

VOICE



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The New COVID Bivalent Booster



Dr. Mark Cochran



Hopefully by now you have heard of and possibly received the new bivalent booster for COVID-19 immunity. If not, I suggest you do so. Let me explain.

Despite the general feeling and some ill-timed declarations, the COVID pandemic is not over.

Daily deaths in the US remain constant at about 400 people per day. Yes, that is down from the more than 4,000 deaths per day we were seeing early last year and it certainly is a testament to the efficacy of vaccination. The 400 deaths per day that we have been experiencing still puts COVID as being three times more lethal than a bad flu season. Experts fear that this will be a particularly bad flu season.

What makes this booster new and why was it developed? To understand that, you need to appreciate the nature of the SARS-CoV-2 virus. It emerged most likely from the Huanan Seafood Market in late 2019. Within months, Chinese scientists published the complete genetic sequence of the responsible strain called Wuhan-1. It is this sequence, which was shown to be accurate, that was used to develop all initial vaccines.

Mutation is common in this group of viruses. The mutations come from mistakes made in replicating the genetic sequence and "useful" mutations get selected by our responses to them. Every person who is infected will generate new mutated viruses. Almost none survive, but like a genetic lottery, one might prevail. It is this process that has generated

successive dominant variants: alpha, delta, and now Omicron and its sub-variants. These Omicron subvariants are far more contagious and they evade immunity established from vaccination or prior infection. The omicron variant boasts 50 new mutations beyond the delta variant.

The new bivalent vaccine includes mRNA from the original Wunan-1 strain and the omicron sub-variants BA.4 and BA.5, which represents almost all current infections. This new product was not tested in clinical trials because everything in the vaccine is the same except for specific sequence changes to match BA.4 and BA.5.

This is the same protocol used for each new annual flu shot. That said, the efficacy of this new booster is unknown. Data from infections over the next few months will tell us just how effective the new components are at preventing hospitalizations and death.

There is little doubt that people in our age group will benefit from receiving this new booster. As elderly people we find ourselves in a very high-risk category. A recent CDC publication showed that when compared to young adults, people aged from 65 to 74 have a 60 times greater risk of dying; those aged from 75 to 84 have a 140 times higher risk and those 85 and older have a 330 times greater risk of death when infected with COVID. The good

news here is that older adults are 30 percent less likely to experience long-COVID than younger ones.

There remains much that we do not know about SARS-CoV-2 virus infection. For every question answered by the more than 200,000 peer reviewed studies in the past three years, multiple new questions emerge. And each answer fuels new debate within the scientific community, which is totally part of the scientific method. Stay tuned, and be sure to get that new booster.

Dr. Mark Cochran holds a doctoral degree in Microbiology and Immunology and has been JKV's medical expert during the COVID-19 pandemic. He is retired from Johns Hopkins Medicine, where he built and led the Johns Hopkins HealthCare Solutions team, which included his work in creating the model of care used by residents and staff at JKV's on-campus Center For Healthy Living.

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

ON THE COVER

It's been a busy time around John Knox Village. Shown here clockwise from top left are: Tito Puente Jr. and Melina Almodovar harmonizing during their concert in the Cultural Arts Center. An appreciation breakfast was held for residents who participate in the Senate, Clusters and Committee Chairs; RAS' Don Williams and Sandy Gordon are shown with Capt. Jack "Erik Nenortas" Sparrow at the Volunteer Fair as part of Active Aging Week. The Dillard High School Marching Band performed as part of the Active Aging Week opening ceremonies. (Photos by Marty Lee)



JOHN KNOX
VILLAGE

Where possibility plays

Honored To Help In The Interim

I am honored to be asked by the John Knox Village Board of Directors to serve as the Interim CEO until a permanent replacement is identified and recruited.

My eight years serving on the Board has provided me with a solid understanding of the Village and why it is an industry leader. The strength of JKV rests with the staff that continue to provide uncompromised dedication and commitment to the residents.

My top priority will be to keep the positive momentum moving forward and provide ongoing support to ensure and maintain our resident-centered focus.

Considering the recent top-level changes that have taken place, my initial priority will be to stabilize the organization through visible and responsible leadership that listens to all stakeholders, especially residents and staff.

We need to stay the course and embrace change as our friend. If it were not for change, JKV would not be in its current position of financial strength and pacesetter status.

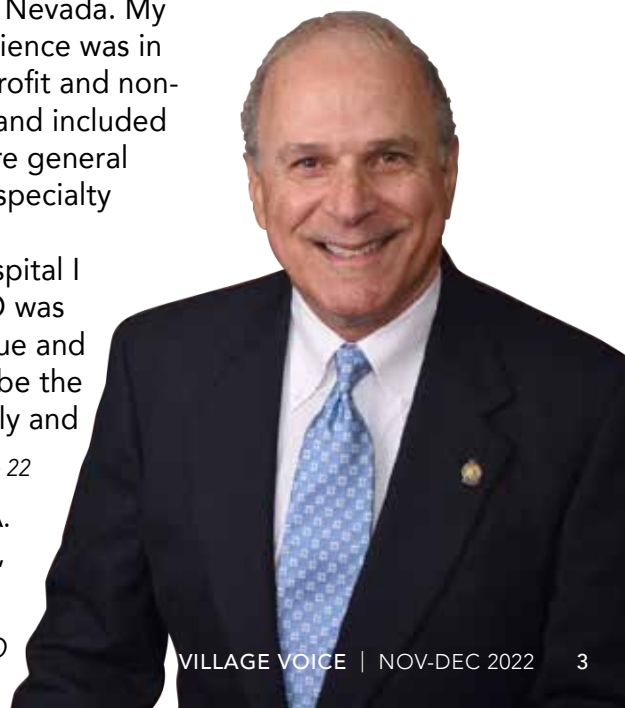
To share a little about myself.

I have spent 35 years in healthcare serving as a hospital CEO for six facilities in Florida, Louisiana, Kentucky, and Nevada. My hospital experience was in both the for-profit and non-profit sectors and included both acute care general hospitals and specialty hospitals.

The last hospital I served as CEO was the most unique and turned out to be the most personally and

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Dr. Salvatore A.
Barbera, DHA,
MS, FACHE
Interim
President/CEO



VOICE

Discover

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Foto fun. Residents Anne Selby, Jan Joggerst, Dick Huitema and Steve Morel enjoy a photography class with Jeremiah Jenner. Here they are outside a villa composing a shot of an orchid.

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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@jkvfl.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
JohnKnoxVillage.com

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.



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.

If you are not included, but wish to be added to a follow-up

listing in the January-February 2023 Village Voice, please email Communications Manager Rob Seitz at rseitz@jkvfl.com with the following information: Your name, military branch and rank.

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

First	Last	Branch	Rank	First	Last	Branch	Rank
Adams	John "Jack"	U.S. Marine Corps	Sergeant	LaValley	Eugene		
Allen	Steven	U.S. Air Force	Sgt	Lampe	Donald	U.S. Navy	Seaman 1st Class
Allison	William	U.S. Navy	Aircraft Electrician 2-Class E-5	Lawrence	Eddie	U.S. Coast Guard	Chief Petty Officer
Allsworth	Emerson	U.S. Navy	Seaman	Liedtke	Norm	U.S. Navy	Lieutenant JG
Arch	Allan	U.S. Navy	Lt (jg)	Logue	Ken	U.S. Air Force	2nd Lt
Ashkenzai	Albert	Israeli Army	Sgt	Loree	Dr.Paul	U.S. Army	Captain Medical Corps
Aubanel	"Chris"	U.S. Army	Non-commissioned Officer	MacVicar	Mack	U.S. Army	Master Sergeant
Audet	Pierre "Pete"	U.S. Army	Captain	Mandt	John	U.S. Marine Corps	Corporal
Ault	Ronald	U.S. Army	Captain	McBean	Bruce	U.S. Air Force	Staff Sergeant
Bagush	Stanley	U.S. Air Force	Airman 1st Class	McDowell	Thomas	U.S. Navy	Lieutenant
Baker	Milton	U.S. Navy	Commander	Mellett	Richard	U.S. Army	Corps of Engineers, Lt. Colonel
Banks	Robert	U.S. Navy	Fireman	Meltz	Barry		GM-15
Barrette	Charles	U.S. Air Force	A 1C	Mennes	Charles	U.S. Navy	Ensign
Barron	John	U.S. Army	1st Lieutenant	Menter	Martin	U.S. Air Force	Airman 1st Class, Weather
Barrows	Thomas	U.S. Navy	Sailor	Meola	Ralph	U.S. Navy	PO 3
Bayer	David	U.S. Navy	Captain	Meyer	James	U.S. Army	Corporal Medical Corps
Bednarek	Frederic J.	U.S. Navy	Petty Officer 2nd Class PH2	Michel	Ronald	U.S. Navy	Lieutenant
Bentz	Leo	U.S. Army	Private 1st Class	Miller	August	U.S. Navy	Lt. Commander
Blagg	Terry	U.S. Army	Specialist 5th Class E-5	Miller	Robert	U.S. Army	Captain
Brandon	Russell	U.S. Navy	3-Class Petty-Supply Division	Moore	Kenneth	U.S. Army	
Calvet	Russell	U.S. Army	SP-4	Morrison	Abigail "Gail"	U.S. Air Force	Lieutenant
Chappell	E. Hugh	U.S. Navy	Lt (jg)	Murphy, Jr.	James "Russ"	U.S. Air Force	Captain
Claiborne	Ross	U.S. Army	Pvt Infantry 3rd Army	Niven	Mark	U.S. Army	SPC 3
Clark	Earl	U.S. Air Force	Staff Sergeant	Noon	Patrick	U.S. Navy	
Cogswell	Clark	U.S. Army Corp of Eng.		O'Flaherty	Daniel	U.S. Army	E-5
Cole	Peter	U.S. Navy	Chief Petty Officer	Oberlin	Emerson	U.S. Army	Specialis 4th Class
Collier	Robert	U.S. Army Medical	1st Special Forces	Oliva	John	U.S. Air Force	Captain
Collins	Phillip	U.S. Navy	J.O.	Onoprienko	James	U.S. Air Force	Lieutenant Colonel
Cortina	Angel	U.S. Army	Captain	Owens	Robert	U.S. Army	Private First Class
Culler	Larry	U.S. Air Force	Captain	Padget	John	U.S. Army	E-5
Davidson	Bill	U.S. Navy	Lieutenant Commander	Padley	Joan F.	U.S. Army	1st Lieutenant
Dixon	James	U.S. Air Force	Colonel	Paiz	Fred	U.S. Air Force	Staff Sergeant
Dorman	Michael	U.S. Navy	Lietenant Colonel	Patrick	Farrell G.	U.S. Army	Colonel
Dunn	Dustin	U.S. Coast Guard	E5, 2nd Class Petty Officer	Pearson	Nels "Ray"	U.S. Army	Sergeant
Featherstone	Dr. Michael	U.S. Army	Specialist 4th Class	Percival	George	U.S. Army	Sergeant E-6
Felski	Jerry	U.S. Army	Spec-4	Perkins	Frank	U.S. Army	Corporal
Flynn	C. Ray	U.S. Air Force	Colonel	Poggio	Ronald	U.S. Army	Specialist 4th Class
Forsgren	Keith	U.S. Army	Specialist Five E-5	Porter	Sidney W.	U.S. Army	Sergeant E-5
Fulwood	Samuel	U.S. Air Force	Airman First Class	Rahilly	Patrick	U.S. Army	PFC-E-3
Furlano	John	U.S. Army	Corporal	Rechkemmer	Clark	U.S. Army	SP-5
Garneret	Ronald	U.S. Army	PFC	Rodriguez	Jorge	U.S. Army	Corporal
Gilman	Howard "Gil"	U.S. Air Force	Airman	Romanelli	John	U.S. Army	Sp 4th Class
Halligan	John "Jack"	U.S. Army	E5 - Specialist	Rooney	Richard	U.S. Army	PFC
Hamann	Dennis	U.S. Air Force	Captain	Root	Hugh E.	U.S. Army Signal Corp	Corporal
Hardy	Dana	U.S. Army	Specialist E-5	Ryan	John "Jack"	U.S. Army	1st Lieutenant
Harris	Donald			Sarik	Raymond	U.S. Army	SP-4
Harris	Emmerson	U.S. Navy	Petty Officer 2nd Class	Seibert	David R.	U.S. Army	1st Lieutenant
Holm	Thomas	U.S. Navy	Eclectrician's Tech 3C	Shamberger	James	U.S. Army	Lt
Hoover	Todd	U.S. Air Force	Ts gl	Shulman	Frank	U.S. Army	Private First Class
Hunziker	Charles	U.S. Navy	YNT3 - Yeoman 3rd Class	Siegel	Harold	U.S. Army	Captain
Inouye	K Denny	U.S. Army	Staff Sergeant	Smith	Paul	U.S. Army	LTC
Jenkins	Alexander	U.S. Navy	Lieutenant JG	Somers	David	U.S. Army	Corporal
Johnson	Herbert	U.S. Air Force		Souza	Herbert	U.S. Air Force	AIC
Johnston	Thomas	British Army - 3rd Carbiniers	2nd Lieutenant	Spears	William	U.S. Army	
Johnston, Jr.	William G.	U.S. Army	Major	Speirs	Edward	U.S. Navy	Lt. Commander
Jones	Clyde "Bill"	U.S. Navy	Lieutenant Commander	Sprague	Jed	U.S. Air Force	Staff Sargeant
Justicz	George	British Army-3rd Carbiniers		Stepp	James	U.S. Navy	Lt JG
Kartrude	Faye	U.S. Air Force Nurse	1st Lieutenant	Terzich	Joel	U.S. Army	Corporal
Kearney	Henry	U.S. Marine	Lance Corporal	Thompson	John	U.S. Army Security	Specialist 6
Keenan	Thomas	U.S. Army	Corporal	Thompson	Ronald	U.S. Marines	Private First Class
Kelly	Robert	U.S. Air Force		Thomson	David	U.S. Army	Private First Class
Kennedy	Gerry	NY Army Natl. Guard	SP-5	Vaughn	John	U.S. Army	Corporal
Kent	John	U.S. Navy	Lt	Vikmanis	Valdis	U.S. Army Reserves	E-5
Kessell	Samuel	U.S. Coast Guard		Vordermeier	Harry	U.S. Air Force	Lietenant Colonel
Kilmer	Nelson	U.S. Air Force	Airman 1st Class	Wakeman	Joe	U.S. Navy	Seaman 2nd Class
Kleingartner	Elmer "Fred"	U.S. Navy	Lt. Commander	Webb	William	U.S. Army	SP-5
Kline	Daniel	U.S. Navy	HM-2	Williams	Don	U.S. Navy	E-4
Kling	Dr. George	U.S. Army Medical	Captain	Woodham	James (Tom)	U.S. Army	Captain
Kramer	Robert	U.S. Army	1st Lietanant	Young	Harold	U.S. Navy	
Korn	Geroge	U.S. Navy	Seaman	Zeither	William A.	U.S. Army	1st Lieutenant
Lamberton	Chris	U.S. Marine Corps	Corporal	Zilly	Charles E.	U.S. Navy	Yeoman 2nd Class

JKV To Host Symposium



With Goal To Change Narrative On Aging

By Kim Morgan Village Voice Contributor

Thanks to its generous residents and innovative thinking from its leadership team, John Knox Village is holding a symposium with the lofty goal of: **"Changing the Narrative on Aging."**

Titled Aging Greatly 2022 (AG22) Symposium, this ambitious first-ever event will be held Nov. 17, in the new JKV Cultural Arts Center from 8 a.m. to 4:30 p.m. and will include a networking reception from 4:30-6 p.m.

This symposium is complimentary, however, seats are limited. Residents may reserve their tickets on JKVConnect or by calling 954-783-4039.

Lunch will be provided by sponsor Northern Trust Bank.

Keynote Speaker Maria Shriver is an internationally known journalist, television personality, bestselling author, and leading advocate on aging well. Her summit, **"Radically Reframing Aging,"** is a Master Class on Age, Health, Purpose, and Joy. She will participate in AG22 live from California from 12:30-1:30 p.m. and will address: **"How to Stay Healthy, Engaged and Full of Purpose at Any Age."**

"Thanks to generous donations made by JKV residents to the Foundation, we are thrilled to present the first 'Aging Greatly' symposium as part of the movement to change the narrative on aging," Mark Dobosz, JKV Foundation Executive Director told the **Village Voice**. "We are especially excited to host Maria Shriver, an outspoken and recognized advocate on aging, as our keynote speaker."



Aging well advocate Maria Shriver will be keynote speaker during the Aging Greatly 2022 Symposium. Her appearance will be virtually, as will several others, however five presenters will speak in person in the Cultural Arts Center during the day-long event.

Mark, along with Monica McAfee, JKV Chief Marketing and Innovation Officer, will be co-hosts for AG22 at the Cultural Arts Center.

"With our award-winning programming, JKV has become

an industry leader on aging with purpose and wellness," McAfee said. "We are honored to host this forward-thinking symposium featuring top leaders and educators in this field."

– Kim Morgan

AG22's lineup includes:

- Ben Nemtin, creator of MTV's "The Buried Life Series" on **Bucket Lists at 60 and Lifelong Learning** – in person
- Chris Brickler, CEO MyndVR, on **Virtual Reality, Aging & Health** – in person
- Dr. Michael Roizen, PhD, best-selling author and Co-Founder of Real Age, Inc. on **The Great Age Reboot** – virtual
- Dr. Joseph Coughlin, Director of the Massachusetts Institute of Technology's Aging Lab on **The Longevity Economy** – in person
- Maria Shriver, Keynote Speaker – virtual
- Dr. Jean Accius, SVP Global Thought Leadership AARP on **The Future of Aging** – in person
- Award-winning Professor Gail Kohn on **Living a Purposeful Life – Age Friendly Cities** – in person

JKV Hurricane Preparedness

EARNs RESIDENT PRAISE

By Rob Seitz, Village Voice Editor



JKV Plant Operations Director Thom Price explains to residents in the Cassels Tower Party Room the who, what, when, where and why the Village conducts its Emergency Preparedness Plans.

In the blinded-by-the-obvious department...South Florida in general, and John Knox Village in particular, dodged a meteorological bullet when Category 4 Hurricane Ian drifted west, sparing the most populous region in the state from its massive destruction.

There are many reasons prospects decide to become JKV residents: Award-winning lifestyle programming; 5-star amenities; industry-recognized health care

and security. Another peace of mind for residents comes from the emergency preparedness that takes place on campus when it appears a natural disaster is looming.

While others in the 62-year-old-plus set outside JKV's 70 acres were standing in lines at hardware stores to purchase plywood, roof tarps, sandbags and the like, the JKV Plant Operations Team was busy securing the campus, lowering water levels in Lake Maggie and expanding its convenient

off-campus transportation schedule to grocery stores.

Importantly, the JKV Emergency Operations Team was meeting regularly several times a day to discuss Ian's path and other specifics to determine next steps.

Additionally, since communication is so essential

leading up to a hurricane's arrival, Plant Operations Director Thom Price held emergency preparedness forums throughout the campus to explain to residents what, why, when and how his team readies the Village for a storm.

The effort by JKV staff on behalf of its residents did not go unnoticed.

"I am so thankful to be here because I lived on my own in Miami for 40 years before coming to JKV [and] hurricane season was always seriously nerve-racking," East Lake resident Barbara Moyer told the Village Voice. "Here I can see all the staff's planning, preparation and preparedness for storms, and their concerns for the safety of all our residents. It is wonderful to have such a safety net and community around me during a hurricane threat."

During his resident-forums Price also explained that JKV does not just prepare for natural disasters when they are imminent, but has a year-long strategically planned set of campus maintenance and infrastructure improvements.

Said Tom Regan, a South Garden neighborhood villa resident:

"The meeting for Hurricane Ian preparedness was smooth and informative. It certainly raised my level of confidence that we will be well-cared for if we are in a crisis hurricane situation. Thom [Price] made specific mention of how we thin out trees to let the wind blow through them, so they do not collapse. In fact, the trimmers were just here."

As JKV's Risk Manager Kirstin Whiting tells residents, in a series of meetings before the start of hurricane season: "We hope for the best, but prepare for the worst."



In May, prior to the official June 1 start of Hurricane Season, JKV Risk Manager Kirsten Whiting conducts a series of Hurricane Preparedness presentations.



JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.

Donor Spotlight: Marilyn Askin Passionate Educator, Litigator



Mark Dobosz

A passionate educator and litigator, Marilyn Askin began teaching as an adjunct professor at Rutgers University Law School in 1984, where she remained for 28 years. During her tenure, she was responsible for instituting elder law as part of its curriculum, and taught various seminars in both elder law and social welfare legislation. She also briefly taught at Seton Hall University Law School in 1992.

Contributing extensively to Rutgers University, Marilyn and her husband, Frank, who also distinguished himself as the founding director of the Rutgers Constitutional Litigation Clinic, gifted more than \$1 million to the university's law school to establish an endowment to promote its groundbreaking clinical program. A wing at the law school bears the name – Frank and Marilyn Askin Legal Clinic.

Marilyn's personal philanthropy has continued as a member of the John Knox Village community. In learning about the planned renovations to various sections of the common areas of Gardens West long before she became a Gardens

West resident, Marilyn became very interested and enthusiastic about the planned improvements and enhancements.

Recognizing the importance of a warm welcoming area for residents, Marilyn chose to help fund the Gardens West main entrance and lobby area with a \$250,000 commitment to the Gardens West renovation project. This gift will truly make a difference in the lives of current and future residents of Gardens West once the renovations are completed.

Some additional background to our local philanthropist you may not know. Marilyn received a Bachelor of Science in education, cum laude, at City College of New York in 1954, followed by postgraduate coursework at the University of California at Berkeley and at the Russian Institute at Columbia University. Several years later, she entered Rutgers Law School in Newark where she earned her J.D. in 1970.

Marilyn has since been admitted to practice law by the New Jersey and New York Bar Associations, the U.S. District Court of New Jersey and the Supreme Court of the United States. Eminently qualified in her area of expertise, she was among the first five attorneys in New Jersey who passed the first-ever exam to become a CELA, a certified elder law attorney by the National Elder Law Foundation.

A highly respected member of several professional organizations, Marilyn is a member and past president of the New Jersey Women



Marilyn Askin

Lawyers Association, where she was recently honored with a 2019 Trailblazer Award. Most notably, however, Marilyn is a member of the New Jersey State Bar Association (NJSBA), where she founded what is now the elder and disability law section, which she chaired for many years. In recognition of her services, the NJSBA established the annual Marilyn Askin Lifetime Achievement Award in 2008.

Marilyn Askin has been the recipient of numerous prestigious honors for her expertise and leadership. In 2000, she was among the first recipients of the Professional Lawyer of the Millennium Year Award, which the New Jersey State Bar instituted in the year 2000. She was bestowed with the Distinguished Service Award by the New Jersey Institute for Continuing Legal Education in 2002. New Jersey's Trial Lawyers Bar – the Association for Justice – presented her with its Presidential Award to Advocate of the Year in 2009. She also received the Salute to the Policy Makers Award by the

Continued on page 20

Live Your Best Life Now: With Gratitude To Our Veterans



By Melissa Jill Clark, Village Voice Contributor



Melissa Jill Clark
Lifestyle & Aquatics Manager

As we enter into the month of November, the month of Thanksgiving and also the month that we celebrate our veterans, to whom we owe our deepest respect and gratitude for the freedom that we enjoy each day, and that allows us to live our very best life, I want to share something very near and dear to my heart with you.

I want to share my experience of seeing my son off to Basic Training for the Army Reserves and how I came to understand the bravery of our heroes and their loved ones on a whole new level.

I remember like it was yesterday the day that he told me he had gone to the recruiter's office and signed up...just like that.

Not long after that, we waited until the recruiting officer came to pick him up to bring him to basic training. At first, I was excited for him and his new adventure. But then, the minute he got into the car

and begin to drive away, my heart sank, something pierced my heart and took my breath away.

It was as if my baby was being taken to a place he was not yet ready for. Then again, when is anyone ready for the possibility of going to war and laying their life down on the line for people they do not even know?

While he was away, I checked the mailbox every day for weeks, until finally his mail started coming through. I was so happy to hear from him and I cherish those letters to this very day.

Continued on page 20



Michael Clark with mom Melissa Jill Clark at Ft. Jackson, SC after his graduation from basic training on Sept. 8, 2011.

Join Us For Veterans Day Ceremony, Nov. 11



John Knox Village is home to nearly 150 Military Veterans. We honor our men and women, who served in times of war and in peace from all branches of the armed services: Army, Air Force, Coast Guard, Marines and Navy.

Our JKV Veterans have been stationed in the United States, the Pacific, Southeast Asia and have travelled to far-flung reaches around the world by air, sea and over land. They have served on the frontlines in combat, as support personnel and in the medical corps.

From World War II to Korea, Vietnam, the Cold War and Desert Storm, we honor your bravery.

Resident Veterans will be recognized in the Cultural Arts Center during the ceremony at 11 a.m. on Nov. 11, symbolically at 11 on 11/11. Register on JKVConnect or call Life Enrichment at 954-783-4039 if you are a Veteran and wish to be honored, or if you would like to show your patriotism and attend.

I Am Thankful For ...



Mark Levey
President Resident Senate

As we enter the busy, exciting, hectic, and festive Autumn and Holiday seasons, let's be sure to take time to be grateful.

Here's a few things for which I am thankful:

The support and encouragement shown to me as the Resident Senate President by so many here on campus.

The time and energy the members of the Resident Senate Leadership have devoted this year on behalf of all the residents. These campus leaders include the Senators, the various Committee Chairs, and the Resident members of the Board of Directors.

All the hard work by staff and team members and the administration who ensure JKV is a vibrant, fulfilling, and growing community. Whether it is someone we get to see daily or someone who works "behind the scenes," we should be sure to show appreciation when we have the opportunity.

I'm also looking forward to all the exciting improvements, upgrades and changes coming our way in the next several months.

There may be a few bumps in the road as we strive to successfully meet the new experiences as a community.

It will take everyone being patient and having a positive attitude to reach the goals.

Everyone working together and supporting each other will lead to a much happier transition, especially in welcoming our new Dining Services provider and our new TV/Internet provider.

I'd like to leave you with one stanza from the beautifully encouraging song "Grateful" by John Bucchino:

*"In a world that can bring pain
I will still take each chance,
For I believe that whatever the
terrain
Our feet can learn to dance,
Whatever stone life may sling
We can moan or we can sing."*

See you around campus,
—Mark Levey



A Senate appreciation breakfast was recently held in the Village Centre Auditorium. Some who were recognized include (L-R): Paul Loree, Tom Regan, Pat Harrell, Jackie Bayer, Elizabeth Cobb, Mark Levey, Amy Barrow, Jack Richards, Karen Audet, Tom McDowell, and Stephanie Messana.

Celebrating Important Milestone **For Village's Most Ambitious Project**

By Rob Seitz, Village Voice Editor

As the November-December Village Voice was going to press, the Topping Out Ceremony was scheduled to be celebrated Oct. 28 for John Knox Village's two newest neighborhood apartment

spirit of its own in each tree. Builders would ask the forest to allow them to use a tree and once the home was constructed, the highest leafy branch of that tree was attached to the roof of the new structure so the tree spirit

from VIPs, a catered barbecue and raffle prizes as JKV's builder, Moss Construction, thanked the hundreds of unflagging workers who completed the shells of each apartment tower.

In March 2021, Bob Moss, chairman and founder of Moss Construction, had this to say when his team topped off JKV's latest crown jewel—The Pavilion, with its 375-seat Cultural Arts Center, two dining venues and lounge: "There are four important milestones in a construction project. First is earning the contract, second is the ground-breaking, third is the topping out celebration and fourth is the grand opening."

With a \$120 million price tag, the 147-apartment homes—with first-floor amenities and two floors of covered parking—comprise the most ambitious project in JKV's 55-year-history. The Westlake project comes on the heels of a June grand-opening ribbon-cutting ceremony for JKV's Pavilion, complete with a 375-seat Cultural Arts Center, two dining venues and a bar.



Ground-level view of The Terrace and The Vue apartment buildings, looking east.

buildings—The Vue and The Terrace at Westlake.

In the construction industry, the centuries-old Topping Out Ceremony commemorates completing the shell of a building. Concrete pours were completed in August on the 11-story Terrace apartment building and in mid-October for the 15-story Vue.

A more than 1,300-year-old tradition in the construction industry is to celebrate completing the shell of a structure with a Topping Out ceremony. That ages-old custom will be celebrated in the first floor common-area of Westlake.

Such a treasured ceremony began in 700 AD Scandinavia with mythology that a topping out ceremony followed after the last beam was placed atop a structure.

The lore had it such that there is a

would still have a place to live.

During the important milestone there were congratulatory speeches



Aerial view of the Westlake construction project looking east.

Floria Statute 651:

An Ongoing Source Of Assurance



David Bayer

Many fellow residents have mentioned how reassured they felt by CFO Doug Folsom's presentation regarding JKV's strong financial position during our "all residents" meeting on Aug. 30.

Learning that JKV has over 400 days cash on-hand was certainly welcome news and was a main

Care Contracts, but it really is so much more; pertaining to a wide spectrum of matters dealing with the financial oversight, governance, and quality of life in those communities. The regulations provided by the laws in Florida to protect residents of these communities are among the best in the nation, and the residents (past and present) of JKV have made and continue to make significant contributions to those laws.

On page 21 of Marge Hellgren's 50th Anniversary History of John Knox Village it states "..... ***In the late 1970's several residents – Al Levis, Ted Morse, Al Deschwanden and Joseph Garrison – went to Tallahassee and sought to protect the investments made as a prepayment of lifelong medical***

It's amazing that in 2022 JKV residents can find assurance from actions taken by some conscientious predecessors some 45 years ago.

topic of discussion at our recent Florida Life Care Residents Association (FLiCRA) Chapter Board of Directors meeting.

During that discussion the board members felt that it's important that our fellow residents be reminded of why financial safeguards exist for all residents of Continuing Care/Life Plan Communities in Florida.

All 70 of Florida's Continuing Care/Life Plan Communities must comply with Florida Statute 651, which is administered by Florida's Office of Insurance Regulation (OIR).

The statute's title is **Continuing**

care that each new resident to JKV paid up front. By 1980 they had gotten Statute 651 implemented which provided very adequate protection regulation under the State Insurance Department....."

It's amazing that in 2022 JKV residents can find assurance from actions taken by some conscientious predecessors some 45 years ago.

We should also be mindful that FLiCRA devotes significant attention and effort to monitoring and improving FS 651.

The last significant change to FS 651 was in 2019 following the



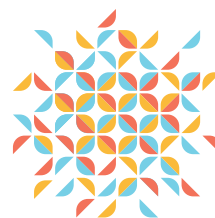
bankruptcy of University Village in Tampa. That change provided additional financial protection for residents and included a lot of input from FLiCRA.

Because our JKV FLiCRA Chapter is by far the largest and at that time we had three residents (including President Diane Dalsimer) on our 11-person State Board of Directors, it's safe to conclude that JKV continues to contribute to that protection.

Actually, FS 651 requires 100 days cash on hand, so the 400+ days that Doug mentioned was especially reassuring and makes an occasional bump in the road a bit easier to absorb. It's also appropriate to be reminded of the role that JKV residents played and continue to play in that protection.

–David Bayer

FLiCRA Region 5 Director
Cassels Tower Resident



keep making it
HAPPEN!

The Gardens West Project: Polishing A JKV Jewel

On June 25, 1990, John Knox Village opened its new Assisted Living Facility with 60 residences. Two more suite-type “apartments” were built in 1996 for a total of 62.

In 2003, it was renamed Gardens West, and our residents have made it an amazing place to call home.

One resident summed it up quite well when she said, “Gardens West is a little bit of heaven ahead of time. I’ve never been happier than I am here at John Knox Village.”

Generous donations by residents, their families, and others have made Gardens West what it is today. Charitable gifts have supported renovations such as reupholstering lobby furniture, creating a new salad and dessert bar in the dining room, tinting the atrium glass to reduce heat and glare, renovating the kitchen, installing hurricane shutters for the building in its early years, providing a piano in the first-floor common area, and installing new outdoor furniture for residents and their guests.

More than 30 years later, Gardens West stands ready to move into a new chapter of its story with renovations and enhancements to maintain a first-class assisted living experience for JKV residents, as well as guests from the greater community.

To support that initiative, the John Knox Village Foundation has embarked upon securing charitable contributions toward the Gardens West Common Areas Renovation Project slated to begin in 2023.

Kicking It Off

As a boost to this important effort, we are happy to announce a leadership gift of \$250,000 from Gardens West resident Marilyn Askin. Marilyn has experienced the value and importance of a seamless



There are numerous opportunities to support the Gardens West Common Areas Renovation Project.

life at John Knox Village. Residents like Marilyn, Franklin Schmidt, Andrea Hipskind, Shirley Phillips and Tom McDowell are supporting the needed renovation of Gardens West as well, and hope that others will join in the effort to bring it up to the same standard of excellence that we expect as residents.

How Can You Participate?

- You can make a gift of any size by
- Immediate gift by check, credit card, appreciated securities or IRA Qualified Charitable Distribution
 - Pledge – Make a two-year pledge for a certain amount split over the pledge period.

Naming Opportunities

Donors who support specific campaigns are recognized based on the size of the gift, in accordance with JKV Foundation standard recognition crediting levels. The following are naming opportunities available for the Gardens West Common Areas Renovation Project:

Gardens West

Main Floor Lobby/Welcome Area	\$250,000
Second Floor Lobby	\$50,000
Third Floor Lobby	\$50,000
Dining Room	\$250,000
Activities Room	\$100,000
Newly Renovated Resident Rooms	\$25,000 (11 available)

The John Knox Village Foundation is here to enhance and improve the lifestyle and future well-being of John Knox Village residents. Executive Director Mark Dobosz or Bailey Moroney in the Foundation Office can help you explore ways to make your philanthropic interests become realized through one of the many John Knox Village programs, services, spaces (like Gardens West).

Please do not hesitate to call for a confidential conversation. Mark’s direct line is 954-784-4757 and Bailey’s is 954-784-4786.

In Case You Missed It...

There never seems to be a dull moment, these days, at John Knox Village as these photos attest.



During Rosh Hashanah the Spiritual Life Department held a wine tasting to help get into the spirit of the "Head of the Year." Shown here (L-R) are: Richard Ziemer, Babs and Harold Siegel, David Thomson and Mary Gleason.

It was dancing-in-the-aisle fun when residents strutted their stuff during the Tito Puente Jr. and his Latin Jazz Ensemble concert.



Foto fun. Residents Anne Selby, Jan Joggerst, Dick Huitema and Steve Morel enjoy a photography class with Jeremiah Jenner. Here they are outside a villa composing a shot of an orchid.



Village Towers resident Peggy Golden took advantage of the convenient on-campus vaccination clinic, held in the Village Centre Auditorium. Not only were residents and team members offered the chance for COVID boosters shots, but flu and pneumonia vaccinations as well. Walgreens pharmacist Wendy Heidkamp provided the injection.

As a reminder, the JKV Marketing Team is posting photographs on JKVConnect from events taking place on- and off-campus. Simply login to JKVConnect, go to the JKV Photos Tab, then click on either Events or Holidays...or both. Enjoy!



Marketing & Innovation Director Jamisyn Becker welcomes residents during the opening ceremonies for the annual Active Aging Week.



A Volunteer Fair was held, as part of Active Aging Week and fun was to be had. (L-R) Bailey Moroney, Jacquée Thompson, Gloria Gantes, Ken Shanahan and Fred Schieferstein are shown with Capt. Jack "Erik Nenortas" Sparrow.



The Dillard High School Marching Band brought a youthful, exciting vibe to the Active Aging Week ceremonies.



Lenny Dave took residents back to that time when comedians were funny and clean, during a presentation in the Cultural Arts Center. Here Lenny is with Cassels Tower resident James Jana and Theresa Claire.



Bonnet House Drawing Instructor Galal Ramadan came to JKV to help residents learn colored pencil techniques. Here are residents Helen Masin and Irmgard Kramer.



JKV Jazz Series:

Kicked Off To A Dancing-In-The-Aisles Latin Beat, More Fun To Come



Tito Puente Jr. and Melina Almodóvar harmonize during the Latin Jazz concert at the John Knox Village Cultural Arts Center. The concert was the first in the JKV Jazz Series.

The John Knox Village Jazz Series got off to a rousing start with a "dancing-in-the-aisles" performance by Tito Puente, Jr. and his Latin band in the Cultural Arts Center. The audience of JKV residents, and Latin music fans from outside the Village, responded to the magnetic beat of the Mambo sound with enthusiasm.

Many of our **Village Voice** readers may recall the name Tito Puente from the mid to late-1900s. Tito Jr. is the son of legendary **"Mambo King,"** who was a major influence in the popularity of Latin Music.

Tito Jr. continues performing in the style of his famous father, reprising many of the hits that made his dad famous, performing his internationally celebrated classics such as **"Ran Kan Kan," "El Cayuco,"** and the forever International Latin favorite (also made famous by Santana at Woodstock), **"Oye Como Va."**



Ed Calle and the Mamblue Big Band will perform songs from his acclaimed CC Mamblue on Nov. 12 at 7 p.m.

Residents will have two more opportunities to experience the groove of the JKV Jazz Series. Plan to join us for these outstanding musical presentations.

Ed Calle And The Mamblue Big Band

JKV's Jazz Series will continue Nov. 12, which will bring to campus Latin Grammy Award Winner for Best Instrumental Album and five-time Grammy nominee, Dr. Ed Calle and the Mamblue Big Band.

This renowned musician, composer, orchestrator, scholar, professor and band leader is known for his extraordinary ability to sight-read, interpret and perform virtually any musical style.

Carole J. Bufford Roars Into The CAC

The series ends Dec. 4 on a high note, with **"ROAR! Carole J. Bufford and the Music of the 1920s and Beyond!"** This concert



"ROAR! Carole J. Bufford and the Music of the 1920s and Beyond!" will be featured on Sunday Dec. 4.

features classics from the Jazz Age songbook made famous by the likes of Sophie Tucker, Louis Armstrong, Al Jolson, Fats Waller, Bessie Smith, Helen Morgan and more.

JKV Jazz Series Single Ticket Sales are \$20 for residents. To RSVP visit www.eventbrite.com and search for John Knox Village or if you have questions about these shows, please call the JKV Life Enrichment Department at 954-783-4039.

You can also scan this QR code for more information.

—Jody Leshinsky
JKV Life Enrichment Manager



Pets Get Their Blessings At JKV



Residents and Team Members brought their pets to the Wellness Park for a Blessing of the Pets ceremony.

Every year, on or around the fourth day of October, people all over the world, residents of John Knox Village included, celebrate the feast day honoring the patron saint of animals, St. Francis of Assisi.

In remembrance of St. Francis' love for all creatures, JKV guardians or pet parents traditionally take their animal companions to our Wellness Park (dog park) for a Blessing of the Pets ceremony.

JKV pet owners showed their appreciation for their pets, made new friends and shared the company of other animals and their owners, while JKV's Spiritual Life Director, Rachael Gallagher bestowed individual blessings on every animal in attendance.



LIVING WELL CORNER

Fall Prevention In Fitness



Marsha Dixon, BS C-EP

Fall prevention is a top concern for many older adults. Preventing a fall could mean avoiding serious injuries such as a fractured hip, spinal damage, or head injury that could result in hospitalization and a lengthy recovery time.

In addition to the physical trauma, the mental anguish associated with a fall can be just as debilitating. Fear and apprehension have caused some to alter or limit their daily activities in order to avoid a potential fall. In some extreme cases, those who have experienced a painful fall have completely isolated themselves, eliminating all social events and confining their movements to the safety of the home and immediate surroundings.

We understand that fall prevention is key to longevity and independence, both of which John Knox Village supports wholeheartedly. The Strength, Balance, and Posture classes are offered throughout the week are designed to help increase stability and functional movement and we have seen the benefit it has brought to many residents who attend group fitness on a regular basis.

To further prevent falls, the Fitness Department was awarded funds from our very generous JKV Foundation to aid in the purchase

of a new innovative balance machine called the Dividat Senso. This dual-tasking training platform will complement current measures taken to prevent falls by identifying an individual's risk and designing programming to support stability and balance.

Here are some key highlights regarding the Senso:

Who is the Senso designed for: The target audience will be JKV residents and those transferring from Physical Therapy to Fitness.

Participants will need to be able to stand independently with use of side handles, while watching a front monitor for program instructions.

What does it do: The Senso is a training system used for improving physical and cognitive function. A base plate accompanied with sensors records the center of gravity from the body providing feedback that relates to fall risk and cognitive focus. It is user-friendly and simulates real life movements such as, walking, rapid stepping, and other activities of daily living.

Where will it be located: The Senso will be located inside the Fitness Studio.

How will I learn how to use it: The Fitness team will train participants and provide individualized programming based on the initial assessment. Our goal is to have this system accompany your current workout regime.



The Fitness Team is excited to receive a new Dividat Senso balance machine courtesy of a generous donation from the JKV Foundation.

Why should I use the Senso:

The Senso is fun, easy to use, and tracks your personal outcomes and improvements. The games and assessments are two- to three-minutes long making it a quick and effective way to build your balance.

We hope to receive the new Senso by this December and look forward to scheduling some time with our residents for training. We in Fitness, are grateful for another opportunity to provide you with dynamic exercise programming that will enhance your stability and cognitive health. We will work together to lower the risk of falls so that you can experience the confidence of a balanced life, literally step-by-step.

—Marsha Dixon
Fitness Manager, B.S. C-EP

NUTRITION NOTES

The Best Food To Boost Your Brain And Memory



Rachel Graham

As we have learned, the brain is equipped to get better as we age, but we must do our part to help keep it in peak working condition. The foods we eat play a major role in keeping our brain healthy and can help improve tasks, such as memory and concentration.

Fatty Fish: Salmon, trout and sardines are all rich sources of omega-3 fatty acids, a major building block of the brain. They help the brain build nerve cells that are essential for learning and memory, and may help in slowing age-related mental decline to help ward off Alzheimer's disease.

Coffee: Caffeine and antioxidants, two main components in coffee, can help your brain with increased alertness, improved mood and sharpened concentration. Caffeine has been shown to keep your brain alert by blocking adenosine, a chemical messenger that makes you sleepy. It also may boost some of your "feel good" neurotransmitters, such as serotonin.

Blueberries: Blueberries and other deeply colored berries deliver anthocyanins, a group of plant compounds with anti-inflammatory and antioxidant effects. Some of the antioxidants in blueberries have been found to accumulate in the brain and help improve communication between brain cells.



Turmeric: Curcumin, the active ingredient in turmeric, has been shown to cross the blood-brain barrier, directly entering the brain and benefiting the cells there. It's a potent antioxidant and anti-inflammatory compound that has been linked to brain benefits such as increased memory, decrease in

Dark Chocolate: Packed with a few brain-boosting compounds, including flavonoids, caffeine and antioxidants, all things that have been linked to boosting both memory and mood.

Nuts: Research has shown that eating nuts can improve markers of heart health, and having a healthy

The foods we eat, play a major role in keeping our brain healthy and can help improve tasks, such as memory and concentration.

depression and helping new brain cells grow. Try adding curry powder to your baked chicken or adding turmeric to a potato dish.

Broccoli: Packed with powerful plant compounds, including antioxidants, it is also high in vitamin K (the fat-soluble vitamin that is essential for forming sphingolipids, a type of fat that's densely packed into brain cells).

Pumpkin Seeds: Contain powerful antioxidants that protect the body and brain from free radical damage. They're also an excellent source of magnesium, iron, zinc and copper (all nutrients that have been shown to be important for brain health.)

heart is linked to having a healthy brain. Nuts contain a host of brain-boosting nutrients, including Vitamin E, healthy fats and plant compounds.

Oranges: Rich in vitamin C, a powerful antioxidant that helps fight off the free radicals that can damage brain cells. Plus, vitamin C supports brain health as you age.

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

The joys of
WELLNESS
& peace of mind

Donor Spotlight: Marilyn Askin

Continued from page 8

Executive Women of New Jersey in 2004, the Rutgers University Law School Public Service Award and the Rutgers's University Alumni Association's Fannie Bear Besser Award for Public Service in 2005.

Likewise, she received an Advocacy Award from the National Academy of Elder Law Attorneys in 2008. She was also the first awardee of the Essex County Bar Association's Community Service Award in 1982, and in 1993 was recognized by the New Jersey Division on Aging and the New Jersey State Bar Association as "the Outstanding Provider of Legal Assistance to Older People in recognition of her contributions to the development of Elder Law in New Jersey."

She entered private practice in 1993 as counsel to a Morristown firm, but left to explore new means to represent vulnerable adults in the courts through the Law Office of Marilyn Askin. At that point, she was solicited by AARP to become its president, and after six years as its spokesperson, then became its chief legislative advocate, a position she held until 2015 when she retired to Florida. Her work as a lobbyist for AARP finally fulfilled the reason she

went to law school in the first place—to change the world.

When she handed a legislator a proposal, the legislator often asked, "Tell me one good reason to promote this bill" and she could respond: "One point three million—the number of members we have in New Jersey—and we vote." She found walking the halls of Trenton for AARP the perfect vehicle to secure social justice for older and vulnerable adults. As

a result, she received 25 pens from New Jersey Governors when they signed statutes she had shepherded through the Legislature.

Additionally, to help lower the barrier to entry for the next generation of caregiving attorneys Marilyn created an endowed scholarship for student caregivers attending Rutgers Law School in Newark.

Starting this year, student caregivers can apply for scholarships



Even in her retirement Marilyn Askin (seated) keeps busy. She is shown with JKV neighbors Anne McVeigh (center) and Nicole Shulman, in the Cultural Arts Center attending the opening ceremonies for Active Aging Week.

and emergency assistance, based on financial need, to help offset the cost of their legal education so they can continue to meet their loved ones' needs. Marilyn's gift also will support the launch of a dedicated website to help connect caregivers to resources within the school.

Sources: Who's Who in America and the Rutgers Alumni Office.

—Mark Dobosz
Executive Director

With Gratitude To Our Veterans

Continued from page 9

I remember when he graduated from basic training I was filled with emotion, being so very proud of my son, who was my baby boy, yet a man, as he marched in his uniform in salute to our country.

After the ceremony I was able to go on the field to see him. I ran to him and gave him the biggest hug. We then had the opportunity to speak to his Sergeant. The Sergeant said hello, then threw something on the ground. My son immediately scrambled and dove on top of it so his belly would cover it. I asked what

they were doing, and the sergeant proudly explained that my son was trained to take a grenade for the team, to give his life for others.

Although, we all know that these brave soldiers lay their life on the line for us, I don't know how many of us ever feel the reality of it, in a way that I experienced in that very moment.

My baby boy, was prepared to die so that others could live.

This is what every single veteran has done for us.

To each of our Veterans who served in our military in any capacity,

I salute you with deep gratitude for laying down your life so that we could pursue our own.

There are no words to thank you, so I leave you with this.

I pray that one day you receive a thousandfold, the happiness and the joy that you have provided for those whom you don't even know, by giving of yourselves so the rest of us can pursue our own happiness.

May you be blessed, and may you be appreciated and loved wherever you go.

—Melissa Jill Clark

'No One Has Ever Become Poor From Giving' —Anne Frank



Rev. Rachael Gallagher
JKV Spiritual Life Director

I recently gave a talk on generosity, so I've been thinking a lot about the idea of being generous.

Here's the definition of generosity: "It's showing a readiness to give more of something, as in money or time, than is strictly necessary or expected."

Let's be initiators of giving, sharing, and living a generous lifestyle.

We recognize generosity. We appreciate generosity. When you invite someone else out for lunch and then at the end of the meal, they grab the check and pay for it, and you invited them, we appreciate that, we honor it. That's financial generosity. But, generosity is not just about money.

We can be generous relationally with our time, or with our heart where we can be vulnerable; the person who does extra, and is willing to serve. It's not just about money. We like generosity. It's honored, and on the flip side, selfishness can be irritating.

Have you ever been around a child who was in their "me, me, me, mine" phase? You can't wait for them to grow out of that, right? And, if we recognize selfishness in adults, we really wonder why that adult is the way they are.

In talking about generosity recently, my hope was that everyone who heard my talk would be stretched and reminded of what it looks like and how we can grow in it. And, even in just the short time since my talk, I really have experienced the blessing of being generous.

And there are two ideas that I think can help all of us lean into generosity. I want you to start with this question: Am I living a generous life? Pause and think about it. Are you? Some of us might be amazing at it. Some of us might struggle with this. I'm working at it, and it often feels like I've got a long way to go.

The truth is that it can be pretty easy to just live selfishly. But, I want

live exceptionally in this area, so I'm taking my own advice and trying to practice two ideas that can help us grow in our generosity. The first idea is that in order to grow in our generosity, we should go first. Don't wait for someone else to start the process. Let's be initiators of giving, sharing, and living a generous lifestyle.

It can be simple. It's just being that person who, when you all go out for coffee, it's being the one who right away says, "I'll get the check."

It's being that person instead

of hoping someone else gets the check. Or it's the person who overhears a conversation about someone who is going to be moving a couch this afternoon, they're not really part of the conversation, but they jump into the conversation and say, "Hey, I'll help." That's generosity.

The generous person tends to get quickly involved, rather than slowly considering. They get out of their heads and are helpful to people.

So, to grow in our generosity, go first. Here's the second idea: To grow in our generosity, expect a broad personal ripple effect. This is the good news of generosity. When we're generous, it comes back to us as well.

Have you ever considered how a relatively small thing can open a big door? I think we kind of get this. Little things can really make a big difference.

Have you ever been with someone who had a bag of M&Ms, and they offer you some and you say, "Oh, I'll have a few" and they start pouring the candy in your hand and they just keep pouring more and more M&Ms and it overflows? When we're generous, it opens that door and it overflows. And then we stay generous with the people around us.

As you go through the day assessing various things like, "How's my hair and how's my outfit, do these shoes match this shirt?" How about if we add to the list, "How's my heart?" "How's my generosity?" "How's my outward giving?"

It will make a huge difference, and once we experience that difference, we won't want to stop being generous.

—Rev. Rachael Gallagher

Honored To Help In The Interim

Continued from page 3

professionally rewarding.

In 1999, I was appointed the CEO of the first privatized state hospital in the country. The U.S. Department of Justice threatened to close the hospital due to deplorable conditions and significant quality of care issues.

In five years, we completely replaced the 400-bed facility, secured accreditation from The Joint Commission, which the hospital never had, and became the role model for state hospitals throughout the country.

Our successful privatization model resulted in several state hospitals seeking our management oversight.

My education includes a Master's and Doctorate in Healthcare Administration. My MHA was received at Florida International University, and my Doctorate from Central Michigan University.

Professionally, I am a Fellow in the American College of Healthcare Executives.

—Dr. Salvatore A. Barbera
DHA, MS, FACHE
Interim President & CEO



Dr. Salvatore A. Barbera addresses resident during a town hall meeting when he was introduced as the Interim President & CEO.

where **POSSIBILITY**
plays

THE VOTES ARE IN

The votes are in and the count is final. Here is the new slate of John Knox Village Resident Senate Officers for 2023.

President Mark Levey, VT-306; Vice President Fred Schieferstein, HT-817; Secretary Stephanie Messana, NE-609; Treasurer Gerry Kennedy, VT-713. Their terms begin Jan. 1, 2023. Their contact information is in the Resident Directory.



Mark Levey



Fred Schieferstein



Stephanie Messana



Gerry Kennedy

Did You Know?

John Knox Home Health Agency May Be An Option

By: Christy Kelly, Director Of Nursing & Dihara Guzman, Home Health Administrator



Christy Kelly
Director Of Nursing



Dihara Guzman
Home Health Administrator

Did you know that Home Health Care services may be an option for you, and you may not even realize it?

The John Knox Home Health Agency (HHA) employs 150 Certified Nursing Assistants, Home Health Aides, and three RN Case Managers, all complete with background checks and onboarding from HHA staff.

HHA provides concierge care services like:

- Scheduling your MD appts and managing your medications.
- Assist and educate you on your medications, as well as obtaining all prescription refills.
- HHA follows up post-MD visits and implements all new orders and recommendations from your physicians.
- HHA can work closely with your primary care physician and personalize your healthcare to enable you to live your best life.

Many residents think that Home Health is only for physically restricted residents, however we also offer

Private Duty Aide to accompany you to MD appts, pet services, personal shopping services and Aqua Therapy.

We would love to hear from you and assist you with your healthcare and lifecare needs.

Please call **954-783-4009** and ask to speak with Director of Nursing Christy Kelly, to start your journey with Home Health today.

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 and 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 who cannot tolerate standing and walking)
- Post-surgical rehabilitation
- Shoulder conditions
- Multiple sclerosis
- Parkinson's Disease

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

Cost

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

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@jkvfl.com

Donations To The Village

Donations received during the months of August-September 2022

To John Knox Village

Employee Scholarship Fund

Cason Trust
Clark Rechkemmer
Countrymark Refining & Logistics
David Haun
Doreen Haynie
Guia Jansen
Marcia Ellington
In memory of Kit Frazer
Norma Jenkins
Paul Loree
Richmond Knowles
Rose Milanovich

To John Knox Village Foundation

Benevolent Endowment Fund

C. Mallow
In memory of Kit Frazer
Cason Trust
Fred & Irene Michel Charitable Trust
Phyllis Kisshauer
In memory of Alan Biddle
Phyllis Miller

Capital Campaign Fund

Diane and Robert Barton

Chapel Endowment Fund

Fred and Irene Michel
Charitable Trust

Foundation Unrestricted Fund

Anonymous
Barbara Friedman
In memory of Mary Jane Graff
Barbara Hollowell
In memory of Mary Jane Graff
Carol Frei
*In memory of Jean Rohrbaugh,
Nancy Matthews, Carol Kamman
and Mary Jane Graff*
Cynthia Jonas
David Heger
Dennis Fitch
In memory of Barbara Wheeler
Diane Barton
Elizabeth Parish
Emmerson Harris
In memory of Mary Jane Graff
Gary and Jane Vandenbos
In memory of Mary Jane Graff
Geraldine Ryba
*In memory of Chauncey Hunt
and Mary Jane Graff*

Janet Stanwyck
In memory of Mary Jane Graff
Jeannette Jordan
In memory of Mary Jane Graff
Jed Sprague
In memory of Mary Jane Graff
Joyce Cuddy
Linda Garcia
Marie Brink
In memory of Mary Jane Graff
Nancy Peltzer
Paul Loree
Robert Oliver and Bill Lavelle
Robin Reinhold
Rose Milanovich
Sondra St. Martin
In memory of Mary Jane Graff
Thomas McDowell

Healthcare Enhancements Fund

Bruce Voelkel
In memory of Phyllis Bannister
Herbert Johnson
Nancy Peltzer
Richmond Knowles

Intellectual Enhancements Fund

Barbara Morningstar and
Michael Featherstone
Diane and Robert Barton

James Gill
Jeannette Jordan
Margaret Gerloff
Phil Farnsworth

Physical Enhancements Fund

Barbara Morningstar and
Michael Featherstone
David Haun

Resident Assistance & Inouye Support Fund

Carol Redd
*In memory of Mary Jane Graff
and Carol Kamman*
Emmerson Harris
Mark Brown

Resident Music Endowment Fund

Alexander Jenkins

Staff Professional Training Fund

Rose Milanovich

Transportation & Mobility Fund

David Heger
Donald Patriss
Nancy Peltzer



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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.

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www.WoodlandsJKV.com



700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

One Resident's Steps To John Knox Village

One of the "hobbies" I started after moving to John Knox Village was writing. Four of five years ago I wrote this poem. I hope it is suitable for publication...

David L. Haun
Heritage Tower Resident

I don't want to move into old JKV
It's just not the place where I dream I might be.
For my life's truest hope is to be truly free,
I don't think I will move to the Village!

John Knox folk seem happy and glad they are there.
They live in a place that can offer such care.
They say I'll be happy if I come and share.
Say I'd be smart if I moved to the Village!

But I live in a house that is so nice, you see.
And I've so many things that mean so much to me.
I know I can't sell 'em, and I won't give 'em free;
Things I'll lose if I move to the Village!

John Knox is for old folk with no get up 'n go.
It's for people on walkers who all move so slow.
That just isn't me. I have places to go.
So I'd rather not move to the Village.

But each of my good friends grow older each year,
And there's less and less friendships remaining to share.
I fear I'll soon have no more friends who will care,
So I guess I could move to the Village!

I know there'll be times as I'm tossing my "stuff,"
In frustration I 'll say that 'enough is enough.'
Life's changes are hard, but I know that I'm tough.
I'll make it! I'll move to the Village.

In my new home at John Knox, new life has begun.
With the care and security, I feel I have won
A chance for a new life-I'm finding it's fun,
And I'm glad I have moved to the Village!

With all of the help that the staff gives for me,
I have time to become just what I want to be.
And with all of this freedom, I'm free to be me!
Come join me. Feel free in the Village!

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 PNC Bank 12 Noon-1:30pm 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-----



Mark Levey
President



Amy Barrow
Vice President



Elizabeth Cobb
Secretary



Jack Richards
Treasurer

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Stephanie Messana
Building, Grounds,
& Housekeeping



Carol Redd
Communications
& Technology



Tom Regan
Dining
Services



Tom McDowell
Finance

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



Diane Dalsimer



Tom McDowell



Bruce Voelkel



Pete Audet
Past President



Paul Loree
Health Services



Jan Spalding
Life Enrichment



Bill Spiker
Long-Range
Planning



Barbara Kamakaris
Security, Safety,
& Transportation

----Resident Board Members----



Diane Barton



Terry Colli



Tom McKay

----Select Committee Chairs----



Susan Seidler
Legislative



Karen Audet
Library



Fred Schieferstein
Volunteer Services



Got Questions WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

ACCOUNTING (Questions about your monthly bill)	954-783-4048
ADMINISTRATION	954-783-4021
AQUATIC COMPLEX	561-564-1623
AT&T TELEVISION SUPPORT HOTLINE	954-788-2000
CART SERVICE (Call for a cart or to book a local car trip)	954-783-4054
CASSELS TOWER FRONT DESK	954-783-4036
DINING ROOMS - SEAGLASS AND THE PEARL	
(For reservations)	954-783-4062
(For delivery or takeout)	954-783-4061
DIXIE GATE (SW 6th Street Entrance)	954-784-4732
EAST LAKE FRONT DESK	954-783-4058
FITNESS STUDIO	954-784-4730
FOUNDATION (For questions about making donations, call Executive Director Mark Dobosz)	954-784-4757
GARDENS WEST FRONT DESK	954-784-4050
GLADES GRILL (For reservations) (Open Thursday-Monday 11 a.m.-8 p.m. Closed Tuesday and Wednesday)	954-546-6116
(For takeout)	954-546-6115
HERITAGE TOWER FRONT DESK	954-784-4737
HOME HEALTH AGENCY	954-783-4009
HOUSEKEEPING	954-784-4727
LIFE ENRICHMENT (Questions or to sign up for upcoming programs)	954-783-4039
MAIN GATE (SW 3rd Street, John Knox Village Blvd. Entrance)	954-783-4079
MAINTENANCE (To report a maintenance issue)	954-783-4030
ON-CALL PRODUCTION ASSISTANT (Issues with your event)	561-592-2974
PALM BISTRO (Open Tuesday-Sunday 11 a.m.-8 p.m. Closed Monday)	954-247-5820
REJUVENATE SALON CASSELS TOWER (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.)	954-783-4013
RAS CURIOSITY SHOP (Tuesday, 10 a.m.-12:30 p.m. and Thursday-Friday, 2-4 p.m.)	954-784-4753
RESIDENT RELATIONS/SOCIAL WORK (Call Joanne Avis)	954-783-4023
SEASIDE COVE FRONT DESK	954-546-6000
SECURITY	954-784-4054
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 (Phone numbers listed in Directory)

President: Mark Levey	VT 306
Vice President: Amy Barrow	CT 1706
Secretary: Elizabeth Cobb	EL 110
Treasurer: Jack Richards	VT 1010
At Large: Tom McDowell	HT 718
At Large: Diane Dalsimer	CT 315
At Large: Bruce Voelkel	CT 1107
Former President: Pete Audet	VT 613
Resident Board Member Diane Barton	LS 317
Resident Board Member Terry Colli	NE 501
Resident Board Member Tom McKay	HT 403

Committee Chairs:

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

The Holiday Parade Returns



Annual JKV Holiday Parade Thursday, Dec. 15 at 4 p.m. Winding along the Streets of the Village

After a two-year COVID-caused hiatus, we are delighted to ring in the holidays with the annual John Knox Village Holiday Parade. There will be high school marching bands, BSO motorcycle deputies, Pompano Beach Fire Department, as well as floats and other entries from JKV departments and vendors. Mark your calendars for Thursday, Dec. 15 beginning at 4 p.m. The parade will wind its way through the entire Village.



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
f t y JohnKnoxVillage