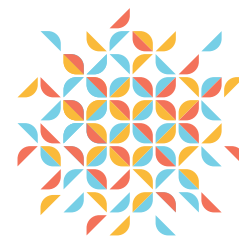


VOICE



- INSIDE:**
- Book-Loving Residents Meet Best-Selling Author – Page 6
 - JKV Ready For Busy Hurricane Season – Page 14
 - Luck 'O The Irish And Much More – Page 16

Thanks To Donation From JKV Foundation



Wheelchair Users (And Pushers) Have New Rides



Jessica Frederic
JKV Transportation
Manager



Cassels Tower resident Bill Spiker gives Transportation's new wheelchair bus a thumbs up. Bill is shown with Transportation Manager Jessica Frederic. The Village has two new buses thanks to a generous donation from the JKV Foundation.

The John Knox Village Transportation Department is pleased to announce exciting news for wheelchair users and pushers. Many residents are not aware that JKV provides on-campus transportation that accommodates wheelchair users.

It was a part of the route system. However due to low ridership, it was moved to "On Demand" service.

With the arrival of new buses, JKV has decided to incorporate a wheelchair vehicle option back into the route system.

purchased with funding from the John Knox Village Foundation. They are on campus and began regular service in mid-April. One bus has a floor that is very close to the ground, providing easy access for everyone, and a fold-out ramp for wheelchairs eliminating the need for steps and the step ladder. This bus will be incorporated in the routes.

'On Demand' trips."

To request "On Demand" service, simply call Cart Dispatch at **954-784-4733**.

"We will pick you up and take you to your destination," she said. "We commit to 10 minutes or less from receiving the request to pick-up time."

Current locations for "On Demand" transportation are all three villa neighborhoods—Northeast Garden, Lakeside and South Garden—the Center for Healthy Living, Resident Auxiliary Services (RAS), the Forum, and the Welcome and Innovation Center.

—Jessica Frederic

The two new buses that were purchased with funding from the John Knox Village Foundation, are on campus and began regular service in mid-April.

"We hope that with proper communication and time, we will increase wheelchair ridership demand and increase the convenience for wheelchair users and pushers," JKV Transportation Manager Jessica Frederic told the **Village Voice**.

The two new buses were

The second bus also has low entry, but with steps and a wheelchair lift in the back.

"We will track wheelchair ridership and demand over the next three months," Jessica said. "If the demand is there, we will continue to use this bus on the routes. If it is not, the bus will still be available for

keep making it
HAPPEN!



JOHN KNOX
VILLAGE
Where possibility plays

Musing On That One Constant: *Change*

I have been thinking quite a bit about change as I scoot in my golf cart traveling from the Welcome and Innovation Center to all points across campus.

Of course, the crane at Heritage Tower stands out, along with the two cranes at Westlake. The Pavilion's construction fence has come down and by time you read this, many of you will have toured the Pavilion and we will be "thisclose" to it being formally open.

There are so many things to look forward to in this remarkable new space. Two new dining venues, Barton's Nautilus Bar and the Cultural Arts Center.

The stage, sound and lighting will help us elevate programming production value. It will be a space for lectures, dances, receptions, and a myriad of arts and humanities programming. We will have come a long way from the challenges of staging events in the Village Centre. The good news is we will continue to have the Auditorium and Hibiscus Room for meetings, lectures, etc.

I'd be remiss if I didn't mention the entire Westlake construction area. Watching floor by floor as the concrete is poured, is both tremendously exciting and admittedly terrifying. The great news is that we are almost 84 percent pre-sold (10-percent depositors) with virtually no attrition.

As I age, the thing I keep learning about change is that it can be, at times, a tad uncomfortable. It changes routine, a sense of comfort in what we consider a routine and predictable structure. The contradiction is that at the same time I feel a sense of exhilaration, anticipation and even excitement.

I know in the nearly seven years since my arrival to JKV, we have placed a good deal of change on residents and team members. Some of these changes have included the removal of the cafeteria-style steam-line and tray service in the Main Dining Room. Despite getting a great facial while selecting your entree, it wasn't the optimum type of service you deserve.

Sometimes, for those of you who have lived here for more than a few years, my guess is that you can hardly remember that steamy line, with the stop-gap improvements made to tableside dining in Lakeside.

Continued on page 20

Monica McAfee
Chief Marketing &
Innovation Officer



ON THE COVER

With the opening up of on-campus events thanks to easing two-year COVID-19 protocols, a number of fun and entertaining activities have taken place since the last issue of the Village Voice. Shown here (L-R top clockwise) are: South Garden villa resident Don deJong, shown with son Dirk deJong, won the 2022 JKV Antique & Classic Car Show "People's Choice Award" for their 1941 Buick Super Convertible entry. Maya Brown, playing Gretel and Sloane Johns (Hansel) both from the North Broward Preparatory School presented "Hansel and Gretel: An Opera," for residents in the Village Centre Auditorium. Members of the Tir Na Greine Irish Dance troupe performed during our "Luck 'O The Irish Celebration," at Stryker's Poolside Sports Pub. With the anticipated mid-May opening of the Pavilion for food service, Barton's Nautical Bar should become a favored on-campus watering hole in short order.

VOICE *Discover*

What's Inside?

Vol. 46 Number 3 | May-June 2022

IN EVERY ISSUE

- 3** News From Marketing
Musing On That One Constant: Change
- 7** News From Spiritual Life Director
Remember Those Who Defended Our Freedom on Memorial Day
- 8** John Knox Village Foundation
What Is Your Impact?
- 9** Live Your Best Life Now
Spring Cleaning For Ultimate Well-Being
- 10** Senate News
A New World Etched In Change
- 11** JKV Foundation
Your Philanthropy Questions Answered By Phil Anthropy
- 17** In Good Taste: Chef Mark's Appetizer For New Restaurants Like Springtime On Toast
- 18** Living Well Corner
May: National Stroke Awareness Month
- 19** Nutrition Notes
Mindful Eating Increases And Enhances Overall Eating Experience

FEATURED STORIES

- 2** New Rides For Wheelchair Users
- 5** JKV's Westlake Project: April In Rear-View, Moving Forward In May
- 6** Residents Meet And Greet The Authors
- 12** Car Show's Return Got Everyone's Motor Running



Joe Saunders, Senior Political Director from Equality Florida, gave a legislative update to residents about the Parental Rights in Education bill, also known as "Don't Say Gay" as well as other actions from the state's most recent legislative session.

- 14** JKV Ready For Busy Hurricane Season
- 16** Luck O' The Irish And More
- 19** Large Print Library Relocated To Village Towers
- 21** In Case You Missed It
- 22** Tribute To Samuel Townsend
- 22** Congratulations Goldie For Excellent Service
- 24** Foundation Hosts Women's Philanthropy Event

COMMUNITY INFO

- 24** Donations
- 26** Bus Transportation Schedule
- 26** 2022 JKV Senate Leadership
- 27** Important Contact Info

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

Editor: Rob Seitz | (954) 784-4741 | rseitz@jknvfl.com

Copy Editors: Dorothy Cleveland, Boots Maurer, Sondra St. Martin & Eleanor Smith

Photographers: Marty Lee Word of Mouth Advertising & Rob Seitz

Layout/Printing: Eternal Designs (561) 843-1157 & Mark Lewkowicz

Chief Marketing & Innovation Officer: Monica McAfee

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 | POMPANO BEACH

651 SW 6th Street
Pompano Beach, FL 33060

To Learn More Info Contact
(954) 783-4040

web JohnKnoxVillage.com
f t y JohnKnoxVillage

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 Westlake Project:

April In Rear-View, Moving Forward In May

By Rob Seitz, Village Voice Editor



The twin towers of The Vue and The Terrace at Westlake are spiring upward. When completed the Vue will top at 15 stories and The Terrace at 11 stories. A total of 146 new apartment homes will overlook the reconfigured Lake Maggie and Rex Foster Lake.

With April in the construction schedule rear-view mirror, work on John Knox Village's most ambitious project in its 54-year history is driving forward in the month of May.

As the **Village Voice** was going to press, concrete was being poured for the fourth floor of Westlake, JKV's newest neighborhood, which will consist of two state-of-the-art apartment buildings—The Vue and The Terrace.

"Once the fourth-floor pours are completed, the buildings will really begin getting vertical very quickly," Thom Price, JKV Director of Plant Operations told the **Village Voice**. "It's going to be a lot of fun watching the towers go up."

The first floor of Westlake will be common spaces, including a high-tech projection theatre, technology hub, a coffee and wine bar named The French Press, a bistro-like venue called The Westlake Eatery, a library, sacred space, business center and art studio.

The second and third floors will offer covered parking for Westlakers. Above the parking levels, from the fourth floor on up, 146 new apartment homes will be constructed.

The Vue will be a total of 15 stories with one- and two-bedroom floorplans ranging from 1,231 to 2,259 square feet of light-filled rooms.

The (11-story) Terrace will be a boutique-style tower offering two bedrooms up to 1,845 square feet with a stunning rooftop terrace for residents and guests to enjoy.

April was a milestone month for another part of the Westlake project, when JKV received its CO (Certificate of Occupancy) for the Pavilion. Along with a 350-plus seat performing arts center, the Pavilion boasts two new dining venues—Seaglass and high-end The Pearl, along with Barton's Nautical Bar, named after Lakeside Villa residents Bob and Diane Barton, who provided a generous donation to the project.

During the latter part of April

Continued on page 25

Residents Meet And Greet The Authors

Patterson Is World's Best Selling Author

By Marty Lee, Village Voice Contributor



James Patterson is the world's best-selling author.

A large group of Residents, book lovers all, were invited to a special meet and greet with noted authors James Patterson and Mike Lupica, who collaborated on the recently published book, *"The Horsewoman."*

The event, sponsored by FAU Osher's Lifelong Learning in Ft. Lauderdale, was led on stage by interviewer Tim Malloy, News Anchor for WPTV-5 in West Palm Beach, who co-wrote with Patterson on the non-fiction book *"Filthy Rich: The Shocking True Story of Jeffrey Epstein."*

James Patterson is the world's best-selling author and a prolific writer having published more than 200 novels since 1976. He has had more than 114 New York Times bestselling novels. Patterson quite frequently collaborates with others on books including: *"Run, Rose, Run: A Novel"* with Dolly Parton, and *"The President Is Missing"* with Bill Clinton.

Lupica is well known for his sports commentary in the *New*

York Daily News and his appearances on *ESPN*. Lupica's daughter Hannah is a horsewoman and a competitive show jumper. Both Patterson and Lupica have homes in Palm Beach, so it seemed just a matter of time before they joined forces. In this case, to write about a mother and daughter who are competitors in the sport of equine show jumping.

All-Star Writing Team

In the interview, Patterson and Lupica were asked how they decided to write together, to which Lupica replied, "If you are going to write with someone, I strongly recommend you pick the world's bestselling author.

"Jim had heard that my daughter Hannah was a competitive rider; where men and women of all ages compete against each other."

Patterson said, "The story of *"The Horsewoman"* is about equestrian show jumping and the story of mother and daughter, where both want to compete in the Olympics."

Lupica said there was one goal in writing the book: "To put you on the horse and in the ring. The equestrian sport means, that after all the years of training, hitting just one rail can put you out of the competition. It was a real joy when Jim came into my life. His philosophy is to throw everything in – even the kitchen sink. Working with Jim was like taking a master class in storytelling. It's like telling a story to someone across the room, but they don't want to get up."



Cassels Tower residents Andrea Hipskind (foreground) and Glenda Clark enjoyed the Author Meet and Greet.

Returning the praise Patterson said that Mike is "the best writer I ever worked with. Better than Bill [Clinton] and Dolly [Parton]."

Resident Reactions

Attendees received a copy of *"The Horsewoman."* Cassels Tower Resident Andrea Hipskind said of the Meet and Greet, "I have always been a James Patterson fan, since the early Alex Cross days. I recall watching Mike Lupica on *ESPN* and reading his columns in various publications. I have read so many of Patterson's books that it is impossible to count.

"The Meet and Greet with Mr. Patterson and Mr. Lupica was thoroughly enjoyable. I really loved the comic banter that exists between the two authors."

Village Towers Residents Karen and Pete Audet also attended.

"The opportunity to meet both Patterson and Lupica was beyond amazing," Karen said. "You could see the great vibes between the men. It gave me the impetus to read Patterson's latest books and even some of his older books."

Karen read her copy of *"The Horsewoman,"* and said, "The book kept me interested until the final page wondering which

Continued on page 23

Remember Those Who Defended Our *Freedom on Memorial Day*



Rev. Rachael Gallagher
JKV Spiritual Life Director



Residents recited the Pledge of Allegiance to kick off last year's Memorial Day BBQ Bash.

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings, and participating in parades. Unofficially, it also marks the beginning of the summer season, but here in South Florida, we've been celebrating summer for months already.

America's War Between The States

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries.

By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

On May 5, 1868, Gen. John A.

Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. "The 30th of May 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed.

Memorial Day Honors Those Lost In All Wars

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I, the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars.

For decades, Memorial Day continued to be observed on May 30, the date Gen. Logan had selected for the first Decoration Day. But in 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day

weekend for federal employees. The change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

Pompano Beach Memorial Day Parade

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans' organizations. This year, the Pompano Beach Memorial Day Parade begins at 10 a.m. on May 30 at McNab Park and ends at the City of Pompano Beach Cemetery. For more information visit: www.pompanobeachfl.gov/programs/memorial-day-parade-1

Americans also observe Memorial Day by visiting cemeteries and memorials. Some people wear a red poppy in remembrance of those fallen in war.

However you choose to observe Memorial Day this year, take a moment to honor a veteran in your life and to remember those we have lost while serving. After all, we owe our freedom to them.

—Rev. Rachael Gallagher



What Is Your Impact?



Mark Dobosz

Do you know what your impact is and how would you define, discover, understand, or leverage it?

Does impact exist?

I can assure you, most emphatically, that you have more impact than you realize. We all do. Tim Elmore says: "Sociologists tell us the most introverted of people will influence 10,000 others in an average lifetime." Imagine how many people you have knowingly and unknowingly influenced in your life so far.

Every person you meet is impacted in some way. For example, if you hold the door open

someone or something. Synonyms: Affect, influence, have an effect on, make an impression on, hit, touch, change, alter, modify, transform, shape.

We typically go about our daily routines without considering our impact. We do not consider whether we are making a positive difference or a negative impression. This is particularly prevalent when we are not face-to-face with others. It is a huge shame that our impact on others is largely unconscious.

You have more impact than you think.

When you wake up and realize that you have more impact than you think, you also have a choice: Will you have a positive impact or a negative impact? You have a great deal of power over your environment and your influence on this world. You do not need to be famous or wealthy or author a book to be influential. You have family, friends, co-workers, peers, and random people you meet all the time. You also have freedom of choice.

There is an old saying: you get what you give.

Choose your philanthropic path wisely.

Your philanthropic impact and your legacy are not centered around what other people think. They are centered on what you decide your legacy will be. In other words, will you be a supporter or sit on the sidelines? Every charitable action or inaction has a reaction. You receive what energy you put forth. What will that energy be? How will you use your philanthropy to impact the life of another human being?

Why care about your impact?

Because your impact defines your reality, you either care or opt out of having an opinion. It is like voting. If you do not vote, you cannot complain about who gets elected. If you are not intentional about your impact, you cannot complain about where your life takes you. If you want to drive the bus of your life, you must own your impact.

As John Maxwell says, "When you live each day with intentionality, there's almost no limit to what you can do." You can transform yourself to reach your goals, live your dreams and live in fulfillment. It all starts with understanding that you have an impact and owning it. Once you have taken responsibility for influencing your life, decide what type of influence you wish to be. Be the architect of your future; be intentional about your impact and your charitable contributions.

—Mark Dobosz
Executive Director

You have a great deal of power over your environment and your influence on this world.

for someone, that has an impact. Whether they say "thank you" impacts you. You feel satisfaction if they acknowledge you and disgruntlement if they do not. If you compliment a co-worker on their performance, you have had an impact on that person. If you criticize another person, you have also impacted them.

What is impact?

Verb: /im'pakt/

1. Have a strong effect on

You can choose what your impact is on others. You can choose your legacy on this earth.

Your impact equals your legacy. The impression you leave on this life and others is your legacy. You can become responsible for your actions and be intentional about your path. You can be intentional about your influence and your impact. Based on what you want your environment to reflect, your influence will matter a great deal.

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 the second part of a two-part series on the Seven Dimensions of Wellness. In Part One Melissa explored the Dimensions of: Environmental, Physical and Spiritual in the March-April Village Voice.

In this issue she will discuss: **Intellectual, Vocational, Social and Emotional dimensions.** As defined by the International Council on Active Aging, "Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life...The Wellness dimensions overlap and coordinate to provide rich environments for living. Wellness becomes a framework that is valuable for serving the wants and needs of a person engaged in life."

Intellectual

Our brains have thousands of thoughts each day. Often, we feel stress simply because we have so many thoughts going on in our minds.

To cleanse your mind, take the time to breathe and meditate. When you meditate, your thoughts probably don't stop, but

they do slow down. As they slow down, you'll begin to feel a sense of peace and calm. After meditation, you will find that thoughts are clearer because your mind is clutter-free.

Take the time to breathe and let go of all that is cluttering your mind, so you can use your brain energy to focus on learning new things in order to be stimulated, and to continue to evolve and grow.

Vocational

Vocation is what you spend time doing, how you spend your time acquiring your skills to reach a goal and to accomplish what you set out to do.

Weed out the activities that don't lead to your highest good. Keeping the vision for your purpose will help you to gain clarity on how you want to spend your time to achieve your highest potential and live your very best life.

Social

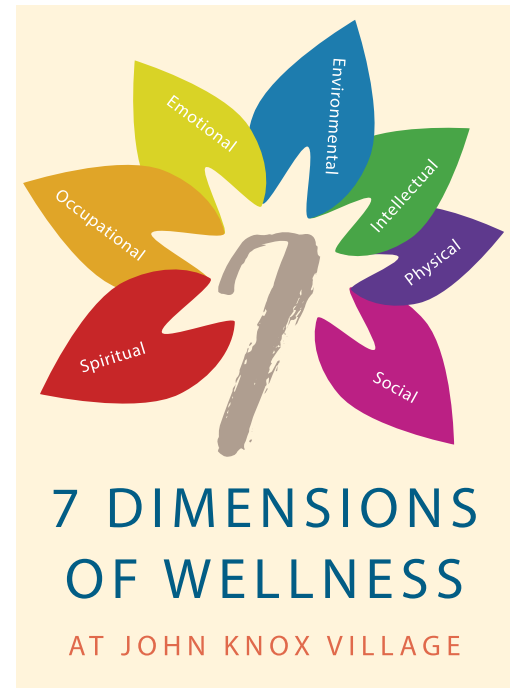
The perfect way to cleanse socially is to create boundaries and spend less time with people who do not bring you joy.

It is said, "We are the sum of the five people we spend the most time with." Choose these people wisely.

Time is precious. Spend your time with people who lift you up rather than drag you down. Sometimes setting boundaries can be hard to do at first, but they pay off in the end. You'll find yourself feeling more enriched and fulfilled by spending time with the people you choose to keep in the inner circle of your life.

Emotional

Our emotions are so important. Our thoughts create our emotions



and our emotions create our lives. Choosing thoughts that are positive help you feel emotionally balanced. Letting go of thoughts and emotions that don't serve you is key to feeling happy. Be present in time; to receive the gift in each moment of your life.

Life truly is a gift and it's up to each one of us to make the space in our lives by releasing what holds us back, so we can truly enjoy each day.

Springtime is the perfect reminder for us to take the time to clean. Cleansing things from your life that do not serve you and creating the space for the things that do is something that you can do all year-round, to keep you feeling fresh and new.

—Melissa Jill Clark

The value of our
MOMENTS

A New World Etched In Change



Jeanne Jordan
President Resident Senate

John Knox Village is climbing a mountain of change—The Pavilion, Westlake and earlier, the Aquatic Complex, just a sail away from future visions.

For now, JKV enjoys stately trees and a resurgent rose garden. We boast a Wellness Park for our furry

friends and their masters, who gather most afternoons to share caring and compassion.

Transitions are ahead. I look for well-being in change, as I hope most of you do. The changes are comparable to an orchestra playing Beethoven and Dvorak with love and precision. Musical missteps can lead to confusion and uncertainty. Clarity and purpose are critical to major changes within a community. Even with those characteristics in play, stress can intervene.

We adapt to change throughout our lives—death of a spouse, marriage, divorce, finances, personal health and family problems. Sometimes an inability to adapt stalls visions and change. We are beset by physical illness, emotional distress and problems in relationships. Change is not easy.

Even though there are some who are confused and stressed by change, there are many who are excited by it. These people are our visionaries. For them, the glass is half full.

“Visionaries face the same problems everyone else faces; but rather than get paralyzed by their problems, visionaries immediately commit themselves to finding a solution,” according to Team Builders.

May and June at JKV are going to be growth months. Let’s commit to positive change. Let’s make JKV the best it can be.

The Resident Senate is in a leadership role with all Villagers. Let’s help find solutions with our hearts and brains, thoughtfulness and transparency.

If you have ideas, please send me a message at nomjeanne@gmail.com

—Jeanne Jordan

Is Aquatic Physical Therapy *Right For You?*

What is Aquatic Therapy?

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

Who Benefits from Aquatic Therapy?

Patients with neck and back pain, including most sports-related injuries, often benefit from aquatic therapy as well as those experiencing severe weakness as a result of injury or surgery. Additionally, the pool’s warm water helps soothe the pain associated with injuries or discomforts.

Patients recovering from muscular or skeletal injuries can control the intensity of their therapy by increasing or decreasing the amount of water resistance while performing their aquatic exercises.

Therapy programs are tailored to the individual’s needs by a licensed physical therapist trained in aquatic physical therapy. Skilled therapists will provide one-on-one care in the Aquatic Complex resort pool.

Problems that can be treated with Aquatic Therapy:

- Arthritis
- Balance conditions
- Chronic pain
- Fibromyalgia
- Joint replacements
- Limited weight bearing
- Neck pain
- Neurological disorders
- Knee injuries
- Low back pain (including patients experiencing acute back pain that cannot tolerate standing and walking)
- Post-surgical rehabilitation
- Shoulder conditions
- Multiple sclerosis
- Parkinson’s Disease
- Weight loss programs

- Generalized weakness
- Sports injuries including patients who cannot tolerate high impact activities

Cost

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

For more information

JKV’s Director of Nursing, Christy Kelly, will be the point of contact along with Physical Therapy Assistant and Certified Aquatic Therapist, Kristie Sento. Appointments can be made for the hours of 8:30 a.m. to 4 p.m., however those hours may become more flexible depending on the demand and hours may be extended in the summer. Christy Kelly can be reached at 954-783-4009, EXT 1257 or ckelly@jkhvfl.com

Ask Phil

Your Philanthropy Questions Answered by Phil Anthropy

Dear Phil:

How Can I Maximize My Charitable Impact In 2022?

Sincerely,
Cheri Tee

Dear Ms. Cheri Tee:

Planning for the rest of 2022 now is a great idea. I am sure your favorite charities, like the JKV Foundation will be happy that you are thinking of them early in the year. Here are some ideas to think about:

CONSIDER RETIREMENT ASSETS

- **Make a Qualified Charitable Distribution (QCD) of IRA assets.** Individuals age 70½ and older can direct up to \$100,000 per year tax-free from their Individual Retirement Accounts (IRAs) to operating charities through QCDs. By reducing your IRA balance, a QCD may also reduce your RMD in future years, lower taxable estate, and limit your beneficiaries' tax liability.

GIVE APPRECIATED NON-CASH ASSETS INSTEAD OF CASH

- **For those who itemize deductions,** giving capital assets such as stock, cryptocurrency, real estate, or business interest to a donor advised fund and then giving from the proceeds may maximize your generosity and minimize taxes. Beyond claiming a deduction for the fair market value of an asset, donors can potentially avoid the capital gains tax they would otherwise incur if they sold the asset and donated the cash proceeds. This can mean even more going to charity and less to taxes. (See illustration below).

LEVERAGE DEDUCTION RULES OR A BUNCHING STRATEGY

- **Give beyond existing tax deduction limits and carry over the excess deduction.** Donors who wish to itemize deductions may choose to give beyond annual deduction limits and carry over the excess amounts up to five years.

- **Bunch contributions.** You may find that the total of your itemized deductions for 2022 will be slightly below the level of the standard deduction. You might find it beneficial to bunch 2022 and 2023 charitable contributions this year, itemize deductions on 2022 taxes, and take the standard deduction on 2023 taxes. In addition to achieving a large charitable impact now, this strategy could produce a larger deduction in the first year than two separate years of itemized deductions, depending on your contribution amounts and filing status.

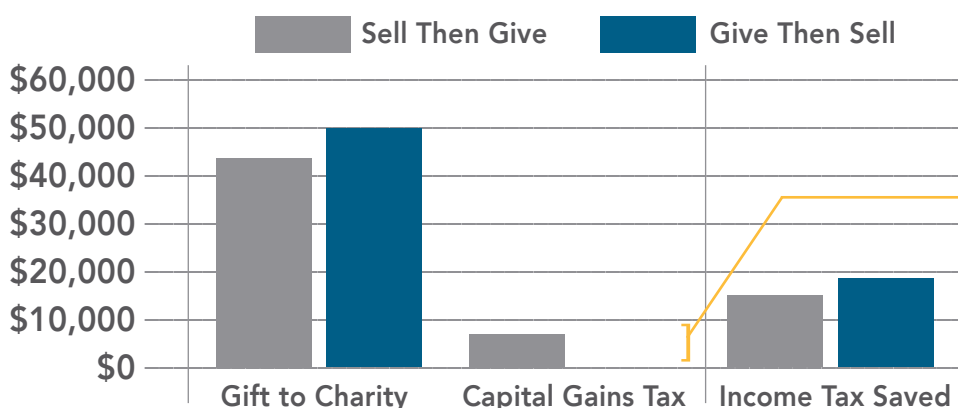
If you are contemplating any of the strategies highlighted above, consult with your tax and legal advisors first.

Best wishes for an impactful month.

–Phil Anthropy



Publicly Traded Securities Example



\$26,000
Combined capital gains tax avoided & income tax saved

Car Show's Return Got Everyone's

By Marty Lee, Village Voice Contributor



After a two-year hiatus caused by the COVID-19 precautions and limitations on social gatherings, the annual John Knox Village Classic and Antique Auto Show returned to campus. Inspired, in 2005, by Heritage Tower resident Dr. Paul

Loree, who at the time owned a 1941 Cadillac Series 62 Formal Sedan by Derham, suggested to then-JKV Marketing Director Bob Milanovich that it would be a good idea "to have several cars, and their owners, on campus for John Knox Village's

own car show." That first Classic and Antique Car Show was such a success, bringing age- and income appropriate outside guests to the Village, that it became an annual springtime event. Now in its 16th year, more



Motor Running



than 25 cars and trucks were displayed during the 2022 affair. Ranging from Model A Fords of the '30s, to classics from the '40s, '50s, '60s and '70s, the cars assembled on the grass adjacent to the Welcome and Innovation Center. Hundreds of JKV Resi-

dents, family and friends visited the site and took a walk down memory lane, many swapping stories of their first cars.

Lunch was provided to all exhibitors and the "People's Choice Award" was presented to South Garden villa resident

Don DeJong and his son Dirk, for their 1941 Buick Super Convertible. After lunch the cars assembled in a parade down the streets at JKV, so everyone could view the classics in action.





JKV READY FOR BU

Scientists Predicting 9



Kirsten Whiting
JKV Risk Manager

CSU scientists say there will be at least 19 named storms and nine hurricanes—four of which will be Category 3 or stronger.

An average season normally has 14 named storms, and seven hurricanes, three of which are major hurricanes.

According to a report released by National Public Radio (NPR), “hurricanes are likelier to be larger and more powerful as they form over hotter ocean water. Thanks to climate change, global sea-surface temperatures are rising.”

They are basing their predictions on several factors:

- **The 2022 hurricane season has a 40 percent chance that ocean temperatures in the North Atlantic will be above average,** which can lead to a more active and intense storm period.

- **There will be no El Nino Effect this season.** According to CSU, there are fewer hurricanes in the Atlantic when Pacific Ocean waters are warmed by El Nino, and El Nino creates increased vertical wind shear, which further reduces Atlantic hurricane activity.

Active Hurricane Season Predicted

This year’s forecast follows the third most-active hurricane season (for named storms) on record, the Insurance Information Institute reported. During the 2021 season, there were 21 named storms, including seven hurricanes.

At JKV, we are fortunate to have a dedicated team of Staff helping Residents prepare for the storms, staying with them during the storms and working on campus recovery afterward.

The Village is already busy preparing for another season. We distribute Resident Hurricane Relocation Survey forms, which lets us know whether Residents will be staying on campus through storms.

To make certain everything is in order, Management and Staff will participate in mock hurricane drills that include reviewing plans, checking supplies, training staff, topping off generators and even practice putting up shutters around the campus.

Continued on page 15

One of the many benefits for Residents living at John Knox Village is the tremendous assistance available before, during and after emergencies such as hurricanes.

Hurricane season 2022 is on its way, running from June 1 through Nov. 30 and weather indicators are pointing to a higher-than-average 2022 hurricane season, according to the Colorado State University (CSU) Tropical Meteorology Project.

Resident Hurricane Prep Meetings

To help Residents prepare to the 2022 Hurricane Season, JKV Risk Manager Kirsten Whiting will be conducting a series of hurricane preparedness meetings.

All meetings will be one hour in duration and held in the Village Centre Auditorium. Here is the schedule:

Monday, May 16 for Senators/Alternates 9:30-10:30 a.m. and 11 a.m.-noon

Wednesday, May 18 for Tower and East Lake Residents 9:30-10:30 a.m. and 11 a.m.-noon

Friday, May 20 for Villa Residents 9:30-10:30 a.m. and 11 a.m.-noon

One meeting for apartment residents and villa residents will be recorded.

2022 HURRICANE SEASON

Hurricanes, 4 Category 3 Or Stronger

2022 Hurricane Names

Alex
Bonnie
Colin

Danielle
Earl
Fiona

Gaston
Hermine
Ian

Julia
Karl
Lisa

Martin
Nicole
Owen

Paula
Richard
Shary

Tobias
Virginie
Walter



A dedicated Staff helps Residents prepare for a storm, staying with them during the storms and working on campus recovery afterward.



John Knox Village takes hurricane preparation very seriously.

Continued from page 6

JKV also has Resident Senators and their Alternates ready and able to assist in every area as well. Resident Senators and those Staff members assigned to each apartment building will meet prior to each storm, to allow for questions and concerns.

JKV, in particular and South

Florida in general, was certainly fortunate with Hurricane Elsa skirting southwest Florida around the Fourth of July holiday being the closest to making landfall near Broward County.

As in years past, in order to protect the Village as much as possible JKV will closely monitor NOAA (National Oceanic and

Atmospheric Administration) www.noaa.gov as well as industry and news agencies for the latest information as a storm approaches

Regardless, we will remain diligent.

As we like to say at JKV: "We hope for the best, but prepare for the worst."

—Kirsten Whiting

Disaster Preparedness Sales Tax Holiday

During the 2022 Florida legislative session, a 14-day "disaster preparedness" sales tax holiday was created from May 28-June 10, for disaster preparedness supplies.

Some examples of tax-free items include: Flashlights and

lanterns costing \$40 or less; radios costing \$50 or less; tarps costing \$100 or less; coolers costing \$60 or less; batteries costing \$50 or less; smoke detectors, fire extinguishers, and carbon monoxide detectors costing \$70 or less; and,

generators costing \$1,000 or less.

The holiday also includes a number of items related to the safe evacuation of household pets. For more information visit the Florida Department of Revenue website at <https://floridarevenue.com>

Luck 'O The Irish And More

A St. Patrick's Day Pet Parade, plus two related Happy Hours made the rest of the campus green with envy. JKV partnered with its two- and four-legged friends from Canine Assisted Therapy for the delightful parade enjoyed by many residents and elders. The

parade was followed with, not one, but two Happy Hour parties at Stryker's Poolside Sports Pub. The Saturday party included talented Irish dancers from the Tir Na Greine troupe. Oh, and there were still other events on campus...



Astro, one of the leading pups from Canine Assisted Therapy, is ready to delight Residents and Elders alike during the St. Patrick's Day Pet Parade run through the campus.



Residents (L-R) Marilyn Askin, Ken Shanahan and Fred Schieferstein were decked out in their St. Patrick's Day green for a party at Stryker's Poolside Sports Pub.



Jack Richards leads an Irish (Congo?) line followed by Catering's Doris Castano, Benita Ferrara, Chaterri Salters from Catering and Judy Lane.

The JKV Garden Club's Spring Plant Sale was quite the success. Shown here (L-R) are: Fitness Outreach Coordinator Jasmine Tennie, Grounds Technician Nathaniel Couch, Garden Club Volunteers Diane Barton and Gail Boomhower and Grounds Supervisor Kevin Kluge.





THE
GLADES
GRILL

Bruschetta



In Good Taste: Appetizer For New Restaurants Like Springtime On Toast

By Rob Seitz, Village Voice Editor

In advance of the May 10 opening (scheduled as the Village Voice was going to press) for John Knox Village's two newest dining venues, Executive Chef Mark Gullusci has been putting his kitchen colleagues through their culinary paces working on providing residents, staff and visitors with fun, inventive, creative, and delicious foods.

One item that will be served in the new Pavilion at The Pearl and Seaglass is bruschetta, an appetizer Chef Mark is certain will be a favorite at both restaurants in short time.

Pronounced "brusketta," it is a great way to capture the flavors of vine-ripened tomatoes, bulb-fresh garlic, olive oil and fresh basil. Easy to make and delicious, it's like springtime on toast.

Bruschetta (Serves 6)

- 3 large vine ripe tomatoes
- Kosher salt and freshly ground black pepper
- 3 tbsp. minced garlic
- ¼ cup finely sliced basil
- ½ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- ½ cup capers (optional, but highly recommended)

1 loaf French baguette or similar Italian bread. Slice on bias about a ½-inch thick. Place on top rack in a 450-degree oven for 5 to 6 minutes, until toasted. Rub garlic on the toasted bread for tons of flavor in the tiny toasts, then brush with the olive oil.

Method Of Preparation:

In a saucepan bring ½ gallon of salted water to a boil. Have a bowl

of ice water close by. Core tomatoes, score bottoms of tomatoes with an X just through the skin. When water comes to a boil, place tomatoes in the water for 30 seconds. Remove and shock them by placing the tomatoes in the nearby ice bath bowl.

You will see the skins already lifting up from the scored bottom. Remove skins (they should come right off). Cut tomatoes in half crosswise. Now you can gently squeeze the seeds from the tomatoes, leaving you with only the tomato pulp.

Cube the tomatoes, place in a bowl, add remaining ingredients except the bread. Place in refrigerator for 1 hour to let flavors maximize. Scoop a teaspoon of the bruschetta topping onto each slice of toasted baguette and enjoy.

LIVING WELL CORNER

May: National Stroke Awareness Month



Ashley Tarantola

According to the American Heart Association, someone in the United States has a stroke every 40 seconds, accounting for one out of every 19 deaths. Stroke is a leading cause of death and serious disability nationwide—and around the world—but it doesn't have to be. With May being National Stroke Awareness month, it's important to know that strokes are 80 percent preventable.

What is a Stroke?

A stroke is when blood flow to a part of the brain is blocked or when a blood vessel in the brain bursts. Blood carries oxygen to cells in the body. When brain cells are starved of blood, they die. Stroke is a medical emergency, and it is important to get care as soon as possible. Some treatments for stroke work only if given within the first three hours after symptoms start. A delay in care can raise the risk of permanent brain damage or death.

You can help prevent a stroke with healthy lifestyle choices:

- **Nutrition** - Choosing healthy whole meals and snack choices can help prevent a stroke. Eat plenty of fresh fruits and veggies. Consuming foods low in saturated fats, trans fat, cholesterol, and high in fiber can prevent high cholesterol.

Limiting salt in your diet can also lower your blood pressure. High cholesterol and high blood pressure raise your chances of a stroke.

- **Maintain a healthy weight** - Being in the overweight- or obese-weight range increases your risk for stroke. To find out if your weight is within a healthy range, speak with your primary physician.

- **Physical activity** - Physical activity can help you get to and maintain a healthy weight; help lower your cholesterol and blood pressure levels. For adults, the Surgeon General suggests two-and-a-half hours of moderate-intensity aerobic physical activity each week. This includes taking a brisk walk, participating in a group exercise class, swimming, water exercise, riding a bicycle, or using exercise equipment in a gym, to name a few.

- **Quit smoking** - Cigarette smoking greatly increases your chances of having a stroke. If you smoke, quitting can lower your risk. Your doctor can help find a way to quit, that works best for you.

- **Limited alcohol intake** - Avoid drinking excessive amounts of alcohol. Too much alcohol consumption can raise your blood pressure.

- **Talk to your doctor** - Maintaining regular visits with your doctor can help manage conditions that could possibly increase your risk of stroke. This includes high blood pressure, high cholesterol, and diabetes.

Five Key Facts about Stroke:

1. Stroke kills brain cells. It happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.

2. Stroke types.
 - **Ischemic**: Caused by a clot.
 - **Hemorrhagic**: Caused by a rupture.
 - **Transient Ischemic Attack (TIA) or "mini stroke"**: Caused by a temporary blockage.
3. About one in four stroke survivors are at risk for another. Luckily, up to 80 percent of second clot-related strokes may be preventable.
4. Prevention is key. Had a stroke? Make an appointment to see your doctor as soon as possible, to help come up with a plan to prevent another. This may include managing high blood pressure, medication, etc.
5. Time lost is brain loss. Learn the **FAST**-warning signs:

F.A.S.T.



FACE Drooping



ARM Weakness



SPEECH Difficulty



TIME to Call 911

National Stroke Awareness Day was proclaimed in 1989 by President George H. W. Bush. It had been observed for many years before the proclamation. The Centers for Disease Control, the American Heart Association, World Stroke Campaign, and many others have all participated in bringing education, research, and treatment around the world.

—Ashley Tarantola
JKV Fitness Professional

NUTRITION NOTES

Mindful Eating Increases And Enhances Overall Eating Experience



Rachel Graham

Intentional focus on one's thoughts, emotions, and physical sensations in the present moment is what mindfulness is about. Eating mindfully means that you are using all your physical and emotional senses to experience and enjoy the food choices you make, increasing your gratitude for food and overall eating experience.

Mindful eating focuses on your eating experiences, body-related sensations, and thoughts and feelings about food, with heightened awareness and without judgment. It is guided by four aspects: What to eat, why we eat what we eat, how much to eat, and how to eat.

Let's discuss the Seven Practices of Mindful Eating:

1. **Honor the food:** Acknowledge where the food was grown and who prepared the meal. Eat without distractions to help deepen the eating experience.

2. **Engage all senses:** Notice the sounds, colors, smells, tastes, and textures of the food and how you feel when eating. Pause periodically to engage in these senses.

3. **Serve in modest portions:** This can help avoid overeating and food waste.

4. **Savor small bites, and chew thoroughly:** These practices can help slow down the meal and fully experience the food's flavors.

5. **Eat slowly to avoid overeating:** If you eat slowly, you are more likely to recognize when you are feeling satisfied, or when you are about 80 percent full, and can stop eating.

6. **Don't skip meals:** Going too long without eating increases the risk of strong hunger, which may lead to the quickest and easiest food choice,



not always a healthful one.

7. **Eat a plant-based diet:** Consider the long-term effects of eating certain foods. Production of animal-based foods like meat and dairy take a heavier toll on the environment than plant-based foods.

The opposite of mindful eating—sometimes referred to as mindless or distracted eating—can be associated with anxiety, overeating and weight gain. Mindful eating is an approach to eating that can complement any eating pattern. Research has shown that mindful eating can lead to greater psychological wellbeing, increased pleasure when eating, and body satisfaction.

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

Large Print Library Relocated To Village Towers



Library Committee Chair (R) Karen Audet and Committee Member Joan Warren show off the new Large Print Library that has been relocated to the first-floor of Village Towers from the second-floor of Cassels Tower.

Musing On That One Constant: *Change*

Continued from page 3

The same holds true for going from our single affectionately known “Lobster Pot” swimming pool to our remarkable Aquatic Complex.

A more significant change that has set JKV apart is our adoption of The GREEN HOUSE® Project model of care at The Woodlands. For those relatively new residents, you may not be aware that The Woodlands in large part came to fruition by the research and engagement of residents. I can barely remember our old, institutional-styled “Health Center.” We have watched as the Health Center space became Seaside Cove, with its model of care similar to what is provided at The Woodlands.

Plus, we were able to convert 7,000 square feet of old Health Center space into our state-of-the-art Fitness Studio. It replaced the 300-plus square foot fitness space in the northeast corner of what is now the Glades Grill at the Village Centre.

There was even a time that residents were charged to participate in fitness activities. Now residents and staff enjoy the gym, exercise machines and aerobic studio.

Other key updates will include the new salon and spa in the eastside first-floor area of Cassels Tower. No more carved out corner of a space, with dated accessories and salon stations. We will finally have a true Barber Shop, as well.

The Village Centre is a hub of activity with programming and events, plus the new addition of the pool table. The Auditorium, Hibiscus Room and Lobby have been fully remodeled. Does anyone remember the old outdoor coach light fixtures, the dated wallpaper border and the unraveling red carpet? Plus, the Hibiscus Room is set-up for hybrid Zoom meetings. With its inside and poolside dining options, the Glades Grill is another wonderful addition to our variety of restaurants.

The Welcome and Innovation Center sets the tone when prospective new residents visit the campus: Our Life Plan Consultants share collateral materials and videos, while taking the opportunity to learn more about them through “discovery” and “deep knowing.” It sets the tone for what today’s consumer not only wants but demands. It is a beautiful spot for their first-impression experience, as well as a spot for resident programming and meeting spaces both indoors and out.

We have created a world-class Cen-

ter for Healthy Living with outstanding partners, including Everside Health, Johns Hopkins and Holy Cross. Residents and team members have access to Geriatrician Dr. Howard Koch and Physician Assistant Myrlene Ismael-Alleyne. So, in addition to Wellness Nursing, everyone has the convenience of connecting with a professional medical team right here at JKV.

Admittedly, change can leave one overwhelmed, a bit bewildered and perhaps even fatigued. When I find myself in this “head” I must take a minute: Literally pause; do some good, deep breathing.

I take stock in what is positive, how it will impact and improve lives. I especially try to come from a place of gratitude, as I also know in many cases with change, “it’s a good thing,” as Martha Stewart often says.

I felt compelled to write about this as I know so many residents have been impacted by changes, especially residents who have made JKV their home for many years, because you don’t know, what you don’t know. If anyone feels this way, you need to speak up, please provide specific examples of situations and then think of ways we can improve—together.

I have also heard from a minority of residents who “feel” there is less of a sense of being “cared for.” We are not perfect and perhaps there is a kernel of truth to some aspect of this general statement, however, as I meet and spend time with a diverse group of residents, people genuinely seem to be happy: Safe, secure, engaged and well taken care of. Much of this was validated in the recent Activated Insights’ Resident Satisfaction Survey in which our participation qualified JKV in the running for US News & World Report Best Senior Living list.

Remember if you have any feelings where we, all of us, can do, or be, better, I encourage you to speak up about it. Reach out to your Resident Senators, neighbors, Spiritual Life Director Rachael Gallagher, Joanne Avis, or the rest of our Resident Relations team.

I believe whole heartedly that this open communication philosophy is one of the things that truly sets JKV apart from many other Life Plan Communities. It’s part of the “Secret Sauce” Chairman of the Board Paul Simpson describes.

Recently, resident and Life Enrichment Committee Chair Jan Spalding participated in a webinar/podcast on

Jan’s perspective of how residents are included in many aspects of life at JKV. Hosted by Pioneer Network’s Director of Education Joan Devlin, RN, Jan described how JKV has a dedicated and active Resident Senate, and those three residents are voting members of the Board of Directors.

Titled: “Resident Voice—Direct From The Board Room,” this session was followed up by a panel discussion with Director Devlin, Jan, President Gerry Stryker and me.

The big takeaway was that a number of residents in Life Plan communities across the country are not afforded these types of opportunities for involvement. Many of the participants mentioned a lack of synergy with the Executive Team and Board in their communities. Generally, JKV is the exception to the rule: JKV residents provide feedback, the Board oversees Governance, and the Professional Management team oversees operations.

To listen to this stimulating conversation with a wide variety of residents from across the country go to the link www.pioneernetwork.net/podcast and click on Episode 5 “Resident Voice—Direct From The Board Room.”

I also think taking a new approach to the Resident Senate meeting, as evidenced in the most recent April 11th meeting led by Resident Senate President Jeanne Jordan provided an opportunity to discuss hot topics and pose thoughtful questions: Yet another change that is leading to better and more effective outcomes.

Change is going to ultimately do us all good. Thanks for your patience with construction dust, office moves and new meeting formats.

During these times of change I am reminded by a quote from Rodolfo Costa from his book *Advice My Parents Gave Me: And Other Lessons I Learned From My Mistakes*: “Learn to adapt. Things change, circumstances change. Adjust yourself and your efforts to what it is presented to you so you can respond accordingly. Never see change as a threat, because it can be an opportunity to learn, to grow, evolve and become a better person.”

Looking forward as we travel the road towards change with grace, patience, kindness and thoughtfulness.

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

In Case You *Missed It...*

With the relaxing of COVID protocols there has been a wonderful increase in on- and off-campus activities for residents to enjoy. Here are some photos highlighting those events...*In Case You Missed It!* The JKV Marketing Team has begun posting photographs from events on JKVConnect. Once you've logged into JKVConnect go to the JKV Photos Tab, then click on either Events or Holidays (or both!) and Enjoy!



Resident orchid enthusiasts, plant lovers and those who just enjoy being at the Bonnet House had a wonderful time during the Orchid and Garden Festival at Bonnet House.



President Gerry Stryker introduced his niece Faith Deasure during the recent Resident Senate Meeting for All Residents. Faith is a graduating high school senior, with ambitions to work for a Marketing Department. Maybe JKV someday?



Members of the South Florida Symphony Orchestra string trio entertained residents during a PNC Bank-sponsored "Spring Seminar & Symphony," event at the Village Centre Auditorium.



As part of a fun Employee Appreciation Day, staff were able to hit Director of Health Services Mark Rayner with paper plates full of whipped cream. Here Woodlands Guide Wedline Jean throws a full plate at Mark.



The JKV Catering Team won first place in the 25th Annual Museum of Discovery and Science's Wine, Spirits and Culinary Celebration fund-raising event, which pits some 30 area restaurants against each other. The team's first-place recipes were Vegan Ceviche and Panzanella Salad with Tuscan-marinated Flank Steak. They are (L-R) Etele Kovach, Doris Castano, Barbara Mussotte and Thad Godfrey.

TRIBUTE TO *Samuel Townsend*

Opera Lover, Microbiologist And Long-time Friend Of John Knox Village

Samuel Morgan Townsend was born on July 26, 1925 in Hartford City, IN.

Sam's father, Nelson, was a newspaper editor and graduate of Indiana University. Ruth, his mother, taught physical education, after receiving a degree from La Cross Normal College in La Cross, WI.

His father guided him toward newspapering, but that was not Sam's career of choice. He was a scientist and a lover of opera.

He received a BS degree from Ball State and an MS in Microbiology and Medical Technology from the University of Kentucky. He was in the Navy Medical Corps in World War II. He retired from the Corps in 1989.

As a veteran, he was part of an Honor Flight trip to Washington, D.C., of which he was "so proud."

Sam sang with the Florida Grand Opera and would work in the wardrobe room. His commitment led him to donate money towards a Wardrobe Room in JKV's new Pavilion, in the Performing Arts Center. He also sang with the "Villagers," the Men's Chorus at JKV.

In 2013, Sam and fellow JKV resident Harriet Mertz, opera patron



In 2013 Sam Townsend, an avid supporter of the arts, along with fellow Village Resident Harriet Mertz were honored by the Florida Grand Opera as "Impresario" and "Diva." They are shown here during a 2015 on-campus performance by the Young Artists of the Florida Grand Opera.

and singer, were honored by the Florida Grand Opera as "Impresario" and "Diva" for their continuing support of the Opera.

Sam was also a backer of local theatre, including the South Florida Theater League. He joined IATSE (International Alliance of Theatrical Stage Employees) and assisted as a dresser for Broadway shows in Broward and Miami-Dade counties. Sam was wedded to his membership in IATSE Local 500 in Ft. Lauderdale.

He was patron of the Young Artists and supported them by covering their insurance while they were studying in

Miami.

Gerard Cramen, Sam's Health Surrogate, knows another side of his character. "He loved dogs and once went to a party in which he and his dog both wore tuxedos." Sam also donated to the capital campaign to create the JKV Wellness (Dog) Park.

In April 2005, Sam moved to JKV with his partner Melvin Yadley, who died a year later. Sam was involved in many activities — the Scholarship Fund and Marketing and Communication committees. Later, Sam bonded with Olga Del Rio, who died last year.

"Sam worked tirelessly for the improvement to JKV. He was a gentleman about the Village who never knew a stranger and was most generous," said Dolores Kropff, Olga's daughter.

"Sam embodied, simultaneously, the common man and a fully enlightened man of the 21st Century," said his friend and fellow Impresario Willie Riddle.

Sam passed away on Feb. 22 at the age of 96.

Sam, may you rest in peace. JKV thanks you for your kindness to our Village.

Congratulations Goldie For Excellent Service

Goldie Pitts (C) was honored recently for her 35 years of service to John Knox Village. She has been a Shahbazim in The Woodlands and was recognized by Mark Rayner, Director for Health Care Services and Kristen Drago a Guide in The Woodlands, during an HR-sponsored event in the Village Centre Auditorium.



Dear JKV Foundation Donors and Friends,

We have learned of an opportunity for the donations you make to have an even bigger impact through the #HalfMyDAF challenge.

There's over \$160 billion in Donor Advised Funds across the country. The #HalfMyDAF challenge aims to move that money to nonprofits by offering matching grants. If you are a DAF holder and make the commitment to spending down half of the money in your DAF by September 30, 2022, the grants you make are eligible for matches from #HalfMyDAF.

#HalfMyDAF will give dollar-for-dollar matching grants of up to \$10,000 on June 24th and again on September 30th, 2022. There is also a chance for us to receive a dollar-for-dollar match of up to \$100,000. What's more, when you commit to granting half of your DAF, all the grants you make are eligible for matches, which means many other nonprofits can benefit as well and your donations can be doubled.

The more donors who take the DAF challenge and give to us, the more chances we have of receiving a match. Please spread the word.

You can learn more about the #HalfMyDAF challenge at halfmydaf.com.

Thank you for your support.

Mark Dobosz
Executive Director
mdobosz@jkvfl.com / 954-784-4757

Residents Meet And Greet The Authors

Continued from page 6

woman would be the champion. The chapters are full of excitement both good and bad. I learned a lot about horse competitions. After reading the book I am certain that Mike's daughter is intensely involved with horses."

Pete joined in his wife's enthusiasm for the Meet and Greet and said, "I was amazed that the rapport between the two authors was really deeply insightful.

"We learned quite a bit about the sport of horsemanship. Since there is no age or sex bias in the sport, it truly becomes man [or woman] and horse against the steeplechase course. Mike Lupica shared that his daughter was an accomplished rider and went on to share the anxiety, the stomach in the throat apprehension, whenever

his daughter engaged in a steeplechase obstacle jump. You could feel the parental empathy. The sheer weight of the animal's jump and the prayer her horse lands on all four legs, and the successful subsequent emotional release.

"The banter on the stage ran back and forth and truly gave you the sense the authors were talking from experience, and only allowing the readers a small piece of the vicarious experience."

If you are a fan of Patterson and



Karen and Pete Audet with their copies of "The Horsewoman."

Lupica, they are working on two more books together. One will be "House of Wolves," about owners of professional football teams.

Donations received during the months of February to March 2022

To John Knox Village Employee Scholarship Fund

Countrymark Refining &
Logistics

Maria Santiago
Cason Trust
Stokes McMillan Antunez
Martinez-Lejarza PA
Rose Milanovich
Clark Rechkemmer
Paul Loree
Richmond Knowles
Norma Jenkins
Guia Jansen
Doreen Haynie
David Haun
Mary Sue Gauzens
Elizabeth Swanson
Bruce Voelkel
In memory of Frances Welch
John & Diane Dalsimer
Edwin Stevens

To John Knox Village Foundation

Benevolent Endowment Fund
Fred & Irene Michel Charitable
Trust
Cason Trust
Romaine Miller

Carol Redd
*In memory of Charles
Elliott, Rhea Mandeville,
and Jack Middleton*

Capital Campaign Fund
Barbara Morningstar
In memory of Frances Welch

Chapel Endowment Fund
Fred & Irene Michel
Charitable Trust
Leland Baggett

**Environmental Enhancements
Fund**
Bruce Voelkel
In memory of Nelson Dayton

**Foundation Unrestricted
Fund**
Clark Rechkemmer
In memory of Edwin Stevens
Karen Audet
In memory of Edwin Stevens

Dennis Fitch
*In memory of Ed Stevens &
Patricia Kennedy*
Rose Milanovich
Robert Oliver
Paul Loree

David Heger
Joyce Cuddy
Richard Shapiro
Carol Frei
In memory of Sam Townsend
Samuel Scott
David Eccleston
In memory of Manuel Ramirez
Twylah & David Haun
In memory of Curtis Iverson
Carol Frei
In memory of Mimi Davis
John & Diane Dalsimer
In memory of Ronald Lane
Gary Smith
In memory of Anne Crissy
Sharon Boff
In memory of Anne Crissy
Wreaths Across America
Francis Pittinaro

**Healthcare Enhancements
Fund**
Richmond Knowles
Herbert Johnson

**Intellectual Enhancements
Fund**
Twylah & David Haun
Erica Gassen

Maggie Goetz Birds Fund
John Eckert
In memory of Russell Eckert

Physical Enhancements Fund
David Haun

**Resident Music Endowment
Fund**
Mary Butterfield
Alexander Jenkins

**Residents Assistance &
Inouye Support Fund**
Emmerson Harris
Carol Kitson

**Staff Professional Training
Fund**
Rose Milanovich

**Transportation & Mobility
Fund**
Donald Patriss
David Heger
Rebecca Dolan

Foundation Hosts Women's Philanthropy Event



The JKV Foundation welcomed Women United of United Way of Broward County to share insights and information on women's philanthropy.

Women United is about women knowing and understanding the issues facing the greater community. Women United's powerful network of women confronts, head-on, the most critical issues facing Broward County.

Their diverse and vibrant group is bound together by their belief in each other, the United Way's mission and in Broward County. To learn more about Women United, visit their website at: <https://www.unitedwaybroward.org/women-united>

Penelope Blair, CFTA Private Senior Vice President Private Client Manager for Bank of America, led the discussion during a Women's Philanthropy event, sponsored by the JKV Foundation and held in the Village Centre Auditorium.

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

JKV's Westlake Project: April In Rear-View, Moving Forward In May

Continued from page 5



Barton's Nautilus Bar is located adjacent to The Pearl and Seaglass restaurants in the Pavilion. The Pearl is one of the Pavilion's two new restaurants.



residents had an opportunity to tour the Pavilion and get in on the excitement. According to the current schedule Joe Mallen and his entire Dining Services team will be opening the restaurants and bar on May 10.

Opening the two new restaurants provides the opportunity to demolish the Village's 41-year-old Main Dining Room and dredge out at that site for a lake and expand the Village's waterway system. Once Rex Foster Lake is completed, waterviews will be seen from more than half of the Village's 70-acre campus.

where **POSSIBILITY**
plays

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

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. 2/22

— 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

Celebrate Derby Day



Join Us for a Derby Hat-Making Art Workshop on May 7 at 2 p.m. in the Auditorium.

Kentucky Derby Party Saturday, May 7 from 5:30 p.m. to 7:30 p.m. at Stryker's Poolside Sports Bar

Join us for one of JKV's most fun events of the year, the Kentucky Derby Party on Saturday, May 7. Be sure to create and wear your "Derby" and compete in the Best Hat Contest. The Party cost is just \$10 per resident, including hors d'oeuvres. Enjoy a Mint Julip or an Oaks Lily at the Cash Bar, while you pick your favorite to win the Kentucky Derby live from Churchill Downs.

Residents can sign-up by registering on JKVConnect or calling Life Enrichment at 954-783-4039.



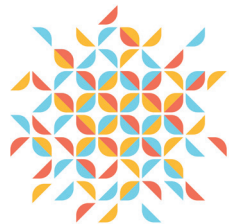
Our Mission Statement:

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

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

www.JohnKnoxVillage.com

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





JOHN KNOX
VILLAGE

Where possibility plays

For More Info Contact
954-783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
   JohnKnoxVillage