

VOICE



4-Page Tribute To JKV's Unsung Heroes

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JKV Projects On Schedule

One Is A Welcoming Project, The Other Is All Wet

By Rob Seitz, Village Voice Editor

Even with restrictive COVID-19-related preventive measures imposed on construction workers, John Knox Village's multi-year Master Vision Plan remains nearly on schedule and two projects continue the transformational work taking place within the 70-acre campus.

Contractors working on JKV's Welcome & Innovation Center and

Work on the Welcome & Innovation Center continues in earnest.



Aquatic Complex are screened upon entry to the campus, then remain on their respective construction sites—away from residents and staff—for the entire day.

"The safety and well-being of our residents and staff is John Knox Village's number one priority," said Monica McAfee, John Knox Village Chief Marketing & Innovation Officer. "These restrictions protect our community, while we continue progressing on these two critical projects."

A summertime grand opening is expected for the \$3.9 million Welcome and Innovation Center, which will include offices for the Sales, Marketing and Innovations Teams, along with Discovery Rooms in which prospective new residents can learn more about JKV. There will be conference rooms and a nearly 2,500-square-foot open-air space for on-campus events and gatherings for residents and the greater community.

The next Master Vision Plan puzzle piece coming up out of the ground is the \$6.9 million Aquatic Complex, which is replacing a small pool and

gathering area with a resort-style pool, a four-lane 75 foot-long lap pool, 60-seat indoor restaurant, an open-air sports bar and grille, two each Pickleball and Bocce ball courts, a Jacuzzi and fire pit.

A late Fall Grand Opening Pool Party is anticipated.

"There are a lot of moving components to both of these projects, but they are fun ones to work on," JKV Director of Operations Thom Price told the **Village Voice**. "Once they're completed, we will have a completely new set of amenities added to our campus. They will provide great

enhancements for our current residents and help keep us as leaders in the industry."

Behind-the-scenes work is currently taking place on the grandest plan ever for John Knox Village—its \$150-million-plus The Vue and The Terrace at Westlake project.

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

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

also in the unit mix.

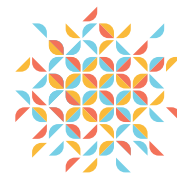
All JKV residents will enjoy enhanced water views as the entire Village undergoes a huge expansion of its current lakes system. Additional amenities in Westlake will include covered parking, as well as first-floor common space offerings ranging from a Bistro-like restaurant and mini-theatre to art studio,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

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

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



The Aquatic Complex will include two swimming pools, an indoor Tropics Grille restaurant, outdoor pub, pickleball and bocce ball courts and much more. Look for information on a late Fall Pool Party Grand Opening celebration.



JOHN KNOX
VILLAGE

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ON THE COVER

In the wake of the COVID-19 pandemic, our ever-resourceful Fitness Team took their talents outdoors on behalf of the residents. Here they are after a recent Cardio In Place class. Shown clockwise from bottom left are: Fitness Outreach Coordinator Jasmine Tennie, Jane Burgess, Fraya Finston, Norm Liedtke, Barbara Bone, Jack De-Crescente, Stephanie Messana, Tom Regan, Liz Lycke Nancy Custance and Marsha Dixon, Fitness Manager. (Photo by Marty Lee)

JKV President's Message During Uncharted Times: 'It Takes A Village'

Dear John Knox Village Residents,

As we all navigate these uncharted times, I wanted to take a moment to send best wishes for your safety and well-being. Even with the world's new mantra of "six-foot social distancing," now more than ever, it is so important to remember that we are all still connected.

As the **Village Voice** was going to press, JKV, and the State of Florida, is deep within the second full month of measures to hopefully prevent the spread of COVID-19.

Through our nearly 53-year history, JKV has developed and maintained a full compendium of emergency readiness plans. Over those many years, our plans have been fine-tuned before, during and after natural disasters, such as hurricanes, and provided us a clear path and steady direction.

As mentioned in my opening, though, a world-wide pandemic is uncharted territory.

The shining beacon during this pandemic is our many partnerships with senior living industry, health-care and governmental agencies. In concert with them, our JKV Emergency Preparedness team (EP) has been able to develop and implement protocols for the safety of our residents and staff alike. We are certain the actions we put into place have lessened the terrible possible effects of the pandemic.

This agency involvement includes everyday state-wide conference calls with LeadingAge Florida, the not-for-profit senior living industry trade group. As a member of this organization, their steady hand provides the EP team with up-to-the-moment news and developments from the Centers for Disease Control and Prevention (CDC), Centers for Medicare and Medicaid (CMS), Agency for Health Care Administration (AHCA), World Health

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Gerry Stryker
President/CEO



VOICE

Discover

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

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Looking for a previous issue of our magazine?

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



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

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



JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.

New Music Fund **Will Enhance Performance Opportunities**

As we maneuver these uncertain times, know that the John Knox Village Foundation is thinking of you and your families—wishing you peace and good health. I am pleased to announce some good news about a gift that will bring all of us pleasure as we return (hopefully soon) to gathering together to enjoy beautiful music.

Our vocal groups are an integral part of our lives here at JKV. We have been blessed to have amazing musical directors over the years and sometimes we want something a little special—some additional musicians, perhaps, to accompany those beautiful voices.



Alex Jenkins

South Garden Villa resident Alex Jenkins understood this wish. He came to the Foundation to see if there was some way to help our resident music groups expand their repertoire of performance opportunities.

Alex moved to JKV from Beverly, MA where he and his wife had lived for 16 years. After his wife died in May 2018, Alex moved to JKV where his brother, David Jenkins, had lived for

16 years. Unfortunately, David passed away before Alex moved in, but he had visited his brother enough to know that moving to JKV was a natural next act.

When Alex moved here he had not sung since his second year of high school. He was a coxswain on the school rowing team and thought that had ruined his voice. His friends, Franklin Schmidt and Dave Bayer, encouraged Alex to join the Villagers men's chorus. Dave and Alex both served in the U.S. Navy on Destroyers and Franklin was a good friend of his brother, David. These two Villagers themselves convinced him that this would be a great way to make friends and join in many of the JKV activities.

Last December's Holiday Concert brought additional performers to accompany our choral groups. This was a huge success, however, these additional musicians were not part of the budget for the year. They were able to offset the cost through the sale of tickets and many donations, but Alex wanted to fund a way to ensure that these options are available each year—whenever we want to augment our resident music groups with additional musicians.

Alex set up a new fund: **The JKV Resident Music Fund**, by gifting to the Foundation out of his IRA. Over



The Villagers' performance during JKV's Holiday Concert last December was just the inspiration Alex Jenkins needed to begin the Resident Music Fund for the JKV Foundation.

the next two years he will add to the fund in order to set up a permanent endowment that will provide income each year that the music director can tap into for special performances of our resident music groups.

'I wanted to make sure we can keep raising the bar for our concerts. And to be able to perform with such a great group enhances the lives of each one of us. I hope others will join me by making gifts to the JKV Resident Music Fund.'

Alex Jenkins, member of the Villagers

'Our concerts provide beautiful music to our residents and to the greater community. To know that we will be able to continue to expand our offerings with additional musicians is very exciting for all of us.'

Elaine McNamara, Music Director

We have recently written about gifting to the Foundation from your IRA. If you have any questions about how to go about this, do not hesitate to contact Nanette Olson in the Foundation office anytime. My number is (954) 784-4757 or nolson@jkvfl.com.

Until we see each other again,

—Nanette J. Olson
Executive Director

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

Comforting Another Comforts Oneself, *Here's How*

By Anne Goldberg, Village Voice Contributor & Savvy Senior



Anne Goldberg

What do we do when our calendar is empty and all we have is time? For now, anyway, I feel a certain calm and relief that the busy, "must-do," "must-rush" of the life as I previously knew is gone. What has come in its place is a hush, a blank page, because now I have to fill each day with activities that stimulate and inspire, without leaving the house very much.

For the time being, we have the chance to be with certain close friends (while maintaining 6-foot social distancing), pursue outdoor activities like gardening, walking and biking and indoor activities like gardening, reading, decluttering/organizing and cleaning (yes, I said cleaning. It's good exercise). Give yourself permission to do all the things you've been putting off for the last decade. I can't wait to digitalize the million or so photos I have laying around my home. I have wanted to do that for more than 10 years.

For those of you who have been retired for a while and don't have those long-standing projects (are there really any of you out there without some sort of "to do" list?), then perhaps take this time to write your memoir. John Knox Village provides such an outlet with its Silver Scribes program, which—when can all socialize and meet

again—is held the last Thursday of the month at 10 a.m. in the Village Towers Party Room.

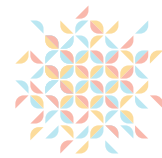
You can record yourself on your phone, use your computer to type it out, or go old-school with pencil and paper. Let the stories flow through you. Once done, send them to your family. Or, better yet, use FaceTime, Google Hangouts, Skype, Zoom or Facebook Messenger and read your stories to them.

Try to remember to reach out to your friends. Everyone is feeling out of balance so let's be there for each other. Comforting another brings comfort to oneself. Being comforted brings relief. It's a win/win.

And while you're figuring out what to do, go to YouTube and do a search for: The Savvy Seniors Show – Anne Goldberg, David Hall.

Until next time, be smart and stay safe.

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



During the 2019 ArtSage celebration, these participants in JKV's Silver Scribes program discussed writing their books. Some come from the greater community and others are here. Shown (L-R) are: Burn Loeffke, Carmen Queral, Village Towers resident Andrea MacVicar, Donna DeLeo Bruno, Vincent Cincotta, Dana Clark, Jim Connolly and the late Phyllis Neuberger.

BOOST YOUR BRAIN DURING COVID-19

Embrace Positive Thinking

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

Amidst the lifestyle changes brought on by the COVID-19 pandemic, your brain is more important than ever before. Toxic inflammation created by negative emotions and stress hormones can undermine your immune system. Your brain can help you embrace positive thinking and adaptive behavior in these challenging times.

Self-isolation gives us an excellent opportunity for re-energizing our brains. By the time this is over, your brain could be performing better than ever on attention, focus, learning, and memory. You might even be happier.

So, limit your exposure to the alarming news on TV and social media. Try invigorating your brain to some new activities that honor the need for social distancing physically, but not emotionally. No more excuses like "I don't have time."

Here are some tips to help you make self-isolation pay off in building your Brain Wealth (new brain connections) by working all five brain assets:

1. Get A Good Night's Sleep

If you have been shortchanging your sleep, now is the time to catch up. Your brain creates a lot of waste, and the garbage gets taken out at night. If you are waking up at night with fears and worries, it's time to boost your executive functions, which lets you sleep like a baby no matter what's going on. Whip your frontal lobe (the master of executive functions) into shape by playing chess online.

2. Listen To Music

Play music that delights you to enjoy your time at home more. Your favorite songs from your teens and 20s will be especially reassuring. If you can make your own music by playing an instrument or singing, that's even better for your brain.

3. Renew Relationships

Call and write letters to family and friends to whom you haven't spoken recently. Reconnect and reminisce about good times with loved ones who are gone. Your domestic animal companions will be thrilled that you are around more to pay attention to them. All of this connecting activity will soothe key brain areas that panic during social isolation.

4. Help Others

Do small favors or kindnesses for people who are home bound and perhaps at high risk for infection. Buy gift certificates from local restaurants and small businesses to help them keep the doors open. This can be done online or by phone, but you will still feel just as good.

5. Tackle The Piles

Many people are taking on piles in various parts of the home. Dig into piles of whatever you have lying around, such as frozen food, bookshelves crammed with piles of unread books, papers, or up old boxes.

6. Express What You Feel

Let friends and family know how you feel about them by phone, videoconferencing, or hand-written cards and letters. Write in a "quarantine journal" to diffuse anxiety with positive, proactive thought patterns. Either way, as Brain Wealth enthusiasts know, requiring the brain to perform "motor output" through speech and writing is an important tool for managing negative emotions.

7. Establish New Fitness Habits

Try moving to online exercise, yoga,



Phyllis Strupp provides tips on how to Boost Your Brain," especially during trying times such as the current pandemic.

dance, pilates, and other physical training programs. Swap gym workouts for walks, hikes, golf, tennis, and outdoor exercise with proper social distancing.

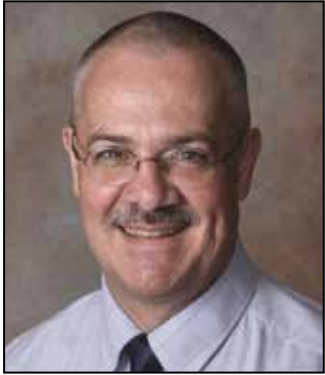
8. Find New Ways To Work Your Mind

Sign up for an online class with Harvard or a local school. Practice the piano or watch someone else play online. This is a perfect time to learn more about your brain assets and how to keep them growing by reading **"Better with Age: The Ultimate Guide to Brain Training."** All of these activities calm the mind and help build the brain's resilience.

Enjoy your freedom from your usual routines! Before you know it, the quarantine period will have just whizzed by.

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

Special Residents Deserve Special Spiritual Life Leader



Rev. Darryl Powell
Spiritual Life Leader

In the matter of a few weeks, life has completely changed for everyone. Due to the COVID-19 virus, we are all spending far more time in our apartments and villa homes than we ever thought we would in a single stretch. We are also forced to be at a distance from one another.

For a community like JKV, that emphasizes relationships and deep knowing of one another, this is, indeed, a very difficult time. When it is over and we step out into the light of

day again to reconnect with one another, what changes will we encounter? This question feels a little negative to me, so I prefer to ask this, "What blessings will we encounter?"

One great blessing you will encounter is our newly selected Spiritual Life Leader, Rev. Dr. Bridgette Sullenger. We began with a field of 16 applicants from a wide variety of backgrounds, credentials and personalities. Carefully and prayerfully I, the Chapel Committee (a committee of residents and staff) and JKV Chief Marketing & Innovation Officer Monica McAfee reviewed and interviewed by phone, in person and in committee and came to what I know is a God-led decision.

So, it is my great pleasure to introduce to you Rev. Dr. Bridgette Sullenger. Throughout this process, I said candidly to Bridgette that I would not pass the duty of caring for your

spiritual lives on to just anyone. My JKV family is precious to me (and ever so much more so, to God) and your spiritual care must be blessed by the faith, knowledge and spirituality of an exceptional individual.

Bridgette is that exceptional individual. Academically she has exceptional accomplishments, up to and including a Doctor of Ministry degree. She has exceptional professional training as a Pastor (she is ordained in both the United Methodist and Disciples of Christ denominations) and as a Chaplain (she has many hours in Clinical Pastoral Education and is in process to become a Certified Chaplain, a rigorous course of preparation and study).

And Bridgette is an exceptional woman of faith. She loves God. She loves Jesus. She is firmly rooted in her own faith and spirituality. At the same time, she loves and values the faith traditions of others. Under her leadership you will continue to experience the hands-on support for the growth of spiritual experiences in the Roman Catholic, Jewish, Buddhist and Islamic communities. Our LGBTQ community will also discover her sincere and energetic support as she works with you to bring meaningful spiritual experiences to campus to bless your spiritual growth.

One of the factors that led to her selection is that Bridgette not only understands, but deeply values relationships. Her vision and mine are very much alike: The goal of our mutual spiritual life is to bless and strengthen the individual traditions that are so important to you while also building bridges and bonds. JKV is, and will continue to be, a community where people of diverse faith, and no faith, can

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Welcome Letter From JKV's New Spiritual Life Leader

Meet Rev. Dr. Bridgette Sullenger



Rev. Bridgette Sullenger
Spiritual Life Leader

Dear Residents,
Greetings and a huge thank you to all of you for welcoming me so warmly during 6-foot Social Distancing! I am excited to be at John Knox Village, serving as your Spiritual Life Leader and I look forward to getting to know each of you individually and collectively. I wanted to share a little bit with you.

First, and foremost, I have been asked by many Residents and Staff, "How would I prefer to be addressed?" Well, that is up to you. My full title is Rev. Dr. Bridgette Sullenger, a tad formal don't you think?!

I mean, if we were having a very formal service with pomp and circumstance that might work, however, we are living and enjoying life in our Village of friends; you may call me Bridgette, Doc, Dr., or Rev. Bridgette, whatever you wish. I just hope that you call me, reach out and contact me so I can

get to know you no matter how you address me.

As Spiritual Life Leader, I will be called upon to be your support and your friend. No matter what your faith background I am called to walk alongside you to lift up your values, highlight your beliefs and share in your life stories. Together with you in hope, kindness and love.

The full respect and support of the spiritual life and faith of all JKV residents is a commitment of the Village, the Spiritual Life Department and the Chaplain. We strive to live in a John Knox Culture which respects the religious and spiritual views of all our residents.

I know that I have been brought here for a reason, to be with you. I have no doubt in my mind that the relationships we build will be lasting and fulfilling. Peace be upon each one of us and here's to all things new and exciting and as the anonymous quote goes, "Let us always meet each other with a smile, for the smile is the beginning of love."

My office phone number (954) 784-4748 is up and running and my email address is bsullenger@jknvfl.com

Smiling at you,

—Rev. Dr. Bridgette Sullenger

READERS REVEL IN REALITY OF *Virtual Book Club*

The JKV Book Club recently went virtual. The first virtual book club discussion was held in early April using Zoom Videoconferencing and connected residents to V.S. Alexander, the author of ***The Magdalen Girls***, a fictional account of girls who were imprisoned in Irish laundries to learn the errors of their ways.

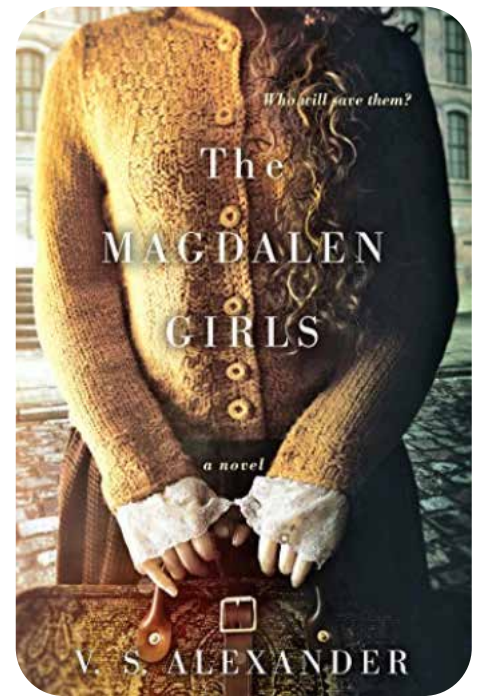
Michael Meeske, aka V.S. Alexander, is the author of the 2017 best-seller *The Magdalen Girls*. This novel, rooted in Irish history, exposes the tortured lives of girls in a Magdalen Laundry in the 1960s. Michael/V.S. joined the JKV Book

V.S. Alexander.

Q. Why did you become a writer?

A. I grew up in small town in southeastern Kansas and my parents worked. I was alone a lot and became a voracious reader, especially Edgar Allan Poe. In my senior year at the University of Kansas, I needed one more class. I took Creative Writing with James E. Gunn, a science fiction icon. I turned in my first paper and received an "A." The bug bit me.

Q. How do you, as a male writer, get inside the heads of your characters who are 16-year-old girls?



was like at 16, where I was struggling. Then, I put it in the perspective of a girl. The individuals come forth from the characterization.

Q. How could an alcoholic father send his daughter to the Magdalen Laundries? Is it reasonable for us to believe?

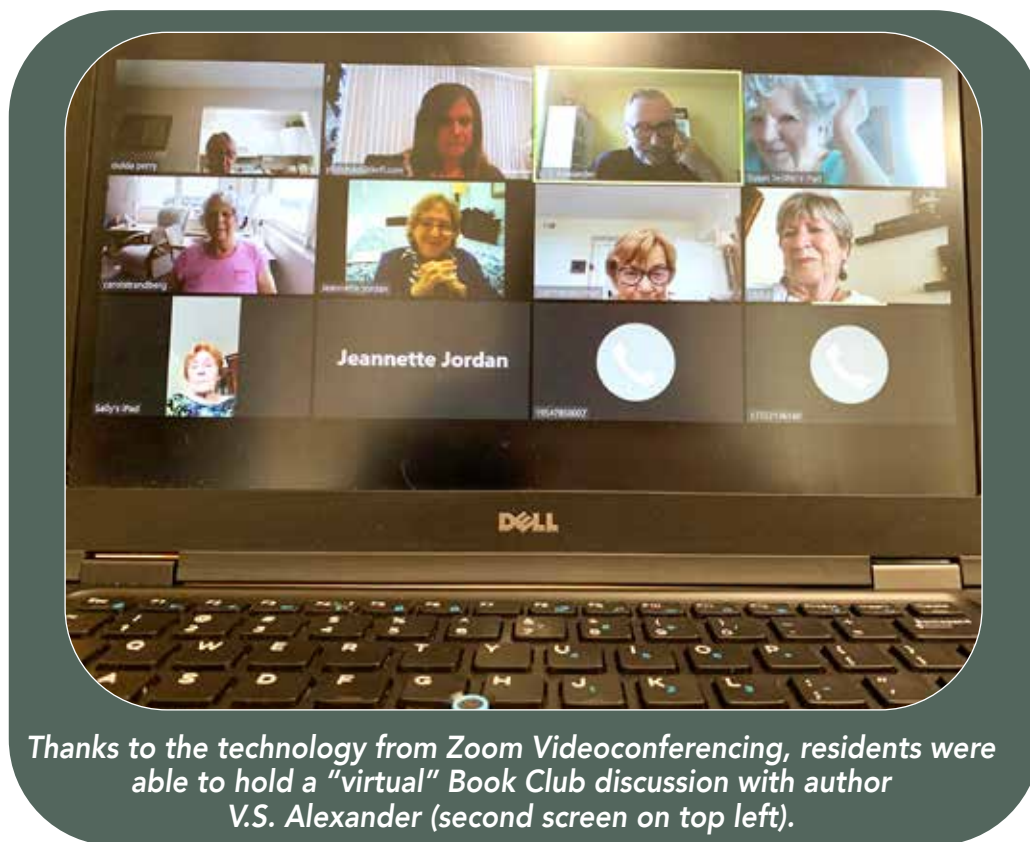
A. Unfortunately, yes. It is very reasonable. There are horror stories about alcoholic parents who are sexually and physically abusive, even setting a child's hair on fire. I try to strike a balance between the horrific and a sense of optimism. Anything I write in my books I believe could happen.

Q. What do you hope readers will learn from your book?

A. I wanted readers to know that these institutions -- the Magdalen Laundries -- existed.

Afterthought: A Book Club attendee: "Michael was so interesting. It is the first time [something] took my mind off of the Coronavirus. What a needed change."

Jeanne Jordan, Book Club chair, and Yael Fishman, Life Enrichment Coordinator, conducted the discussion on the Zoom platform, with the invaluable assistance of Nick Sconiers, JKV Technology and Production Coordinator.



Thanks to the technology from Zoom Videoconferencing, residents were able to hold a "virtual" Book Club discussion with author V.S. Alexander (second screen on top left).

Club for its first campus-wide virtual meeting. Here is the question and answers that came out of that session.

Q&A with V.S. Alexander

Q. How did Michael Meeske translate into V.S. Alexander?

A. I had to make a marketing decision. I picked Alexander because I wanted an "A" name, which is at the beginning of the fiction section. V.S. stands for "very special." The real reason: I had to find an unused name. As I was walking by my liquor cabinet, I saw VSOP Brandy. Hence,

A. I feel I am writing about the human experience. We are all the same. Men and women are different, but those are aspects of their character. We feel grief and pain. If I have to get into the mind of a 16-year-old girl, I go back to what I

To learn more about the Virtual Book Club, contact Yael for more information at (954) 783-4015 or yfishman@jkvfl.com



Pete Audet
President Resident Senate

As I wash my hands for the 32nd time today I long for new verses to the Birthday song. Walking away from the sink with raised hands and a self-satisfying surgeon's smile...well done soap...well done.

Soon we'll get back to springtime getting hands deep into rich loam planting flowers, tomatoes and the like.

As Mahatma Gandhi shared, "I will not let anyone walk through my mind with their dirty feet." I'm not going to let this COVID-19 get the better of me.

We will play by some new rules until

it all goes away. We need to have a grateful attitude as we witness our staff at John Knox stretching beyond their normal daily duties. I've got a number of 'WooHoo' awards to hand out.

The first goes out to those who are breathing through masks and wearing rubber gloves—"Woohoo" to you—that's got to get old.

Next "Woohoo" goes to the dining staff for all they have done. First came the temple temperature checks, followed by table and seating separation, The Palm Bistro and Main Dining Rooms, developing a new menu, freshly made frozen entrees, omelet, anyone? The patience required...taking phone orders...the wait staff delivering the take-outs. Initially unsure of the difference between South Gardens and Northeast villa neighborhoods Heritage Tower vs. Village Towers. But let's "not trod with our dirty feet on their efforts," rather let's be in amazement of the magic performed by Joe Mallen and his team. That's a huge "Woohoo" award.

Another big 'Woohoo' award goes

out to the Health Care folks. Providing Nursing and Rehab, masks, gloves, thermometers. "Woohoo" to our Security team, checking our travels, helping to keep the COVID-19 outside the hedges, well done. How about the Marketing Staff and their evening memos keeping us abreast of the latest info and encouraging hand washing, social separation, staying on the campus...doing all in their power to manage the campus as free from the pandemic as humanly possible: Right down to Housekeeping for their Paper Products Purchasing program helping us Enjoy the Go.

Truly worthy of a big "Woohoo" award as are the grounds keepers keeping the campus lush and beautiful. Let me end with a thought of gratitude from Mother Teresa. She dedicated her life to return the dignity of the weak, visiting and caring for the sick. She once said, "Don't only give your care, but give your heart as well." Aren't we glad we live at John Knox, where we experience that type of care and love? "Woohoo."

—Pete Audet

The John Knox Village Foundation



Carol Frei
Foundation Board of Directors

As I walk around Lake Maggie each day during this trying time I pass fellow residents at a 6-foot social distance, doing the same. So many remark how fortunate we are to have such a beautiful campus to enjoy the flora, wildlife, and landscaping around the villas. The unanimous comment is how lucky we are to be at John Knox Village, which is taking extraordinary care of each one

of us. The common response is they are extending every possible way of keeping us safe and healthy.

We all feel this way, especially now. We need to acknowledge this outstanding care with gratitude to all employees during this unprecedented time.

Won't you consider donating all, or a part, of your \$1,200 CARES (Coronavirus Aid, Relief and Economic Security) Act stimulus check from the government to the JKV Foundation for one of these funds?

1. **The Sharing and Caring Fund**, which is JKV's community fund. Our 501(c)(3) status requires that we support our greater community. During this time, food insecurity is a big issue, so we would like to support those organizations that make sure the most insecure get a good meal every day. Agencies such as Meals on Wheels, for

example.

2. **The Charlotte Symonds Fund** supports employees of John Knox Village who have catastrophic illness issues that impact their ability to work and pay their bills. To have these issues to worry about, on top of the COVID-19 virus, must be daunting. To be able to help in a small way shows how much we value our staff.

3. **The 50th Anniversary Capital Campaign** will support the Aquatic Complex, the new Westlake Pavilion and the amenities on the first floor of the new Westlake independent living towers. These projects will not only improve the lives of our residents, but also those coming here after us. This is truly a gift for the next 50 years.

Wishing you and yours continued good health with much gratitude.

—Carol Frei

Chicken Verdicchio

In Good Taste: Chef Mark's Latest Creation A Product Of Being Nimble, Flexible

By Rob Seitz, Village Voice Editor

Some of the great defining moments that came out of John Knox Village's efforts during the COVID-19 crisis was how staff embraced what became a "new normal" of being nimble and flexible as situations changed on a nearly daily basis.

Within minutes of the State of Florida ordering the closing of communal dining areas to better enforce 6-foot Social Distancing mandates, JKV staff quickly got nimble and flexible.

Front-of-the-house team members, who normally would be greeting, seating, taking orders and serving our nearly 1,000 residents, were suddenly answering phones and recording online meal requests. The entire Dining Services Team switched from a traditional restaurant model of service, converting to a strictly Home Delivery food provider for residents.

Instead of residents coming in for breakfast, lunch and dinner, staff were preparing, cooking, placing meals into disposable containers and then were deployed through the Village's 70-acre campus—delivering meals to our four apartment buildings and and more than 200 villa homes.

The menu nearly replicated the old standards, despite everything being To Go, with offerings of soups, meats, seafood, poultry, pork, starches, vegetables, sandwiches and even omelets with all the fixings.

Always searching for additional

options to provide the residents, Executive Chef Mark Gullusci got his creative culinary juices flowing and came up with four freshly frozen entrees. Much like frozen meals for purchase at grocery stores, after preparing them Chef Mark and his team placed them in containers with reheating instructions on them.

Hearty and delicious his chicken vermicelli was just one of his creations, the recipe for which is our Village Voice recipe. Although vermicelli is a white Italian wine grape grown primarily in the Marche region of central Italy, this recipe does not call for any.

Chef Mark is sure you will enjoy this as much as our residents have.

Chicken Verdicchio

(Yield 4 Servings)

- 4 chicken breasts (boneless, skinless)
- 1 14-ounce can tomato sauce
- 1 8-ounce can diced tomatoes in juice.
- 2 tbsp. fresh chopped basil
- 1 small jar marinated artichokes (4 ounces)
- 1 tsp. chopped garlic
- 1 cup chopped Spanish onion
- 1 small can roasted red peppers, chopped (4 ounces)
- 2 tbsp. capers
- ½ tsp. oregano
- ½ tsp. black pepper
- ½ tsp. granulated sugar



Chef Mark's Chicken Verdicchio, packaged and frozen, ready to be heated and eaten at home.

- ½ tsp. kosher salt
- All Purpose flour as needed to dredge
- Blended oil to sauté

Method of Preparation:

For the chicken: Heat 2 tbs. blended oil in frying pan, dredge the breasts in seasoned flour and brown for 2-3 minutes each side, then place chicken on a baking dish.

For the sauce:

Heat oil in pot, add garlic, sauté 1 minute until light browning appears, add onions and seasonings and sweat for 5 minutes. Add remaining ingredients and bring to a boil. Simmer 15 minutes.

Pour sauce on top of chicken, the plan in oven for a short time in oven to finish cooking. Enjoy!

SING THE PRAISES FOR

JKV's Employees Dedicated To Residents' Security, Well-Being

By Marty Lee, Village Voice Contributor



Safety and security for the entire Village begins at the Entrance Gates. Security Guard Alvaro Parra is shown screening a visitor before permitting access to the campus.



The Woodlands' Admissions Coordinator Lori Janicki takes the temperature of Social Service Manager Ivy Gold in the Lobby, as part of the screening process in all higher levels of care on campus.

Many residents will say they moved into John Knox Village because they wanted a plan for their future. As the now months-long world-wide COVID-19 pandemic marches around world, bringing countries to stand stills, it is comforting to know that, like its residents, John Knox Village had a plan.

In advance of the threat ever hitting Florida, JKV's Emergency Preparedness (EP) team members were monitoring events taking place in China. When the danger became imminent JKV, mobilized its emergency plan to keep residents safe at home while redeploying staff to efficiently care for the daily needs of those residents.

According to President & CEO Gerry Stryker, "Our vigilance and responsibility to the well-being of all our residents, staff and vendors is undoubtedly worth our preventive measures.

"We are all responsible for doing our part to stop the spread of this virus. Fear, anxiety and the spreading of rumors is counterproductive. Rest assured; we are working diligently to protect everyone.

"We are engaged on a daily basis

with a variety of industry and governmental agencies, either through daily conference calls or by monitoring of their notifications. Those groups include: LeadingAge Florida, the not-for-profit senior living industry trade group, the Centers for Disease Control and Prevention (CDC), Centers for Medicare and Medicaid (CMS), Agency for Health Care Administration (AHCA), World Health Organization (WHO) and others."

Long before Florida issued its stay-at-home order, JKV departments had implemented the plans to keep residents and employees safe during the COVID-19 crisis. Some of the most visible departments implementing these plans involve: Security and Transportation to assure the campus remains safe and sheltered-in-place while providing transportation for those residents requiring essential "outside the Village" medical appointments; Dining Services to make sure all residents are well fed with daily home delivery of breakfast, lunch and dinner meals; and Wellness Nursing and the health-care teams in Gardens West, Seaside Cove and The Woodlands to maintain and oversee resident health during the crisis.

Security Of The Village

On the front line of JKV's plan is Transportation & Security Manager Wesley Letscher, whose staff's responsibility starts at the Village's entry gates.

"Currently only essential visitors are authorized to enter JKV. This means someone who is a caregiver, rather than a social visitor," Wesley told the Village Voice. "Deliveries are allowed at this time and Security has been assisting to ensure the packages and groceries aren't being misplaced or delivered to the wrong address.

"We have a screening process that everyone entering the Village must pass in order to be granted access. The questions range from travel history, to current symptoms and, of course, any contact with someone who has been diagnosed with COVID-19. Should anyone answer yes to any of these questions, access will be denied, and they will be turned away."

Wesley said that currently off-campus transportation is limited for essential medical appointments only. "All shopping trips have been cancelled, groceries and prescrip-

R *Unsung Heroes*

Wellness And Health



Once communal dining was prohibited by the Governor, Dining Service team member Sabrina Cox began getting meals ready for Home Delivery.



Jubarry Maynard (L) and Paul Boland, from the Catering Department, were re-deployed to assisting in providing Home Delivery meals for residents.

tions are being delivered to the residents by outside services. We are handling all resident special needs on a case-by-case basis.

"Each and every day, our Transportation and Security staff go above and beyond their call of duty to serve the residents of JKV," he said. "We have a really special team that understands what caring and customer service mean. The people on the front lines screening at the gates, are working tirelessly to ensure nobody enters JKV without the proper screening. I am so thankful for our Transportation and Security employees, they have remained flexible, show up every day, never complain and the residents are also so appreciative."

Keeping Residents Fed Daily

With nearly 800 independent living residents, all now sheltering at home, a major consideration has been keeping them all well fed. Under normal times, residents took buses, campus carts or strolled to the Patio and Lakeside Dining Rooms or The Palm Bistro for breakfasts, lunches and dinners. Meals were a major opportunity to socialize, linger over a delicious entrée and catch up

on the day's events. Today's situation dictates that all meals are ordered by residents via phone or internet, and the meals are delivered fresh and directly to residents' homes or villas.

Joe Mallen, JKV's Director of Dining Services, implemented a phased plan to keep all residents well fed, weeks before the coronavirus crisis became prevalent.

"I put together a 'what if' scenario if the dining room was in fact closed [due to social distancing]," Joe said. "I included the Palm Bistro in that scenario as it is in a 'health-care' setting and probably would be closed before the dining room, out of an abundance of caution.

Currently Dining Services is following its detailed plan. With the dining rooms and Palm Bistro closed, daily meals are available for home delivery only. Also, as part of this plan, Executive Chef Mark Gullusci and his kitchen team have developed frozen meal options. "We're starting with four different meals, in two different sizes, freshly prepared and frozen," Joe said. "There's Baked Ziti, Grilled Chicken and Broccoli Alfredo, Hearty Beef Stew and Mac & Cheese with Bacon, Spinach and Smoked

Gouda."

Dining Services currently has a staff of 103 including Catering and The Palm Bistro. Joe praised his staff saying, "They have really come together to function as a unit. Teamwork has never been better. We are fully staffed right now and have deployed staff based on their skill set. Some are great on the phones, others efficient at fulfilling the orders, still others at navigating through the campus and delivering the meals with a smile. We will continue to evaluate the schedule, and ensure our employees are productive and deployed as necessary.

"It's a team effort all the way. We were pro-active and prepared for the worst. My team put systems in place so when the time came to implement them, there wasn't the chaos that there could have been.

"Rob Seitz [Communications Manager] and the team [in Marketing and Life Enrichment] have done a wonderful job keeping everyone updated. This daily communication has taken a lot of the fear out for many. I am so proud of how my managers and staff have responded

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SING THE PRAISES FOR *Unsung Heroes*

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during this unprecedented time of uncertainty. Everyone has stepped up and pitched in to learn new roles and responsibilities. The morale has never been better, and I think they understand now the seriousness of the situation, as well as how important they are to the health and welfare of our John Knox Village Residents."



Instead taking meal orders in front of residents, Jennifer Burns and Latasha Worthy were punching in phone orders and meal selections that were sent in to Dining@jkvfl.com

Health Care Services

When it comes to providing award-winning health care services for its residents, JKV hit the trifecta with Leslie Schlienger, Mark Rayner and Kelly McIntyre. Respectively, they oversee the John Knox Home Health Agency, The Woodlands & Seaside Cove and Gardens West.

As HHA Administrator, Leslie supervises a health care services team of 200 Home Health Agency Nurses and Aides, and a staff of 25 in Wellness Nursing. These ladies and gentlemen are on the front lines, keeping residents healthy and safe.

At this time of social-distancing, and in the interest of maintaining the health of all residents and staff, procedures have been modified.

"Much of the daily screening done by Wellness Nurses is now being done by phone," Leslie said. "Home Health Case Managers have minimized visits to only essential functions. We are getting very good at telephone triage."

Protocols are in place so that: "If

we suspect virus-like symptoms, the resident will need to self-isolate and the physician will be notified," Leslie said. "They manage the symptoms in the home as best as possible. Nursing will call twice a day to check on the resident, and if indications dictate a need for more sophisticated management they will be transferred

to a higher level of care."

So far, JKV's social-distancing protocols have kept the Village's residents safe.

Leslie credits her health care staff with heartfelt commitment far beyond the call of duty. "I am overwhelmed and impressed with their dedication, kindness and loyalty to

the John Knox Village community. In this time of heightened anxiety, I see our people are being very kind and considerate and that is what is bringing out the very best in us."

She said the feeling of humanity and assistance has extended

beyond the walls of JKV. "Nuage Designs, a textile company in Miami, contacted us and sent more than 50 cloth face masks to distribute to our aides, who ride public transportation to and from work, for their personal use. They also gave a small bottle of hand sanitizer with each mask. This is an example of how we are all working together

in this."

As JKV's Director of Health Services, Mark oversees a team of 260 team members whose number one role each and every day is "to keep the COVID-19 virus out of our health care environment and community, while also keeping our Elders, rehab guests and staff safe."

With visitation restrictions put in place in mid-March, Mark and his team has been able to successfully walk the line of maintaining safety and well-being for the Elders, as well as providing reassurance while Staff is taking temperatures and vitals more frequently, while wearing surgical or N95 face masks, face shields, protective gowns and gloves.

"Through our close monitoring of equipment and diligent efforts we have been well-stocked with PPEs (Personal Protective Equipment), N95 masks, gloves, face shields and hand sanitizer gels, which provides Staff with a great sense of security," Mark told the **Village Voice**.

What has also helped comfort the Elders is the use of social media.

"Our Staff have done a tremendous job setting up Skype and FaceTime meetings for the Elders, with their loves ones and friends," he said. "You can see the joy it creates for them."

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"I Scream, You Scream"...oh you know the rest...Cassels Tower resident Sondra St. Martin did not have to holler for some ice cream as our Life Enrichment Department rolled out their Ice Cream Cart. Jamisyn Becker and Teddy Tennie drove around the campus providing residents with complimentary ice cream on a warm April afternoon.

New Virtual Reality Partnership Is The Real Deal

JKV Partners With MyndVR

By Kim Morgan-Vagnuolo, Village Voice Contributor

John Knox Village recently partnered with MyndVR, the nation's leading provider of virtual reality solutions for senior care communities. Together, we are the first community and company to offer virtual reality therapy to seniors in South Florida.

This exclusive and unique partnership is the kind of forward-thinking taking place at JKV that has resulted in the Village recently being awarded both the Pinnacle and Beacon awards by the International Council on Active Aging for its programming in wellness and lifestyle.

"John Knox Village is pleased to partner with MyndVR to bring state-of-the-art virtual reality technology to our community," said Monica McAfee, Chief Marketing and Innovation Officer. "By embracing virtual reality, JKV can provide staff with innovative training to support compassionate, empathetic interactions with their residents, as well as a resource for bringing holistic interventions to residents."

Guided by a mission that focuses on the well-being of the whole person – body, mind and spirit – JKV allows seniors to plan for their future health care needs while enjoying all of their

amenities, life-long learning programs and full range of services that promote wellness of mind, body and spirit. Virtual reality therapy is the latest extension of that offering, and will provide residents with physical comfort, the ability to indulge their curiosity, engage their minds and travel beyond their physical limitations.

"It's more than entertainment," Monica told the Village Voice. "We believe this technology has therapeutic power. It provides a source of comfort and pain reduction that can calm, distract from, and treat not only physical pain, but psychological pain and social isolation."

MyndVR brings happiness and wellness to seniors by providing immersive virtual reality experiences revolving around meaningful content with a purpose. Their research shows virtual reality can improve the quality of life and engagement for seniors, and they continue to create content and experiences that empower seniors to learn, grow and indulge their curiosity.

"Our goal is to lift the quality of life



JKV Elder Eileen Maass tries the visual experience of MyndVR.

and the spirits of senior citizens across the country," said Chris Brickler, co-founder and CEO of MyndVR. "This is a true immersive technology that provides joy and takes people out of the four walls of their existence."

The JKV contract with MyndVR will be the first implementation of virtual reality in a continuing care life-plan retirement community in South Florida. In addition to providing content, MyndVR comes with senior-friendly, MyndVR-branded Vive Focus headsets and a tablet, so care partners can control the experience, as well as onsite and remote training and support.

SING THE PRAISES FOR *Unsung Heroes*

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In the Gardens West assisted living setting, Kelly, along with her staff of 23 have also been following screening measures put in place by the Department of Health, as well as AHCA.

"When the restrictions on communal dining came down, we began delivering all three meals each day to Elders inside their apartments," said Kelly, who is in her third year as Administrator. "The direct-care staff and kitchen captains have been working wonderfully well together to make this happen."

With a reduction in socialization and lack of family visitation, Kelly and Mark's teams are often challenged with reassuring but have found the Elders to be very appreciative of the Staff and the [social distancing] reminders given.

"They are very understanding of what's going on and why it's necessary to keep distance," Kelly added. "Communication is especially important during these times."

An overriding theme throughout the Village during this world-wide crisis is the gratitude given by Residents and Elders toward the Staff.

As Kelly pointed out: "A simple question, such as 'how are you doing?' can go a long way in comforting everyone at John Knox Village."



Heritage Tower resident Mary Jane Graff and JKV Resident Relations Manager Joanne Avis made "Thank You" posters in advance of a Thankful Thursday initiative. These posters were being made for our Health-Care Professionals in The Woodlands, Seaside Cove and Gardens West, showing gratitude for the front-line work they perform day in and day out.

JKV President's Message During Uncharted Times: 'It Takes A Village'



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Organization, and other government agencies.

As far back as January, our EP team was monitoring the Novel Coronavirus as it started marching out of Wuhan, China. We began by distributing flyers with preventive tips from the World Health Organization and Centers for Disease Control and Prevention to our nearly 1,000 residents and more than 800 staffers.

Additional notices gave direction for anyone beginning to feel or display virus symptoms to contact our Wellness Nursing team of health-care professionals.

I am grateful that in short order, our Security and Transportation team members took the necessary actions and began screening all residents, staff, guests and vendors wishing to come through any of our three entry points. We closed high-traffic areas on campus where large groups could congregate, such as our Auditorium, Fitness Studio and the lounge in our Lakeside Dining Room.

Socialization was one of the first casualties of the virus, not the least of which was the cancellation of a month's worth of events—our 4th Annual ArtSage celebration of all things

arts. With nearly 60 events lined up, ranging from large-scale entertainment productions to intimate presentations in our art studio, we had all of March devoted to this 31-day-long revelry.

Ever nimble and flexible, the Marketing, Sales, Life Enrichment, Fitness, Meaningful and Spiritual Life teams shifted their focus from live-action events to the virtual and online. They created a 20-page "At Home Enrichment" guidebook chock-full of brain games, virtual museum tours, cooking demonstrations, college lectures and much more—all to be enjoyed in the comfort of our residents' apartment and villa homes.

With no in-person events, the Life Enrichment team re-grouped and helped train residents in online grocery shopping, so residents would not have to leave the campus. The team created outdoor musical Pop Up events, (with social distancing). Our Fitness team starred in follow-along videos, guiding residents in yoga, meditation and the sort.

Our newly created JKV Tech Talk videos provided instruction in how to FaceTime, set up online accounts and sign-up for our resident engagement portal, JKVConnect.

Speaking of being nimble and flexible, in the span of a 30-minute weekend day our Dining Services team went from the traditional restaurant model of providing three meals a day to "Home Delivery Only." Once the Florida Department of Health shut down communal dining, the team went from face-to-face meeting, greeting and serving to taking orders over the phone, packaging meals into one-time-use containers and delivering them around our 70-acre campus to residents in our four apartment buildings and 200-plus villas.

Our dedicated Housekeeping team was redeployed, concentrating on sanitizing and re-sanitizing (and re-sanitizing) high-touch points and potential problem areas. They were charged with filling and refilling the many strategically placed hand sanitizer stations around campus, and much more.

The real front-line heroes are our health-care workers: The ones in whose capable care are, in many cases, our most frail and vulnerable—and not just to COVID-19. These dedicated professionals check in on our Independent Living residents as well as those in our assisted living Gardens West and two skilled nursing centers—The Woodlands and Seaside Cove.

Along with award-winning, top-notch health care, our Meaningful Life team keeps our Elders entertained, calm and engaged.

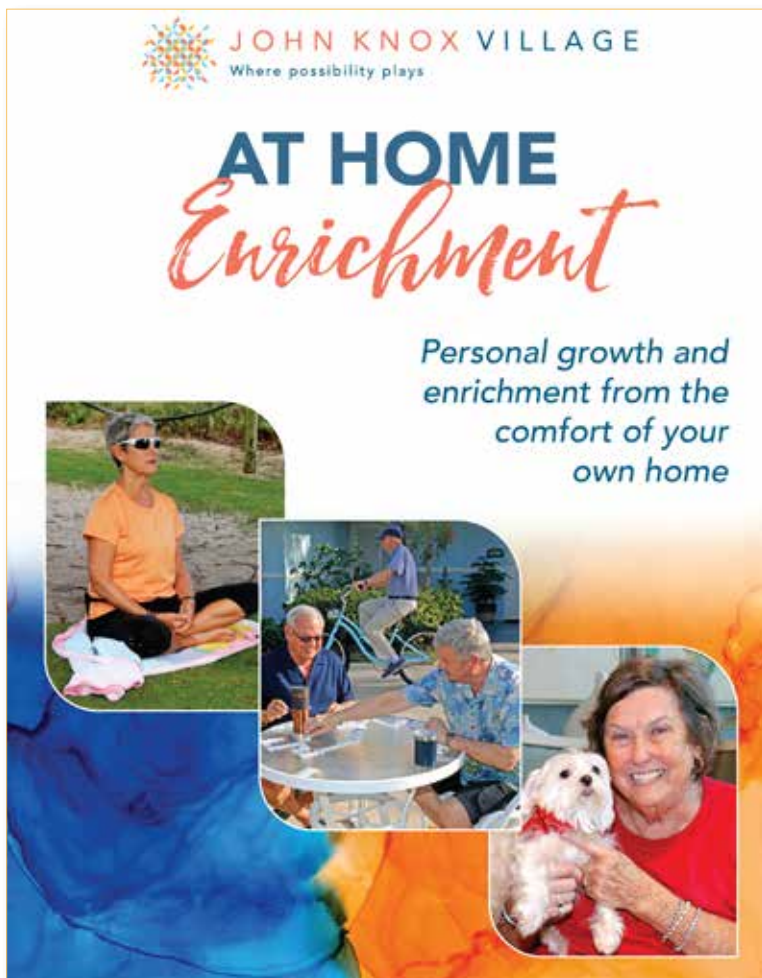
I do not pretend to know what our Village, county, state, country, indeed the world, will look like when this edition of the **Village Voice** is delivered to you in late April.

What I do know and what I can say with pride is that our staff, "working in service with, for and alongside you, our residents," helps make John Knox Village, a place "Where Possibility Plays."

Please stay well and take good care.

Sincerely,

—Gerald Stryker
President/CEO



Once all in-person social events were postponed campus-wide the Marketing, Sales, Life Enrichment, Fitness, Meaningful and Spiritual Life teams pooled their talents and created this 20-page At Home Enrichment book, with helpful programming information in which residents could participate from the comfort of their homes.

LIVING WELL CORNER

Want To Get Back To Exercise? Try A Group Fitness Class



Erik Nenortas, CTRS, CPT

We certainly all have spent many long, tiresome hours at home during this unfortunate pandemic. Hopefully this article reaches you now with the end of the lockdown in near sight or maybe as completely over (fingers crossed).

Things change inevitably in life; however, the vital need to take care of our body never really does. Health is truly number one.

Thus, it's important to maintain a consistent exercise regimen, as it keeps the body and mind healthy. Taking a group fitness class may be the perfect way to re-boot your routine and get back into exercise after this "extended break." In this article, we will explore group fitness classes, their benefits and the variety of classes offered here at John Knox Village.

To begin, a quick question, have you had a previous chance to utilize or visit the JKV Fitness Studio? If not, I will give you a brief description and overview. The Fitness Studio is a vibrant, spacious exercise environment with many cardiovascular machines, high-end resistance equipment and our very own group fitness exercise room. It is a perfect place to have amazing workouts for those whose lifestyle entails routine exercise, with improving health being a top priority. The Fitness Team also offers an array of group fitness classes that are customized to meet and challenge numerous fitness needs. Many residents understand the concept of utilizing exercise



Fitness Professional Erik Nenortas watches over Cassels Tower resident Dusty Dunn as he works out in the JKV Fitness Studio.

machines, free weights and stretch tables to achieve desired results. However, with such an immense variety of exercise options in the Fitness Studio, some have declined past invitations to join these group fitness classes.

"It's not for me, it's too hard, it's too fast," or "I don't have the balance for it," are very common expressions heard from others wanting to stay clear of attending. We ask then, "What are the benefits of group fitness classes?"

Whether you are a new member at the JKV Fitness Studio, would like to try something new or are just ready to get back

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NUTRITION NOTES

Five Nutrition Tips to Help Fight Off Infections



Rachel Graham

Having proper nutrition and hydration are vital, especially during times when we need to fight off risks of infections and illnesses. People who eat a well-balanced diet, containing a variety of fresh and unprocessed foods, tend to be healthier with stronger immune systems.

1. Eat Unprocessed and Fresh Food: The best sources of vitamins, minerals, dietary fiber, protein and antioxidants come from fresh and un-

processed foods. Having a daily diet that consists of 4 servings of fruits, 5 servings of vegetables, nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice, potatoes, yams) and 160g of animal sources of protein/ legumes (e.g. lentils, beans), will help you obtain these everyday essentials. Remember to cook your vegetables al dente to help prevent the loss of important vitamins.

2. Drinking 8-10 Cups of Water a Day: Water is also essential for life. It transports nutrients and compounds in the

blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints.

3. Eat Moderate Amounts of Fat and Oil: Consume unsaturated fats like fish, avocado, olive oil, soy, canola, sunflower and corn oils. Avoid fatty meats, butter, cream, cheese, ghee and lard. Choose white meat and fish, which are generally low in fat, rather than red meat. Avoid processed meats because they are high in fat and salt. Switch to low-fat or reduced-fat versions of milk and dairy products.

4. Eat Less Salt and Sugar: Limiting the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce) when cooking and preparing food will help limit your daily salt intake to less than 5g. Avoid foods/snacks that are high in salt and sugar. Limit intake of soft drinks or sodas and other drinks that are high in sugar (e.g. fruit juices, flavored milks, yogurt drinks). Always choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate.

5. Avoid Eating Out: Eating at home, reduces your rate of contact with other people and lower your chances of being exposed to any infections/illnesses.

*—Rachel Graham
Assistant Director of Dining Services*

JKV Residents Appreciative, Adaptive And Resourceful

By Marty Lee, Village Voice Contributor

While stay-at-home orders are in place at John Knox Village, residents are finding the time to be creative and appreciative in their daily activities.

Heritage Tower resident Tom McKay is one of the many residents who usually spends much of his time involved in committees—volunteering to make the community operate smoothly. With social distancing in order, Tom says he is busy putting closets and paperwork in order, catching up on movies, books and walking.

"I always enjoy getting my full 12,000 steps walking in around our campus," Tom said. "There are friends to catch up with and family members on the phone and by text. I have learned to use Zoom for meetings I would otherwise have to miss.

"We are so fortunate here at John Knox Village with many good friends on campus. We say hello, as we do our daily walks around campus. We provide each other with items from our pantry for our individual cooking or entertainment needs. We support each other.

"The staff here are amazing in how they are compensating. They have put together a Life Enrichment book that provides detailed instructions on how to access live entertainment, virtual museum visits, fitness activities, movies, games. If you have nothing to do, it is because you do not want to do anything, not because it is unavailable to you. Sometimes naps are good too."

Enjoying Each Other And Writing Books

Twyllah and David Haun have taken the time to enjoy each other's company. "We both agree that we enjoy simply sharing together in our apartment, without all the obligations and opportunities

here in Village life," David said. "I have been writing another book—and plan to have it finished when things open up again, and most every day we walk."

"One of our pleasant surprises has been how good the meals are, which are delivered each day. It still is a surprise each time the meals are delivered to see how much we enjoy them."

"Just this week, we have started cutting and sewing face masks for people to wear for protection against the virus. Some of them will be going to the hospital, where our granddaughter works; some can come to John Knox for our employee staff who are doing such a great job in both giving us protection and offering suggestions and ideas how to keep busy."

Staying At Home And Informed

Residents Diane and Bob Barton appreciate the dedication of the JKV staff for establishing stringent guidelines to keep everyone safe.

"The daily printed and emailed COVID-19 updates have been an excellent source of timely and accurate information," Diane said. "The updates explain the gate screening process; self-isolating when necessary; the six-foot social distancing; proper handwashing and how to learn to use Instacart. We've learned the importance of staying on campus except for essential needs; our responsibility to keep JKV residents and staff safe and providing a process to secure paper goods. The updates explain the symptoms of COVID-19 and how to care for a partner with symptoms, but not in distress. Plus, we have been guided to websites that offer entertainment, exercise, music, education and games."



JKV residents Jan Spalding and Trevor are finding new ways to invest in their time.

Counting The Blessings

Jan Spalding shares her Garden Villa with her faithful companion Trevor. Jan said that Trevor keeps her busy and exercising with lots of walks. Even though Jan has been a JKV resident since 2008, their daily walks allowed her to "discover lovely little niches to sit and enjoy the beauty of JKV."

"I feel we are truly blessed living here," Jan told the **Village Voice**.

"There is not a thing that we have to worry about. There are many residents that are fearful. Sometimes that fear can have people make poor choices. We must remember that many of the staff that are being so wonderful to us all are also fearful.

"I just hope that we don't all start to feel so safe that we forget about social distance, hand washing, isolation, etc. If every one of us can act like we are a contagion, everyone we see is a contagion and that we want to look after each other, we will lick this."

Thank You Letter From A Resident

Dear Mr. Gerald Stryker, President & CEO, the John Knox Village Board Members and the entire staff of John Knox Village

I am writing you today with the belief that my letter reflects the feelings of most Residents of John Knox Village. The letter is being written while the COVID-19 Virus is still running

rampant across our state and nation. From my grasp of history, this Wuhan Coronavirus has the potential to match and surpass both the ravages of the 1665 Great Plague of London and the 1968 Hong Kong Flu outbreak, which killed 100,000 people in the United States, and a million on earth.

If COVID-19 does not achieve that

notoriety, it will be due to the efforts of men and women around the world who tirelessly poured out their lives to save their neighbors and countrymen.

I cannot speak enough of the dedicated men and women who sacrificed their time—and for some their lives—to save the world from this shattering

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Thank You Letter From A Resident

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pandemic that could have decimated civilization. Truly, we citizens of earth were blessed by the dedication and sacrifices of these tireless servants of health and protection.

What I can express is my appreciation for one continuing care retirement community in Pompano Beach.

John Knox Village describes itself as a community "Where Possibility Plays." During these past weeks, and I'm sure in the weeks to come, the Administration and Staff of John Knox Village have gone the second and third mile in giving care and offering protection to the almost 1,000 Residents who call John Knox Village home.

Many of our country's leaders failed to comprehend the seriousness of the scourge that was entering our land. Some would insist there was too much talk and too little action by the individuals trusted to govern and guard our country. However, as able as many of our national medical, police, military, and dedicated citizens have been, this letter is directed to a small group of leaders and staff at the community called John Knox Village. These dedicated staff members recognized the danger that was coming and quickly took steps to protect the Residents of our Village from the possible disaster.

Early on, some of our Residents might have felt the actions and restric-

tions of our leadership were severe and unrealistic. Closing the campus to outsiders, establishing new procedures, including staying at home, closed dining facilities, and cancelling all activities was just the beginning of the steps taken. But it was a wise beginning.

The daily meetings of Administrators, the daily published reports, the training of Residents on how to deal with the new situations, and the restrictions of events played a major role in protecting all of us who call the Village home. Our leadership has so far avoided the serious situations that other institutions around the world have faced.

As one Resident of John Knox Village, I thank you for your speedy actions, your firm decisions, and the kind response and support of so many employees which has protected all of us who live and serve in the Village.

These past days, and the days still to come, might indicate to each of us how wise we were to move to John Knox Village, and how fortunate that



David and Twylah Haun are spending their free time sewing up masks for resident wear.

our Village Administration had the wisdom and the courage to act quickly and decisively to assure the protection of our Village Residents and Staff.

All of us who call John Knox Village home, thank you for your wisdom, your courage, and your determination to take every step necessary to protect each of us. Your efforts during these past weeks, your smiles and your attitudes make us both pleased and proud to be Residents in the community of John Knox Village.

God bless each of you who have served and shared so graciously in protecting and supporting the citizens of our Village. We all thank you!

Your John Knox Village resident and friend,

—David L. Haun



President Gerry Stryker congratulated Woodlands' Orchid Home Shahbaz Juliette Jacques, who caring work in The Woodlands' Orchid Home, elicited a hand-written note from one of our short-term rehab guests. Rehabilitation Director Fern Scacciaferro read the poem during a recent JKV Leadership meeting.

A Poem of Praise

A Shahbaz--whose kind work resulted in a poem being written on her behalf by a grateful rehab guest--was honored during a recent JKV Leadership meeting.

Juliette

Juliette in the kitchen, happy and free
Put down her duty to comfort me
She saw the sorrow, asked after the pain
Stopped tears from falling like a silent night's rain
Her hug was warm as she held me tight
Like God's hug would feel on a scary, dark night
She supplies nutrition to make the body be whole
And with her love,
Juliette feeds the soul

Thank you our angel--Jacquie Jarzab

Donations To The Village



Donations received during the months of February-March 2020

To John Knox Village

Employee Scholarship Fund

Baggett, Linda & Lee
in memory of Bob Milanovich
Bowling, Marilyn
Cason, Ernest & Maude
through the Cason Trust
Dalsimer, Diane & John
Gifford, Ruth
in memory of Nancy Gifford
Grier, Donna & Steven
in memory of Bob Milanovich
Jacques, Susan
in memory of Bob Milanovich
Jenkins, Norma
Knowles, Lee
Loree, Sally & Paul
Merick, Marilyn
in memory of Bob Milanovich
Milanovich, Rose
Pritchard, Scott
Readshaw, Carol & Harry
in memory of Bob Milanovich
Redd, Carol
in memory of Bob Milanovich
& Jane Faye Friedt
Stevens, Edwin
Swanson, Elizabeth
Thomson, David
Voelkel, Bruce
Weeks, Carol & Edwin
in honor of JKV Dining Staff
Welch, Fran
Welin, Margaret
in memory of Bob Milanovich

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Barton, Diane & Bob
Bednarcik, Wendy
BNY Mellon Community Partnership
Chittenden, Bruce
Dumond, Carol & Gerald Stryker
Folsom, Doug
Mallen, Joe
McAfee, Monica
McKay, Tom
Murphy, Fran
O'Leary, Bill

Olson, Nanette & Mark
Pickhardt, Bill
Stryker, Gerald & Carol Dumond
Sutton-Pauling, Gail

Benevolent Endowment Fund

Miller, Romaine

Chapel/Village Centre Maintenance Fund

Swanson, Elizabeth

Charlotte Symonds Fund

Kendzia, Joan
in memory of Donna Mandt
Milanovich, Rose
Redd, Carol
in memory of Meg Alvarado,
Don Broaddus & Mildred Low
Retha, Celia
in memory of Donna Mandt

CNA Training Fund

Milanovich, Rose

Foundation Unrestricted Fund

Cuddy, Joyce
Dalsimer, Diane & John
in memory of Bob Milanovich
Heger, David & Ken Raiten
Haun, Twylah & David
Huizenga, Jack
LaFlamme, Thomas
in memory of Pat LaFlamme
Loree, Sally & Paul
McLane, Laura
in honor of John Dalsimer
Naylor, Harvey
Raiten, Ken & David Heger
Redd, Carol
in memory of Frances Hawkins
Sweet, Betsy & Tom

Health Center Other Fund

Miller, Romaine

JKV Resident Music Fund

Jenkins, Alexander

Maggie Goetz Birds Fund

Bowling, Marilyn

Piano Tuning Fund

Redd, Carol
in memory of Arnie Nilsen

Residents Assistance Fund

Biggs, Janie & Bill
in memory of Bob Milanovich
Cason, Ernest & Maude
through the Cason Trust
Cross, Carol & Lloyd
in memory of Bob Milanovich
Frei, Karen
in memory of Rudy Frei
Grier, Donna & Steven
in memory of Bob Milanovich
Haley, Phillip
in memory of Bob Milanovich
Harris Family Trust
Jones, Rita A.
in memory of Bob Milanovich
Kisshauer, Phyllis
in memory of Bob Milanovich
Milanovich, Rose
Moorachian, Mary Etta & Harry
in memory of Bob Milanovich

Rose Garden & Oak Tree Fund

Celia, Retha

Toshiko Inouye Fund

Bowling, Marilyn
Redd, Carol
in memory of Rudy Frei & Donna Mandt

Transportation Fund

Heger, David & Ken Raiten
Patriss, Don
Sams, Harriett
Raiten, Ken & David Heger

Wellness Park Fund

Logan, Barbara
in memory of Nancy Knight
Welch, Fran

Woodlands Fund

Johnson, Herb
Knowles, Lee

The Woodlands at John Knox Village



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

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

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

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

(954) 247-5800
www.WoodlandsJKV.com



THE Woodlands
AT JOHN KNOX VILLAGE

700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

LIVING WELL CORNER CONTINUED

Continued from page 17

to a previous fitness routine, attending a group fitness class may be a wonderful way to begin. Group fitness is exercise performed together by a group of individuals led by a certified fitness professional.

Some of the tremendous benefits include exposure to a social and fun fitness environment, a safe and effectively designed workout, a consistent exercise schedule, an accountability factor for participating in exercise and a workout that requires little or no prior experience. These benefits keep the group fitness class interest positively high while challenging the participants to continuously strive to reach and maintain their personal fitness goals. Furthermore, while experiencing group fitness classes, residents have vast opportunities to meet others who share the same fitness interests. Social interaction is fostered, while wonderful friendships are made. Countless residents have expressed that many of their cherished JKV friendships began while participating in group fitness. These residents usually continue to attend the same group fitness classes together, keeping each other accountable and motivated to do so.

The JKV Fitness Department is proud to offer a wide range of regularly scheduled group fitness classes, for all exercise skill levels and abilities. These fitness classes are staffed Monday through Saturday by trained, experienced and academically degreed fitness professionals. Group fitness classes have been designed to cover all aspects of fitness, such as, cardiovascular, strength, balance and flexibility training.

The following remarkable classes are offered at John Knox Village: Aerobics, Meditation, Water Aerobics, Chair Exercise, PWR! Moves, Barre Fitness, Posture & Balance, Zumba, Strength & Balance, Mat Pilates, Gentle Stretch, Chair Yoga, Tai Chi and Better Balance. These classes are held in a variety of campus locations including, the Fitness Studio, Cassels Tower, Heritage Tower, Village Towers, East Lake, Seaside Cove, Gardens West and The Woodlands. Please visit us at the JKV Fitness Studio to pick up a group fitness class schedule and/or you can check out JKV Connect for current class times and locations. Remember that health is wealth, so please stay fit.

–Erik Nenortas, CTRS
JKV Fitness Professional

News From Spiritual Life Director

Continued from page 8

learn and grow from one another in an atmosphere of mutual respect.

And she is a bright and uplifting spirit. You will smile and laugh a lot with Bridgette in the years to come.

In the coming weeks (months??) there will be opportunities for you to meet Rev. Dr. Bridgette Sullenger in person. Until that time comes, you may just meet her in passing on campus (albeit 6 feet apart from one another). Or you might get an unexpected phone call from her, or you may want to give her a call yourself (954) 784-4748. Her email address is bsullenger@jktivl.com

You are in very good hands. I thank God for preparing and bringing Rev. Sullenger to our JKV family. I am confident that rather quickly you will discover the same.

Faithfully yours,

–Rev. Darryl Powell

Between Theology And Solar Power, East Lake Resident *Always Looking Up*

By Marty Lee, Village Voice Contributor



JKV Spiritual Life Leader Darryl Powell (L) shows off his solar-powered golf cart with its designer, resident Fred Depenbrock.

There are two overriding themes upon which John Knox Village seems focused: One is volunteerism and the other is enhancing your involvement and experiences in whatever interests you. Basically, as the famous Nike slogan says: "Just Do It."

JKV Volunteerism Is A Way Of Life

There are nearly 500 residents who volunteer at JKV or in the larger Broward County community on a regular basis. Some offer their time serving on advisory committees, while others directly assist in the skilled nursing centers as Sages in The Woodlands and Seaside Cove.

Many even share their professional experience with the Village, offering guidance on architecture and construction, accounting and money management, and even the creative arts. Yet it is not every day, that an acknowledged expert in electrical power systems and the efficacy of solar power steps forward to share his knowledge and experience for a better tomorrow.

Fred Depenbrock and his wife Leslie have resided at East Lake since December 2016. Fred's career calling as an electrical engineer continues even today in retirement through consulting. Fred is not your typical "electrician," who you might call to rewire a bedroom lamp. He is one of those talented engineers who designs the entire power system for communities, cities and even countries.

First Powered By Electrical Interests

Fred and Leslie's story began as high school sweethearts in their native New Jersey. They separately got their college degrees, she from Alfred State College in upstate New York and he in electrical engineering from Lafayette College in Easton, PA. They married shortly after graduation in 1961.

Fred continued his education gaining his master's degree from Drexel University, while Leslie got an advanced degree from Temple University and became a history teacher. Fred went to work for Philadelphia Electric, first in the power plant and then transferred to systems planning, where he was involved in expanding transmission capability. From Philadelphia Electric, Fred was recruited by Stone & Webster, an engineering services company, which at the time (late '60s and early '70s) was at the forefront of computerizing its systems. As Fred told the Village Voice: "In the early 1970s, we had computer terminals on every floor...no more punch cards. The computer was the size of three refrigerators located on Broad Street in New York City. We had



Electrical engineer Fred Depenbrock with his pal, Gala, continues to consult on electrical systems even in retirement.

'portable' typewriter terminals and could run a program via the telephone. This was cutting-edge technology."

Switched On To The Ecclesiastical

Life took an interesting turn for both Fred and Leslie in 1974. They left their careers to pursue a new calling and entered Princeton Theological Seminary, where they both earned Master of Divinity degrees. Rev. Leslie became a hospital chaplain, while Rev. Fred became an associate pastor with an affluent church community in Darien, CT. Then in 1980, the Depenbrocks moved to East Hanover, NJ for ministerial duties and to be closer to their aging parents. It was not long before Rev. Fred said, "I was becoming aware that I was reusing sermons and decided it might be time for a change after seven years at one church." Oddly enough at this time he started getting phone calls asking him to return to Stone & Webster and electrical engineering. The call from a friend, as Fred remembers, said, "I need help to get things going. I need someone to help fix a problem."

A Calling Back To The Electrical

This calling brought him back from the ministry to electrical engineering, but with a clear focus. "I said, 'I would like to work solving Third World problems.' Two weeks later I was in Guyana, working on the country's electrical system." In subsequent years, Fred would travel to 50 different countries around the world designing power systems, before he and Leslie decided to settle down, retire and move to JKV.

Fred made sure his knowledge and experience was known around JKV. He is a vocal advocate for solar and wind power, as part of the solution to the world's energy needs.

Fred decided to put his ideas into action with a small idea at JKV. Combining his career interests in the electrical and the ecclesiastical, Fred proposed the concept to transform the two-seat golf cart used by JKV's Spiritual Life Leader Darryl Powell, into a clean solar-powered vehicle. With an investment of about \$300, the golf cart was retrofitted with solar panels for recharging the 36 volts of battery power.

The "heavenly-powered" Spiritual Life Leader's golf cart is a small step forward. As Fred knows and explains to anyone interested in listening that Florida is the Sunshine State, and with so many flat roofs throughout the state...a solar-powered energy solution is on our horizon.



Got Questions

WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

ACCOUNTING (Questions about your monthly bill)	(954) 783-4091
ACTIVITIES (Questions or to sign up for upcoming programs).....	(954) 783-4039
ADMINISTRATION	(954) 783-4021
AT&T TELEVISION SUPPORT HOTLINE	(954) 788-2000
CART SERVICE (Call for a cart or to book a local car trip, call Elsa Bonilla)	(954) 784-4733
CASSELS TOWER FRONT DESK	(954) 783-4036
DINING ROOM (For reservations or delivery).....	(954) 783-4065
DIXIE GATE (SW 6th Street Entrance)	(954) 784-4732
FOUNDATION (For questions about making donations, call Executive Director Nanette Olson)	(954) 784-4757
HERITAGE TOWER FRONT DESK	(954) 784-4737
HOME HEALTH AGENCY	(954) 783-4009
HOUSEKEEPING	(954) 784-4727
MAIN GATE (SW 3rd Street, John Knox Village Blvd. Entrance).....	(954) 783-4079
MAINTENANCE (To report a maintenance issue)	(954) 783-4030
PALM BISTRO	(954) 247-5820
PNC BANK (Open Monday-Friday, 9 a.m.-noon, 1 p.m.-4 p.m.)	(954) 781-0816
REJUVENATE SALON CASSELS TOWER (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.)	(954) 783-4013
REJUVENATE SALON WOODLANDS (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturdays, 9 a.m.-1 p.m.)	(954) 247-5817
RAS CURIOSITY SHOP (Tuesdays, 9-11 a.m. and Thursdays, 2-4 p.m.)	(954) 784-4753
RESIDENT RELATIONS/SOCIAL WORK (Call Joanne Avis)	(954) 783-4023
SEASIDE COVE	(954) 546-6000
SWITCHBOARD/MAILING SERVICES/CHANNEL 8001 UPDATES (Call Lynne Hunt)	(954) 783-4000
VILLAGE TOWERS FRONT DESK	(954) 783-4056
WELLNESS NURSES (For 24-hour emergency care/assessment)	(954) 783-4004
WOODLANDS FRONT DESK	(954) 247-5800

GET ACQUAINTED – GET INVOLVED

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

President: Pete Audet	VT 613
Vice President: George Baczynski.....	HT 514
Secretary: Amy Barrow	CT 1706
Treasurer: Ellen Isaacs	SG 604
At Large: Beverly Cardinal.....	HT 302
At Large: Bill Spiker	CT 506
At Large: Eleanor Smith	LS 407
Former President: Gus Miller	LS 109
Resident Board Member 1: Jan Spalding	LS 401
Resident Board Member 2: Diane Barton	LS 317
Resident Board Member 3: Tom McKay	HT 403

Committee Chairs:

Building, Grounds & Housekeeping: Harry Wood.....	HT 1007
Communications: Nancy Peltzer	HT 819
Dining Services: Kit Frazer	SG 532
Fiscal: Terry Colli	NE 501
Gardens West: Karen Audet	VT 613
Health Care Services: Tom McDowell.....	HT 718
Legislative: Fred Depenbrock	EL 214
Library: Marcia Ellington.....	HT 404
Life Enrichment: John/Diane Dalsimer	CT 315
Long Range Planning: Dick Mellett	CT 1415
Security, Safety & Transportation: Reed Brown.....	LS 303
Volunteer Services: Art Battista	NE 603



Stronger Together

It is amazing how the John Knox Village community has become even closer...

from 6 feet apart. With nearly 1,000 residents and more than 800 staff, we are all working together to maintain safety, security, health and dare we say, "LOVE" for one another.

Whether it is a Pop-Up Dance event at Furman Square, Fitness Classes on the putting green, Meal Deliveries right to residents' doors or Thankful Thursdays, the community comes together with a common goal and purpose.

We are truly **Stronger Together** in our spirit, hope and charity.



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