professor Dr. Michael Featherstone wrote this article for the Village Voice.*

# FLiCRA's Annual Meeting

## BSO Sheriff Tony Was Guest Speaker



Sheriff Gregory Tony



### My Pledge:

**"I will do the very best that I can."**

### What values drive Sheriff Gregory Tony?

**Determination:** Tony grew up in the inner city of Philadelphia in the 1990s, where crime and drugs saturated the community. "I decided I would not be a statistic" and end up in jail or the morgue. Tony heard of the legendary Florida coach, Bobby Bowden, and wanted to play for him. He saved money and with a backpack and "whopping" \$500, he took his first plane ride. Tony was the first in his family to go to college. He was graduated from Florida State University with a BA in criminology and received a master's degree from Nova Southeastern University.

**Initiative:** Tony had always wanted to be a police officer. As a child, he dressed as one for Halloween. He joined the Coral Springs Police Department in 2005, where he received many honors and rose to the rank of sergeant-supervisor. His initiatives were instrumental in saving the lives of 14 students in the Marjory Stoneman Douglas tragedy. Tony is the first African American to serve as sheriff in Broward County.

### What changes have you made in your department in your first two years?

1. Taken the experienced officers within our ranks and put them in leadership roles.

Increased diversity, which is demonstrated by the first woman undersheriff in the agency's 106-year history.

2. Upgraded shooter preparedness and response training. Broward is the first agency in Florida to have a nationally certified active shooter training unit.

3. Prepared for the future with long-term infrastructure, by starting to build a \$45-million training center.

4. Established the county's first Use of Force Review Board and reestablished a Professional Standards Committee.

### Other topics

**Racism in the police profession:** "There is a gap in education about the historic nature of brutality behind black goals," the 13th Amendment and incarceration and the lingering realities of Jim Crow. The Sheriff has instituted Racial Equity and Implicit Bias training.

**Issue of human trafficking:** Broward County is at the epicenter of the problem. BSO is expanding its efforts and planning a public Zoom meeting on the crisis.

**"We need to do more for others ... so, that we will leave this Earth a little better ... and, in the process of living, have a little joy."**

—Jeanne Jordan, President  
JKV FLiCRA Chapter 26



JKV President & CEO Gerry Stryker talks with Westlake priority depositor Anita Spiegel, and Nelson Emmens, during a recent Cocktails with the CEO Marketing event.



Guests Gail DelMarco and Jim Land enjoy a delicious appetizer from Jubarry Maynard during the Marketing Department's recent Cocktails with the CEO event. They came to learn more about our Westlake at John Knox Village project.

## Donations received during the months of December 2020 - January 2021

### To John Knox Village

#### Employee Scholarship Fund

Anonymous  
*in memory of Jody Snoberger*  
Archard, Ann  
*in memory of Ron Davis*  
Bahlke, Betty  
Bousfield, Betsy  
*in memory of Ron Davis*  
Bowling, Marilyn  
Cason, Ernest & Maude  
through the Cason Trust  
Costigan, Pat  
*in memory of Ron Davis*  
Davis, Dee & Ron  
Ellington, Marcia  
*in memory of Ron Davis*  
Featherstone, Michael &  
Barbara Morningstar  
Gunderson, Geri  
*in memory of Ron Davis & Lillian Kimmel*  
Gutman, Susan  
through the Estate of Susan Gutman  
Haun, Twylah & David  
*in memory of Ron Davis*  
Horn, Virginia  
*in memory of Margaret Castendyck,  
Ron Davis & Shirley Mirenda*  
Janes, Ava  
*in memory of Ron Davis*  
Jenkins, Norma  
Knowles, Lee  
Loree, Sally & Paul  
Martin, Fran  
*in memory of Ron Davis*  
Mellett, Marti & Dick  
*in memory of Ron Davis*  
Milanovich, Rose  
Morningstar, Barbara & Michael  
Featherstone  
Rechkemmer, Clark  
Redd, Carol  
*in memory of Ron Davis*  
Stevens, Edwin  
Strandberg, Carol  
Swanson, Liz

### To John Knox Village Foundation

#### 50th Anniversary Capital Campaign Fund

Anonymous  
*in memory of Jody Snoberger*  
Castendyck, Margaret  
Chittenden, Bruce  
Folsom, Doug  
Harrison, Fran  
*in honor of Nanette Olson*  
Higgins, Suzanne  
*in honor of Nanette Olson*  
McAfee, Monica  
McDowell, Sue & Tom  
Mallen, Joe  
Matthews, Nancy Lee  
*in honor of Nanette Olson*  
Murphy, Fran  
Olson, Nanette & Mark  
Pickhardt, Bill  
Price, Thom  
St. Martin, Sondra  
*in honor of Nanette Olson*  
Simpson, Paul  
*in memory of Malcolm Wolff*

Stryker, Gerald & Carol Dumond  
Sutton-Pauling, Gail  
Urbina, Rose  
*in honor of Nanette Olson*  
Wolff, Cliff  
*in memory of Malcolm Wolff*

#### Benevolent Endowment Fund

Miller, Romaine

#### Charlotte Symonds Fund

Anonymous  
Bahlke, Betty  
Busenburg, Mary  
Milanovich, Rose  
Redd, Carol  
*in memory of Teresa Margaret Leona;  
Joanne Joannou; Margaret Castendyck;  
Charles Robinson; Sam Hollowell;  
John Crossley; Lillian Kimmel;  
Jim Henschel; Hal Bonner; Jean Kramer;  
Curt Iverson; Deannie McDermott;  
Marjorie Thomas; John Degnan;  
Susan Gutman; Robert Todd;  
Tony Ruggiero; William Moore;  
Jody Snoberger & Otto Burgett;  
Jimmy Joannou;*

#### CNA Training Fund

Milanovich, Rose  
Schmidt, Franklin  
*in memory of Ron Davis &  
Theodore Dolinski*

#### Foundation Unrestricted Fund

Audet, Karen & Pete  
Cuddy, Joyce  
Dalsimer, Diane & John  
*in memory of Ron Davis*  
Grand, Mark  
*in memory of Jeannette Coury*  
Haun, Twylah & David  
Heger, David & Ken Raiten  
Kinsey, Reba & Lola  
*in memory of Deanie McDermott*  
Little, Jeanne  
Loree, Sally & Paul  
Miller, Romaine  
Naylor, Harvey  
Oliver, Robert  
Raiten, Ken & David Heger  
Swanson, Liz  
Sweet, Betsy & Tom  
*in honor of Nanette Olson*

#### Gardens West Fund

Bonner, Betty  
*in honor of Warner Hal Slafsky*  
Castendyck, Margaret

#### JKV Resident Music Fund

Anonymous  
Davis, Dee & Ron  
*in memory of Anita Ferguson &  
Arnie Nilsen*  
Gutman, Susan

#### Maggie Goetz Birds Fund

Anonymous  
Bowling, Marilyn  
Featherstone, Michael &  
Barbara Morningstar  
*in honor of Betsy Bousfield*

Gutman, Susan  
through the Estate of Susan Gutman  
Morningstar, Barbara &  
Michael Featherstone  
*in honor of Betsy Bousfield*

#### Residents Assistance Fund

Bonner, Betty  
*in honor of Warner Hal Slafsky*  
Cason, Ernest & Maude  
through the Cason Trust  
Emmerson & Shelby Harris Family Trust  
Feighner, Elizabeth  
*in memory of Jeannette Coury*  
Gutman, Susan  
through the Estate of Susan Gutman  
Milanovich, Rose

#### Rose Garden & Oak Tree Fund

Burkart, Joyous  
*in memory of my son, Eric*

#### Toshiko Inouye Fund

Bahlke, Betty  
Bowling, Marilyn  
Harrison, Fran  
*in honor of June Ridgeway*  
Inouye, Sandra and Mark  
*in memory of Toshiko Inouye*

#### Transportation Fund

Anonymous  
Berk, Bernadine  
Bonner, Betty  
*in honor of Warner Hal Slafsky*  
Fletcher, Christine  
through the Estate of Christine Fletcher  
Haley, Dorothy  
Heger, David & Ken Raiten  
Patriss, Don  
Raiten, Ken & David Heger  
Sams, Harriett

#### Village Centre/Chapel Maintenance Fund

Henschel, Leonore  
Mellett, Marty & Dick  
*in memory of Curt Iverson*

#### Wellness Park Fund

Anonymous  
Burkart, Joyous  
*in memory of Taffee*

#### Woodlands Fund

Bonner, Betty  
*in honor of Warner Hal Slafsky*  
Brink, Marie  
*in memory Orville P. Brink*  
Fletcher, Christine  
through the Estate of Christine Fletcher  
Johnson, Herb  
Knowles, Lee  
Moyer, Robert  
through the Robert W. Moyer Foundation  
St. Martin, Sondra  
*in memory of Ron Davis*  
Schmidt, Franklin  
*in memory of William Cunningham*  
Voelkel, Bruce  
*in memory of Ron Davis*



# The Woodlands at John Knox Village



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

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

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

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

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



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

SNF1258096



*Village Towers resident Sally Cash enjoys a “Where The Boys Are,” 60th anniversary retrospective film photo exhibition in the Village Centre Lobby. On loan from our partner “History Fort Lauderdale,” the exhibition features 24 curated historical and never-before-seen oversized images chronicling the making of the landmark film that launched Ft. Lauderdale as a worldwide Spring Break destination. The Gallery runs through mid-April and is open for viewing Monday through Friday from 10 a.m. to noon and from 1 to 3 p.m.*

## Senate News Continued

*Continued from page 10*

read “The Mayor of Casterbridge?” (Three times for me).

Well, my COVID-vaccinated body and brain are approaching the dock and I hope to be on firm footing soon. Aren’t we glad we all were offered our COVID vaccinations—and, boy, did that process go extremely well.

It was organized, from bus pickup, checking in, temp check, shot, waiting in a clean chair, sticker, lollipop, exit and bus ride home. Almost 800 folks, so smooth and easy. You hear elsewhere all the horror stories of trial and error getting on a list - and once on the list showing up at the prescribed time, just to be turned away. Compared to that, wasn’t our experience easy?

Aren’t you glad you live at John Knox? Food good and tasty deliveries, watching the final touches to the Aquatic Complex.

Hey, call and meet me for an adult beverage at Stryker’s, or for something at the Glades Grill. I enjoy watching the Pavilion being constructed, restaurants and a performing arts center all in one.

Look out, it’ll be open sooner that you think, and once the outside world hears, be prepared to welcome your new neighbors. We’re not only a good place to live, but look at all our amenities: The health care, security and progressive care available. A walkable campus with wonderful landscaping, house-keeping, dog park, fitness studio, the Palm Bistro reopening.

Remember Mr. Rogers saying, “a neighbor is someone who lives nearby, a friend is someone you hang out with, talk to, and rely on?” At John Knox Village, you have one and are offered the other. We all did make a great choice moving here.

–Pete Audet

# Fire Guy's View From *Inside Looking Out*



John Stanley

I am the fire prevention and safety coordinator (“The Fire Guy”) for John Knox Village. I have been here for about a year and nine months. First, I would like to thank the residents and staff for being so welcoming as I fulfill my obligations as fire prevention and safety coordinator. This has been, by far, the most

downright annoying, to those who are within earshot of my work. Yes, I am the one who must enter each of your homes every year to ensure the proper operation of the fire alarm equipment that notifies you of a fire emergency in your building. And yes, I am the one responsible for the fire evacuation message playing over and over for most of a day once a year. I want to say I am sorry for disrupting the peace that normally exists on this property, but it is necessary to ensure compliance with local, state and federal code requirements and to make sure things work the way they are supposed to.

All that said, I want to speak about the ongoing construction on JKV and how it has caused havoc with all our daily routines. That coupled with the COVID-19 protocols we have all experienced a

we will all be amazed at the monumental task that was done.

Having been involved in a lot of the preplanning for this project and the upcoming renovations to the existing facilities, the amenities and resources that will be available, I can say without reservation, that JKV will stand head and shoulders above other communities like it. The opportunities that will be available at the end of this project, not only services and facilities, but also the new residents, that will be a part of this unique community, will be too numerous to count. We are already seeing the light at the end of the tunnel for the Aquatic Complex, and just in time for summer, thanks to the efforts of JKV’s construction team.

Change is not an easy thing and can be extremely frustrating when

***Having been involved in a lot of the preplanning for this project and the upcoming renovations to the existing facilities, the amenities and resources that will be available, I can say without reservation, that JKV will stand head and shoulders above other communities like it.***

rewarding and satisfying job that I have ever had.

The interactions that I have had with many of the residents and staff have been life changing and I feel truly blessed to have had them.

I am tasked with a job that tends to be very annoying to everyone around me, but is crucial to ensuring the safety of everyone on campus. I am the one who ensures the proper operation of all life safety systems/equipment in the Village and it is a responsibility that I do not take lightly.

In the performance of this important, and required, task I have found that it can be very disruptive if not

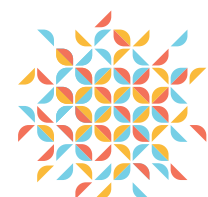
major change in our lifestyle. Prior to working here, I was in an industry whose primary mission was installing many different technologies in new construction projects.

Construction is a very disruptive process and even more so when that construction is right in the middle of where you live. I have been involved with many projects like the ongoing construction we have on JKV. It is very easy to become short-sighted amid a medium-to long-term construction project such as Westlake. It seemingly goes on forever. That I can assure you is not the case then or now. This project will end and when it does, I am certain that

you are in the middle of it, but I have found that only with change comes new possibilities. And it is those new possibilities about which I am most excited. Please be patient with all the change that is taking place, for change is necessary to move forward in life and we will better ourselves in the process.

—John Stanley

JKV Fire Prevention & Safety  
Coordinator





# Got Questions

## WE'VE GOT YOU COVERED!

### Important Resident and Family Life Contact Numbers

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

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

<b>ACCOUNTING</b> (Questions about your monthly bill) .....	(954) 783-4048
<b>ACTIVITIES</b> (Questions or to sign up for upcoming programs).....	(954) 783-4039
<b>ADMINISTRATION</b> .....	(954) 783-4021
<b>AT&amp;T TELEVISION SUPPORT HOTLINE</b> .....	(954) 788-2000
<b>CART SERVICE</b> (Only for villas and to book a local car trip) .....	(954) 783-4054
<b>CASSELLS TOWER FRONT DESK</b> .....	(954) 783-4036
<b>DINING ROOM</b> (For reservations or delivery).....	(954) 783-4065
<b>DIXIE GATE</b> (SW 6th Street Entrance).....	(954) 784-4732
<b>EAST LAKE FRONT DESK</b> .....	(954) 783-4058
<b>FITNESS STUDIO</b> .....	(954) 784-4730
<b>FOUNDATION</b> (For questions about making donations, call Executive Director Mark Dobosz) .....	(954) 784-4757
<b>HERITAGE TOWER FRONT DESK</b> .....	(954) 784-4737
<b>HOME HEALTH AGENCY</b> .....	(954) 783-4009
<b>HOUSEKEEPING</b> .....	(954) 784-4727
<b>MAIN GATE</b> (SW 3rd Street, John Knox Village Blvd. Entrance).....	(954) 783-4079
<b>MAINTENANCE</b> (To report a maintenance issue) .....	(954) 783-4030
<b>PALM BISTRO</b> (Closed until further notice).....	(954) 247-5820
<b>PNC BANK</b> (Open Monday-Friday, 10 a.m. - 2 p.m. until further notice) .....	(954) 781-0816
<b>REJUVENATE SALON CASSELLS TOWER</b> (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.) (Open Mondays 9 a.m.-5 p.m. for men) .....	(954) 783-4013
<b>REJUVENATE SALON WOODLANDS</b> (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.) .....	(954) 247-5817
<b>RAS CURIOSITY SHOP</b> (Tuesdays, 9-11 a.m. and Thursdays, 2-4 p.m.) .....	(954) 784-4753
<b>RESIDENT RELATIONS/SOCIAL WORK</b> (Call Joanne Avis) .....	(954) 783-4023
<b>SEASIDE COVE FRONT DESK</b> .....	(954) 546-6000
<b>SWITCHBOARD/MAILING SERVICES/CHANNEL 8001 UPDATES</b> (Call Lynne Hunt) .....	(954) 783-4000
<b>VILLAGE TOWERS FRONT DESK</b> .....	(954) 783-4056
<b>WELLNESS NURSES</b> (For 24-hour emergency care/assessment) .....	(954) 783-4004
<b>WOODLANDS FRONT DESK</b> .....	(954) 247-5800

### GET ACQUAINTED – GET INVOLVED

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

<b>President:</b> Pete Audet .....	VT 613
<b>Vice President:</b> George Baczynski.....	HT 514
<b>Secretary:</b> Amy Barrow.....	CT 1706
<b>Treasurer:</b> Ellen Isaacs .....	SG 604
<b>At Large:</b> Beverly Cardinal.....	HT 302
<b>At Large:</b> Bill Spiker .....	CT 506
<b>At Large:</b> Eleanor Smith .....	LS 407
<b>Former President:</b> Gus Miller .....	LS 608
<b>Resident Board Member 1:</b> Jan Spalding .....	LS 401
<b>Resident Board Member 2:</b> Diane Barton.....	LS 317
<b>Resident Board Member 3:</b> Tom McKay .....	HT 403

*Committee Chairs:*

<b>Building, Grounds &amp; Housekeeping:</b> Stephanie Messana.....	NE 609
<b>Communications:</b> Art Battista .....	NE 603
<b>Dining Services:</b> Tom Regan.....	SG 524
<b>Fiscal:</b> Tom McDowell .....	HT 718
<b>Gardens West:</b> Carol Frei.....	VT 913
<b>Health Care Services:</b> Paul Loree.....	HT 100
<b>Legislative:</b> Susan Seidler.....	HT 514
<b>Library:</b> Karen Audet .....	VT 613
<b>Life Enrichment:</b> Jeanne Jordan .....	VT 217
<b>Long Range Planning:</b> Bill Spiker.....	CT 506



# Ready For Some Food And Fun?

In March the highly anticipated Aquatics Complex will be open to Residents and Staff. The \$6.9 million project features a resort-style pool, a four-lane 75-foot-long lap pool, the Glades Grill—an 84-seat indoor and poolside dining venue, two each Pickleball and bocce ball courts, a Jacuzzi®, fire pit and an open-air sports bar called Stryker's Poolside Sport Pub thanks, in part, to a generous contribution towards the project from JKV President & CEO Gerry Stryker. Enjoy delicious food and robust programming at the Aquatic Complex, or just relax by the pool and while away the day.



## Our Mission Statement:

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

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

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

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



JOHN KNOX  
VILLAGE

Where possibility plays

For More Info Contact  
(954) 783-4040

651 SW 6th Street  
Pompano Beach, FL 33060

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