

VOICE



INSIDE: JKV Partnering With Baptist Health For 'Care On Demand' – Page 3 • Residents Spend Week 'Redefining Active' – Page 14 • Aquatic Complex Makes Big Splash – Page 18

In Case You *Missed It...*

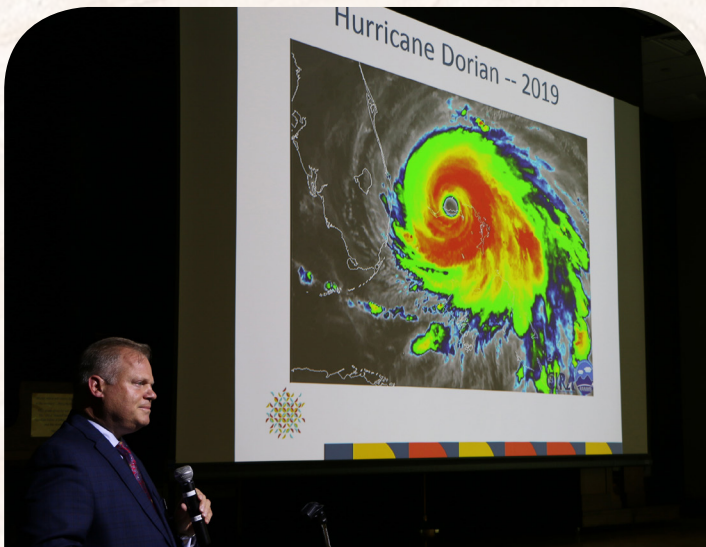
A lot has happened at John Knox Village since our last issue of the *Village Voice*. Here are some of noteworthy items...In Case You Missed It...



Florence, Italy-native, Nada Vergili, owner of Nada's Italy Tours & Travel, delighted residents with her presentation: "The Wonders of Italy and Learning Italian Basics." She said body language and hand gestures by Italians do not come to them by second nature...it is first nature.



After a fun gondola ride on the Intracoastal, a hungry Andrea Hipskind is ready to dig into her lunch at Louie Bossi's as Pete Audet displays the popular Italian hand-gesture of "youse gonna eat dat?" Wife Karen looks on. The ride and lunch were part of the September-long theme of "Under the Tuscan Sun."



President Gerry Stryker spoke to residents during the Board of Directors' Report to All Residents meeting, including providing an update of the work that took place before and after Hurricane Dorian was a threat to the Village. He invited all staff members who assisted in the hurricane work to come to the front of the Auditorium, where they received a standing ovation from our grateful residents.



Marilyn Meyer (L) and Carol Venuti enjoy some wine and a wonderful culinary creation of Italian chicken Milanese and fresh pasta from Executive Chef Mark Gullusci during one of his recent cooking demonstrations.



Several John Knox Village buses have received facelifts reflecting the Village's new look, logo and "Where Possibility Plays," tagline.



Recreation Therapist Tayshet "Emi" Cervantes serves Susan Siedler and George Baczynski some of her Mexican delicacies during JKV's Cultural Day celebration.



JOHN KNOX
VILLAGE

Where possibility plays

CARE 
ONDEMAND



"Telehealth allows people to schedule health-related appointments, request prescription refills, and link to health care providers when time or distance is a barrier. It can also support family caregivers who are taking care of their loved ones."

ON THE COVER

Both two and four-legged John Knox Village residents came out to the Wellness Park during Active Aging Week for the Blessing of the Pets ceremony, officiated by JKV Spiritual Life Director Rev. Darryl Powell. See page 21 for the full story and more photos. (Photo by Marty Lee)

JKV Partners With Baptist Health For 'Care On Demand'

Baptist Health South Florida is a not-for-profit healthcare system comprised of 10 hospitals and more than 50 outpatient centers, treating 1.5 million people annually. Since 1960, Baptist Health has established an outstanding reputation for quality care and service excellence within the community.

In 2016, Baptist Health launched Baptist Health "Care On Demand," its direct-to-consumer Telehealth service, to provide more accessible, affordable and high-quality care for non-emergency issues.

This past September, JKV hosted Baptist Health Executives, Brian Keeley, President & CEO Baptist Health South Florida, Bernie Fernandez, MD CEO, of the Baptist Health Medical Group, Nancy Batista-Rodriguez, CEO Baptist Outpatient Services and Danny Elfenbein, Director of Digital & Consumer Solutions.

Our discussion and tour of the Village were exciting and generative regarding our shared visions for health care innovations.

We explored collaboration to provide an on-site clinic for residents, staff and near-by employers. Also discussed was JKV's "Living Well at Home" concept of providing in-home health services with Virtual Care solutions for current residents, staff and future JKV friends and family in our greater community.

I'm excited to announce that starting in January 2020, JKV will begin a partnership with Baptist Health to pilot "Care on Demand" Telehealth services for our current residents and staff.

The pilot partnership is aimed at educating and engaging residents and staff with a local, well-known health system of "When it's right" and "Why," to utilize this Telehealth benefit.

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Gerry Stryker
Chief Executive
Officer



VOICE

Discover

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

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 | POMPAÑO BEACH

651 SW 6th Street
Pompano Beach, FL 33060

To Learn More Info Contact
(954) 783-4040

web JohnKnoxVillage.com
Facebook Twitter YouTube

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 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.



Here Come The Holidays

To Fill Your Social Calendars

The holidays are fast approaching and nothing at John Knox Village fills up faster than a resident's social calendar. November and December offer quite a variety of different events as you can see. We hope you can join us at some, or maybe even all activities, if your social calendars have not already been booked solid.

Tuesday, 11/5, 10:30 am
Auditorium & Hibiscus Room
I'M STILL HERE

A Holocaust Survivor Tells His Story.

Lecture, Short Film Screening, & Meet and Greet following the presentation.

As we focus on gratitude in the month of November, Manny Gurowski, Holocaust survivor, Army veteran and current Hollywood, FL resident, will share his experiences as a young Jewish boy in Germany as Hitler rose to power in the mid-1930s. You'll learn what happened to Manny's family, how he survived through harrowing circumstances, and how he helped save lives of others at the Nazi-controlled Labor Camp where he worked in a soap factory at the age of eight. For the past 15 years, Manny has been a featured speaker at schools and organizations in the Florida and the Northeast. Following the presentation, you'll have the opportunity to meet and chat with Manny in the Hibiscus Room. Refreshments will be served.



Manny Gurowski

Wednesday, 11/6, 10:30 am
Lakeside Dining Room
GRATITUDE AT SEA: WORLD SAILOR PAM WALL PRESENTATION

Age is irrelevant, sunrises are the true measure by which to measure life. Pam will take you on a journey of her sunrises across the globe as she shares her life experiences and lessons learned from sailing around the world with her family.



Share in Pam Wall's adventure as she details her around-the-world voyage with her husband and two young children on their home-made boat.

Thursday & Friday
11/7 & 11/8, 9 am
Auditorium
VILLAGE BAZAAR

This will be a two-day shop-a-pa-looza of jewelry, holiday items, treasures, art work, and home-baked goods. Have your picture taken at the Bazaar Photo Booth. There will be raffle items and a 50/50 with all proceeds going to Gardens West. Hours 9 am - 4 pm, both days.

Monday, 11/11, 11 am, Auditorium
VETERANS DAY SERVICE

Led by JKV Spiritual Life Director Rev. Darryl Powell Please make it your personal priority on this very important day to recognize our veterans for their dedication, sacrifice, and service. Resident veterans will be honored and recognized by name.



Friday, 11/22, 10 am, Auditorium
HOW TO PREVENT IDENTIFY THEFT WITH CHRIS GILPIN

Identity Theft Expert and CEO of Signal Vault Chris Gilpin, a state certified Victim's Advocate for Identity Theft & Computer Crimes will share expert tips and advice on how to protect yourself from becoming a victim of identity theft. In his career, Chris invented a product called Signal Vault, a device that protects people from having their credit card information illegally scanned, and appeared on ABC's hit show Shark Tank. Chris won over two "Sharks," Lori Greiner and Robert Herjavec as his two new partners. Chris has been featured on CNBC, INC.com, Forbes, The View, and Good Morning America. Don't miss this important presentation.

Thursday, 12/12 4 pm,
JKV Campus
JKV HOLIDAY PARADE

The 36th Annual JKV Holiday Parade will be circling campus, beginning just east of the Village Centre Auditorium. The parade will circle around campus with parade stops at Cassels Tower, Gardens West, Seaside Cove, and The Woodlands. Make sure to come outside early to find your seat. This will be an event you will always remember.



Join us for our 36th Annual JKV Holiday Parade starting at 4 p.m.

Friday, 12/13 2 pm, Auditorium
EMPLOYEE HOLIDAY GIFT FUND

Come watch the smiles of gratitude on the faces of our JKV staff members as they receive their well-deserved holiday gifts from your generous contributions. Let them see you care. Refreshments will be served.



Continued on page 13

Enjoy Upcoming Events

At NSU Art Museum

**NSU ART
MUSEUM**
FORT LAUDERDALE

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

Plan a visit to enjoy the exhibitions at the NSU Art Museum Fort Lauderdale. Museum hours are Sunday: Noon-5 p.m., Tuesday-Saturday: 11 a.m.-5 p.m. and closed on Mondays.

Events take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd. Space is limited for the events listed. Advance reservations are required. JKV residents enjoy discounts on many various exhibits and events and in some cases they are complimentary. Call the Museum at (954) 262-0258 or the Life Enrichment Department at (954) 783-4039 for more information.

I Paint My Reality: Surrealism in Latin America: New Exhibition Opening Sun., Nov. 17

A new exhibition examining the flowering of the Surrealist movement in Latin America in the 1930s and its continued influence through today, drawn exclusively from NSU Art Museum Fort Lauderdale's in-depth collection of Latin American art and promised gifts from the Stanley and Pearl Goodman collection.

experience. In addition to producing a sense of well-being, sessions expand participants' perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation. The workshop is led by educator Lark Keeler, a specialist in mindfulness education. Creativity Exploration is sponsored by the Charles P. Ferro Foundation. Limited space. Advance reservations required. \$10 for members, and John Knox Village residents; \$15 for non-members.

Free First Thursdays Starry Nights, Nov. 7 from 4 to 8 p.m.

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

Art of Wine & Food: Pilgrims of Spain, Nov. 7 from 6 to 8 p.m.

Join Roberto Volpe, from Gonzalez Byass USA, as he presents a variety of wines from Spain. Sample four great



Leonora Carrington, *Artes 110*, c. 1942. NSU Art Museum Fort Lauderdale; promised gift of Stanley and Pearl Goodman.

afternoon of art and the film "Working Woman."

While her husband struggles to keep his restaurant business, a mother of three lands a job as an assistant to a powerful, but sexually harassing realtor and brings herself to fight back, in this absorbing drama.

Film: \$9 for Museum members and John Knox Village residents; \$11 non-members. Film and tour: Museum members and John Knox Village residents tour free; \$22 non-members.

Fort Lauderdale Neighbor Day: Nov. 24

Receive free admission to the Museum.

Fort Lauderdale International Film Festival

NSU Art Museum is proud to partner with the Fort Lauderdale International Film Festival, celebrating its 33rd year of showcasing independent films. Museum Members receive FREE admission to the following FLIFF screenings:

- Nov. 12: Noon: "Dialogue Earth" 2 p.m.: "Camino Skies"
- Nov. 13: Noon: "Funny You Never Knew" 2 p.m.: "Driven to Abstraction"
- Nov. 14: 7 p.m.: "American Mirror"

For more information about FLIFF, visit FLIFF.com

JKV residents enjoy discounts on many various exhibits and events and in some cases they are complimentary. Call the Museum at (954) 262-0258 or the Life Enrichment Department at (954) 783-4039 for more information.

Bank of America Museums on Us: Nov. 2 & 3

Bank of America cardholders receive free admission to the Museum. Saturday hours: 11 a.m. to 5 p.m. and Sunday: Noon to 5 p.m.

Creativity Exploration: Happiness and Honor, Nov. 2, from Noon to 1:30 p.m.

Create a smile box inspired by Yoko Ono, to gift someone in celebration and honor for the important role they play in your life.

Creativity Exploration workshops promote the benefits of creative exploration and the mind to-body

varietals from the Beronia Winery, to celebrate the pilgrimage of wines throughout Spain with small bites served to pair with each wine. Come early and enjoy a docent led tour highlighting the Museum's current exhibition at 5:30 p.m. Presented by Darcy J. Beeman, CFP, Edward Jones. \$40 per person; \$30 for members at the Patron level and above. Advance paid reservations required.

Second Sunday Film Series: "Working Woman," Nov. 10 at 1:30 p.m. Tour/2:30 p.m. Film Screening NSU Art Museum and David Posnack JCC presents a Sunday



JOHN KNOX VILLAGE
FOUNDATION

Take Joy in Being Part of the Story.

IT'S NOT TOO LATE

2019 is winding down. Amazing. I guess this is what happens when you are having fun. You may even find yourself staring down at the dreaded required minimum distribution for 2019.

If you have IRAs and you are over 70 ½-years old, you are required to take that distribution for the year. Please consider donating to John Knox Village in 2019 through a qualified charitable distribution from your IRA.

The IRA charitable rollover was made into a permanent provision of the tax code several years ago. Some of our residents use this option for giving to JKV every year. It may be more beneficial than ever under the new tax code.

Here's why: With the standard deduction being raised to \$12,000 for singles and \$24,000 for married couples, for some, the charitable deduction no longer holds any real weight in making charitable contribution decisions. Instead, making a Qualified Charitable Deduction (QCD) out of your IRA keeps those dollars out of your adjusted gross income for income tax purposes.

As a rule, withdrawals from your IRAs are taxed as ordinary income. This law allows you to make charitable gifts from your IRA and not have to report the distribution as ordinary income on your income tax return. No charitable deduction is allowed, but for most taxpayers not declaring the income works to their advantage. This is especially true if you do not itemize on your tax return. Now that the standard deduction has been raised, more of us will no longer itemize our deductions.

And there may be some other benefits that we don't often hear about:

- This may keep your AGI (adjusted gross income) low enough so that it won't increase your Medicare premiums;
- You may keep your AGI low enough to not have to



pay the 3.8 percent tax on investment income;

- Your Social Security payments may not be taxed as heavily.

Of course, the IRS has some rules about who and how much. The IRS allows individuals age 70 ½ or older to exclude from taxable income—and count toward their required minimum distribution—transfers of IRA assets, up to a total of \$100,000, that are made directly to public charities, such as John Knox Village.

Making a donation under this provision is simple and straightforward. You will need to notify your IRA Administrator that you would like to make a QCD.

Typically, there is a special form that must be filled out. We are familiar with these forms and are most happy to assist you. We can fax the forms back to your Administrator to save time.

Should you need assistance or information from us at the Foundation, please do not hesitate to contact me. My direct line is (954) 784-4757 and email is nolson@jkvfl.com

Thank you for all your generous support,

—Nanette J. Olson
Executive Director

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

We Don't Know Them All, But We Owe Them All

JKV TO HONOR RESIDENT-VETERANS NOV. 11

In honor of Veterans Day, here is a list of all known John Knox Village resident-veterans as of deadline for this issue of the November-December Village Voice.

John Knox Village will hold its Veterans Day ceremony on Monday, Nov. 11 at 11 a.m. in the Village Centre Auditorium. Please join the Village as we salute the brave men and women who served in our military.

We apologize if we have inadvertently missed a resident-veteran and his or her service in the military. There are check-in sheets with

listings of all known resident-veterans in the lobbies of each apartment building and in the Auditorium lobby. Please be sure your name is on the list, or add yours, so you can be included and appropriately honored during next year's Veterans Day ceremony.

Also, if you are not included, but wish to be added to a follow-up listing in the January-February 2020 Village Voice please contact Village Voice Editor, and JKV Communications Manager, Rob Seitz at (954) 784-4741 or email rseitz@jkvfl.com

Thank you again...We are free because you were brave.

First	Last	Branch	Rank	First	Last	Branch	Rank
John P. "Jack"	Adams	U.S. Marine Corps	Sergeant	Chris	Lamberton	U.S. Marine Corps	Corporal
William	Allison	U.S. Navy		Donald	Lampe	U.S. Navy	Seaman 1st Class
Robert	Aron	U.S. Army	Corporal	Eddie	Lawrence	U.S. Coast Guard	Chief Petty Officer
Emerson	Allsworth	U.S. Navy	Seaman	Norm	Liedtke	U.S. Navy	Lieutenant JG
Christian "Chris"	Aubanel	U.S. Army	Non-commissioned Officer	Max	Lombard	U.S. Marine Corps	Staff Sergeant
Pierre "Pete"	Audet	U.S. Army	Captain	Dr. Earl Victor	Long	U.S. Army	Private First Class
Ronald	Ault	U.S. Army	Captain	Dr. Paul	Loree	U.S. Army	Captain Medical Corps
Stanley	Bagush	U.S. Air Force		William	Luddington	U.S. Navy	
Robert	Banks	U.S. Navy	Fireman	Mack	MacVicar	U.S. Army	Master Sergeant
Charles	Barrette	U.S. Air Force	A 1C	John	Mandt	U.S. Marine Corps	Corporal
John	Barron	U.S. Army	1st Lieutenant	June	Maurer	U.S. Army Air Forces	Corporal
Thomas	Barrows	U.S. Navy	Sailor	Charles	McDermid	U.S. Army	Corporal
David	Bayer	U.S. Navy	Captain	William	McDougald	U.S. Air Force	Private First Class
Frederic J.	Bednarek	U.S. Navy	Petty Officer 2nd Class PH2	Thomas	McDowell	U.S. Navy	Lieutenant
Johnnie D.	Bonewits	U.S. Navy	Ensign, Navy Nurse Corps	Ben	McKinney	U.S. Navy	Lieutenant JG
Carl	Boomhower	U.S. Army	Corporal	Stephen	McMillan	U.S. Army	Captain
Russell	Brandon	U.S. Navy		Howard E.	McPherson	U.S. Army	Sergeant
James	Brown	U.S. Army	Specialist	Richard	Mellet	U.S. Army	Corps of Engineers, Lt. Colonel
Milbrey "Otto"	Burgett	U.S. Marine Corps &	U.S. Navy Corporal	Charles	Mennes	U.S. Navy	Ensign
Ross	Claiborne	U.S. Army		Martin	Menter	U.S. Air Force	Airman 1st Class, Weather
Stanley	Clayton	U.S. Air Force	Sergeant	James	Meyer	U.S. Army	Corporal Medical Corps
Earl	Clark	U.S. Air Force	Staff Sergeant	Robert	Milanovich	U.S. Army	
Peter	Cole	U.S. Navy	Chief Petty Officer	August	Miller	U.S. Navy	Lt. Commander
Robert	Collier	U.S. Army Medical Corps	1st Special Forces	Kenneth	Moore	U.S. Army	
Larry	Culler	U.S. Air Force	Captain	William "Newt"	Moore	U.S. Navy	Commander
Bill	Davidson	U.S. Navy	Lieutenant Commander	Abigail "Gail"	Morrison	U.S. Air Force	Lieutenant
Ron	Davis	U.S. Army	Specialist 1st Class	James O. "Russ"	Murphy, Jr.	U.S. Air Force	Captain
John	Degnan	U.S. Navy	Lieutenant JG	John	Murphy	U.S. Air Force	Captain
Merrill "Pete"	Deitrich	U.S. Marine Corps	Captain	Patrick	Noon	U.S. Navy	
George	Dewell	U.S. Navy	Seaman Apprentice	Emerson	Oberlin	U.S. Army	Specialist 4th Class
Ted	Dolinski	U.S. Navy	Electronics Maint. Officer	Robert	Owens	U.S. Army	Private First Class
Dustin	Dunn	U.S. Coast Guard	E5, 2nd Class Petty Officer	James	Onoprienko	U.S. Air Force	Lieutenant Colonel
Russell O.	Eckert	U.S. Army	Corporal	William	Pace	U.S. Army	2nd Lieutenant
Loren	Engelbright	U.S. Army Medical Corps	Sergeant	Nels "Ray"	Pearson	U.S. Army	Sergeant
Roy	Evans	U.S. Navy	Lieutenant	George	Percival	U.S. Army	Sergeant E-6
Paul	Fasana	U.S. Army		Frank	Perkins	U.S. Army	Corporal
Dr. Michael	Featherstone	U.S. Army	Specialist 4th Class	Ronald	Poggio	U.S. Army	Specialist 4th Class
Charles	Fick	U.S. Army		Sidney W.	Porter	U.S. Army	Sergeant E-5
Rudolph "Rudy"	Frei	U.S. Army Medical Corps	Corporal	Joe	Rahll	U.S. Army Air Force	1st Lieutenant
Samuel	Fulwood	U.S. Air Force	Airman First Class	Jorge	Rodriguez	U.S. Army	Corporal
John	Furlano	U.S. Army	Corporal	Hugh E.	Root	U.S. Army Signal Corps	Corporal
Frank	Furman	U.S. Air Force	Sergeant & Lietenant	John	Saults	U.S. Army	
Salvatore "Ray"	Gambino	U.S. Navy		Mae	Schweter	U.S. Army WAC	Sergeant
Howard "Gil"	Gilman	U.S. Air Force	Airman	David R.	Seibert	U.S. Army	1st Lieutenant
John "Jack"	Halligan	U.S. Army	E5 - Specialist	Frank	Shulman	U.S. Army	Private First Class
Dana	Hardy	U.S. Army	Specialist E-5	Dave	Slack	U.S. Air Force	
Donald	Harris			Harris	Small	U.S. Army	Staff Sergeant
Emmerson	Harris	U.S. Navy	Petty Officer 2nd Class	Eugene	Smith	U.S. Army	Captain
Richard	Helligas	U.S. Army		Roger	Smith	U.S. Army	Corporal
James	Henschel	U.S. Air Force	Airman 1st Class	Mary	Snedeker	U.S. Naval Reserve	Commander
Thomas	Holm	U.S. Navy	Electrician's Tech 3C	David	Somers	U.S. Army	Corporal
Robert	Hubbard	U.S. Air Force	Master Sergeant	Leroy	Sparks	U.S. Army	
Murray	Hunter	Canadian Navy	Engineering Technician	William	Spears	U.S. Army	
Charles	Hunziker	U.S. Navy	YNT3 - 'Yeoman (typist) Petty Officer 3rd Class	Edward	Speirs	U.S. Navy	Lt. Commander
			Staff Sergeant	Jed	Sprague	U.S. Air Force	Staff Sergeant
K.Denny	Inouye	U.S. Army	Specialist 1st Class	Edwin	Stevens	U.S. Navy	
Curtis	Iverson	U.S. Army	Seaman 1st Class	John V	Summerlin	U.S. Marine Corps	
Frank	Jaeger	U.S. Navy	Lieutenant JG	Robert	Talley	U.S. Army	
Alexander	Jenkins	U.S. Navy		Joel	Terzich	U.S. Army	Corporal
Herbert	Johnson	U.S. Air Force		David	Thomson	U.S. Army	Private First Class
Thomas	Johnston	British Army - 3rd Carbiniers	2nd Lieutenant	John	Thompson	U.S. Army Security Agency	Specialist 6
				James	Tilbrook	U.S. Army	
Clyde W. "Bill"	Jones	U.S. Navy	Lieutenant Commander	Robert	Todd	U.S. Army Engineer Corps	Corporal
Richard P.	Jones	U.S. Navy	Yeoman 1st Class	Sam	Townsend	U.S. Navy	Hospital Corpsman
Faye	Kartrude	U.S. Air Force Nurse Corps	1st Lieutenant	John	Vaughn	U.S. Army	Corporal
Murray	Kaufman			Harry	Vordermeier	U.S. Air Force	Lieutenant Colonel
Robert "Bob"	Kauth	U.S. Army	Sargeant 1st Class	Joe	Wakeman	U.S. Navy	Seaman 2nd Class
Thomas	Keenan	U.S. Army	Corporal	Anthony (Tony)	Walk	U.S. Air Force	Major
Robert	Kelly	U.S. Air Force		Duane	Wessels	U.S. Air Force	
Samuel	Kessell	U.S. Coast Guard		Harold	Young	U.S. Navy	
Nelson	Kilmer	U.S. Air Force	Airman 1st Class	William A.	Zeiber	U.S. Army	1st Lieutenant
Elmer "Fred"	Kleingartner	U.S. Navy	Lt. Commander	Charles E.	Zilly	U.S. Navy	Yeoman 2nd Class
Dr. George	Kling	U.S. Army Medical Corp.	Captain				

A Brain-Healthy Thanksgiving Feast

Enjoy The Gathering With Some Fun On Top

By Phyllis Strupp, Village Voice Contributor



Thanksgiving Day is a national holiday that began as a day of giving thanks for the blessing of the harvest.

Many of us look forward to a Thanksgiving feast featuring traditional favorites such as turkey, mashed potatoes and pumpkin pie.

This Thanksgiving, don't forget to feed your brain with the right kind of social activity. Caring and supportive relationships with family and friends matter more for brain health than what's on your plate, especially if you want to get better with age. Ask a Super-Ager!

Researchers have found that people who live long and well over age 80, called Super-Agers, are different from other people. In key areas related to attention and memory, Super-Agers have more brain connections than their peers or even younger people in their 50s and 60s.

What Makes A Super-Ager Different?

The difference in Super-Agers is not limited to the brain. These vital elders are more socially engaged than most people their age, maintaining strong relationships and a positive, inquisitive outlook on life.

Super-Agers do not have better luck or better genes than the rest of

us. They don't even eat all the "right" foods and exercise a lot. But what these savvy seniors have is resilience, the ability to bounce back from difficulties. They rely on a combination of inner strength and social support to rid themselves of the negative emotions that conjure up anxiety, depression, and chronic inflammation.

So how can we build resilience? According to the website of the American Psychological Association, resilience comes not primarily from diet, exercise, or good genes, but from "having caring and supportive relationships within and outside the

find better advice for brain health and resilience than the Golden Rule: "Do to others as you would have them do to you." – Luke 6:31

This Thanksgiving, go ahead and enjoy some mashed potatoes and pumpkin pie. Eat what you want, but make sure you watch your social diet carefully. Go light on the anger and arguing, and heavy on the gratitude and joyful reminiscing. Smile more, complain less. The Bible affirms, "A merry heart does good, like a medicine." – Proverbs 17:22

After the meal, turn off the tube and the electronic devices and have



Train Your Brain® creator Phyllis Strupp (second from right) is having fun during JKV's Active Aging Week's Interactive Wellness Fair Meet-up. She is shown with staff who are also Train Your Brain trainers (L-R) Wendy Bednarcik, Maria Hannah and Michelle Makielski.

family. Relationships that create love and trust, provide role models and offer encouragement and reassurance help bolster a person's resilience."

Perhaps when all is said and done, and all the research has been completed, we are never going to

some old-fashioned fun. Sing songs together, look at a family photo album, or play one of these popular games for all ages:

- **Card games:** Blackjack, Go Fish, Hearts and Uno.
- **Board games:** Clue, Scrabble, Sequence and Trivial Pursuit.
- **Party games:** Apples to Apples, Bingo, Charades, Codenames, Jenga and Pictionary.

Enjoy your Thanksgiving festivities with friends and family, for your brain's sake.

John Knox Village is the only Life Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. To learn more about an upcoming Train Your Brain event contact the Life Enrichment Department at (954) 783-4039.



August Miller
President Resident Senate

It's these last two months of the year that are always a busy time of the year, what with holiday parties and events including John Knox Village's Holiday Bazaar, Holiday Parade, etc.

But it is also a busy time for your Senate Organization. The Senate has just elected a new slate of officers for 2020:

Pete Audet—President

George Baczynski—Vice President

Amy Barrow—Secretary

Ellen Isaacs—Treasurer

Congratulations to them and best wishes in the year ahead.

Now they proceed to find about 160 residents who want to fill Senate positions for 2020. So, if you are interested in getting active in "your" Senate, now is the time to come forward and volunteer.

Your cluster has probably already picked a Senator and Alternate for next year. The President must find 12 people to be Chairpersons of the 12 Senate Standing Committees, and three residents to be At-Large members of the Executive Committee.

Probably those positions have already been filled, but it doesn't hurt to call the new President (Pete Audet's number is in the Resident Directory) and find out if you desire to hold one of these positions. But there are also about 144 committee members needed; so watch for an announcement when the new committee chairs are looking for committee members. Call quickly as positions fill up fast.

Your current officers have been working hard recently, too. We have produced updates to the Senate By-Laws and a new and expanded Senate Procedure Guide that includes new sections on Senator duties. I have to especially thank Elizabeth Cobb (Vice President) and Amy Barrow (Secretary) who have worked diligently on these new documents.

We have also worked with Administration in arranging for a "JKV Admin Project Updates to Residents" to be produced monthly and distributed to all residents with the Senate Executive

Committee Minutes. We hope this document will help residents understand just what is happening with projects (both construction and others) as we move into the new era of change at JKV.

We have also been consulting with Administration about Hurricane Procedures (especially communication) to help improve the "Hurricane Experience" for all. And we have been working on issues with ATT television service, and recycling at JKV.

Recently, your Senate instituted a new Breakfast for New Residents to help them understand the Senate at JKV, and to take their suggestions upon which we might be able to act.

The end of the year has been a busy time indeed. Your current Executive Committee will see you one more time at the Dec. 9 Resident Senate Meeting for All Residents before we turn over the "Reins of Power" to the new Executive Committee.

And I will be getting ready to move to a new villa on Lakeside since my building will be torn down to make way for JKV's exciting new changes to make our home an even better place for us all in the future.

Happy Holidays and Happy New Year to All!!!!

—August Miller

The John Knox Village Foundation



Beatrix "Bea" Wilbur
Foundation Board Member

*"We make a living by what we get.
We make a life by what we give."*

—Winston Churchill

Last Spring I returned from a very much anticipated vacation. I had taken my sunglasses off as I boarded the plane. I didn't put them back on again until I landed back in Ft. Lauderdale. The next morning as I walked my dog around our beautiful swan and duck-filled Lake Maggie, passing the radiant Royal Poinciana trees, I thought, how

blessed I am to live in this place of peace and beauty.

Due to hard work and a little luck, most of us are privileged to enjoy our retirement years living at John Knox Village.

Each year, many of us respond to the annual appeal for alumnae support from our college or high school. Some of us even remembered them in our wills. None of us think things will have remained the same or that future students' experiences could possibly match our fond memories, but we appreciate the opportunity to provide new students with a strong foundation to make their dreams a reality and the impetus to accept the challenge to achieve a better life.

We enjoy something very special being members of the John Knox community. Why wait to show our appreciation? We have the opportunity to insure our future residents' needs and expectations will be appropriately met

just as ours currently are.

We hope you came and enjoyed our Aquatic Complex kick-off party in late September. We shared information about our upcoming zero-entry pool, a four-lane lap pool, pickle ball and bocce ball courts, a new restaurant and a sports pub. In a short time, you will be hearing more about our new Pavilion with its 300-seat Performing Arts Center and two restaurants.

The Foundation offers a unique chance to support projects that will improve the lifestyle amenities for all current and future residents.

The first phase of the 50th Anniversary Capital Campaign for John Knox Village is off and running. To discuss your gift opportunities and giving options, please contact Nanette Olson, Executive Director of the Foundation at (954) 784-4757 or by e-mail at nolson@jknvfl.com

—Bea Wilbur

Village Towers' Very Own *Miss Florida*

By Marty Lee, Village Voice Contributor

One of the joys of living in a Life-Plan Continuing Care Retirement Community like John Knox Village is learning the stories of so many interesting and inspiring people. Around every corner and activity are gifted residents who have a story to tell. Some have been business leaders, architects, health care professionals, attorneys, educators, writers, mothers or fathers. Yet it is not every day that we meet a very active lady who competed for the Miss America title.

Sally Fisher was in high school in Penn Hills, PA outside of Pittsburgh and was considering her college future. Her father was a recruiter and football coach and had a great relationship with Andy Gustafson, who was then the head football coach at the University of Miami. Sally knew about the home economics department at UM: "I wanted to study home economics to become a teacher," Sally told the Village Voice. With the connections between her father and the U of M, she arrived on the Coral Gables campus.

Soon after joining the Delta Gamma sorority, she met a football coach who was also in charge of the Coral Gables Chamber of Commerce and its Miss Coral Gables pageant. "He said he was having a hard time getting enough girls," Sally said. "He saw me and asked my date if I might be interested."

The Miss Coral Gables Pageant

"I thought I might be able to model at the time and I did some singing and dancing," the Village Towers resident said. She took the challenge, entered the Miss Coral Gables pageant and won: Then on to Sarasota for the Miss Florida pageant.

Sally remembers the swimsuit and evening gown competition, along with singing in the talent contest. At five foot three inches, she was considered small by most beauty pageant standards.

"Most of the girls were very tall, but the judges loved my brown gown with gold gloves to match. I didn't think I might win, but I did not want to lose. I wanted a career in modeling or performance and thought it would be wonderful to win." And win she did. Sally Fisher was named Miss Florida 1956, which qualified her for the Miss America pageant in Atlantic City, NJ. She was wel-

comed on stage by the legendary Bert Parks.

Despite her Miss Florida honors, Sally said she felt out of her element. "Most girls were professional beauty queens and they really knew what they were doing."

While Sally did not finish among the top contenders for Miss America, the experience opened up many doors for her modeling career. As Miss Florida, Sally received a scholarship from Marion Johnson's modeling school in Miami. "Her school was the best."

While New York City was a center of advertising, Sally was able to maintain a busy modeling career right in South Florida. "I could do photography work, TV commercials, print advertising and quite a few Class A commercials. Marion really knew what she was doing."

'I Saw You On The Subway'

Sally has a portfolio of her advertising and modeling work in her VT apartment, including campaigns for Zest soap, Colgate, Lucky Strike cigarettes and Royal Crown Cola. "I was on billboards all across the country; on subway and bus advertising. People would come up to me and say, 'I saw you on the subway.'"

She continued her work with major department stores like Burdines, Jordan Marsh and the cosmetic company Elizabeth Arden.

Sally got married in August 1957 and ended her modeling career in 1962 when they moved to Ft. Lauderdale. She raised four children and now has five grandchildren. Sally Fisher, now Sally Cash, moved to John Knox Village six years ago on Oct. 30, 2013.

Sally still stays involved in performance – which was one of her first loves in her youth. She often sings and plays piano at John Knox Village, entertaining an appreciative audience of Elders in The Woodlands, Seaside Cove and Gardens West.

The moral of this short biography of Sally, is that you never know who your neighbors are until you take the time to discover the history of your close friends. Everyone has a story to tell. As the popular radio commentator, Paul Harvey might have said about Sally Cash, "And now you know the rest of the story."



Then, Sally Fisher shown in an official Miss America Pageant 1956 photograph.



Miss Florida 1956 enjoying her moment with a specially marked airplane and several admiring Coast Guardsmen.



Today, Village Towers' resident Sally Cash remains radiant and continues her love of singing and performing, now in the Village.

KEEP TIDINGS OF JOY AT JKV's

'Christmas In The Village'

Dec. 14

Many John Knox Village residents are making holiday entertainment plans to attend performances at the major concert venues in Miami, Ft. Lauderdale and West Palm Beach. One holiday show you will want to include on your calendar is **"The Venetian Arts Society's Christmas in the Village at John Knox Village."** This annual Village performance is an elegant holiday experience featuring world-class artists from the great stages of the world.

The 36th Annual JKV Holiday Parade will be two

Venetian Arts Society (VAS), a South Florida fine arts organization that provides a unique opportunity for an intimate and interactive artistic experience with world class artists from the great stages of the world, stimulating conversation and a connection with artists and like-minded arts enthusiasts.

Jennifer Forni

Jennifer Forni has distinguished herself as a dynamic soprano possessing a strong, robust voice while maintaining the ability to effortlessly float



Jose Angel Navarro



Jennifer Forni



Dr. Casey Robards

days prior, so this season's show will keep the tidings of warm holiday joy going. "Christmas in the Village," will be held on Saturday, Dec. 14, beginning at 6 p.m. in the Village Centre Auditorium.

The evening's musical program features celebrated operatic soprano Jennifer Forni and Casey Robards, renowned concert artist and collaborative pianist.

Also performing will be the Venetian Arts Chamber Society, and classical guitarist Jose Angel Navarro. Please join us, as we celebrate the holidays with our most favorite music from classical masterpieces to traditional carols and even to obscure gems.

Following the holiday salon concert there will be champagne and dessert and the opportunity to meet the artists and continue the holiday festivities.

JKV has a long-standing partnership with The

stunningly-spun pianissimi above the staff. Ms. Forni excels in the heroines of Puccini, Bizet, Mozart, and Tchaikovsky.

In February 2013, Jennifer made her Metropolitan Opera debut in the role of the First Esquire in the Met's production of Wagner's Parsifal.

Casey Robards

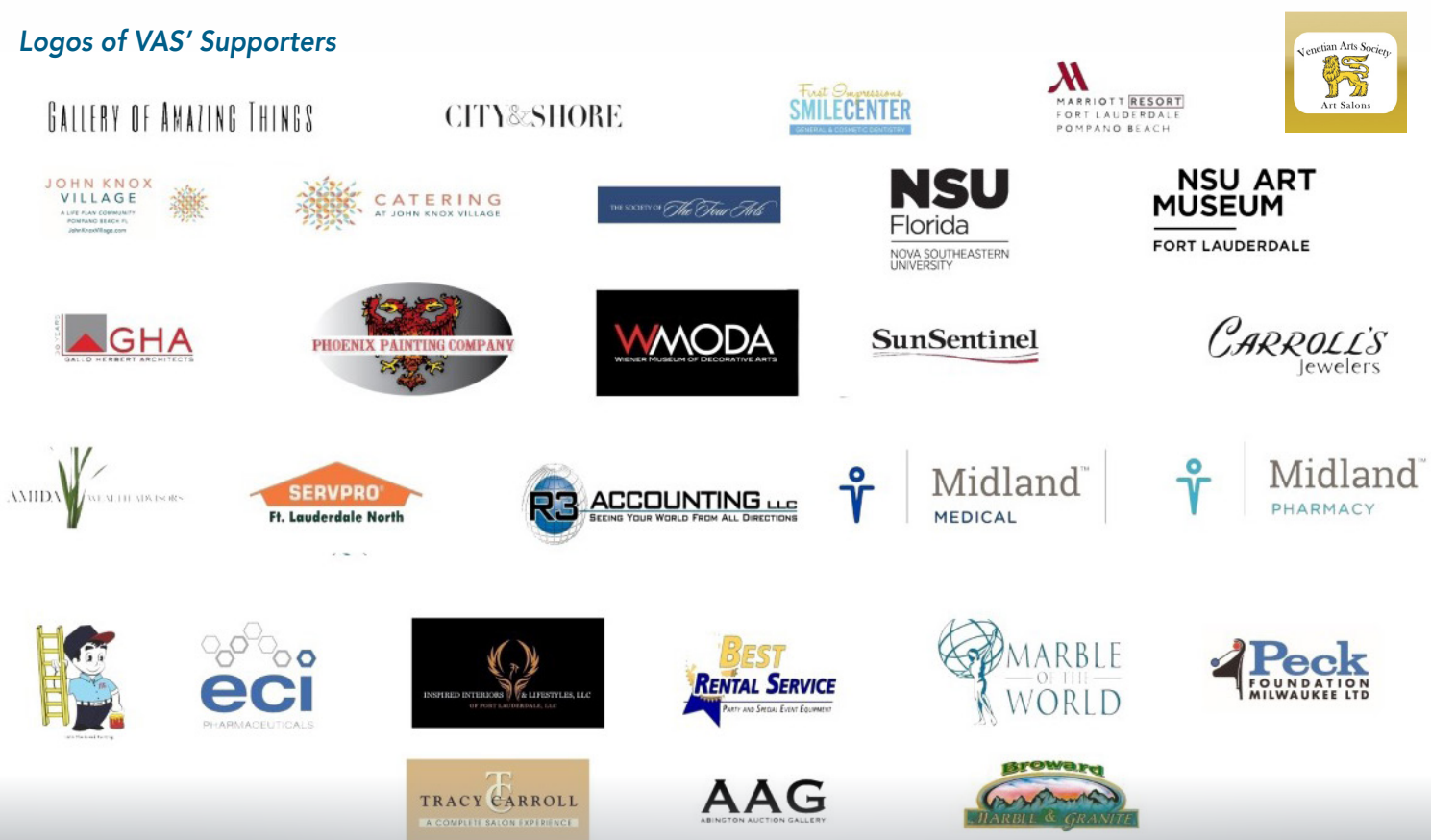
Known for her musical sensitivity, collaborative skill and versatility, pianist Casey Robards has given recitals throughout the United States, Europe, Central and South America and Asia. Her repertoire includes art song, opera, musical theatre, gospel and popular vocal music, string, brass and wind chamber music, solo piano and new works. Dr. Robards is currently on the faculty of the University of Illinois.

Be sure to save the date on your calendar: Saturday, Dec. 14 at the John Knox Village Centre Auditorium, 651 SW Sixth St., Pompano Beach, FL 33060. "Christmas in the Village," begins at 6 p.m. with a wine and cheese reception, followed by the concert at 7 p.m. Remain after the show for champagne and dessert, then meet and greet the performers and your friends at John Knox Village.



Tickets for this amazing evening are \$35 for JKV residents and reservations can be made by signing up in the Auditorium Lobby or by reserving online at LErsvp@jkvfl.com.

Logos of VAS' Supporters



Here Come The Holidays



Tim Schramm

Continued from page 5

Tuesday, 12/17, 2 pm matinee and 7:30 pm evening show Auditorium & Hibiscus Room THIRD ANNUAL HOLIDAY FOLLIES

The Third Annual "Holiday Follies" returns this December. Once again produced and led by the incomparable Tim Schramm (organist/pianist), a stellar gathering of outstanding musical talent is coming to the John Knox Village Auditorium to celebrate the holiday season with you. This year's line-up includes Tim Schramm on piano and

organ, vocalists Holly Powell, Jeanne Lynn Gray and James Perkowski. And who knows? More guest performers may appear! They will wow you and inspire you with the seasonal music that we all love so much. This musical variety show has become a sold-out favorite every year. Please sign up NOW to guarantee your seat at the show. Last year was a sold-out crowd. You don't want to miss this annual holiday tradition. Non-refundable tickets for this show are only \$7 (cancellations accepted up to 5 pm on Friday, December 13). No-shows will be charged \$7.



Residents Spend A

And It's Just The Beginning

By Rob Seitz, Village Voice Editor

Start with a rousing medley of foot-stomping music from an award-winning area marching band, throw in interactive, stimulating presentations, toss in a magic show and masquerade dance party, a twist on painting with cocktails, savvy senior living, a wellness meet-up health fair and yoga classes.

Sprinkle in some workshops to reduce stress, train your brain, meditation, brain food for cognitive health, mixed in with a delicious cooking demonstration, along with a blessing of the pets' ceremony and you have the makings of another successful Active Aging Week (AAW) at John Knox Village.

Begun in 2003 by the International Council on Active Aging® (ICAA), Active Aging Week takes place each year and ran from Oct. 1 to Oct. 7. With its theme of Redefining Active, the ICAA calls attention to, and wholeheartedly celebrates, the positivity of aging today.

"It was a delight to spend a week at John Knox Village, where the residents are most certainly doing their part in 'Redefining Active,'" said Chef and Certified Nutritional Therapy Practitioner Carol Green, who provided four PowerPoint and

cooking presentations for residents and outside guests during the week: A highlight of which was a culinary pairing cooking demonstration with JKV's Executive Chef Mark Gullusci (see related story on Page 17).

AAW Opening Ceremonies kicked off with a thrilling, bombastic performance from "The Force," Dillard High School's marching band. A long-time favorite during JKV's annual Holiday Parade (scheduled for Dec. 12 at 4 p.m.).

Their pounding drums, brass, woodwinds, dancers and flag corps thrilled the crowd.

That was followed by numerous brain training presentations from Phyllis Strupp. JKV is the only life plan retirement community in Florida to offer the exclusive Train Your Brain® program.

The first of what will be many Letters and Lattes program was led by Ashley Davis, a TedX presenter, author of "A Life Through Letters," and frequent speaker at JKV. His touching talk was reinforced by Jade Hall. The 19-year-old Broward College biology major who, given her age and today's technology, had never hand-written a letter on a piece of paper, until a JKV resident became her pen pal several

years ago.

The connection came through Jade's mother, Marsha Dixon, who is JKV's Fitness Studio manager and fully supported the letter writing campaign with Charlie Mennes.

Jade said: "I've learned so much about Charlie and I really look forward to getting letters from him. Opening a letter is so different than opening an email. You get the letter, sometimes even the envelopes have a message.

"Who knew?" she asked, eliciting laughs from the older audience.

Melissa Jill, CEO and founder of "Alive with Melissa," was another guest presenter. The international yoga teacher, healer, certified holistic health and life coach offered a variety of yoga classes and workshops infused with topics such as self-love, emotional healing, positive thinking, setting intentions for a great day, creating a blissful life.

"This place is amazing," Jill told the Village Voice. "From the moment I came onto this beautiful campus I felt such warmth and kindness from the residents and staff. I am glad I was able to help bring some of my teaching and practices to them."

Anne Goldberg is no stranger to



Cassels Tower resident Joyous Burkart clearly enjoyed the Masquerade Party and Happy Hour during Active Aging Week. Later in the week Joyous, along with Barbara Meyer, would win spa packages for having attended the most AAW events.



During the Letters & Lattes portion of Active Aging Week, Marsha Dixon's daughter Jade Hall discussed her intergenerational pen-pal relationship with Gardens West resident Charlie Mennes.

Week 'Redefining Active'



Members of the Dillard High School Marching Band, The Force, performed in the porte cochere to an appreciative Gardens West crowd during the first day of Active Aging Week.

JKV, however this was the first AAW in which she participated. Goldberg's "The Savvy Senior" monthly program is a resident favorite. For AAW, The lifestyle coach partnered with Larry Siegel to introduce an "Art of Living" class of fun, exercises, activities and "edu-tainment," they will be covering during an exclusive-to-JKV eight-week series.

Another highlight was cruise-ship regular Mitch Davie bringing his comedy and magical talents to a packed Village Centre Auditorium. The several resident-assistants brought to the main stage were amazed at his illusionary wizardry.

Many of JKV's four-legged

residents found AAW to be a special week when JKV's Spiritual Life Director Rev. Darryl Powell officiated a Blessing of the Pets Ceremony in JKV's Wellness (Doggie) Park.

A "Rocks on the Rocks" event provided a chance for folks to design and paint a rock with a special message that will be included in the future JKV Kindness Rock Garden.

The week ended late on a Friday afternoon when residents Barbara Meyer and Joyous Burkart won grand prizes of spa treatments at JKV's beachfront partner the Pompano Beach Marriott's SiSpa for having



Even a mirror could not help Magician Mitch Davie see which playing card South Garden Villa resident Pat Harrell was holding.

participated in the most events throughout Active Aging Week.

"This has been a great week," JKV President Gerry Stryker told the group during the Closing Ceremonies. "The quality of our programming, the caliber of our guests speakers has grown incrementally year over year, and folks, this is just the beginning."

Well done, John Knox Village. Here's looking to 2020.

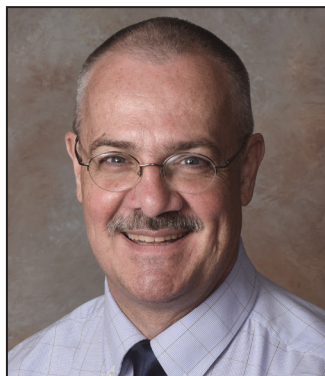


Gardens West Administrator Kelly McIntyre and Administrative Assistant April Santos manned a booth during the Interactive Wellness Health Fair Meet-up.



A Rocks on the Rocks event included painting uplifting messages on rocks for a soon-to-be-completed JKV Rock Garden at Seaside Cove, while enjoying a cold beverage... on the rocks.

CHANGE, AND 7 STRATEGIES FOR CREATION



Rev. Darryl Powell
Spiritual Life Leader

Same is good. Predictable is good. Stable is very good.

When I was a child, Grandma and Grampa lived in the same house... forever. The furniture was always in the same place. Every Christmas, the tree was in the same corner, and the same food was on the Swedish smorgasbord, and it was wonderful.

Every year we lived in the same small house, which was the same green forever (and it is the same green today, 39 years after I left it). We counted on the same teachers being in place as we moved from grade to grade, and they were. Looking back, you certainly have memories of the predictable, stable realities that gave you comfort.

In time we all discover that the security and stability of sameness can be easily overturned, creating insecurity, worry, anxiety. Personally, I'm wrestling with change. My wife, Holly, has returned to Rochester, NY where her soul is fed and she finds her happiness. It is the same home city that she has always loved. (And now we have a granddaughter there!)

So I commute between JKV and Rochester. Not the "same" I had envisioned, but it's revealing its blessings. And now my Dad is moving to Rochester, to live at St. John's Meadows, a retirement community that our very own Gerry Stryker led from groundbreaking to full occupancy to thriving programming. In the process he will say "goodbye" to the home and property that our family has known and loved since 1965. And so must I.

Change. We all know it's a reality of life. You, dear reader, certainly have experienced the same, as you have moved, downsized, settled at JKV.

And then, perhaps years later, another move to Gardens West, and for some a move to The Woodlands or Seaside Cove. Change, change, change. Change can bring chaos. And no one likes chaos.

By now it is very clear that JKV is in a state of change. Pretty soon the pool will be rebuilt and expanded into a brand new experience. Plans continue to develop and proceed for the construction of a new theatre space, The Pavilion, and two new residential towers. Meanwhile, we all continue to age and we experience the passing of our friends as they move from life to life. Staff we grow to love and count on find new opportunities and move on to other possibilities in their lives.

My faith and my scriptures start with a beautiful reality. The book of Genesis in the Hebrew scriptures begins, "In the beginning the world was without form and void..." Chaos. And the first chapter of Genesis goes on to describe how God transformed chaos into creation. In my life, a deep, daily connection to God has been the stable beauty of creation in the midst of chaos.

So how do we successfully navigate the changes we face, privately and together? Here are **"7 Spiritual Strategies to Turn Chaos Into Creation."**

1. **Nurture your spiritual life.** In other words, be connected to God in ways that are meaningful to you. Through music, worship, scripture reading and study,

2. **Pray and meditate.** Retreat to a quiet place that blesses your soul. Block out the rest of the world for a bit, and be in the presence of God. You and God, like two best friends sitting quietly together, watching a beautiful sunset.

3. **Practice Shabbat.** Shabbat means Sabbath. Sabbath is a time of rest. Constant work, business, activity, worry and anxiety will wear us down. It is important to find some time each week to break away from the usual routines and do something that is refreshing to the body and soul.

4. **Spend time with friends.** Spend meaningful time with the people who bring you happiness.

5. **Love others.** Be mindful of the people around you and when



Jumah Day, concierge at The Woodlands is an often willing pianist during Sunday worship services at The Woodlands. According to Spiritual Life Director Rev. Darryl Powell, "JD has a wonderful gospel music style. He's just another example of a JKV staff member stepping up and doing something extra special for the residents."

you notice someone is struggling, offer a word of encouragement, share coffee together, send a note of encouragement, express your concern. In other words, love the people around you. They will feel better. And so will you.

6. **Be loved.** Allow others to share their love with you. If others don't come when you need them, go to someone you trust and share, "I could use a friend right now. Would you visit with me for a bit?"

7. **Seek God.** I seek Jesus in my life. Jesus has been a constant presence and source of "sameness and stability" in my life from my earliest memories. At JKV we have people of a variety of faiths, so I would say to you, seek God, seek your Higher Power, seek the Divine, seek Spirit...be connected to the One who transforms your chaos into creation.

—Rev. Darryl Powell

Spiritual life opportunities at John Knox Village are growing in number and variety. Remember that all Spiritual Life programs, services and events are open to everyone. For more information contact Rev. Darryl Powell at (954) 784-4748 or dpowell@jktivfl.com

Blueberry & Cranberry Kale Salad

In Good Taste: Chefs Paired Up For Healthy Cooking Demo

By Rob Seitz, Village Voice Editor

Flavor pairings is that healthy obsession most chefs have to provide their diners that just-right balance of taste, smell and texture.

One of the many highlights during Active Aging Week was another kind of pairing—that of John Knox Village’s U.S.-trained Executive Chef Mark Gullusci and French-trained Chef Carol Green.

Chef Green, a native of South Africa, was among an eclectic, international group of presenters brought to JKV specifically for their knowledge and expertise in **“Redefining Active,”** the theme of this year’s Active Aging Week.

A full Day One of Active Aging Week closed with a cooking demonstration from these two culinary wizards. Their four-course plated dinner for residents, outside guests, staff, along with JKV’s President and First Lady Gerry and Carol Stryker, showcased a nutrient-dense “brain food” menu.

The pair served an appetizer of artichoke leaves with citrus golden beet salsa and goat cheese, a main entrée of roasted Scottish salmon in a saffron bourride (fish stew) with garlic aioli and steamed asparagus and a Mexican chocolate avocado tart.

But, perhaps, the most interesting item was the second plate—a blueberry kale salad with cranberries and spiced walnuts, served with pickled beets and whipped basil feta cheese.

Diners were delighted to discover that flavor pairing worked as well as Chefs Mark and Carol. Here are

the salad and dressing recipes:

Blueberry & Cranberry Kale Salad

Ingredients:

- 1 16 oz. bag, or equivalent bunches, of kale
- 1 cup fresh blueberries
- 1 cup fresh cranberries
- ½ cup walnuts
- 4 oz. pickled beets
- 4 oz. whipped basil feta cheese

Dressing:

- 1 cup frozen blueberries
- ½ cup Balsamic vinegar
- 1 cup olive oil
- 1/8 cup fresh lemon juice
- 1 tbsp. Dijon mustard
- 1 tbsp. honey
- ¼ tsp. sea salt

Place the vinegar, Dijon mustard, lemon juice, honey, salt and half the blueberries into a blender and blend until smooth. With the motor running, blend in the olive oil. Add the rest of the blueberries and pulse blend, leaving the dressing slightly chunky.

Method Of Preparation

Place the kale in a large bowl, pour a little dressing over the kale and massage it, adding just enough dressing to coat evenly. Save remainder of the dressing. Toss the cranberries and half the



John Knox Village U.S.-trained Executive Chef Mark Gullusci and French-trained Carol Green put on a delicious cooking demonstration during Active Aging Week.

blueberries through.

Place approximately 1-1 ½ cups of salad on a plate. Place a dessert spoonful of whipped basil feta cheese to one side and a smear on the other side. Place 2-3 pieces of pickled beets on the smear. Drizzle extra dressing over the salad and dot the plate. Top the salad with extra blueberries and spiced walnuts.

As Chef Green told the cooking demonstration diners that night: “Eating healthy food, that’s nutrient-rich and good for your brain, does not mean it has to be boring and bland.”

Enjoy.

Residents Dive Into

Aquatic Complex Kick-Off Party

Steel drums and sangria. Beach balls and Beach Boys ballads. A mermaid and a message. The John Knox Village Foundation recently threw a kick-off party for the new Aquatic Complex, being built just to the west of the Village Centre, where the current pool is located.

President Gerry Stryker and Chief Marketing and Innovation Officer Monica McAfee gave residents a sneak preview of the \$7.6 million project, which includes two pools—one a walk-in zero-entry resort style pool and the other a four-lane,

25-meter lap pool.

The Aquatic Complex will also house a Tropics Grille, a sports pub, two each Pickleball and Bocce ball courts, a Jacuzzi and fire pit.

More than a dozen different gift-giving opportunities for naming rights were also mentioned. For residents interested in learning more about the Aquatic Complex, please contact Foundation Executive Director Nanette Olson at (954) 784-4757 or email her at nolson@jknvfl.com



Life at JKV is a beach...ball. Monica McAfee (L), Gerry Stryker and Foundation President Kit Frazer have some beach ball fun after the formal portion of the Aquatic Complex Kick-off Party was over.



Residents were recently given a sneak peek at JKV's new \$7.6 million Aquatic Complex project.



Lakeside Villa resident, and JKV Board of Director, Jan Spalding tries her hand at Bocce ball. The new Aquatic Complex will have two Bocce ball courts.



Tropics Restaurant	\$500,000
Sports Bar & Grill	\$100,000
Lap pool	\$100,000
Resort Pool.....	\$100,000
Pool Furniture	\$75,000
Locker Rooms	\$50,000
Pickle Ball Court.....	\$30,000
Bocce Ball Court	\$30,000
Pool Accessories	\$5,000
Artwork (3)	\$5,000 ea.
Fire pit(s)	\$5,000 ea.
Aquatic Wheelchair	(2) \$2,500 ea.

To discuss a gift opportunity and giving options, please contact Nanette Olson at 954-784-4757 nolson@jknvfl.com.



Cassels Tower resident Julio Ajon thinks there's something fishy about one of the guests to JKV's Aquatic Complex Kick-off Party.



Odalys Rosua, assistant to Nanette Olson in the Foundation Office mingles with Marty Mellett. Marty's husband, Dick, is a member of the Foundation Board of Directors.

LIVING WELL CORNER

Breast Cancer Awareness Is Year-round



Ashley Tarantola

As most of you already know, October is Breast Cancer Awareness Month, however even though October has passed, being aware of this life-threatening disease and educating yourself about it is extremely important year-round.

Awareness and prevention are two effective tools in the fight against breast cancer. You can help reduce the risk of developing breast cancer by making certain lifestyle changes. In addition, it's imperative to detect breast

cancer early through screening methods. Screening helps identify breast cancer before there are symptoms or at a very early stage, when the chances for successful treatment are highest.

Reducing The Risk

It's natural to be concerned about breast cancer and to take steps toward prevention by lowering risk. Some risk factors, such as family history, can't be changed.

However, some lifestyle changes might help reduce risk. These include: Limiting alcohol, not smoking, controlling your weight and getting physical activity.



Talk To Doc

Talk to a doctor about risks for breast cancer or make an appointment with cancer genetics experts if you have a family history of the disease. Board-certified genetic counselors are trained to identify high-risk families and help them understand their risk of developing cancer as well as their options for prevention, early detection, and treatment.

Getting screened for breast cancer is one of the most important things you can do for your health. Breast cancer screening

Continued on page 25

NUTRITION NOTES

The Skinny On Meatless Meats



Rachel Graham

Alternative meats have been on the rise in 2019, showing up on menus at dozens of our local restaurants and franchises. So, what exactly are these new meat alternatives? Here is the skinny on meatless meats:

1. Meatless meat products are not new. Veggie burgers have been available for a long time. However, the meatless meat products on the market today, like Beyond Meat Burger or the Impossible Burger, are products

made from plants that are meant to taste like meat; hence to be marketed to no longer just vegetarians, but meat-eating customers who love the taste of meat, but are looking for a different option.

2. So which is healthier? In general, eating vegetables is good for you, but plant-based meat is not necessarily any healthier than regular meat. Plant-based means it is of ingredients that come from plants, but doesn't mean you are eating a salad. These are still processed foods and are by no means a health food. They are often high in saturated fat, calorically similar to and even higher in sodium than a regular old beef burger.

3. What to choose? Both plant-based meat and regular beef burgers can fit into a nutrient-dense diet in moderation. There are trade-offs for choosing each, so either should not be relied on as a sole source of protein.



When opting for either, try to choose an organic beef or a veggie burger without highly processed components. The best options are: The Impossible Burger (4 oz.) at 240 calories, 14gm fat, 370mg sodium, 3gm fiber and 19gm protein. The Beyond Burger (4oz.) at 250 calories, 18gm fat, 390mg sodium, 2gm fiber and 20gm protein. The Beyond Sausages that are hormone, nitrate, soy and gluten free and deliver 43 percent less total fat, 38 percent less saturated fat, 27 percent less calories and 26 percent less sodium than the traditional pork sausage and come in many different flavors.

Overall, if you are hoping for a burger that's as good for you as a salad, food science still has a long way to go. Plant-based meat products are safe, but are not by any means much healthier than the products that they are replacing. Remember, to incorporate all food groups into your diet in moderation. That is what makes for a healthy lifestyle.

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

JKV Professional Center Medical Offices Directory

Here is a list of physicians and other professionals who have practices and their businesses in John Knox Village's Professional Center Building at 550 SE 3rd St., Pompano Beach (just outside the campus on the northwest side).

In many cases they have been tenants for many years servicing the needs of our residents and are worthy of consideration if you need their support.

John Knox Home Health Agency/Home Health Services for JKV Residents
Suite #300
Every day of the week
(954) 783-4009

George E. Edwards, Esquire
Attorney at Law
Suite #203 (Own Office)
Every Day
(954) 781-0444

Mary Fien, M.D.
Dermatology
Suite #101B
Once a Month
(954) 491-0510

Barry Galitzer, M.D.
Dermatology
Suite #101B
Monday A.M.
(954) 491-0510

Layne Heise
Hearing Specialist
Suite #101
Tuesday AM
(954) 943-9020

Steven Kester, M.D. / Craig Herman, M.D.
Urology
Suite #305 (Own Office)
(954) 941-3333

Edgar Nieter, D.P.M.
Podiatry
Suite #101
Monday A.M.
(954) 941-1200

Nightingale Home HealthCare
Suite #200 (Own Office)
Every Day
(954) 657-9962

Michael E. Nudelburg, DDS
Dentist
Suite #108 (Own Office)
(954) 942-4836

Matthew Popkin, M.D.
Internal Medicine/
Chiropractic
Suite #101B
Monday PM
(954) 586-2273

Donald Rose, M.D.
Neuro Psychology
Suite #304 (Own Office)
Every Day
(954) 941-4388

Victor Toledano, M.D.
Internal Medicine
Suite #101B
Thursday PM
(954) 566-7775

Cary Zinkin, D.P.M.
Podiatry
Suite #101
Thursday AM
(954) 426-9292

David Whitman, Principal
Strategic Investments and Insurance
Suite #105 (Own Office)
Every Week Day
(954) 366-5189

JKV Partners With Baptist Health For 'Care On Demand'

Continued from page 3

Baptist Health and JKV will provide on-site education and activation for selected pilot participants in January to help residents and staff learn about, sign up for and download the 'Care On Demand' application to begin experiencing this resource.

Alison Bryant, PhD, Senior Vice President of Research for AARP shared recently: "Many older Americans can benefit from being able to get care through Telehealth, without long trips to their doctor's office." She further noted, "Telehealth allows people to schedule health-related appointments, request prescription refills, and link to health care providers when time or distance is a barrier. It can also support family caregivers who are taking care of their loved ones."

While the resources of where we get our news are filled with surveys examining why consumers and health care providers are, or aren't, using Telehealth, few explore how a specific population feels about virtual care, regardless of the type or brand of technology.

With seniors, and perhaps most of us, the challenge for this partnership

will be focused on helping residents and staff to overcome their fear of using something new.

A new survey (October 2019) from the University of Michigan found evidence of these fears. According to the survey, most of the seniors expressed concern that a Telehealth visit couldn't allow a doctor to do a physical exam, thereby reducing the quality of care. They also worried that a virtual care visit would lack privacy, and that the process would be too technical and confusing.

Preeti Malani, MD, University of Michigan poll director and professor of internal medicine shared, "Telehealth won't replace in-person medical examinations completely, but for situations where in-person visits aren't essential, they save time and resources for patients and providers alike.

"Providers shouldn't assume older adults aren't receptive to virtual visits, but they should understand and work to overcome some of the reasons for hesitation."

"Historically, relationships between older adults and their providers have been established and maintained

through face-to-face office visits," the UM study concludes. "Yet advances in Telehealth technology and older adults' greater comfort and experience with technology in everyday life are changing this paradigm."

These poll results point to promising opportunities for Telehealth to improve access, convenience and affordability for both our residents and employees.

As Telehealth finally appears poised to live up to its potential, with insurance reimbursement in place or set to begin soon under many plans, JKV will be well positioned to understand our residents and employees' needs, wants and desires.

I'm looking forward to sharing our results in the New Year.

May your Holidays be filled with "Good Food, Family & Friends and Memorable Moments that make us Smile"

Cheers,


GERALD STRYKER
President/CEO

Blessing Of The Pets: *A Celebration Of Companionship*



By Marty Lee, Village Voice Contributor

"To be understood as to understand, to be loved as to love."
—Prayer of St. Francis

Oct. 4 dawned with a beautiful morning, as John Knox Village's two- and four-legged residents converged on the Wellness Park to chase, play, meet and share in the blessings of St. Francis. In Christian tradition, the Feast of St. Francis of Assisi is celebrated on this day in honor of the Patron Saint of the animals and the environment. It is said, among the many gifts bestowed upon St. Francis during his life, was the ability to speak with the animals.

John Knox Village Spiritual Life Director, Rev. Darryl Powell, convened the peaceable kingdom of approximately 20 dogs and two cats to explain the special relationships we share with all our furry and feathered friends.

Rev. Powell circulated among the crowd gathered in the Wellness Park and individually blessed Lucky, Lola, Gunther, Arthur, Pumpkin and all the special companions



Two- and four-legged JKV residents took part in a Blessing of the Pets ceremony in the Wellness Park.

present. It was an event that truly reflected the peace, harmony and understanding we must each share in this life.

Residents know their community is not just pet accepting, but pet welcoming and accommodating. In a joint fundraising effort between residents and the John Knox Village Foundation, the Wellness Park opened three years ago, complete with, people and pet, water



South Garden Villa resident Sharon Ruhs had the only cat, Ben, blessed during the ceremony.



Heritage Tower resident Paul Loree has Pumpkin blessed by Rev. Darryl Powell.



Ken McAlice and Mark Levey enjoy the ceremony, with Grigio.

fountains, shaded benches and tables, a winding walkway and plenty of running room for two- and four-legged residents and friends alike.

Officially dubbed as, "A Place Where People and Pets Can Be Unleashed," the Wellness Park has become a daily gathering place for socialization among residents and their pets.

By Dave Bayer, with permission from NaCCRA

This article first appeared in the September/October 2019 issue of LifeLine, a bi-monthly publication produced by NaCCRA, the National Continuing Care Residents Association.

Editor's Note: A recent **Pew Research Fact Tank** article reported that Americans ages 60 and older are alone for more than half of their daily measured time. This includes all waking hours except for those spent engaged in personal activities such as grooming. This amounts to about seven hours a day; and among those who live by themselves, alone-time rises to over 10 hours a day. The following article details how the CCRC lifestyle can impact resident engagement and counter isolation.

John Knox Village (JKV), Pompano Beach, Florida is a relatively large not-for-profit Continuing Care/Life Plan Community with approximately 900 total residents, including 60 in assisted living and 200 in skilled nursing. Its tagline is: **"Where Possibility Plays."**

JKV enjoys an active resident-led "Life Enrichment" program. Last month's Life Enrichment Events Calendar listed over 400 activities, including recurring events such as spiritual life group meetings and church services, a trivia night, a "French Connection" luncheon, a wide variety of card games, board games, Bingo, educational DVD classes, movies, dance lessons, choral groups, Al-Anon, flower arranging, art classes, table tennis, fitness classes and computer club. In addition, JKV has an active and comprehensive variety of lectures, concerts, and celebratory events. John and Diane Dalsimer, JKV

residents and NaCCRA Life Members, currently co-chair the Life Enrichment Committee.

Working in concert with the Life Enrichment Committee are JKV's Newcomer Hosts. Each new arrival is assigned a resident host. Obviously, moving to a CCRC/Life Plan Community can be challenging. The hosts are equipped to provide the guidance and friendship to make the transition as smooth as possible and to encourage new residents to be active participants in community life. The author and his wife currently co-chair the Newcomer Hosts.

At a result, residents are provided with a wide variety of opportunities for social and spiritual engagement, entertainment, intellectual stimulation, and physical activity. More importantly, continued participation is encouraged in accordance with the wishes of the individual residents. JKV has a talented group of resident volunteers who are ready, willing and able to dedicate the effort necessary to enhance the lives of others, and a staff that very enthusiastically and capably supports those efforts.

JKV is combating the isolation of individual residents markedly in the new skilled nursing facility. In May 2016, JKV became part of a growing national movement to change the face of skilled nursing care when they opened The Woodlands. An entirely new facility, it is a trademarked THE GREEN HOUSE® Project model of care, with 12 homes

in the building. Each home has 12 private rooms with private baths. These resident-centered homes are designed and operated specifically to counter the institutional feeling of boredom and isolation. A relatively new concept, The Woodlands was the 200th Green House



With some 400 different types of activities taking place each month, there is plenty of opportunity for social interaction for John Knox Village residents, including during the annual Cinco de Mayo dinner. Here, resident Kit Frazer won a prize.

home to open, the first in the State of Florida, and the first to be initiated by the residents themselves.

In sum, JKV is very dedicated to preventing residents from becoming isolated in all states of continuing care. Indeed, JKV residents themselves are very active in leading and implementing these efforts to engage residents.

Dave Bayer is a John Knox Village resident and vice president of the Florida Life Care Residents Association (FLiCRA), the state version of NaCCRA.

HOW TO BOOK AN EVENT SPACE ON CAMPUS

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

Here are the steps to follow:

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

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

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

event.

- Please submit all requests via campus mail to Teddy Tennie, Production and Events Manager. Also, you can submit by scanning and emailing to Teddy at JTennie@jktivfl.com. His direct line is (954) 783-4028.

Second Year In A Row *Kody Norris Show* Coming to JKV

Enjoy Band Meet & Greet, Old-fashioned Southern Dinner Beforehand



Now married, Kody and Mary Rachel Norris bring their bluegrass-rich show to JKV Nov. 9 and 10. Also on that Saturday residents can enjoy a Meet & Greet with the Band and a delicious down-home Southern Dinner. They will also perform at two Sunday worship services.

How many couples do you know who have left their wedding still in their wedding finery and have been chauffeured by a NASCAR driver over switchback mountain roads to perform their regular spot on a TV show?

That would be Mary Rachel and Kody Norris. They really love their music and their fans. This year they come to John Knox Village as Mr. and Mrs. Norris after having tied the knot in September at their historic home in



Lakeside Villa resident Carol Redd has worked behind the scenes to bring the Kody Norris Show to JKV for the second year in a row. Along with an Old Fashioned Meet & Greet Southern Dinner and the performance, Kody and his "sweetie" Mary Rachel will be autographing this banjo and guitar and then auctioning them off.



The Kody Norris Show is planning on performing at Sunday Chapel, just like last year, after their Saturday evening performance.

Mountain City, TN.

Many of you remember The Kody Norris Show from last year. Their rollicking, high-energy Bluegrass entertainment knocked your socks off. Since then, the band has traveled the country from west to east, from Canada to a cruise out of Texas. They have produced a new CD, *Show Grass*, with classics such as *Foggy Mountain Breakdown*, *Man of Constant Sorrow*, *Dueling Banjos* and *Blue Moon of Kentucky*. And, they have a new single, *Kentucky Darlin*.

Your second chance to see them in as many years will be Nov. 9 and 10. The Saturday 7:30 pm show is brought to residents by the Life Enrichment Department; however, there will be a small admission charge of \$5. (A \$30 value).

The Kody Norris Show has been nominated for **Band of the Year** and **Entertainers of the Year** by the Bluegrass Music Association of Iowa. They are nominees for their Fourth Annual BMAI Awards. Winners will be announced at the 10th Annual Honey Creek Festival in Moravia, IA.

As part of our show this year, the Rev. Darryl Powell has generously donated a new quality student guitar and banjo. These will be autographed by the band and auctioned during the show by auctioneer extraordinaire Kody Norris, himself.

Bring your checkbook, you may be the winning bidder. Rev. Powell has also graciously volunteered six months of free lessons to the winner of the guitar.

Auction proceeds will go to the J.A.M. (Junior Appalachian Musicians) program, a vibrant Appalachian youth music group in their home county of Johnson County, TN, where they mentor more than 100 young people, help provide them with instruments and encourage them to preserve their musical heritage. (Perhaps an instrument might make its way there, as well.)

That same Saturday enjoy a "Down-home Country Dinner" get-together at 2:30 pm in the Lakeside Dining Room. JKV Catering is preparing an authentic Southern dinner: Fried chicken, pot roast, mashed potatoes, greens and more while you visit with the band members up close and personal. Cost for this dinner will be \$24.95 and charged to your dining account. RSVP to Catering Director Susanne Russell at (954) 783-4063.

On Sunday, the band will perform at the 10:45 am Chapel worship service in the Village Centre Auditorium and at the 2 pm service in The Woodlands. For more information, contact the Life Enrichment Department at (954) 783-4039.

Donations To The Village

Donations received during the months of August and September 2019

To John Knox Village

Employee Scholarship Fund

Cason, Ernest & Maude
through the Cason Trust
Castendyck, Margaret
Haun, Twylah & David
Jacques, Susan
in memory of Miriam Oswald
Jenkins, Norma
Knowles, Lee
Loree, Sally & Paul
Martin, Fran
in memory of John Martin
Mellett, Marty & Dick
in memory of Helen Wiley
Milanovich, Rosie & Bob
Moore, Janet & John
in memory Louise Spencer
Peltzer, Nancy
Redd, Carol
in memory of Ann Petri
Stevens, Edwin
Swanson, Elizabeth
Townsend, Sam
Welch, Fran

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Archard, Ann
Ellington, Marsha
Frazer, Kit
Keenan, Tom
Mallow, Jan
Olson, Nanette & Mark
Peltzer, Nancy
Stryker, Gerald & Carol Dumond

Benevolent Endowment Fund

Castendyck, Margaret
Miller, Romaine
Redd, Carol
in memory of Cappy Cramer

Chapel Endowment Fund

Redd, Carol
in memory of Miriam Oswald

Charlotte Symonds Fund

Milanovich, Rosie & Bob

CNA Training Fund

Milanovich, Rosie & Bob

Foundation Unrestricted Fund

Broadus, Don
Burroughs, Barbara
in memory of Don Broadus
Cuddy, Joyce
Fry, Lois
in memory of Lorna Bowers
Gambino, Maddy & Ray
Harrison, Fran
in honor of Elaine McNamara
Haun, Twylah & David
Huizenga, Jack
Inspiration Press, Inc.
Larsen, Jay
Loree, Sally & Paul
Meyerhoff, Harriet & Savannah Family
in honor of Sam Townsend's birthday
Naylor, Harvey
Raiten, Ken & David Heger
Redd, Carol
in memory of Elaine Keiler
Scott, Samuel
in memory of August Strandberg
TOPS FL #080
in memory of Marie Sprague
Ziehm, Margaret
through the Estate of
Margaret Ziehm

Health Center Other Fund

Miller, Romaine

Resident Assistance Fund

Kieswetter, Carolyn

Cason, Ernest & Maude
through the Cason Trust
Harris Family Trust
Milanovich, Rosie & Bob
Rose Garden & Oak Tree Fund
Fry, Lois
in memory of Jane Lusk-Smith

Toshiko Inouye Fund

Kitson, Carol
in memory of Bob Kitson

Transportation Fund

Jones, Rita
*in memory of Larry Eldridge
& Christine Fletcher*
Kelly, Robert
Lycke, Elizabeth
Patriss, Don
Raiten, Ken & David Heger
Redd, Carol
in memory of Bob Dooley
Sams, Harriett

Wellness Park

Martin, Fran
*in memory of Jane Lusk-Smith
& in honor of Jan Spalding*

Woodlands Fund

Al-Anon Group
Harrison, Fran
in honor of Jaime Fisher
Israels, Denise
in memory of Ronald Dickie
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 19

methods include a clinical breast examination, mammography, and other imaging techniques. Women at higher risk should talk to their doctors about a more frequent screening schedule and additional testing.

A clinical breast exam is a physical examination of the breast performed by a health care professional to check for lumps or other changes. It's recommended with routine gynecology exams. Checking one's own breasts for lumps or other unusual changes is called a breast self-exam. This type of exam cannot replace regular clinical breast exams or mammograms, but it helps with body-awareness. In clinical trials, breast self-exams alone were not found to help reduce the number of deaths from breast cancer.

Mammograms

Mammograms use X-rays to create an image of the breast tissue that can reveal abnormalities long before you or your doctor can feel them. With digital mammograms, the images are recorded directly into a computer, allowing radiologists to view them on a screen so that specific areas can be enlarged or highlighted. If there is a suspicious area, doctors can easily take a closer look.

Other Imaging Techniques

While mammograms are currently the most useful tests for screening for and detecting breast cancer early, other imaging tests might be helpful in some cases. These other tests are particularly helpful for women who are at higher risk for breast cancer, have had breast cancer before, or have dense breast tissue. The other imaging tests include: breast MRI and breast ultrasound, also known as sonography.

Mobile mammography programs bring mammograms to workplaces, churches, community outreach events, and other locations. These mobile units are equipped with the same state-of-the-art digital technology offered in hospitals and doctor's offices.

–Ashley Tarantola, *Fitness Professional*



DISCOUNTED MARRIOTT AMENITIES

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

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

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

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



FITNESS GROUP CLASS SCHEDULE

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

*Chair Ex @ GW = Chair Exercises at Gardens West

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

Fitness Studio
SUPERVISED EXERCISE
by appointment

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

FREE BUS TRANSPORTATION SCHEDULE

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



Got Questions

WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

ACCOUNTING (Questions about your monthly bill)	(954) 783-4091
ACTIVITIES (Questions or to sign up for upcoming programs).....	(954) 783-4039
ADMINISTRATION	(954) 783-4021
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: August Miller	LS 109
Vice President: Elizabeth Cobb	EL 110
Secretary: Amy Barrow	CT 1706
Treasurer: Barbara Rietberg	SG 568
At Large: Kit Frazer.....	SG 532
At Large: Anne Swoboda	VT 609
At Large: John Mandt	VT 1013
Resident Board Member 1: Jan Spalding	LS 401
Resident Board Member 2: Peter Audet.....	VT 613
Resident Board Member 3: Tom McKay	HT 403

Committee Chairs:

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: Bea Wilbur	LS 403
Historian: Marge Hellgren	SG 648
Legislative: Fred Depenbrock	EL 214
Library: Glenda Clark.....	CT 1406
Life Enrichment: John/Diane Dalsimer	CT 315
Long Range Planning: Dick Mellett	CT 1415
Operations: Building, Grounds and Renovations: Harry Wood.....	HT 1007
Operations: Security and Transportation: Reed Brown	LS 303
Volunteer Services: Linda Fuller.....	SG 534



Meet World Sailor Pam Wall Wed., Nov. 6 at 10:30 a.m. in the Lakeside Dining Room

Pam Wall is well known for outfitting world cruisers, consulting on prospective routes for sailing, as a sailing instructor and a seminar speaker who encourages and educates on the cruising lifestyle. Meet Pam, who along with her husband, Andy, and two young children, Samantha and Jamie, voyaged around the world on their home-built sailboat, "Freya 39 KANDARIK." The Walls sailed "Around the World" and later back and forth across the Atlantic to Europe three times. You are invited to join us to hear her amazing story.

RSVPs are required.
For reservations, please sign up
in the Village Centre Lobby or
email LErsvp@jkvfl.com



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.



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(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

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