

VOICE



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Dr. Mark Cochran

Where are we now in this pandemic and what is in store for our future?

Let me speculate.



The COVID-19 variant Omicron has done us some favors, at a high price. The favor is that it has, through its higher infectivity rate, spread rapidly through the

are all yearning for the aftermath to lead us into an endemic phase.

To get a glimpse into the future I suggest we watch what is going on in Denmark, where the country recently declared an end to the pandemic and lifted most restrictions, even with increasing BA.2 cases.

Other countries are close to doing so as well. Denmark has accepted that they will not flatten the curve and that cases will increase. They are banking on severe illness cases not growing to the point of clogging their healthcare system.

The calculus that goes into such policy adjustments is based on risk assessment. The risk that is most critical is the risk of hospitalization: Infection and illness is accepted.

Most important, it is essential to assess the risk of our most vulnerable populations, which are the elderly and immunocompromised.

What does endemic mean for COVID-19? An endemic disease is one that is continuously present in a population at a stable level with

vaccination.

We will need to continue taking boosters, at least annually. Our grandchildren's grandchildren will also. The danger of outbreaks and spiking cases will come from unvaccinated people and new variants. Viral mutations will need to be tracked through continual surveillance.

Vigilance is a risk-assessment process. You are fortunate that your administrators at John Knox Village are very carefully assessing your risks and applying measures to minimize them to keep you as safe as possible.

The bottom line for us in the JKV community is that we can look forward to a less risky period some months from now, but we need to be vigilant: Wearing masks in high density scenarios; six-foot physical distancing, hygiene and current vaccinations including boosters.

I am looking forward to then.

—Mark Cochran, PhD

Dr. Mark Cochran holds a doctoral degree in Microbiology and Immunology and has been the medical expert during several of JKV's COVID Town Hall Meetings. He recently retired from Johns Hopkins Medicine, where he had built and led the Johns Hopkins HealthCare Solutions team, which included his work in creating the model of care used by residents and staff at JKV's on-campus Center of Healthy Living.

His experience includes drug discovery, vaccine discovery and development, business development, clinical research, disease management, Wellness and Lifestyle management, program management, and venture capital initiatives. He has also held leadership positions in organizations such as Johns Hopkins Medicine, Bayer Pharmaceuticals (in Germany and USA), Blanchette Rockefeller Neurosciences Institute, MDS Capital Corp., and NeuroVentures Capital.

Living with COVID-19 in an endemic phase will still require vigilance, such as building ventilation, selective masking, and vaccination.

world leaving many with protective immune status, for now.

The price is the toll on our health care system and in the consequential deaths. In the last two months, Omicron-related deaths in the US increased by 100,000 people.

Omicron may well be the natural-live-virus vaccine that many experts were hoping for. Its job may be finished with its sub-variant BA.2, which is even more infective, but no more pathogenic. A fully vaccinated and boosted person is largely protected from these variants. We

occasional case spikes. Think flu.

During the flu season of 2017-18, which was a bad season, there were 40 million cases, 700,000 hospitalizations and 52,000 deaths in the US. Endemic COVID-19 could be expected to result in about 100,000 deaths per year, even with high vaccination levels.

COVID-19 will unfortunately be part of human existence for generations. Living with COVID-19 in an endemic phase will still require vigilance, such as building ventilation, selective masking, and



JOHN KNOX
VILLAGE
Where possibility plays

Understanding The Value Of *Our Moments*

Recently, I experienced my first hospitalization. At age 60, some would comment that I've been fortunate to have journeyed life this far without being hospitalized.

For me, it was not as much about the timing, it was all about the experience.

The experiences of life, often make us reflect and examine what we've learned about ourselves, people and how they made us feel and the importance of values.

This recent experience was extremely challenging and personally disappointing.

As a health care professional, this experience also made me think about what we are doing at JKV and how important our work is, in transforming how we think about and create experiences for older adults.

The Moment began with a supportive wife, Carol, who recognized that her husband was just not his outgoing self, and she began a conversation with my physician.

The Situation warranted an ER visit to understand more about my fever that had spiked to 104.5 Fahrenheit.

The potential of COVID-19 and its latest variant, Omicron, was ruled out after several tests. The last two years of testing for COVID had me at my max, yet there were more challenges to come.

The Results appeared to be a correlation to an infection from a recent procedure.

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Gerry Stryker
President/CEO



ON THE COVER

After a two-year hiatus due to the COVID-19 pandemic, the JKV Antique and Classic Car Show is back. Look for complete information on Page 6. Top left, Dr. Bruce Burgess admires an antique from the 2019 show. Electric violinist Frank Lima entertained residents before and after the show as part of JKV and "Ageless Chic Magazine's" Fashion Show and Cocktails, held in the Village Centre Auditorium. Construction on the northside portion of the Westlake construction site is right on schedule. See the construction story on Page 5. Anna Rua, and Sandy and Jed Sprague enjoyed themselves during the "Ageless Chic Magazine's" Fashion Show and Cocktails event.

VOICE

Discover

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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

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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.

JKV's Very Own March Madness

Frenetic And Exciting Pace Surrounds Westlake, Pavilion Projects

By Rob Seitz, Village Voice Editor



As The Village Voice was going to press, the JKV Dining Services Team was receiving training for when the Pavilion opens for residents and guests. The Pavilion will include a lounge and two dining venues including the Seaglass restaurant as shown here.

The frenetic pace swirling around John Knox Village's Westlake and Pavilion projects could easily be dubbed JKV's very own March Madness.

They are the most ambitious

projects in the 54-year history.

As this issue of *The Village Voice* was going press, training has begun in the Pavilion for the JKV Dining Services' kitchen and wait staff. Menu preparation and

equipment testing were underway to provide memorable experiences at the two new dining venues and lounge.

Befitting its tagline, residents and guests eating at the Seaglass restaurant will enjoy "A World of Flavor." A Shooter's-inspired restaurant, the Seaglass will be providing breakfast, lunch, and dinner meals seven days a week with many Mediterranean-themed items on its menu.

The Pearl will be the most elegant restaurant on JKV's 70-acre botanical campus. It will have the look and feel of an upscale steak and seafood dining venue.

With its seven-day-a-week full-service bar, in no time, Barton's Nautilus Bar will be one of the favorite gathering spots for residents and guests alike. Along with its own menu, items from both Seaglass and The Pearl will be offered. The bar is named after a generous gift to the Pavilion project from long-time JKV residents Bob and Diane Barton.

400-Seat Performing Arts Center

Speaking of gathering spots, of which there are many at the Village, the Pavilion boasts a 400-seat Performing Arts Center that will be used by residents, guests, staff as well as the general public.

Continued on page 25



Crews are finishing construction inside the Pavilion and the Seaglass restaurant.



Driving Their Dreams

JKV Antique & Classic Car Show Set For *March 12*

By Rob Seitz, Village Voice Editor

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

heck, air conditioning.

They think that looks like fun. John Knox Village 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.

Until Paul sold it recently, whenever he had the Caddy on campus it was always a

favorite with the residents and employees. Until COVID-19 changed routines, each December, the Loree's Cadillac led the Annual Holiday Parade around the 70-acre botanical campus.

While Dr. Loree's car will not be an attraction, there will be plenty of others featured at JKV's newly resurrected 16th Annual Classic and Antique Car Show, set for Saturday, March 12, from 10 a.m. to 12 p.m. Nearly 40 cars, dating back to the early 1900s, are expected to be displayed in the grassy area just to the northwest of the Village's Welcome & Innovation Center.

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

Continued on page 23



Shortly after moving into JKV in 2004, Heritage Tower resident Paul Loree came up with the idea for an annual Classic and Antique Car Show on the Village's campus.

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 is 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 are not thinking about the guzzler's gas mileage, or that there are no seatbelts or GPS or,



The Classic and Antique Car Show is a great time for residents and family, as Village Towers' resident Gloria Tomey can attest.

Lasting Effects From *Spiritual Spring Cleaning*



Rev. Rachael Gallagher
JKV Spiritual Life Director

While you're cleaning out closets and sweeping under the furniture, think about this: Spring cleaning can extend to your spiritual life as well and a good spiritual spring cleaning can have lasting effects.

Truth be told, like the overlooked nooks and crannies in our homes, there are areas in our spiritual lives we don't pay attention to, areas we don't usually clean.

Just like our homes, with constant clutter, our spiritual lives can clog up fast. As you think about spring cleaning your physical space, think about the growth we could experience in our spiritual lives during this season as well.

Step one:

Sweep your heart. We begin with the closet. Spiritually, this is your heart. Take some time to reflect on your feelings, and consider the following question: Is

what I am holding onto producing joy in my life? If what is in your heart isn't producing joy, get rid of it.

We have a tendency to hold on to so much that weighs heavily on our hearts. And, since what is in our hearts cannot be seen, we tend to put off the issues there instead of dealing with them head-on.

One practical way we can cleanse our hearts is by letting go of any bitterness or offenses that have been kept under wraps. In doing so, we allow ourselves to walk in freedom.

A second way to cleanse our hearts is to replace negativity with Holy Scriptures, inspirational quotes, or even poetry. What we

in spiritual spring cleaning, some parts of the house need a hard scrub. And sometimes we may even need others to scrub with us by challenging, encouraging, and even correcting us as needed.

As spiritual beings, we flourish in the context of community. Sometimes it takes the keen eye of someone else for you to really see what you're missing, and this is how we grow.

Step three:

Savor self-care. Think of your physical body and how you might better care for your physical self. In our busy lives, we have a tendency to forget to take time off to focus on caring for ourselves. I'm guilty of this as much as anyone.

Take some time to reflect on your feelings, and consider the following question: Is what I am holding onto producing joy in my life?

focus our hearts on affects our speech, thoughts, and actions. Heart work is hard work, but it is incredibly necessary!

Step two:

Scrub your blind spots. We can view this part of our spiritual lives as the living room. The blind spots that exist here are areas in our lives we are not aware need attention. Have you ever had guests over to your living room and somehow they find chips or crumbs hidden in between the couch cushions?

In our spiritual lives, the chips and crumbs are blind spots that can include our attitude, body language, habits, or our tone of voice. You see, when we engage

I often find myself so busy that I forget to take time to rest and intentionally do something that's life-giving. If I'm not careful, my calendar doesn't leave much time for fun.

Contrary to popular belief, busyness is not an indicator that we are fruitful.

Our culture teaches us that the more active we are, the more essential we become, but that shouldn't be the goal. Our goal should be to be fruitful, not busy. Take time to exercise, drink plenty of water, eat healthy foods, enjoy nature, read a book, or do something that you absolutely love.

—Rev. Rachael Gallagher



Centering Wellness & Generosity

Your Philanthropic Wellness



Mark Dobosz

Throughout the start of 2022, some of you may have heard me speaking about how the creators of the “Seven Dimensions of Wellness” concept should add “philanthropic” and “financial” wellness when addressing the total aspects of an individual.

What we have learned in the past two years at JKV is that our residents and donors saw, and responded, with beacons of light in a time of convergent pandemics. For many individuals, this brought out the best: Generosity, boldness, creativity, compassion, upholding of shared humanity.

People’s philanthropy and generosity came to the fore, yielding an abundance of care, increased dignity, and embodied compassion. For others, it became a time to reassess their own financial wellness as their welcomed longevity presented them with living in new realities that challenged existing thoughts and priorities.

The wonderful intersection, from my vantage point at the JKV

Foundation, has been to see how intersecting and intersectional crises forged opportunities for making bold commitments to wellness, generosity and community—with extraordinary results.

Donor support this year has afforded the JKV Foundation Board in 2021 the ability to approve over \$1.5 million in funding of enhancements of programs, services, and spaces for residents.

Some examples of how an elevated level of “philanthropic

of residents with a continued focus on transportation fleet improvements and upgrades that are soon coming online if not already in place.

Honesty, love, and attention to relationships have helped each of you continue to improve your “philanthropic wellness” to assist others, facing a myriad of challenges, with your contributions while simultaneously helping the JKV Foundation conceive and co-create fresh solutions and approaches to how we better serve our residents, team, and the

People’s philanthropy and generosity came to the fore, yielding an abundance of care, increased dignity, and embodied compassion.

wellness” in 2021 allowed the JKV Foundation to impact the overall JKV community included:

- Enhancing the “financial wellness” of residents participating in the Residents Assistance Fund and the creation of the one-time Monthly Service Fee Assistance Program in a time of significant economic pressures globally.
- Supporting the Skilled Nursing, Life Enrichment and Fitness Program areas operationally, which in turn also helped the “financial wellness” of all residents to minimize even greater increases to resident monthly service fees.
- Funding the improved safe and comfortable transportation

greater community.

This year, pause to do a self-check on your philanthropic wellness. How would you answer the following questions for yourself?

- What is your most charitable passion?
- Are you feeling fulfilled by your philanthropy?
- What do you want to do more or less of with your philanthropy in 2022?
- What do you want your philanthropic legacy to be in the future when you are no longer here?

—Mark Dobosz
Executive Director

Live Your Best Life Now:

Spring Cleaning For Ultimate Well-Being

By Melissa Jill Clark, JKV Lifestyle and Aquatics Manager



Melissa Jill Clark
Lifestyle & Aquatics Manager

This is part one of a two-part series on the Seven Dimensions of Wellness.

Whenever I hear the word “spring cleaning,” I reminisce about my mom blasting Barry Manilow music walking around the house with a feather duster, vacuum, and a spray bottle. I remember all our curtains coming down to be washed and rugs being beaten outside.

Sadly, my mom passed away at a very young age, however, I often think that her days could’ve been extended if she would have given the same amount of energy to her own self-care as she did for my brother, me and the home in which we grew up.

Taking care of our home was a big job, and I’m so grateful that I had the opportunity to grow up and be nurtured there. I also believe that taking care of the home, keeping it clean, clutter-free, and peaceful is a very important piece of taking care of ourselves.

Spring cleaning can absolutely begin with cleaning the home, but also, I encourage you to explore all the areas of your life that you could cleanse for your own peace, happiness, and ultimate well-being.

Let’s break it down by the seven

dimensions of wellness and focus on how we can do a spring-cleaning overhaul to create space and energy so we can live vibrantly and be fully alive.

Environmental

Let’s begin at home. Studies have shown that clutter can cause stress and depression. Our brains like orderliness. When things are out of place around us, we subconsciously begin to feel stressed. Clutter can make us feel stressed, anxious, and depressed. Research proves that levels of the stress hormone cortisol are higher in people whose home environments are cluttered.

So, how can we declutter without getting overwhelmed? Start with one drawer. Tell yourself that you will clean out one drawer and get rid of all things you don’t need and organize those things that you choose to keep. The next day, pick another drawer. The day after that, take on a cabinet. Before you know it, you’ll have a clean and organized home that brings you peace and joy.

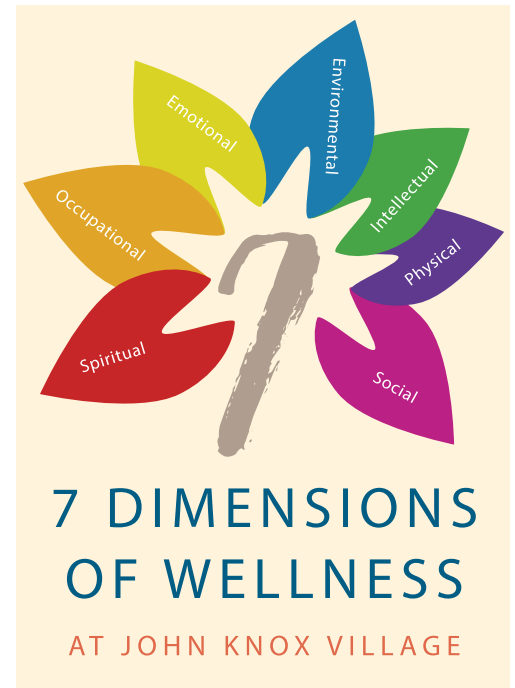
Physical

How can you cleanse physically? Take inventory of everything that you put into your body and notice the things that do not serve you, your best health, or your overall well-being.

This does not mean that you should never have those occasional treats, but what it does mean is that you can choose to put the healthier foods into your body more often, honoring your body and treating it like the temple that it is.

I find, that after indulging on those things that drag me down, a good day of cleansing by eating lots of fresh vegetables and fruits really helps me to feel better and puts me back on track.

Also, cleanse through your skin,



by sweating in a steam bath, sauna or through exercise.

Stretching your body, soaking in a tub, or having a nice massage are also ways to cleanse your body. Let the physical stress go and feel refreshed and renewed.

Spiritual

For this one, I did some research, and I went straight to the expert. According to Rachael Gallagher, Spiritual Life Director at John Knox Village, a good way to cleanse spiritually would be to spend time in nature. Stand outside on the ground with bare feet and feel your connection to the Earth. Other ways to cleanse spiritually would be through yoga, Reiki, tai chi, meditation, and prayer.

Whichever way you choose, remember that it’s a practice, and the important thing is that you enjoy the journey along the way.

Part two of Melissa’s series on the Seven Dimensions of Wellness will appear in the May-June issue of the Village Voice. In it she will cover the remaining Dimensions—Intellectual, Vocational, Social and Emotional.

—Melissa Jill Clark

John Knox Village, The Sign Says It All

Where Possibility Plays!



Jeanne Jordan
President Resident Senate

When I arrived at JKV three-plus years ago, signs, such as the one here, made me chuckle. What does that mean? I mused.

Now, 1-2-3 years later I am learning that “possibility” is the foundation of our Village.

Change is ingrained in our lives whether it is personal or business. How often have you thought: This is my last chocolate cookie or dish of french fries. And in business, change is equally challenging. Indeed, a global strategist, in a 2015 survey, concluded that less than 25 percent of businesses succeed in implementing long-term change.

The ones that do triumph are comfortable in a world of change in good times or bad ones.

JKV succeeds because of its philosophy of “possibility” and its involvement of Residents in its growth strategies. Communication and collaboration abound in the Towers and Villas. Technology is our friend, and we recognize that it is in our future. In addition, advanced software can help cut costs.

We are building the Westlake

Towers and a Pavilion, with a performance amphitheater, two dining rooms and a bar.

Last year, we opened a beautiful Aquatic Complex. Without motivational Administrators, such as CEO Gerry Stryker, these advances would not be happening. We all need to get involved and have the courage to build a community looking to the future dreams of our Residents and Administration.

What can we do to help in the time struggle?

1. Prepare for community/committee meetings so that the conversation will be strategic and high-level.

2. If you are a member of a committee, please attend its meetings. You cannot do your job if you do not participate. Your ideas are important.

3. The Harvard Business Review suggests that five to eight-member committees can be very productive. Should we review our Senate committee structure?

4. Meaningful discussions not only enhance creativity, but they



also save time for the Administrators. A win-win.

5. And fewer meetings beget better meetings.

If you are interested in joining this innovative discussion on change, please call me at 954-551-7485, Senate Vice President Mark Levey at 954-270-3805 or Senate Secretary Elizabeth Cobb at 305-500-9090.

—Jeanne Jordan



Ask Phil

Your Philanthropy Questions Answered by Phil Anthropy

Dear Phil:

Why does a gift to charity from an IRA make sense? How easy is it to make a charitable gift from an IRA? And, what about leaving my IRA in my estate plans?

Sincerely,
Ben Evolent

Dear Ben:

By transferring some of the IRA distribution to charity, taxable income can be lowered. With lower taxable income, both income and capital gains taxes can be reduced this year. In short, using IRA RMDs (Required Minimum Distribution) for charity has many benefits, including:

- Satisfying your RMD for the year.
- Avoiding taxes on transfers of up to \$100,000 from your IRA.
- Reducing your taxable income, even if you do not itemize deductions.

- Making a gift that is not subject to the deduction limits on charitable gifts.

- Helping to further the work and mission of charitable organizations.

Organizations like the John Knox Village Foundation work with donors each year who want to put their RMDs to work for compelling causes. Donations using IRA benefits are helping to provide enhancement support to programs, services, and spaces for residents and team members within the JKV community.

The custodian of the IRA would be contacted, and a request is made by the donor of the amount to be transferred to your favorite charity. The gift could be any amount up to \$100,000. It is advisable to always check with a professional advisor to see how an IRA rollover gift could impact your taxes while helping your favorite cause.

If you are not ready to make a

gift from your IRA, another consideration is to make a charitable bequest. A bequest of all or part of an IRA permits you, as a donor, to make full use of the funds during your lifetime, with a charity benefiting in the future from what remains. The IRA is a "tax smart" asset to pass on to charity, in that the charity pays zero in taxes when receiving the bequeathed IRA. Your plan custodian can provide you with a form to designate your favorite cause as the recipient of your IRA.

Simply put, you can get charitably creative with your IRA, and it can be used to help support the splendid work of your favorite cause, including the JKV Foundation. For questions on how you can make a difference, contact Mark Dobosz in the Foundation Office at 954-784-4757 or email at mdobosz@jkvfl.com

Best wishes for an impactful month,

–Phil Anthropy

5-Star Reviews From 1st Cabana Customer



In early February, Northeast Villa Resident Tom Woodham was the first Cabana customer at the Aquatic Complex. He hosted three guests visiting from

Connecticut. Two had already enjoyed nibbling on the platter goodies from Dining Services and were swimming in the resort pool. All four gave 5-Star Reviews for the Cabana, Platter and Pool. To learn more about half-day and full-day rentals call either the Life Enrichment Department at 954-783-4039 or the JKV Pool Attendant at 561-564-1623.



Cover Story Highlights

Monica McAfee's Philanthropic Side

By Kim Morgan-Vagnuolo, Village Voice Contributor

Lifestyle Media Group's January 2022 cover story, "From the Heart: The Spirit of Giving" Drives Monica McAfee and Other Local Philanthropists," highlighted Monica McAfee, JKV's Chief Marketing & Innovation Officer, and five other renowned South Florida Philanthropists on how their giving back makes a difference in the community.

Monica is joined by Cindy Friezo, Founder Cindy and Robert Friezo Chief People Officer, Verity Partners; Gregory Fried, President, Gregory Fried Jeweler; Raquel Case, Director of Community Relations & Business Development, Rick Case Automotive Group; Mike Linder, Owner/CEO Silver Linings Inflight Catering, Owner of Jet Runway Café and Yot Bar & Kitchen.

Dedicated To Charitable Efforts

Monica was selected for this honor due to her wide-ranging charitable pursuits that include Innovation Charter School in Pompano Beach that allows Residents and Staff to volunteer time to read to the K-5 students.

Under Monica's leadership, JKV has developed partnerships with the Pompano Beach Cultural Center, Nova Southeastern University's Museum of Art and Lifelong Learning Institute. She serves on the boards at the historic Bonnet House in Fort Lauderdale, and Sample-

McDougald House, and is involved with the United Way, Habitat for Humanity, Big Brothers Big Sisters – relationships that she is often able to incorporate into the lives of Residents and Staff, which where she

I raised my own children. It's never about I or me, it's about us and we."

Lifestyle Magazine Group seeks to connect people and businesses in South Florida to their respective communities. They create a selective mix of articles that touch on categories including dining, arts and entertainment, health/wellness, fashion, retail, philanthropy, real estate/development, nightlife, the social scene—as well as investigative stories.

Lifestyle Media Group is the largest and fastest-growing magazine publisher in South Florida. Its 13 titles include the company's flagship publication, *South Florida Business & Wealth*—as well as *Las Olas Lifestyle*, honored in 2018 by the Florida Magazine Association as Best Overall Magazine in the entire state (in its circulation category). The company boasts eight magazines under its *Lifestyle* banner. In addition to *Las Olas Lifestyle*, other South Florida markets served include Boca Raton/Delray Beach; Weston; Parkland/Coral Springs; West Broward; Doral; Pinecrest/Coral Gables; and Aventura.

The circulation of the eight Lifestyle titles, combined, exceeds more than 140,000—with an overall readership in excess of 500,000.



Monica McAfee featured on the cover of Parkland/Coral Springs Lifestyle. Shot on location at The Beach Club Miami Beach. Photography James Woodley.

emphasizes volunteerism as a core value.

According to Monica, "My parents always had a place at their table, and spare resources for those who needed an act of kindness. It's how

Residents Enjoy A Happy Hour Straight From

There was food, fun and friendship aplenty when residents brought their sweeties, their BFFs, and some both, for a special Valentine's Day Happy Hour at Stryker's Poolside Sports Pub. Some were captured in pictures for the special event at the Valentine's Day "photo booth," many of whom were donned in red befitting Cupid's big day.

The Heart



Heritage Tower's Ken Shanahan (L) and Fred Schieferstein were joined by Barbara Pesin and Mary Fehrenbach for the Valentine's Day Happy Hour.



Northeast Garden villa residents Mickey and Harris Cohen sport their "Kiss Me" signs during the Valentine's Day Happy Hour.



Karen Audet (L) and Sue Cogswell enjoyed themselves during the Valentine's Day Happy Hour.



Cassels Tower residents John and Diane Dalsimer make a beautiful couple during JKV's Valentine's Day Happy Hour.



Cliff and LaRue Credle, who moved into their Village Towers' apartment last March, enjoyed their first JKV Valentine's Day Happy Hour.



It was the first Valentine's Day Happy Hour at Stryker's Poolside Sports Pub for Dr. Harold and Babs Siegel, who moved into Village Towers in June of 2021.

The Resident Workshop:

Six Men Who Know How To Build,

By Marty Lee, Village Voice Contributor



Five of the JKV Resident Workshop team members, (clockwise from upper left) Reed Brown, Jerry Felski, Larry Peters, Roy Evans and Bill Davidson.



Don Lampe is the JKV Resident Workshop Manager.

Most guys reading *The Village Voice* will remember a time in their teens or 20s, when they would get together with their friends to work on a car in a buddy's garage, or maybe to repair a piece of furniture or to build a remote-controlled model airplane. The young ladies might gather to sew a dress from a pattern purchased at JC Penney, to craft a gourmet meal explicitly explained in a well-used cookbook, or to knit or crochet a sweater – perfect for those chilly winter days at school.

Our reading audience may also remember a time, decades ago, when the guys took “manual arts” and the gals engaged in “home economics” classes in junior and senior high. The separation of disciplines may have appeared sexist at the time (some guys still don't know how to boil an egg, or stitch a frayed seam), but what those classes taught us was how to build, refurbish or repair items we use every day.

We learned practical day-to-day knowledge: That a crowbar was not a hammer, and a flat head screwdriver was not a chisel. Our manual arts and home economics teachers knew that rudimentary knowledge in carpentry,

cooking, electrical work and sewing would serve us well for life's duties and responsibilities.

In our youths, our moms and dads might have been the neighborhood go-to people for advice on making and fixing things. My own mother was a marvelous seamstress and wonderful knitter (I still have sweaters she crafted for me, more than 50 years ago). My dad was the neighborhood fix-it guy for television and radio repair. Our home's basement was a labyrinth full of art-deco radios the size of small refrigerators, and television sets with enormous cathode ray tubes. There were vacuum tubes everywhere – most still working and saved for future possible use.

The Value Of Fix-It Ability

As times have changed and society has shifted from a repair to a replace economy, John Knox Village residents are fortunate to have a team of six knowledgeable and experienced volunteer fix-it guys who can do the manual jobs we all need from time to time. The JKV Resident Workshop guys volunteer their time and talents to “build, repair or assemble most personal items.” They offer pickup

and delivery, furniture refinishing, scissor and knife sharpening, and decades of experience.

A Team Of Six Experts

JKV's fix-it guys are led by Manager Don Lampe, who at 93 is a 15-year resident of the Village. His craftsmen include Larry Peters, a specialist in metallurgy and welding; Roy Evans, who specializes in repairing lamps and electrical items; Bill Davidson, whose carpentry skills are par excellence; Jerry Felski, who repairs electrical and electronic items, and Reed Brown, who is a generalist involved in most every repair or building opportunity.

Don said the team brings decades of career and hobby experience to their duties and responsibilities as the go-to fix-it guys for residents of JKV. While he does not have the extensive manual skills the others possess, Don is an organizer who knows how to run a company inside and out. He owned and operated a Ft. Lauderdale-based sewing supply company, with some 100 employees.

Don was recruited by one of the longtime founding fathers of the JKV Resident Workshop, Roy Evans, to

JKV's Fix-It Guys

Refurbish And Repair 'Stuff'



(Left) A retired high school teacher, Reed Brown works on the table saw in the JKV Resident Workshop.



Larry Peters (foreground) uses the workshop's professional-quality table saw as Jerry Felski looks on.

manage the shop. Don got to work, sorting through the shop's equipment inventory, organizing and arranging all the tools, supervising the cleaning and managing the finances.

Roy was one of the first volunteers in the JKV Resident Workshop. The space was donated by the Village years ago to the resident-run organization, which is solely responsible for its own operation. Roy has fixed well over 1,000 lamps (maybe closer to 2,000) during his duties in the workshop. Now 99 years of age, Roy admits that he has slowed down a bit, however, "among the six of us, there is not much we can't do."

Bill Davidson, who turns 100 this month, specializes in carpentry. Bill and Roy met each other back in Tennessee, when they attended West Tennessee State Teachers College. Both entered the Navy during WWII. After a long stint in the Navy, Bill taught manual arts in a North Florida high school.

Jerry Felski, age 82, owned Jerry's Electronics in Pompano Beach and is the team's electrician. He takes on every task involving electricity or electronics. He is often called upon

by the Resident Auxiliary Services (RAS) thrift shop to fix non-working electrical appliances, radios, etc. If it can be fixed, Jerry can do it.

Larry Peters, turning 77 this month, ran Lauderdale Tool & Die Company during his working career. He specializes in welding and working with metal, so Larry is tasked with any and all repairs involving metal.

Reed Brown, age 75, is a retired high school math and computer teacher and a jack of all trades. Coming from a construction-oriented family, Reed got his start in carpentry and electrical. The manual arts have been an avocation for a lifetime.

Donations Graciously Accepted

The JKV Resident Workshop is a tremendous asset to the entire community. The fix-it guys are ready to assist residents with their repair and put-together needs. And all this comes at no cost to the residents. The workshop does not charge for its work; however, it accepts donations to keep the shop operating. What a savings and resource for JKV residents! For example, according to angi.com, "The cost of lamp repair is between \$30 to \$100, depending on the complexity of the problem."

A Smoothly Run Fix-It Workshop

The generosity of the residents has enabled the workshop to maintain a balance sheet in the black. Profits are put back into the shop to purchase materials and tools.

Heavy power in the shop is supplied by a professional-quality table saw, a band saw for wood and metal, jig saws, chop saw, planer, bench and floor drills, a lathe, six different sanders and welding equipment, plus a variety of hand tools.

Among the more interesting donations to the shop was the gifting of more than \$8,000 in ipe wood, also called Brazilian walnut, a beautiful South American exotic wood. The ipe lumber is a very dense and hardy hardwood suitable for decks, docks and other outdoor uses. It is a handy addition to the workshop's inventory for future furniture fixes and repair needs.

For anyone thinking of moving to JKV, keep in mind the tremendous asset the Resident Workshop provides. The six fix-it guys will be ready to assist you in your repair and put-together needs once you move to the Village.

Keep Your Brain Growing

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

The human brain evolved to do a job, not to get a disease. Yet the bad news about brain disorders and diseases often grabs our attention.

Let's pay attention to some good news about our brain: Dementia rates are falling. According to a recent study, over a 10-year period some 1.1 million Americans avoided serious cognitive problems. As a result of this, there has been a reduction in dementia rates.

If you would like to be part of this trend and have a brain that lasts as long as your life, here's what you need to do: Keep your brain growing. Dementia is a neurodegenerative disease. In other words, the brain starts shrinking. If you keep your brain in a neurogenerative (growing) state, it will have a hard time shrinking.

The older you are, the more successful you have been at staying alive and the more wisdom you can share. But you need three things to keep your brain growing: A challenge, a MAP and a goal.

Challenge Yourself

The average adult brain contains:

- 86 billion neurons (nerve cells)
- 86 billion glial cells (nannies to the neurons)
- 500 trillion connections (working relationships between neurons)

All of this connectivity within an organ the size of a cantaloupe makes our brain the most complex biological

system on earth. However, this three-pound wonder brain comes with a high cost: It requires 20 to 30 percent of our daily oxygen, water, and calories.

Our brain needs to work hard to justify such a generous supply of resources. You want to be careful about letting your brain be idle, because it can get lazy and stop growing. The brain works hard when you learn. It's that simple. But what goes into the brain isn't what you learn. What sticks in the brain—what you remember—is what learning is all about. It's not sitting and listening to a lecture, but repeating the speaker's key points after the lecture is over.

Challenge yourself to recall and share what you have experienced, and you will keep your brain growing.

Renew Meaning And Purpose (MAP)

You ask your brain to keep growing by having a MAP: A sense of meaning and purpose in living every day. Social utility—feeling useful to others—is the key to having a MAP. We have evolved to seek social utility at all ages, especially over age 50. We need to matter to others through love and service.

Changes in our circumstances require a MAP adjustment. Notable transitions include children growing up and leaving home, leaving a job, losing a loved one or a health challenge.

As the pandemic ebbs and flows, we have all faced changes in our circumstances. Perhaps it is time to make a shift in your MAP to account for these times, rather than waiting to resume "business as usual."

A new home (at John Knox Village perhaps) a new job, a new class, a new hobby, a new skill, a new volunteer position or a new friend may be just what you need to find a new MAP and keep your brain growing.

Have A Goal

More than one-third of the human



brain is dedicated to looking ahead and figuring out how to get from where we are to where we want to go. This forward-looking powerhouse is called the frontal lobe, because it is always out in front literally and figuratively. Most mental health disorders, including ADHD, anxiety, bipolar, dementia and depression, are classified as frontal lobe disorders.

The best way to short-circuit the frontal lobe is by not having a goal. Without a desired outcome in the future, the mind tends to drift to the past and to problems rather than solutions.

The second-best way to undermine the frontal lobe is to have too many goals. When the mind starts getting too far ahead of the brain, feelings of futility and hopelessness are inevitable.

When you have a goal that is part of your MAP, your brain is energized to deliver the thoughts and behavior to achieve the goal.

This means that you will achieve your goal and keep your brain growing—a win-win for you and your brain.

*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*



THE
GLADES
GRILL

Mediterranean Chicken

In Good Taste: Chef Mark's Mediterranean Chicken Is One-Pan Easy & Delicious

By Rob Seitz, Village Voice Editor

To paraphrase the Renee Zellweger character's classic line in the movie "Jerry Maguire," "you had me at one pan."

John Knox Village Executive Chef Mark Gullusci's Mediterranean chicken recipe is not only one-pan easy, but delicious.

Juicy, crispy chicken infused with lemon, shallots, mushrooms, capers, white wine and more, while letting the skillet do all the heavy-lifting sautéing work.

After enjoying your meal, the hardest part of this recipe will be washing that ONE PAN.

Mediterranean Chicken

(Serves 4)

- 4 chicken breasts lightly pounded flat

If you do not have a mallet, place a piece of plastic wrap on top, covering the chicken and lightly pound with the bottom of a pan. (Could even be the pan you are planning to cook the dish in). The goal is to have an even thickness on the chicken.

- 1 cup All Purpose flour
- ½ cup blended oil
- Salt and pepper
- 2 tbsp. chopped shallots
- 2 cups sliced mushrooms, your choice of variety
- ½ cup chopped sun dried tomatoes
- 2 tbsp. capers
- 1 cup grilled artichokes, (canned will work) frozen grilled are best.
- ½ cup chicken stock
- 2 tbsp. lemon juice
- 1 tbsp. chopped parsley
- ½ cup white wine

Method Of Preparation:

Place flour in a container and season with salt and pepper. Heat oil in sauté pan large enough for 4 pieces of chicken. Dip chicken in flour and shake off excess. This is called dredging the chicken. Place into pan. When hot, cook on medium heat to get a golden brown on both sides. Remove from pan and set on a plate.

Add shallots and mushrooms and sauté 4 minutes. Add wine and reduce 75 percent, add remaining ingredients, except the parsley. Return chicken to pan, baste, add chopped parsley and serve.

Chicken should be cooked to an internal temperature of 165 degrees.

Bon appétit! Buon appetito! ¡Buen provecho! Enjoy your meal in any Mediterranean language.

LIVING WELL CORNER

Combating Parkinson's With PWR!Moves, Resident Support Group

Parkinson's Disease (PD) is a neurodegenerative disorder, which leads to progressive deterioration of motor function due to loss of dopamine-producing brain cells. The progression of PD and the degree of impairment vary from person to person.

Many people with PD live long productive lives, whereas others become disabled much more quickly. Common characteristics of PD are progressive loss of muscle control, which leads to trembling of the limbs and head while at rest, stiffness, slowness, and impaired balance. As symptoms worsen, it may become difficult to walk, talk and even complete simple daily tasks.

Significant progress has been made in the understanding and management of PD. Although there is no treatment that slows progression, symptoms can be managed well. John Knox Village offers two specialized programs to residents that are specifically designed and implemented for those with Parkinson's Disease. Both programs are offered in the Fitness Studio.

PWR!Moves, a group fitness class, is offered to provide exercises that target the symptoms of PD that lead to the loss of skilled movements. PWR stands for Parkinson Wellness Recovery.

The **PD Support Group** is offered to those residents who have PD and to their family member and friends. This group meets to discuss a variety of PD topics and to offer one another needed social support. These two JKV programs allow residents to manage PD through structured exercise and group support socialization.

PWR!Moves is a group fitness class designed for those living with PD. The classes are led by Fitness Professionals certified to teach PWR!Moves.

The four specific exercise moves used in the class are the building blocks for everyday movement and are performed with large amplitude, high effort, and attention to action while in different postures (sitting or standing).

Through these movements and exercises, the fitness class retrains skilled movement in participants and raises awareness of what optimal movement feels like. Participants are also trained to recognize when to correct smaller, slower, and less coordinated movements. Exercises to stimulate facial muscles, jaw, and voice are also incorporated into the class.

PWR!Moves is offered to residents of JKV twice a week. The 30-minute classes are held every Tuesday and Thursday a 1:15

p.m. Residents are encouraged to register through JKVConnect if they are interested in attending PWR!Moves fitness classes.

The PD Support Group is offered to residents to provide each other with encouragement, comfort, knowledge, and personal experience of the disease. Here, the group facilitator shares information about PD such as: Medical diagnosis, treatments and coping strategies. Every member is free to talk about their feelings and receive/give emotional support.

Furthermore, residents can compare their experiences with common-disease symptoms and express their unique ways of handling them on an ongoing basis. The support group meets on the last Tuesday of each month at 2 p.m. Meetings usually last one hour and one can register through JKVConnect.

—Erik Nenortas
JKV Fitness Professional



PWR!Moves® PD-specific Skill Acquisition



NUTRITION NOTES

8 'Swaps' For Spring Cleaning Your



Rachel Graham

As the season starts to shift to spring, you may feel compelled to “spring clean,” including your dietary habits. That means out with the heavy winter foods and in with the lighter, healthier eats.

Spring is a great time to focus on tender, leafy vegetables that represent the fresh, new growth of the season. Greens to add to your plate include Swiss chard, spinach, romaine lettuce, fresh parsley, basil and asparagus. All of these are loaded with the vitamins, minerals and fiber that many people do not get enough of.

To further spring clean your diet see below for the high-impact food swaps that will help you get a bolt of spring energy and overall better health.

1. Try swapping pasta for zucchini noodles: Regular refined grained pasta is low in nutrients, high in carbs, sugar and calories compared to zucchinis that are low in calories, high in nutrients and antioxidants, and quite inexpensive.

2. Make water more appealing: For some serious calorie savings, take a break from soda, sweetened ice teas, lemonades and other high-calorie beverages. Trade sugary beverages for water (still or sparkling) with a squeeze of citrus. Or try jazzing up your water with fruit ice cubes by pureeing fresh fruit in a



blender and freezing the mixture in ice cube trays.

3. Skip energy bars in favor of real food: Most energy and granola bars are made up of heavily processed ingredients and added sugars. Instead, opt for easily available whole food items like apples, oranges, carrots or a handful of nuts.



During Active Aging Week Chef Alice Colin came to campus and made a vegetable-packed Thai dish for residents that fits well with Rachel's eighth swap-out.

4. Go meatless for one meal each week: Research shows that incorporating plant-based protein foods in your diet can help prevent and manage many health conditions. Try legumes, lentils, nuts and seeds.

5. Try oatmeal instead of cereal for breakfast: To have better digestive health, we need to meet the daily recommendations for fiber, which fewer than three percent of

Americans do. Oatmeal is a great high-fiber way to start the day.

6. Ditch flavored yogurts: Not all yogurts are created equal. Try plain Greek-style, which has no sugar and tons of protein. Top it with fresh fruit and crushed nuts to have a perfect balance of carbs, protein and fat with plenty of antioxidants.

7. Try avocado instead of mayo: If you need that something creamy on your sandwich or in your egg salad, opt for avocado instead of

mayo. Avocados are loaded with healthy fats and provide a plethora of nutrients.

8. Swap half your carbs for vegetables: Veggies are filling, nutritious and have a tiny fraction of the calories that bread, grains, pasta, and potatoes have.

Good luck in your spring cleaning!
—Rachel Graham, RD, LD/N
Assistant Director of Dining Service

Understanding The Value Of *Our Moments*

Continued from page 3

The Solution? My doctor recommended admission into the hospital for IV antibiotics with a, hopefully, only one-night stay, to get my infection under control.

The Experience and Opportunity: Being admitted on a Saturday at change of shift (6:45 p.m.) and discharged on a Sunday morning (10:30) with family ready to "Bust Me Out," left me grateful for the powerful IV antibiotics that had begun to help me return to my curious self, while pondering many questions.

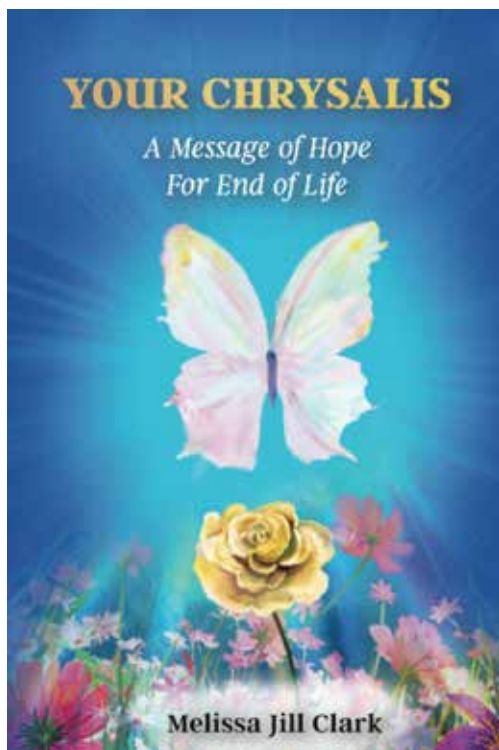
JKV has recently revisited and updated its Values. We realized that Values need to be experienced, not just spoken of, or read from a letterhead memo.

"So live your life with abandon, loving all who are with you here; For it's true, that where there is love, there can be no fear."

John Knox Village's Values:

1. Trust In Each Other

Trust is the basis for all our relationships and actions. Honesty



Gerry Stryker found the book written by Lifestyle and Aquatics Manager Melissa Jill Clark, titled "Your Chrysalis: A Message of Hope for End of Life," profoundly moving.

and integrity form the foundation of our trust.

2. Invite Open-Minded Engagement

We welcome the opportunity for all to share perspectives, while listening to others, seeking to understand, being empathetic and kind and supporting the best decision.

3. Be Mindful

A commitment to responsible planning and management of all resources, assets, and services.

4. Be the Change

When I change, the world around me changes.

As Gandhi so wisely said: "Be the change you wish to see in the world."

These recent events in my

personal life have provided me an even stronger conviction in my professional role at JKV to keep making a difference for the residents, team members and community we serve.

The importance of experiencing our Values-identified, has an important correlation in how our behaviors are living out our values on a daily basis.

When we observe, or experience, situations where we can do better, we need to be the change and do better.

Equally important is when we experience "The Power of Moments." They provide an incredible opportunity to see our Values in action. When the Power

of Moments occur, we need to recognize these individuals for living out our Values.

I want to end my article by sharing a story of great hope: A dear friend and resident, Rita Jones recently passed. Rita was nearing her life's end and shared with JKV leader and Guide in The Woodlands, Kristen Drago, "I'm fearful I will be alone when I die."

Kristen took Rita's hand and said, "scooch over," and laid next to Rita on her bed holding her hand and whispered to her, "together with God, we've got this."

When Rita's son arrived, he saw them lying together and commented, "now there's a picture."

Rita joined the Lord that afternoon.

Melissa Jill Clark, our Lifestyle and Aquatics Manager, recently shared with me the powerful book she authored entitled:

"Your Chrysalis: A Message of Hope for End of Life."

A quote from her book that profoundly moved me and emphasizes Kristen Drago's example of living our values: "So live your life with abandon, loving all who are with you here; For it's true, that where there is love, there can be no fear."

From brief moments of despair, I remain hopeful that we can make a difference each day.

Especially in serving our JKV community!

With Gratitude,

G. Stryker
GERALD STRYKER
President/CEO

The value of our
MOMENTS

In Case You Missed It...

There always seems to be something fun, entertaining or educational taking place at John Knox Village. Here are some photos reflecting life at JKV...In Case You Missed It!



After being sworn in by FLiCRA State President and Cassels Tower resident Diane Dalsimer, the following residents became the newest board members of the JKV Chapter 26 FLiCRA group. Shown (L-R) are: Diane Dalsimer, Kathleen Ireland, Lee Knowles, Ken Shanahan, Jack Richards, Bruce Voelkel, Dave Bayer and Benita Ferrara. FLiCRA (Florida Life Care Residents Association) is a Tallahassee-based advocacy agency for residents in life-care retirement communities such as JKV.



Shown (L-R) Carol Kitson, Pat Harrell and Carol Frei enjoyed themselves during the Macy's Makeup and Mimosas...Oh My event in the Village Centre Auditorium. JKV's Rejuvenate Salon & Spas, along with Macy's brought in a makeup artist from Lancôme to share some makeup tips, tricks and techniques.



Anna Rua, Mary Jane Graff and Sandy Sprague (shown L-R) watched their fashion show videos as part of "Ageless Chic" magazine's Virtual Fashion Show, which features JKV Residents as well as other strong and stylish seniors from around the world.



Beth Hand serves to Jan Spalding, Lee Baggett and Erik Nenortas during a recent water volleyball game in the lap pool at the Aquatic Complex.



Award-winning musicians from the Astralis Chamber Orchestra Trio presented a concert for Residents titled "Visions." Trumpeter Kris Marshall and harpist Rachel O'Brien were joined by flautist Angela Massey (not shown here) as they played works by Dorff and Rubtsov, as well as from composers who have been influential in the African-American community.

Jasmine Enjoying A Rich Diet

Thanks To JKV Employee Scholarship Fund

Submitted by Norma Jenkins, Resident And Scholarship Committee Member



In 2016, a petite dynamo was sent to the JKV fitness program as an intern from Florida Atlantic University. It did not take long for Jasmine FungQuee (now Tennie) to make her presence known.

She began her JKV employment on a part-time basis, before transitioning to full-time. Jasmine quickly became a favorite with residents

Jasmine was granted a JKV Employee Scholarship Fund award in 2021 for a Master's of Science degree from FIU in dietetics and nutrition.

due, in large part, to her amazing energy and boundless optimism. She actually believes that all of us could be healthier.

After a one-year break when Jasmine worked with a physical therapist and learned more about a stretching program, everyone was delighted with her return. She said that she returned because she loves



this population (go figure) and especially enjoys leading the group classes.

Jasmine was granted a JKV Employee Scholarship Fund award in 2021 for a Master's of Science degree from Florida International University in dietetics and nutrition.

She has finished her first year and has one more before she finishes the program.

After receiving her degree, she then is required to take a test to become a Registered Dietician. Most of her classes are now in-person, requiring a regular commute to the FIU Miami campus—and

then finding a parking space.

Jasmine noted that JKV employs three Registered Dieticians who work primarily with Dining Services and the health-care centers (The Woodlands, Seaside Cove and Gardens West).

Her goal is to be the Registered Dietician for Independent Living residents, which would especially

include educating them about the interactions between food and medications. Her ideal job would be to combine her fitness and nutrition knowledge here at JKV.

In expressing her appreciation for the support she has received, Jasmine noted the unending support from her husband, Teddy Tennie (whom we all know, remember and appreciate from his time here). Jasmine also said that the encouragement she has received from her fellow Fitness Studio colleagues, as well as Manager Marsha Dixon has made it possible for her to continue to work a flexible full-time schedule to accommodate her studies.

The support from Human Resources staff and her Scholarship Fund mentor have meant almost as much as the substantial financial support.

When you wonder if the donations you make to the JKV Employee Scholarship Fund through the JKV Foundation make a difference, think of Jasmine Tennie and all that she and her fellow scholarship recipients can accomplish in the future for themselves, their families, their communities, and yes, even for us at John Knox Village.

Driving Their Dreams

JKV Antique & Classic Car Show Set For March 12



South Garden residents Patrick Rahilly and Edna Dusel stand in front of a classic Bentley at the last car show.



Dave Thomson stands with Don DeJong and son Dirk DeJong in front of the DeJong's 1941 Buick Super Convertible. The DeJongs will be showing the Buick, along with their 1963 Ford Galaxy on March 12.



Continued from page 6

seeing the cars from their youth and childhood."

Shortly after moving into JKV in 2004, 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 over the years, starting from some 20 participating cars to now nearly 40. 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."

Attendees 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 John Knox Village, for viewing from all independent living, Gardens West and Woodlands residents.

Residents and their guests and car enthusiasts from the greater community are welcome to attend.

One of the differentiators with the JKV Antique and Classic Car Show is that car owners enjoy a JKV-sponsored lunch after the Car Show portion of the event, then they return to their vehicles and tour the campus to provide Independent Residents, as well as Residents and Elders in Gardens West, Seaside Cove and The Woodlands, who did not have an opportunity to see the show, a chance to enjoy the vehicles. Here, Gordon Gelrod and Jane Duff are shown leaving The Woodlands in their white 1986 Rolls Royce Corniche II Drophead Coupe.

Donations received during the months of November 2021 - January 31, 2022

To John Knox Village Employee Scholarship Fund

Cason Trust
Paul and Sally Loree
Horace Lamberton
Janet Spalding
Mary Butterfield
Guia Jansen
Elizabeth Bahlke
Lee Knowles
Edwin Stevens
Richard and Martha Mellett
In memory of Ray Gambino
Norma Jenkins
Elizabeth Swanson
Neil and Ellen Isaacs
*In memory of Jerome
Oshinski and Jack Middleton*
Rose Milanovich
David Moon and Eugene
Smith
Twylah and David Haun
Countrymark Refining &
Logistics
Doreen Haynie
Clark Rechkemmer

To John Knox Village Foundation Benevolent Endowment Fund

Fred & Irene Michel Charitable
Trust
Cason Trust
Carol Redd
In memory of Jack Middleton
Phyllis Romaine Miller
Margaret and Don Gerloff

Chapel Endowment Fund

Fred & Irene Michel Charitable
Trust

Charlotte Symonds Fund

Mary Butterfield
Elizabeth Bahlke
David Moon and Eugene Smith

Environmental Enhancements Fund

Mary Butterfield

Foundation Unrestricted Fund

The Estate of Robert Moyer
Jeanne Little
Paul and Sally Loree
John and Diane Dalsimer
In memory of Anne Crissy
Ross Claiborne
Joyce Cuddy
Kit Frazer
In honor of Nancy Seeley

Kenneth Raiten and
David Heger
Bruce McBean
Elizabeth Swanson
Janice Sheppard
Amy Barrow
Daniel Rodriguez and
Glenn Deibert
Rose Milanovich
Margy and Charles Robinson
In memory of Ray Gambino
Merrilyn Lettsome
In memory of Fran Harrison
Carol Frei
*In memory of Charles Fick,
Paul Igneri and Ray Gambino*

Terry Colli
Gloria Haeffner
Allan and Susan Arch
Rob McDowell
*In honor of Tom and
Sue McDowell*
Clark Rechkemmer
Robert Oliver
Network for Good
Amazon Smile Foundation
Barbara Hirschhorn
*In memory of Rita
Sebastianelli's Parents*
Rita Sebastianelli
In memory of Paul Igneri
Peter Genovese
Jennifer Marcroft
Reba V. Kinsey
In memory of Donna Seibert
Benita H. Ferrara
In memory of Donna Seibert
Helga E. Figgins
In memory of Donna Seibert
Elizabeth Calloway
In memory of Donna Seibert
Denise Snuszka
In memory of Donna Seibert

Healthcare Enhancements Fund

Herbert Johnson
Richmond Knowles
Theresa and William Claire
Bruce Voelkel
In memory of Janet Zito

Intellectual Enhancements Fund

Village Arts Circle 2022

Beverly Cardinal
Paul and Sally Loree
Marcia Ellington
John and Diane Dalsimer
Ann Archard
Franklin Schmidt

Janet Spalding
Carol Redd
Jan Mallow
Barbara Bone
Peggy Stanley
Tom McKay
Richmond Knowles
Beatrix Wilbur*
John Mandt
Gwendoline Robin
Margaret Welin
Kit Frazer
Daneen Manalac
Howard Gilman and
Elizabeth Cobb
Marie and Frank Jaeger
Andrea Hipskind
Jane Hart
Elizabeth Lycke
Norma Jenkins
Peggy Golden
Sharalyn and Harry
Vordermeier
Glenda Clark
Peter Cole
Amy Barrow
Elizabeth Hardy
Neil and Ellen Isaacs
Dennis Fitch
Sally and John Harper
Frances and John Martin
Dee Davis
Judy and Robert Houston
Carol and Robert Kitson
Julia Green
Stephanie Messana
Larry and Cynthia Peters
Theresa Claire
Loretta Neff
Gail Righter
Bruce Voelkel
Karen Scharrett
Carol Frei
Twylah and David Haun
Barbara Shankweiler
Judith Walk
Leland and Linda Baggett
Terry Colli
Philip Farnsworth
James Gill
Mary Louise Morley
Benita Ferrara
David Eccleston
Clark Rechkemmer
Elizabeth Hand
Mary Gleason
Daniel Kline
Beverly Ringel
Gerald Greenstein
Lena Dehlin
Judith and Milton Baker

James Jana*
James Shamberger
Daniel Fountaine
Babette Siegel
Kay Lee
Kenneth McAlice
Jane Middleton
Anne McVeigh
**Designates Lifetime Member*

Maggie Goetz Birds Fund

Elizabeth Bousfield
*In memory of Rhea
Mandeville and Russell Eckert*
Mary Butterfield

Physical Enhancements Fund

Ann Archard
Mary Butterfield
Paul Simpson
Jack Crissy
In memory of Anne Crissy
Shirley Phillips
Andrea Hipskind
Twylah and David Haun
Marilyn Askin
Fran Murphy
Gerald and Carol Stryker
Sue and Tom McDowell
Terry Colli
Bruce Chittenden
Doug Folsom
Joe Mallen
Monica McAfee
Bill Pickhardt
Thom Price
Gail Sutton-Pauling

Resident Music Endowment Fund

Mary Butterfield
Alexander Jenkins

Residents Assistance & Inouye Support Fund

Kazuo Inouye
In memory of Toshiko Inouye
Mary Butterfield
The Estate of Jack Huizenga
Elizabeth Bahlke
Emmerson Harris
Mark and Sandra Inouye
Edith Meinholtz

Staff Professional Training Fund

Rose Milanovich
Kenneth Raiten and David
Heger
Donald Patriss
Bruce Voelkel

The Woodlands at John Knox Village



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

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

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

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

(954) 247-5800
www.WoodlandsJKV.com



700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

Frenetic And Exciting Pace Surrounds Westlake, *Pavilion Projects*

Continued from page 5

A Springtime Grand Opening Ribbon Cutting ceremony for the Pavilion is currently being planned.

Concurrently, concrete for foundations is being poured, high-rise cranes are being positioned and the two apartment buildings that make up Westlake are coming up out of the ground.

The Vue will be Westlake's 15-story apartment building with one- and two-bedroom floorplans, ranging from 1,231 to 2,259 square feet of light-filled room and enviable views of the Village's expanded waterways.

At 11 stories, The Terrace will offer two-bedroom floorplans totaling up to 1,845 square feet, with boutique-style living space. At The Terrace, residents and guests will also be able to enjoy stunning views from a garden-like rooftop terrace.



Workers poured some 240 yards of concrete into this production cap, which will be the foundation for The Terrace's northside 11-story stairwell.

where **POSSIBILITY**
plays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHURCH SERVICE RESERVATION REQUIRED	CORAL SQUARE MALL RESERVATION REQUIRED	PUBLIX	WALMART/MARKET RESERVATION REQUIRED	TRADER JOE'S RESERVATION REQUIRED	PUBLIX
	ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY
St. Coleman 10:30am 1st Presbyterian (Pink) 9:30AM St. Henry's Catholic 9:30am Coral Ridge Presbyterian 10:15am Christ Church 10:15am	1st Mon. of Month 10:30am-12:30pm	Depart 8:30am Return 9:30am	Walmart Superstore 3rd Wed. of Month 9am-11:30am	Trader Joe's 2nd Thurs. of Month 10:00am-12:30pm Office Depot Nordstrom Rack	Depart 8:30am Return 9:30am Cassels Tower South Gardens
	Walmart Superstore RESERVATION REQUIRED	Heritage Tower Northeast Villas East Lake	4th Wed. of Month 9:30am-12 Noon Pompano Marketplace Walmart Market Dollar Store Ross Dress for Less Joann Fabrics Pompano Plaza Marshalls TDBank Chase Bank Tuesday Morning Publix		Depart 10am Return 11:30am Village Towers Lakeside Villas
	ONE TRIP ONLY	Depart 10am Return 11:30am Village Towers Lakeside Villas			Depart 12pm Return 1:30pm Heritage Tower Northeast Villas East Lake
	1st Mon. of Month 1pm-3pm	Depart 12pm Return 1:30pm Cassels Tower South Gardens			

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

— 2022 JKV SENATE LEADERSHIP —

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



Jeanne Jordan
President



Mark Levey
Vice President



Elizabeth Cobb
Secretary



Jack Richards
Treasurer

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



Stephanie Messana
Building, Grounds,
& Housekeeping



Carol Redd
Communications
& Technology



Tom Regan
Dining
Services



Tom McDowell
Finance

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



Diane Dalsimer



Tom McDowell



Bruce Voelkel



Pete Audet
Past President



Paul Loree
Health Services



Jan Spalding
Life Enrichment



Bill Spiker
Long-Range
Planning



Barbara Kamakaris
Security, Safety,
& Transportation

----Resident Board Members----



Diane Barton



Terry Colli



Tom McKay

----Select Committee Chairs----



Susan Seidler
Legislative



Karen Audet
Library



Fred Schieferstein
Volunteer Services



Got Questions

WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

ACCOUNTING (Questions about your monthly bill)	(954) 783-4048
ADMINISTRATION	(954) 783-4021
AT&T TELEVISION SUPPORT HOTLINE	(954) 788-2000
CART SERVICE (Call for a cart or to book a local car trip)	(954) 783-4054
CASSELS TOWER FRONT DESK	(954) 783-4036
DINING ROOM (For reservations).....	(954) 783-4062
(For delivery or takeout).....	(954) 783-4061
DIXIE GATE (SW 6th Street Entrance)	(954) 784-4732
EAST LAKE FRONT DESK	(954) 783-4058
FITNESS STUDIO	(954) 784-4730
FOUNDATION (For questions about making donations, call Executive Director Mark Dobosz)	(954) 784-4757
GARDENS WEST FRONT DESK	(954) 784-4050
GLADES GRILL (For reservations) (Open Thursday-Monday 11 a.m.-8 p.m. Closed Tuesday and Wednesday).....	(954) 546-6116
(For takeout).....	(954) 546-6115
HERITAGE TOWER FRONT DESK	(954) 784-4737
HOME HEALTH AGENCY	(954) 783-4009
HOUSEKEEPING	(954) 784-4727
LIFE ENRICHMENT (Questions or to sign up for upcoming programs)	(954) 783-4039
MAIN GATE (SW 3rd Street, John Knox Village Blvd. Entrance).....	(954) 783-4079
MAINTENANCE (To report a maintenance issue)	(954) 783-4030
PALM BISTRO (Open Tuesday-Sunday 11 a.m.-8 p.m. Closed Monday).....	(954) 247-5820
PNC BANK (Open Monday-Friday, 10 a.m. - 2 p.m. until further notice)	(954) 781-0816
REJUVENATE SALON CASSELS TOWER (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.) (Open Monday 9 a.m.-5 p.m. for men).....	(954) 783-4013
REJUVENATE SALON WOODLANDS (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.).....	(954) 247-5817
RAS CURIOSITY SHOP (Tuesday, 10 a.m.-12:30 p.m. and Thursday-Friday, 2-4 p.m.).....	(954) 784-4753
RESIDENT RELATIONS/SOCIAL WORK (Call Joanne Avis)	(954) 783-4023
SEASIDE COVE FRONT DESK	(954) 546-6000
SWITCHBOARD/MAILING SERVICES/CHANNEL 8001 UPDATES (Call Lynne Hunt)	(954) 783-4000
VILLAGE TOWERS FRONT DESK	(954) 783-4056
WELLNESS NURSES (For 24-hour emergency care/assessment)	(954) 783-4004
WOODLANDS FRONT DESK	(954) 247-5800

GET ACQUAINTED – GET INVOLVED

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

President: Jeanne Jordan	VT 217
Vice President: Mark Levey.....	VT 306
Secretary: Elizabeth Cobb.....	EL 110
Treasurer: Jack Richards	VT 1010
At Large: Tom McDowell.....	HT 718
At Large: Diane Dalsimer	CT 315
At Large: Bruce Voelkel.....	CT 1107
Former President: Pete Audet	VT 613
Resident Board Member Diane Barton	LS 317
Resident Board Member Terry Colli	NE 501
Resident Board Member Tom McKay.....	HT 403

Committee Chairs:

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

Luck O' The Irish Celebration



**Join Us on Saturday, March 19
(yes, that's right, not the 17th)
for a Luck O' the Irish Event at
Stryker's Poolside Sports Pub**

Enjoy dancers from the Tir Na Greine troupe performing special Irish folklore dances, while sipping green beer and nibbling on corned beef. The fun begins at 3:30 p.m.

**To save your spot, register on JKVConnect
or call Life Enrichment at 954-783-4039.
Erin go Bragh!**



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