

VOICE



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In Case You *Missed It...*

Summerfest Hits Right Note With Residents

For the 13th consecutive year, John Knox Village played host to some two dozen musicians from around the world as part of Symphony of the America's Summerfest program. This year, because the Village Centre Auditorium was being renovated, Summerfest

was held at the nearby Pompano Beach Cultural Arts Center.

The move did not prevent residents from having a great time.



Under the seasoned baton of Maestro James Brooks-Bruzzese, Summerfest 2019 featured music from Vivaldi, Humperdinck, Beethoven and much more.



Residents (L-R) Dr. Marie Brink, Mary Jane Graff and Sally Harper enjoying themselves prior to the concert beginning.



Venetian Arts Society Executive Director Willie Riddle gives internationally acclaimed sculptor Nilda Comas a kiss during an event at which Comas discussed how she created a nine-foot-tall sculpture of civil rights spokeswoman Mary Jane McLeod Bethune. It was part of an ArtSage Alliance event. The Alliance consists of JKV, VAS and Nova Southeastern University. Its goal is to provide a variety of art to residents and the greater community.



Residents Angela Bomford and Shari and Harry Vordermeier joined David Haun (black shirt) with a copy of David's new book, "Jack and the Really Big Beanstalk," which, was illustrated by Curtis Iverson.



Cassels Tower residents Dana and Liz Hardy enjoy a glass of wine prior to the start of Summerfest 2019.

ON THE COVER

Gold shovels, hard hats, the requisite backhoe and dignitaries made for a great morning when John Knox Village celebrated the Groundbreaking of its \$3.9 million Welcome and Innovation Center. It is being constructed on the north-east corner of the campus, near the Main Gate House. Shown here (L-R) are: Laurie Butler with Perkins Eastman Architects, President Gerry Stryker, Board Chairman Paul Simpson, Foundation President Kit Frazer, Chief Marketing Officer Monica McAfee, Pompano Beach Mayor Rex Hardin, Vice Mayor Barry Moss and John Tice with Gallo-Herbert Architects. (Photo by Marty Lee)



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.



JOHN KNOX
VILLAGE

Where possibility plays

Check Out 'The Vue' And More At John Knox Village

The most ambitious expansion plan in the 52-year history of John Knox Village began with a simple shovelful of dirt in July.

South Florida's premiere Life Plan Retirement Community ushered in a new era of on-campus activity when some 200 Village residents and friends came together for the Welcome and Innovation Center (WIC) ground-breaking ceremony.

Housing JKV's Sales, Marketing and Innovation teams, the nearly \$4-million center will also provide Pompano Beach with its newest open-air gathering space.

Just as workers continue their important construction on the WIC project, others are moving fast and furiously on the new Aquatic Complex. A fine, but limited, pool area that has served our residents well for many years is being demolished. It will be replaced with two new swimming pools—one a luxurious resort-style, zero-entry pool, the other a 4-lane lap pool. There will also be two courts each for Pickleball and Bocce ball, a fire pit, Poolside Pub and Tropics Grille restaurant.

Lushly landscaped, the Aquatic Complex will also have sun-sail shading throughout, to accommodate those who enjoy the shade.

The largest piece to John Knox Village's \$100-million-plus expansion puzzle is the creation of Westlake—our new 150 Independent Living apartment home project. There will be covered parking for residents at both the 15-story, The Vue and for the 11-story, The Terrace.

Residents—current and new—will enjoy enhanced water views as the entire Village undergoes a huge expansion of its current lakes system.

Additional amenities in Westlake will include first-floor common space offerings ranging from a Bistro-like restaurant and mini-theatre to an art studio, business offices and a Sacred Space.

The Westlake Pavilion will rise at the northwestern corner of the project, with its 300-plus seat multi-purpose performing arts

Continued on page 20

Monica McAfee
Chief Marketing &
Innovation Officer



The new Welcome and Innovation Center will include a 1,000 square-foot state-of-the-art Design Center for new residents to select all the trimmings for their new home.



The new Aquatic Complex will include two pools, a resort-style zero-entry and a lap pool, two courts each for Pickleball and Bocce ball, a fire pit, Poolside Pub and Tropics Grille restaurant.



The Village Centre Auditorium and Lobby have been completely renovated and upgraded.

VOICE

Discover

What's Inside?

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

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Looking for a previous issue of our magazine?

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



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

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



CELEBRATE SEPTEMBER

Under The Tuscan Sun

LOOK FOR THE BROCHURE

Would you like to learn of Italy's history, traditional dances, enjoy cuisine and fine wine? Want to experience favorite Italian pastimes with your neighbors and loved ones?

If your answer is yes, you are in for a treat. The Life Enrichment and Fitness teams have partnered together to present **"Under the Tuscan Sun Journey."**

During the month of September, residents will have the chance to participate in a 20-day experience filled with fitness and activities that connect with the culture of Italy.

Allow us to bring a little bit of Italy to you.

Starting in the region of Tuscany you will be introduced to a new city each day, an educational fact of that location and a featured

exercise. Events and activities will also be planned for your enjoyment. For instance several pasta making classes with Executive Chef Mark Gullusci are planned—one in which residents make the pasta and then enjoy their creations paired with wine and dessert and another in which Chef Mark makes the pasta himself and then residents can enjoy a dinner.

An off-campus outing will include

a gondola ride in Ft. Lauderdale and a wine-tasting experience.

The goal of the Fitness Journey is to embrace your knowledge of Italy, while creating a new fitness habit over the next 20 days.

Under the Tuscan Sun Journey will start Monday, Sept. 2 and run through Friday Sept. 27. Minus the weekends gets you to the 20 days.

The Under the Tuscan Sun brochure will be provided the last week of August with a complete description of everything mentioned. Residents of all fitness levels are encouraged to sign up at Village Centre.

For more information please contact the Fitness Studio at (954) 784-4370 and Life Enrichment at (954) 783-4039.



Plan To Visit NSU Art Museum

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

During September, 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.

Unless otherwise noted, all events take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd. Space is limited for the events listed below. Advance reservations are required. To reserve your spot, email moareservations@moafl.org or call (954) 262-0258.



Free First Thursdays Starry Nights, Presented by AutoNation: Thursday, Sept. 5, from 4 to 8 p.m. Free

Enjoy NSU Art Museum Fort Lauderdale's exhibitions, 2-for-1 drinks in



Photo by Steven Brooke at NSU Art Museum Fort Lauderdale.

the Museum Café and hands-on art projects inspired by the artwork of Edith Dimock and William Glackens.



Art of Wine & Food: Harvest Party in Santa Barbara: Thursday, Sept. 5, 6 to 8 p.m.

Join Michael Lohwasser from Jackson Family Wines and sample four great varietals paired with small bites. Arrive early at 5:30 p.m. for a docent-led exhibition tour of the highlights of the Museum's current exhibition "Remember to React" at 5:30 p.m. \$40 per person; \$30 for members at the Patron level and above. Advance paid reservations required. Presented by Darcy J Beeman, CFP, Edward Jones.

Bank of America Museums on Us: Saturday & Sunday, Sept. 7 & 8

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.

JKV residents enjoy discounts on admissions to various Museum exhibits and events. Please call the Museum to ask about them at (954) 262-0258 or call the Life Enrichment Department at (954) 783-4039.

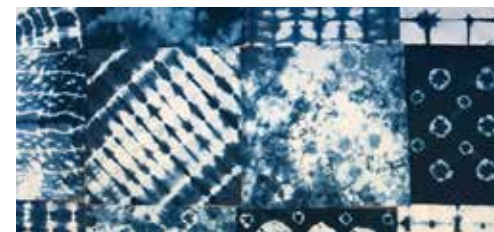
Second Sunday Film Series: "The Other Story:" Sunday, Sept. 8, 1:30 p.m. Tour / 2:30 p.m. Film Screening

Join NSU Art Museum and David Posnack JCC for a Sunday afternoon of art and film. Family disputes and conspiracies take center stage in this lively drama, which evenhandedly explores the divide between Israel's secular Jews and the Ultra-Orthodox.



Director Avi Nesher, Israel 2018, Hebrew with English subtitles, 118 Minutes.

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.



Creativity Exploration: Knots and Knowledge: Saturday, Sept. 14, Noon to 1:30 p.m.

Learn about the traditional methods of shibori dyeing and make a work of art infusing your own wisdom into the ne-maki shibori style in this workshop that promotes the benefits of creative exploration and the mind-to-body experience. \$10 for members, John Knox Village residents; \$15 for non-members.

Fort Lauderdale Neighbor Day: Sunday, Sept. 29

All Fort Lauderdale residents receive free admission to the Museum.



JOHN KNOX VILLAGE FOUNDATION

Take Joy in Being Part of the Story.

WHEN YOUR VACATION HOME BECOMES A BURDEN

Maybe your prized vacation home is not really a burden, but you are not able to use it as regularly as you used to.

Getting it out of "winterize" for the summer is just too much work. You do not have any family who want to continue the traditions OR if you do have family, they would prefer to vacation elsewhere. The vacation home doesn't have the appeal that it used to when the children were little.

Some of the struggle is knowing that when you sell, you will have a significant hit tax-wise. Isn't there some way to avoid this, or at least reduce the amount of tax incurred?

There might be actually. Of course, you could take the proceeds from the sale and donate them to John Knox Village Foundation. The charitable deduction could offset some, or all, of the capital gains taxes.

However, it is likely you were

hoping that the proceeds could be invested to produce income for the rest of your life. Before you put the property on the market, it is possible to put it into a charitable remainder trust or a charitable gift annuity, which will generate income for you for the rest of your life.

The trust or the Foundation then sells the property. Typically, this will bypass, or at least spread over the life of the donor, any capital gains taxes incurred by the sale of the property.

Using one of these specialized giving vehicles is more complicated, but we can put a team together to help you realize your goals and make a significant gift to the John Knox Village Foundation. The reduction of the capital gains taxes needs to be significant enough for you to go through the trouble of setting up a charitable trust or charitable gift annuity funded with real estate. It

might be worth exploring. Then you decide.

The property needs to be free of mortgages and liens to qualify. The Foundation will not accept ownership in a timeshare as a gift.

One of the Foundation Board members suggested that I do an article on the gifting of real estate because there are residents here facing this dilemma today. If this is something that interests you, please feel free to come by anytime for a confidential consultation. It is always my pleasure to visit with you.

And please stop by soon to see the renderings I have framed in the Foundation office of the new Aquatic Complex. They are stunning.

Hope your summer was fun, wherever your vacation was!

—Nanette J. Olson
Executive Director

REMEMBERING JKV'S HUMMINGBIRD

Village Towers resident Miriam Oswald gave Roy Evans her golf cart before she passed away.

Roy knew that Miriam wanted our current and future Spiritual Life Directors to have a dedicated golf cart for their use on the JKV campus.



Roy Evans had this plaque made and affixed to a golf cart JKV's hummingbird (aka Miriam Oswald) donated to Rev. Darryl Powell.



Roy Evans (L), Foundation Executive Director Nanette Olson and Spiritual Life Director Rev. Darryl Powell stand alongside a golf cart that was donated by Miriam Oswald.

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



Active Aging Week Will Be 'Redefining Active'

Begun in 2003 by the International Council on Active Aging® (ICAA), Active Aging Week takes place each year and will run from Oct. 1 to Oct. 7 this year. Not by coincidence, Oct. 1 is International Day of Older Persons.

The week-long campaign—with its theme of Redefining Active—calls attention to, and wholeheartedly celebrates, the positivity of aging today.

It showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way.

"Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 60 can live as fully as possible in all areas of life. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness programs and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span," according to its website <https://activeagingweek.com>

Opening Ceremonies Tuesday, Oct. 1 in the Village Centre Auditorium. Many details had not been finalized as the Village Voice was going to print, however some keynote speakers who will part of JKV's Active Aging Week include:

- **Carol Green, a certified Nutritional Therapy Practitioner, is chef-owner of Taste of Healing** out of Ft. Mill, SC. She will be here to give related lectures, as well, a live cooking demonstration in collaboration with JKV Executive Chef Mark Gullusci. Her website is: <https://tasteofhealing.com/>



Carol Green

- **Melissa Jill, is CEO and founder of "Alive with Melissa."** The international yoga teacher, healer, certified

holistic health and life coach and speaker will be here offering a variety of yoga, infused with topics such as self-love, emotional healing, positive thinking, setting intentions for a great day, creating a blissful life. Melissa's website is <https://alivewithmelissa.com/about/>



Melissa Jill

- **Phyllis Strupp, is a common presenter on campus, aiding residents to Train Your Brain®.** John Knox Village is the only Life Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain program. Her website can be found at <https://phylisstrupp.info>



Phyllis Strupp

Call the Life Enrichment Department at (954) 783-4039 for more information as we get closer to Active Aging Week.

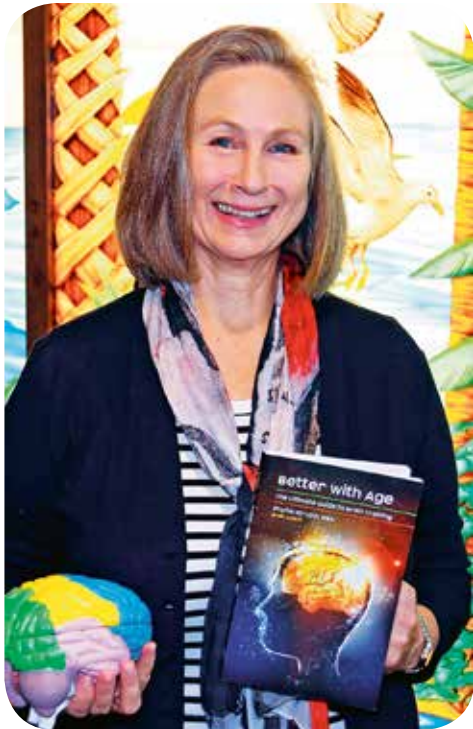


One of the highlights from last year's Active Aging Week was playing Name That Tune and then a night of dancing. Village Towers residents Karen and Pete Audet enjoyed cutting a rug that evening.

More Years, More Learning

Let JKV Help Train Your Brain For Lifelong Growth

By Phyllis Strupp, Village Voice Contributor



Wisdom Comes With Age

The wisdom stage of brain development occurs after age 40. It's more about being good than looking good. There's a reason why the U.S. Supreme Court justices tend to be older; currently, they range from age 51 to age 86.

However, unless you are a Supreme Court justice, there may be a major obstacle to sharing your wisdom: Nobody wants it.

During the days of the extended family, a ready market for elder wisdom was right at the kitchen table or village square. Now, lifestyles have changed throughout the industrialized world, with more parents living far away from their children, and more people opting to be single or married without children. Many young people get enthralled by the "wisdom" of the Internet, dismissing the wisdom of elders.

Lifespans have expanded too. Today, many people live for several decades after leaving the workforce, aging in place and at risk of social isolation and cognitive decline.

No matter where we live and whether or not we are in the workforce, we need to stay connected and keep learning to maintain cognitive vitality and independent living.

The social interaction and learning that school demands in our early years becomes optional in our later years. But for those who wish to stay sharp and age well, lifelong learning in a group with other people is the best diet for your brain.

A few decades ago, many people still lived in multigenerational families, which made lifelong learning a much easier process. Lifelong learning was required to fulfill social roles.

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.

Young children were learning daily to understand their social environment and fit into it. Adults were learning to be effective in their work and put bread on the table. Elders were continually learning from the younger generations' new technology and new ways, while sharing their wisdom from many years of survival experience.

In Pursuit Of Lifelong Learning

We can be more intentional in pursuing meaningful lifelong learning and sharing our wisdom. Here are some exciting ways to combine social engagement with learning to keep your brain getting better with age:

- New skill: Training for a new work-related skill or a new life skill pertaining to health, wellness, the arts or learning a new language.
- New purpose: Training to pursue a new vocation to serve other people's needs.
- New technology: Training to learn how to use new technology (especially important for communicating with younger family and friends).
- New role: Training to perform the duties of a new volunteer role, or acquiring a new degree or certification.
- New project: Training to learn how to achieve a desired goal, such as writing your life story.

Senior living communities such as John Knox Village offer a broad array of opportunities for learning adventures with friends and neighbors.

Optimize Brain Health

Mahatma Gandhi, the inspiring leader who guided India to independence in 1947, had the right idea for optimizing brain health over age 50 when he said, "Live as if you will die tomorrow. Learn as if you will live forever."

Maybe someday, senior living communities will be renamed to "senior learning communities."

Happy learning.





August Miller
President Resident Senate

It's that time of year when we are looking for Residents who would like to run for one of the Resident Senate Offices for 2020. These four positions are self-nominating/volunteer positions: President, Vice President, Secretary, and Treasurer.

Candidates for President and Vice President must have been residents of JKV for at least 12 months.

Ellen Isaacs (SG-0604) has been appointed as Chair of the Senate Officers' Nominating Committee. She and her committee will interview candidates and review their qualifications.

The Nominating Committee will present a slate of nominees for the four positions to the Senate Executive Committee for approval at its Oct. 7 meeting and then for Resident Senate approval on Oct. 14.

If you are interested in one of the positions please contact Ellen Isaacs (phone number and email available in the Resident Directory) as soon as possible.

Please see resident newsletter, The Weekly, for more information about deadlines for nominee submissions. If you have questions about one of the positions, please do not hesitate to call one of the current officers (listed on Page 27 of *The Village Voice*).

These are demanding, but rewarding, positions for both new and seasoned residents. They give a person a real chance to get to know how JKV is structured and how it operates; and the next few years will be very interesting because of all the new projects and construction which face us.

Below is a summary of the positions which are available for self-nomination.

I. **The President of the Senate** presides over all Senate meetings and will chair the Senate Executive Committee meetings. The President appoints the three At-Large members of the Executive Senate and the 12 Chairs of the Senate's Standing Committees, as well as several special committee chairs. The President will be an ex-officio member, without a vote, of the 12 Standing Committees, which meet monthly. The President meets monthly, or more often, with JKV's CEO and COO, and other administrators, as needed.

II. **The Vice President of the Senate** will assume the duties of the President when necessary. The Vice President will coordinate the contact with new resident move-ins and provide information on the new move-ins to the appropriate Senator. The Vice President will be an ex-officio member without a vote on all 12 Standing Committees and attend the committee meetings monthly.

III. **The Secretary of the Senate** will take minutes of all meetings of the Senate and Executive Committee, and distribute them and place them on file when approved.

IV. **The Treasurer of the Senate** will report to the Senate all monies received and disbursed by the Accounting Department from the Senate account.

The holders of all four positions are members of the Senate Executive Committee and attend monthly meetings of that body.

Please consult "The By Laws of the Senate of John Knox Village of Florida Inc." found in the Resident Handbook/ Guidebook for further information about the Senate and the officer positions.

Please consider running for one of these Senate Officer positions and, if you are interested, please let Ellen Isaacs know as soon as possible. Thank You.

—August Miller

The John Knox Village Foundation



Dick Mellet
Foundation Board Member

The John Knox Village Foundation is a supporting organization of the Village. The Foundation accepts philanthropic donations from residents, staff, and other individuals and organizations.

These funds are used to help improve JKV facilities and lifestyle. The various Foundation funds are managed

by the Foundation Board of Directors and invested through Northern Trust.

The Senate Long Range Planning Committee looks at the future development needs of the Village with input from all residents. New concepts and ideas to improve the lifestyle and living conditions for residents are developed by this committee's members.

These suggestions are evaluated by the committee and submitted to the JKV Board of Directors for future consideration. If suggested projects are approved and funded by the Village administration, the Foundation often provides funding assistance.

The Foundation is initiating a Capital Campaign to support the projects in the new Master Vision Plan that will improve the lifestyle amenities for all current and future residents.

These projects include: The new

Aquatics Complex, with its resort-style pool, lap pool, sports bar, and pickle ball and bocce ball courts; the Tropics Restaurant in the currently unrenovated portion of the Village Centre; the new Pavilion with its nearly 300-seat Performing Arts center and two restaurants; and the new amenities on the ground floor of Westlake, the new Independent Living Towers that will be available for all village residents.

The Foundation Board of Directors will be soliciting your support of these many improvements to our lifestyle and amenities here at the Village through the Capital Campaign. We hope all current and future residents will be supportive of this plan.

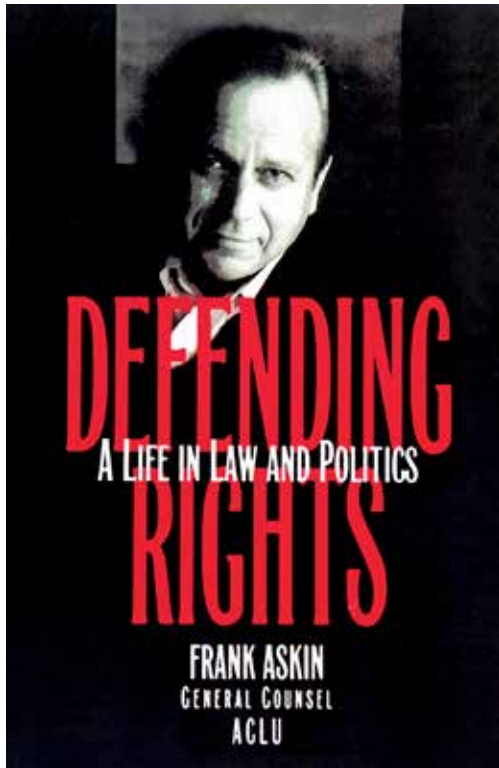
Although it might not be obvious at times: "We are all on the same page!"

—Dick Mellet

'The Ruth Bader Ginsburg I Know'

CT RESIDENT RECALLS LONG FRIENDSHIP WITH THE SUPREME COURT JUSTICE

By Marty Lee, Village Voice Contributor



In his own book, "Defending Rights, A Life In Law And Politics," Frank Askin's bio reads, "From teenage protests against McCarthyism and organizing demonstrations against racial segregation on the streets of Baltimore, to Distinguished Professor and founder of the Constitutional Litigation Clinic at Rutgers Law School and General Counsel of the ACLU, Frank Askin has spent a lifetime battling for political and civil rights in the USA."

In a recent issue of The Gazette, Donna DeLeo Bruno reviewed the book "Ruth Bader Ginsburg," by Jane Sherron DeHart. One Gazette reader noted the review with great interest. You see, he was right there during the pivotal six years of Ruth's life, as both a friend and a colleague, when she was transformed from a shy civil procedure scholar into a fierce advocate for women's rights.

And, he is a neighbor. Cassels Tower resident Frank Askin is a retired general counsel of the ACLU. After years as a newspaper reporter for the Bergen County (NJ) Record, and civil rights activist, Frank decided to pursue a law degree, while still study-

ing for his bachelor's degree. From his experience as a journalist covering the crime and court beat, Frank knew his way around legal issues. He applied to Rutgers (NJ) Law School at the age of 31 and was accepted.

Ruth And Frank Meet In 1963

So how does Frank know Ruth Bader Ginsburg (RBG) so well? As Frank told *The Village Voice*, "Ginsburg and I came to Rutgers Law School on the same day in the fall of 1963. She as a faculty member, and I as a student. She taught the first class I had in law school. I was older [than the other students] and civil procedure classes became mostly a dialogue between her and me. I graduated in the fall of 1966 and was offered a position as assistant professor of civil procedure. In those days Ruth was probably the most quiet and understated teacher you could imagine, and yet Ruth was my mentor."

Anyone who remembers the turbulent '60s understands that it was a time of change. The Vietnam War, The Draft, Civil Rights and Women's Rights were all dominating the headlines and news reports of the time.

"Through 1968, Ruth was just a quiet scholar," Frank said. "Her most notable academic achievement was a book on Swedish civil procedure written during her sabbatical there. She had never litigated anything."

As a law professor at Rutgers, Frank chaired a committee in 1967 and 1968 to increase the number of black, Latino and women students, as a total diversification of the student body.

"It was the women who flocked into the law school," he said. "The Class of 1970 had only seven women graduates. The years to follow saw an explosion of women graduates. In the Class of 1972, women constituted almost 50 percent of the graduates."

While Ruth was not highly politically oriented during her years at Rutgers, she was greatly influenced by the influx of second-career women students. She supported the minority student program and helped expand



the legal clinics. This allowed the law students to assist with valuable legal advice for the impoverished, which was particularly important in a city like Newark.

Frank continued to teach alongside Ruth until she moved on to Columbia University in 1970, but their friendship and connection remained strong.

"Ruth's influence and recognition grew rapidly during the next decades," Frank said. "From academia, to a leadership role in women's rights, arguing equal rights cases in front of the Supreme Court. The Democrats were obviously noticing her. She was nominated by President Jimmy Carter in 1980 to sit on the U.S. Court of Appeals. Then in 1993 President Bill Clinton nominated Ruth Bader Ginsburg to the Supreme Court."

The rest, as Frank says, "is history."

The Askins Are Lifelong Legal Scholars

Frank and Marilyn, his wife of 58 years, also a retired attorney, have been a social activist couple since they married. In a story entitled, "More Power To Them" in the New Jersey Monthly, Feb. 2003, read: "Throughout their busy careers, which included stints in Washington, D.C., a semester in Hawaii, and Frank's two unsuccessful runs for Congress, they always found time for family...because they've always given each other space to grow."

Frank retired as general counsel for the ACLU and Marilyn, as an expert in elder law and president of the New Jersey AARP.



JKV's Social Workers Provide

Guidance, Help Campus-Wide



Leslie Schlienger
Home Health Administrator

Social Workers help us navigate the path that each of us has to walk when dealing with health care or lifestyle decisions.

Here, at John Knox Village, we are fortunate to have five trained and experienced professionals to provide guidance and resources across all areas of the campus. No matter where a Social Worker engages with

individuals to provide help, they all begin with an assessment process that provides them with the history and background needed to determine objectives and options.

Social Workers do not manufacture resources, but they are often the most well-informed professionals regarding what resources exist and how to apply for them. In The Woodlands and Seaside Cove, the Social Workers collaborate with the rest of the care team to identify unmet needs and advocate on behalf of Elders.

In the Rehab Homes, the Social Workers help to determine obstacles for discharge and share the needs with the interdisciplinary team. They coordinate Safe Transition Meetings, in which guests, family and professionals develop discharge plans. The majority of their time is spent prepar-

ing Elders/guests to leave rehabilitation.

On the independent side of the campus, Social Workers assist residents with many of their concerns related to insurance choices, health care directives and referrals for ongoing needs.

Many residents and families have developed long-term relationships with the Social Workers in Resident Relations and find them a trusted resource when seeking support during transitions to assisted living or long-term care.

No matter where a resident or guest is at JKV, there is a resource nearby to guide individuals making important personal decisions.

—Leslie Schlienger

Spotlight On Social Services



Loli Pire-Schmidt

Loli Pire-Schmidt is one of John Knox Village's social workers who provides social service assistance to residents in Independent Living and Gardens West.

Loli has a Bachelor's Degree in Sociology with a Minor in Art History from Florida Atlantic University. In 2012, Loli graduated from New York University with a Master's Degree. She has been a member of the JKV Resident Relations Department for seven years.

I asked Loli some questions to gain a deeper knowing of what she does and what she likes.

What are the most common activities in your day?

"I spend a lot of time helping residents with insurance issues, such as Medicare med plans. Many hours are involved in helping to support residents who are moving to Gardens West. There is a lot of emotional support needed for that. I make a lot of referrals to Home Health or Outpatient

Therapy for residents who need it."

How do you manage stressful days?

"Humor, [although] not everyone appreciates my sense of humor."

What is on your bucket list?

"The Northern Lights. Have you ever heard of Sky Sanctuaries? I must go see that some time."

What is life like when you are not at work?

"I am married, happily for 6 years [this brought a big smile to her face]. I have a dog named Ellie and a cat named Tito." The cat got his name from the popular vodka.

Loli finished by saying, "I always tell my residents that it's my goal to keep your home, healthy, safe and happy."

JKV's Social Work Team,

The Connecting Link

Count among the many reasons John Knox Village is so special the five full-time social workers whose singular mission is to serve all of our over 900 residents.

The team splits its resident responsibilities between Residential (Independent Living and Assisted Living) and Health Care (The Woodlands and Seaside Cove). Together the team represents 112 years of work experience in social services.

They are:

Residential

Joanne Avis, Manager (Hired 4/2007)

Loli Pire-Schmidt (Hired 10/2012)

Sonya Reynolds, Administrative Assistant (Hired 4/2019)

Health Care

Ivy Gold, Manager (Hired 2/2009)

Elizabeth Wilkie-Acebo (Hired 3/2013)

Jeanette Childs (Hired 12/2007)

The role of social work on our campus is to support and ensure residents and rehab guest have access to services they need. The social workers are the connecting link.

On the Residential side, the team makes sure residents are safe and supported. They are a wealth of knowledge and help residents connect with service providers. They also support the transition through the continuum of care as necessary when life changes dictate a move to a higher level of care. They are a great resource on Medicare benefit information and can support the annual re-enrollment process.

The role of Social Work in Health Care is a little different. While they are also a wealth of knowledge and can provide lists of service providers, the majority of their time is spent on discharge planning, which is support-

ing transitions to and from the hospital along with regulatory documentation, follow up appointments and communicating with physicians and other providers.

They regularly assist in setting up services for home medical supplies. Health care regulations require visits by a social worker at various intervals. Short-term rehab guests have more frequent visits to support the rehab process, whereas Long-term care residents are more stable and require less frequent visits.

We are fortunate to have such a dedicated and talented Social Work Team at JKV.

—Leslie Schlienger
Home Health Administrator



The retirement of Karyn Exterkamp after 32 years of dedicated service at John Knox Village was indeed sweet sorrow. Residents by the score, came out to her Retirement Party in the Cassels Tower Party Room to wish her well in her life's next chapter. Time and again during happy, tearful exchanges with residents Karyn said it will be residents she misses most. Karyn is shown with Transportation and Security Manager Wesley Letscher.



Irene Little, Elder in The Woodlands' Ibis Home, recently celebrated her 100th birthday with family, friends and staff. She is shown with housekeeper Natalie Phillip.

ENJOY THESE

ART

Sage

ALLIAN

Partnership

Aficionados and lovers of the arts should circle some dates on their calendars and plan to join John Knox Village (JKV), Venetian Arts Society (VAS) and Nova Southeastern University (NSU) for these ArtSage Alliance presentations in September and October.

Thanks to its partnership with VAS and NSU, JKV residents enjoy significant discounts at these collaborative events.

Here is what's upcoming:

The Narrative Of A Slave Woman Featuring LaToya Lain

On Saturday, Sept. 21, the Metropolitan Opera's LaToya Lain will be joined by collaborative pianist Dr. Casey Robards at the newly renovated Village Centre Auditorium. The event begins at 6 p.m. with wine and hors d'oeuvres, followed by the program at 7. Ms. Lain will perform "Narrative of a Slave Woman: Songs of Suffering, Hope and Freedom." This unique program is a powerful presentation examining the issue of slavery by combining musical performance with spoken slave narrative accounts. Performing spirituals combined with extensive narrative puts this music in context and highlights the importance of these marvelous works.

Applauded for her "wonderfully rich," "powerful," and "captivating" voice, American singer LaToya Lain, a native of New Orleans, LA, studied voice at the University of Cincinnati - College Conservatory of Music, Florida State University, and the University of Nevada, Las Vegas. Before joining the voice faculty of the University of North Carolina at Chapel Hill, Dr. Lain served on the voice faculties of Central Michigan University, New York University, and



The Metropolitan Opera's soprano LaToya Lain will perform in the Village Centre Auditorium.



Dr. Casey Robards, will join LaToya Lain at the piano.

Oakwood University.

She will be joined on stage with accompanist and pianist Dr. Casey Robards, who is known for her musical sensitivity, collaborative skill and versatility. 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.

A \$50 value, admission is \$35. Call the Life Enrichment Department for more information (954) 783-4039.

Honoring Operatic Icon

Virginia Zeani was born on Oct.

21, 1925, however John Knox Village and its VAS and NSU partners, invite residents to attend a pre-birthday celebration as a tribute is paid for the life, artistry and 94th birthday of this legendary Prima Donna Assoluta, on Saturday, Oct. 12 in the Village Centre Auditorium.

The evening begins with wine and hors d'oeuvres at 6, followed by the tribute ceremony at 7, consisting of rare videos, audio and photo slide shows, and an interactive conversation with Mme. Zeani as well as international guests and local opera aficionados. Then, the birthday celebration at which time all guests will be encouraged to move to the Main Lobby for champagne, dessert and the extraordinary opportunity to wish La Zeani Happy Birthday in person.

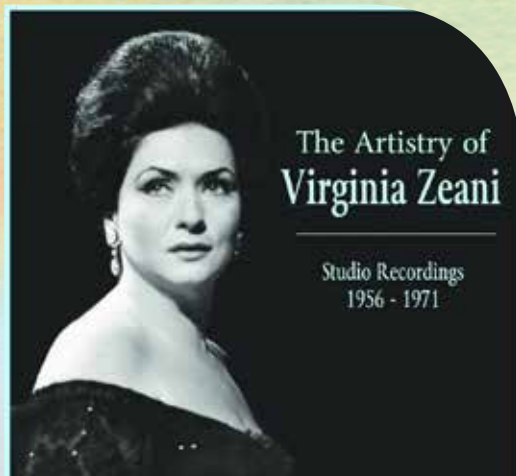
The name Virginia Zeani needs no special introduction in the world of opera, especially among the opera aficionados of the mid-20th century Golden Age of Opera. The story of her monumental operatic career, her unique and rapturous voice, her vast range of repertoire, and her stunning beauty is the "stuff of legends," especially among the "opera aficionados." Zeani is in that premier strata known as "a singer's singer!" Zeani made her professional debut as Violetta in La Traviata at the Teatro Duse in Bologna in 1948 as a last-minute replacement for Margherita Carosio. It was to become her signature role—she sang it 648 times during the course of her career.

Tickets are \$35 and can be reserved through the Life Enrichment Department at (954) 783-4039.

CE PERFORMANCES

With VAS, NSU Benefits Residents

Tickets for the unique event are \$35 for JKV residents. Reservations are a must and can be made by calling Life Enrichment at (954) 783-4039.



The life and career of legendary Prima Donna Assoluta Virginia Zeani, along with her birthday, will be celebrated Oct. 12th in the Auditorium.

American Dance Honoring Edward Vilella

Coming on Thursday, Oct. 24 to Nova Southeastern University, join in the celebration of "America's Influence on the History of Dance."

The night's program will present the 2019 VAS Icon of the Arts Award to Edward Vilella, the legendary American danseur and choreographer. The evening's program will begin at 6 p.m. at NSU's Don Taft University Center.

Vilella is the founding artistic director of Miami City Ballet. During his career, he was frequently cited as America's most celebrated male dancer of ballet and was inducted into the Florida Artists Hall of Fame in 2007.

Mr. Vilella will offer his artistic and critical expertise in an interactive discussion and exhibition on "The History of American Modern Dance," featuring internationally acclaimed dancers from premier American modern

dance companies.

Tickets will be \$35, plus \$7 for Transportation. For more information call the Life Enrichment Department at (954) 783-4039.

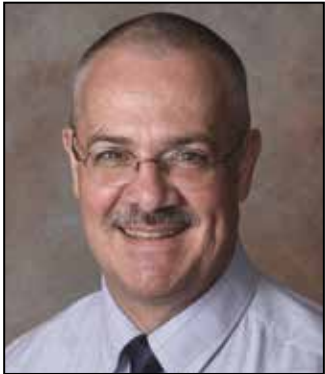


Legendary American danseur and choreographer, Edward Vilella, will be presented the 2019 Icon of the Arts Award during an ArtSage Alliance event on Oct. 24.

Logos of VAS' Supporters



Someday... Laughing Again



Rev. Darryl Powell
Spiritual Life Leader

What you need to know from the outset is that Hazel was one of the jolliest people you could ever meet. She was a rather large woman, so when she laughed, and she laughed often, her entire body would shake and roll. Her laugh was infectious, her spirit uplifting.

It's helpful to also know that Hazel was not naturally intelligent. In fact, she failed

to complete even the fifth grade in public school. She married a man she treasured dearly and they built a life together that was far from wealthy, but it was meaningful to them and they were very, very happy, especially with each other.

I just happened to stop by to visit Hazel on the afternoon of what was the 10th anniversary of the death of her husband. After a time of chatting and catching up, Hazel shared what are some of the most profound and meaningful words I have ever heard. She said, "My husband died 10 years ago today. You know what I learned? You never really get over it, but one day I discovered I was laughing again."

"One day I discovered I was laughing again."

What a blessed and spectacular reality. We have faced a lot of loss here at JKV lately. It seems more neighbors and friends are passing away than usual. At every Remembrance Service we hear the words, "I will miss him," or "I will miss her."

We have witnessed the deep pain of the loss that only death can bring. It is so permanent. My Mom passed away this year, the Wednesday before Easter. Occasionally I wake up in the middle of the night and have this strong, sinking feeling: She is gone, and she's not coming back. I'm not going to hear her voice again. I'm not going to open Christmas presents with her again. We are not going out for Chinese food together again. And this will never change.

Certainly you have all had this experience. Death creates holes in our lives, hearts and spirits where another used to be and we can say the expected nice things, "she is in a better place," or "at least he is not suffering anymore," or "you'll see each other in heaven again," or "she had a good, long life."

Let's be honest: Such words, even when well-meant, don't help much. They can't remove the longing. The pain continues. The emptiness consumes us. The permanence of death creates deep depression. The need to hold hands one more time, and knowing it cannot happen, can crush one's spirit.

So, to those who are suffering the pain of having lost someone dear to your heart, I share the words of a wonderfully wise woman named Hazel: "One day I discovered I was laughing again."

I pray for each of you that you will discover yourselves laughing again, sooner than later. Your life has changed permanently, so I pray that old friends and new will lift your spirits. I pray you will see things, hear things, smell things, touch things and taste things that will bring life to your soul.

I pray for that great and glorious day when you are sitting on the edge of your bed, reflecting on the day and you suddenly realize something wonderful happened to you that day. May you discover that "you are laughing again."

Blessings to all who grieve the loss of ones you love. May laughter bless your souls.

Faithfully,

—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

Grief & Bereavement

John Knox Village's Grief & Bereavement group will meet in the Village Towers Party Room from 1-2 p.m. on September 26 and October 24. For more information call the Life Enrichment Department at (954) 783-4039.

Cavatappi Ala Vodka With Crispy Pancetta

In Good Taste: Chef Mark's Recipe Became A Priority For JKV Expansion Project Depositors

By Rob Seitz, Village Voice Editor

With excitement growing from the greater community around John Knox Village's new Westlake expansion project, the Marketing Team thought of lighting up a recent Priority Deposit event—quite literally—with a cooking demonstration from Executive Chef Mark Gullusci.

Guests learned about the 150-independent living apartments, expanded water views, a 300-plus seat performing arts center, new restaurants, first-floor common areas and much more. (See full expansion story from Chief Marketing & Innovation Officer Monica McAfee on page 3).

After securing their position on the priority deposit waiting list, guests were entertained (and well-fed) by Chef Mark and one of his many signature recipes—Cavatappi pasta ala vodka with crispy pancetta.

Cavatappi is an Italian word for corkscrew and Chef Mark uses that pasta because it goes well with his thick accompanying tomato sauce (recipe also provided here).

Chef Mark strongly advises amateur foodies from burning off the vodka with a flame. The same results can be gotten by allowing the sauce to merely reduce, evaporating in this case, into the tomato sauce.

Many of the Priority Depositors said they will try this recipe in their new Westlake apartment kitchens once they move in. While they wait, feel free to enjoy Chef Mark's recipe now.

Cavatappi Ala Vodka With Crispy Pancetta:

Serves 4 to 6

- 1 lb. Cavatappi pasta
- 1 cup vodka
- 1 cup heavy cream
- ¼ lb. diced pancetta
- 1 tbsp. light olive oil
- Kosher salt and pepper to taste
- 4-5 cups tomato sauce (see recipe)
- Shaved parmesan, grated, or

shredded cheese, Pecorino Romano or parmesan is fine.

Tomato Sauce for Vodka Recipe:

- 1 – 14 oz. can tomato sauce (not spaghetti sauce)
- 1 – 14 oz. can crushed tomatoes
- 2 cloves minced garlic
- 1 small sweet onion, finely chopped
- 2 tbsp. olive oil
- 1 tsp. sugar
- ½ tsp. kosher salt
- 1 tsp. ground black pepper
- 1 tbsp. basil leaves
- 1 tbsp. oregano leaves

Method Of Preparation:

First Prepare The Cavatappi:

Bring a big enough pot of water to boil seasoned with kosher salt. The Italians say it should be salty like the sea.

Cook the Cavatappi for 8-10 minutes, strain and set on a lightly oiled cookie tray. Don't rinse the pasta, that will rinse off the starches. Let sit at room temperature while you make the sauce and gather your other ingredients.

Then Prepare The Tomato Sauce:

Heat oil in sauce pan. Add onions

and garlic and sweat for 5 minutes. Add remaining ingredients and simmer 30 minutes.

Cube the pancetta into ¼-inch pieces. In a stock pot add 1 tablespoon of oil and slowly cook the pancetta until browned.

Add vodka and reduce/evaporate by 50 percent (usually takes about 30 seconds), add heavy cream, tomato sauce, pasta.

At this point if you want to add cubed grilled chicken breasts you may or enjoy just with the pasta. Place in bowls and top with cheese.

Buon appetito!



Executive Chef Mark Gullusci's recipe is prepared with a culinary artist's special flair.

WHO-O-O'S THAT SPOOKY SPIRIT HIDING BEHIND YOUR DOOR?

Rotary Can Help With Costumes, Party

Look carefully. It might be the eerie Raven from Edgar Allen Poe's scary poem, or maybe it's just a friendly fairy with gossamer wings.

Now's your chance to choose your secret self, and let your spirit be your guide. Rotary Club of John Knox Village has hit a double-header for the season—Halloween season that is. Of course, you're in for the treat at their annual Halloween party, with all the great food and entertainment you expect, along with a special contest for best costume, but this year they're making it easier, and more fun by offering a once-in-a-lifetime chance to really dress up in a spectacular fashion.

After 10 years of intermission entertainment for "Knox Rocks," and two years of dramatic presentations of "It's for the Birds," they've accumulated quite a collection of costumes of all sorts and sizes. Closets are bulging so they've arranged a giant sale of everything—from a full regalia of special characters to a vast selection of masks and wigs...All priced to sell.

Come to Village Centre on Saturday, Sept. 14, between 10:30 a.m. and 5 p.m. to choose your own alter ego, or maybe a special costume for a child or grandchild. You're sure to find exactly what you're looking for at very reasonable price.

All residents, staff and families are invited for the sale.

Now, the second half of this Halloween spectacular. JKV Rotary Club is presenting its most lavish celebration of this most "fun" holiday.



Need a costume for the upcoming Halloween Contest season? JKV's Rotary has many for sale.

On Saturday, Oct. 26 the Village Centre will become a haunted house, with a surprise professional magician who promises to entertain you with amazing magic, illusions and mind-reading.

There will also be all kinds of ghoulish goodies for snacking. Do you dare to taste bony fingers or maybe tasty bat's wings? No? Well then, you'll be able to find some delicious actual food to keep you happy. Of course, there will be a full open bar included in your ticket price of only \$30...Oh, and for a special bonus, Rotary is again offering its very popular 50/50 drawing. You could be the winner of the cash prize—half of all the money collected for this special drawing. You'll be able to buy your 50/50 tickets at the same table when you buy your party tickets, and again at the party, itself.

Both events, as with all the Rotary parties, raise funds for charity. Proceeds from the costume sale and the Halloween party go into

Rotary's treasure chest. This year that group is Habitat for Humanity, and is focused on a special building program in Pompano Beach. Rotary Club of John Knox Village is joining three other local Rotary Clubs for an ambitious building program to benefit deserving families in our own community. All money collected from these events will be directed into this effort, and our members will also participate in completing the homes with the necessary furnishings.

How can you be a part of this huge special celebration? Mark these dates and times on your calendars. For more information, call Barbara Kamakaris: (954) 261-9387.



Rotary

LIVING WELL CORNER

Catch Your Breath Before Reading These Tips



Jasmine Fungquee, BS, C-EP

The amount of time it takes to catch your breath after exercise varies between individuals and the type of exercise in which they are partaking.

A person running on a treadmill at a pace that can be maintained for at least 20 to 30 minutes who then abruptly stops, will notice that the heart rate remains elevated for as much as five minutes after exercise. (It should be noted that one should never stop aerobic exercise without first cooling down or gradually lowering the intensity.) This form of exercise is called "Steady State."

In contrast, a person performing a vigorous or "Non-Steady State" exercise that can only be maintained for about six minutes notices a heart rate that remains elevated for up to 14 minutes after exercise.

From these results we can conclude that the intensity of the exercise influences how long EPOC (Excess Post Oxygen Consumption) lasts. There are many reasons why the body requires post-exercise oxygen consumption.

The body generates heat during exercise. In order to maintain normal homeostasis, the body uses EPOC as one of the many ways to help cool down. The body must resynthesize Phosphocreatine after it is used during exercise. This is a



molecule that stores phosphates to provide energy for muscular contractions.

A question asked on a weekly basis in the Fitness Studio is "how do I lose my excess belly fat?" Before I can answer this question, you should know what purpose fat serves in the body. Fat stores excess calories that you may have consumed.

When you become hungry you can mobilize the excess fat storage and use it as energy. Between meals, stored fat is slowly released, keeping our cells supplied with fuel. During illness, our stored fat nourishes our cells, and provides the immune system with energy to fight off infections when we are

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NUTRITION NOTES

Fiber In Your Diet



Rachel Graham

As we age, changes to all our muscles and organs start to occur, including changes to our gastrointestinal tract, reducing the absorption of nutrients and slowing down your intestinal motility.

A typical result is malabsorption, making nutrient deficiency and constipation relatively common health problems that affect elderly people of both genders. Having a diet high in fiber (at least 30 grams per day for men and 21 grams for women)

can help to stimulate intestinal motility and prevent constipation, also providing the added benefit of helping to lower your cholesterol and regulate your blood glucose levels.

Dietary fiber can be found in plant foods such as fruits, vegetables, whole grains and legumes like multi-grain breads, brown rice, broccoli, spinach, carrots, apples, pears, berries, chickpeas, lentils and beans.

Fiber comes in two different types: Soluble and insoluble. Soluble fiber dissolves in water and becomes gel-like, causing it to stick to bile, toxins and other debris and drag them from your body.

Insoluble fiber, attracts water like a sponge and acts to clean your intestines, increase intestinal motility and stimulate regular



bowel movements.

Eating a diet high in fiber can also help prevent diverticulitis and flare ups of IBS (Irritable Bowel Syndrome). Of course, if you are having an acute episode of diverticulitis or IBS, you will want to consume a diet that is bland and low in fiber until that flare up has resolved.

Also, always make sure you are making a conscious effort to drink a total of eight to 10 glasses of water a day to help digest all that fiber and help prevent constipation.

—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

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 appli-

cable), 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@jktivl.com. His direct line is (954) 783-4028.

Check Out 'The Vue' And More At John Knox Village

Continued from page 3

center, terrace, outdoor dining and much more.

As you can imagine, excitement from the public is palpable and has been building. Testament to that are our packed Priority Deposit presentations where we illustrate these new projects. For September we will be conducting two Priority Deposit events, one Thursday, Sept. 19 and the second Wednesday, Sept. 25. Both will be held in our newly renovated Lakeside Dining Room and begin at 10:30 a.m.

By attending, you will learn that

you can become a Priority Depositor by placing a \$100 fully refundable deposit, which places you near the top of the waiting list when it comes time to choose from one of the 150 residences.

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

JKV's newest residents will also

enjoy choosing and customizing their new homes from a selection of one and two-bedroom floor plans, many with dens, but all thoughtfully designed for the entertaining of friends and family: And two penthouses are in the unit mix.

MONICA MCAFEE
Chief Marketing & Innovation Officer
mmcafee@jktivl.com | (954) 783-4073

JKV HONORED BY HOLY CROSS

'Lowest Readmission Rate'



John Knox Village was recently honored by Holy Cross Hospital for having the lowest readmission rates of all of its preferred providers. Shown here during the award ceremony (L-R) are: Jan Miller, Operations Sound; Sharon Houslin, Remedy Partners; Lorraine Marshall, Holy Cross; Debby Lambrinos, Holy Cross; Bill Pickhardt, JKV; Dr. Roderick Hurt, Sound Physician's Group; Dr. Charles Russo, ACO & BCPI; Christian Pacheco, TMC/JKV; Patrice DelGrosso, JKV.

Every quarter Holy Cross Hospital in Ft. Lauderdale hosts a Roundtable with leaders from its eight Skilled Nursing Facilities (SNFs) to determine who, over the last three-month time-frame, has provided the lowest re-admission rates and John Knox Village won that coveted award in July.

That means, the JKV teams were able to treat rehab guests and not send them back to the hospital at the lowest rate among all of Holy Cross'

providers. This is important to hospitals, such as Holy Cross because Medicare can take away funds if a patient returns to a hospital within 30 days after discharge.

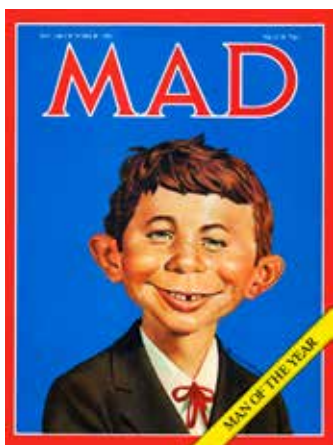
"So, Holy Cross is dependent on their Preferred Partners to work together and try to make sure that we have open communication, continuity of care, and the ability to work together to establish common Medicare-quality metric goals," said JKV

COO Bill Pickhardt, after receiving the Lowest Readmission Rate award. The Roundtable is held quarterly at Holy Cross' Ft. Lauderdale Health Plex.

With its acclaimed The Woodlands and Seaside Cove skilled nursing centers, John Knox Village provides nearly 200 private suites for its residents and rehabbing guests from the greater community.

Mad About The Loss Of MAD MAGAZINE

By Nona Cree Smith, Village Voice Contributor



In 1952, *Mad* magazine appeared on newsstands and was greeted as something new and zany in American satire. It became one of the most successful magazines for teens and college students because of its brash humor, absurdist political cartoons and irreverent satire on topical issues, celebrities, royalty and contemporary politics.

Originally published by William Gains and edited by Harvey Kurtzman, the earliest issues were produced in comic book format

and spoofed horror comic books, with a lot more comedy than horror. Almost all the content was generated from the fertile minds of the founders.

A Satirical '50s Phenomenon

From its early success, the comic book format eventually became a magazine and was produced by "the usual gang of idiots." In 1956, Kurtzman wanted a bigger piece of the pie, but Gains denied it, so Kurtzman quit. Coincidentally the format change

Continued on page 23



JKV staff who took part in last year's Breast Cancer Walk included (L-R) Liz Talatinian, Odalys Rosua and Mary Sue McDermott.

Save The Date!

In honor of Breast Cancer Awareness month, JKV will hold a Breast Cancer Walk on Thursday, Oct. 17. The Walk will be open to JKV residents and employees, to benefit Gilda's Club South Florida, a non-profit organization that provides social and emotional support for everyone impacted by cancer.

Their namesake, Gilda Radner, was one of the original cast members of NBC's "Saturday Night Live," who created several endearing and enduring characters, including Roseanne Roseannadanna. Gilda's life was cut short by ovarian cancer, and Gilda's Club was created in New York by her surviving husband, Gene Wilder, to offer the support that people battling cancer need.

Kim Praitano, President and CEO of Gilda's Club South Florida, will join our Breast Cancer Walk around Lake Maggie, and be our guest speaker at "The Pink Party" immediately following. We hope you'll wear pink and walk for yourself, or in honor of someone's courageous fight against Breast Cancer.

When: Thursday, Oct. 17

Where: Meet at Furman Square

Time: Registration – 2 p.m.

Walk – 2:30 p.m.

The Pink Party – 3 p.m.

For more information call Human Resources at (954) 783-4067.

LIVING WELL CORNER CONTINUED

Continued from page 19

too sick to eat.

When we routinely eat more calories than we need, our bodies get out of balance causing fat stores to build up. Losing weight is a "package deal." You cannot decide what parts of your body you want thinner and what parts you want to keep as they are.

Losing weight involves the entire body. That is, fat cells in your entire body will shrink when you start to lose weight and will expand when you begin to gain weight. Thus, exercising, properly nourishing, and resting your entire body will allow the fat cells to shrink, in turn shrinking your belly fat.

When starting an exercise program and speaking with a Fitness Professional, be sure to mention what your goals are so the workout can reflect the proper outcome. A combination of cardiovascular and strength training exercise is a great way to lose excess body fat. Cardiovascular exercise will increase the heart rate and help to burn the excess calories. Strength training will build your muscles and allow for

your body to burn more energy on a day to day basis.

Now for the age-old question, "where did my balance go?" Physical balance is a fascinating subject.

There is no set age at which balance begins to decline. The combination of events that can cause a loss of balance usually begin to increase with age. Stroke, neuropathy, and the wearing down of joints are some of the common culprits.

Medications can cause changes in your ability to stay properly upright, as well. According to Dr. Murray Todd, renowned local neurologist and JKV Board of Directors Vice Chair, there are three types of dizziness: Vertigo, Lightheadedness, and Imbalance.

Vertigo may be described as the feeling of spinning, meaning that there is something going on with the inner ear. Lightheadedness can be described as feeling faint.

Most other descriptions fall under the category of being imbalanced. Improving balance after it starts to

decline often involves multiple interventions. Dr. Todd suggests that even after a change in the mind or body starts to affect balance, one can essentially regain some form of balance.

The idea is to "work with what you got." With the help of a Physical Therapist, you can learn a new way to stay balanced, based on your impairments. Since medications can cause a loss of balance, your doctor or pharmacist may be able to tell you if your medication or medications the culprit.

An extraordinary fact is that your body actually has safe guards to help keep you from falling. Proprioception is our body's ability to tell our exact position in space. An example would be the ability to throw a ball without having to look at the throwing arm. When this system is not registering our bodies' position, our eyes can. We can often do well even if one of the systems is not working to its full potential. When more than one system is lacking, falls start to become more common.

—Jasmine Fungquee, Fitness Outreach Coordinator, B.S., C-EP

JKV Swimming Pool Reminder

Called the 2019-2020 JKV Swim Guide, JKV Fitness has distributed a brochure describing the off-campus swim options, with JKV Transportation, to L.A. Fitness and the Marriott Hotel. These options began prior to construction permits being finalized.

Here is a reminder of the options:



1200 N. Ocean Blvd.,
Pompano Beach 33062
(954) 782-0100

Showing JKV ID badge entitles Residents to:

- Complimentary access to swimming pools
- Complimentary access to the beach
- Complimentary beach towels
- Valet parking fee waived up to 5 hours
- 20% food/beverage discount at Patio 1200 restaurant
- 20% food/beverage discount at And Fish Kitchen & Bar
- 20% discount on SiSpa services (advance reservations)
- \$20 cabana rental (up to 5 hours)
- \$15 beach umbrella rental (up to 5 hours)
- \$5 beach chair rental (up to 5 hours)
- Cash or credit card accepted for all rentals/purchases

JKV instructor-led water exercise classes will be held: Wednesdays from 9-10 a.m.

- First Wednesday of month will be Water Pilates
- Remaining Wednesdays will be Water Aerobics

Transportation will be picking up Residents at the Apartment Towers beginning at 8:20 a.m. every Wednesday morning.



LA | FITNESS

1000 N. Federal Hwy.,
Pompano Beach 33062
(954) 366-2569

Transportation will be picking up Residents at 8:20 a.m. the mornings of class

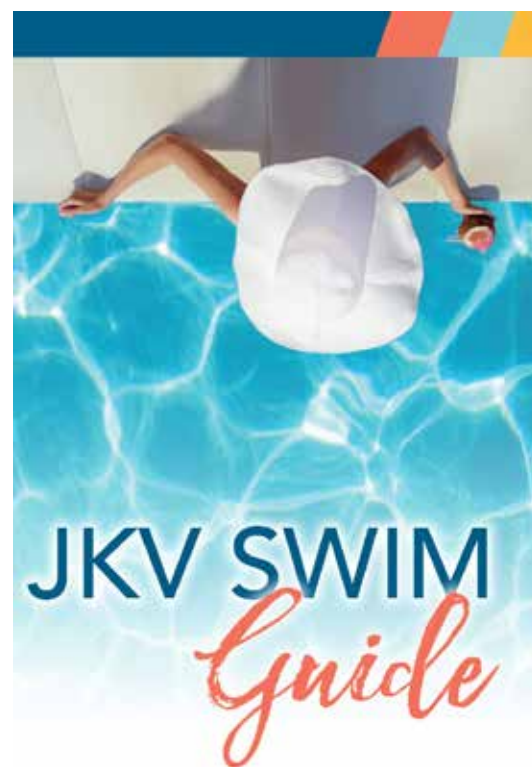
Class schedule is:

- Water Aerobics: Mon/Fri/Sat 9-10 a.m., with LA Fitness Instructor;
- Free Leisure Swim/Lap Pool; Tue/Thu 9-10 a.m.



Pompano Beach Aquatic Center
820 NE 18th Ave.,
Pompano Beach 33069
(954) 786-4128

- Proof of Pompano residency (Driver's License) required
 - One pool open with swim lanes and free swim area
 - Aquatic Center offers swim classes. Cost for Residents \$2.50 per class, \$62 for 6-month pass or \$96 for 12-month pass.
- Class schedule is:**
- Water Aerobics: Mon/Wed/Fri 9 a.m. & 10:15 a.m.; Tue/Thu 6:30 p.m.; Sat 10:45 a.m.



- Aqua Stretch: Mon/Wed/Fri 11:30 a.m.
- Aqua Burst Sat 9:45 a.m.
- Residents MUST call the night before to register for Aquatic Center swim class AND provide own transportation.

Pool Hours are:

Mon/Wed/Fri 6 a.m.-8 p.m.
Tue/Thu 7 a.m.-8 p.m.
Sat/Sun 9:30 a.m.-4:30 p.m.

CLASSES ARE SUBJECT TO CHANGE

For more information contact John Knox Village Fitness Manager Marsha Dixon at (954) 784-4730 or her email: MDixon@jkvfl.com

Mad About The Loss Of MAD MAGAZINE

Continued from page 21

also let loose the genius of *Mad* from the restrictions of Comics Code Authority, allowing it to become the zaniest, goofiest, irreverent and most successful magazines for teens and young adults (whose parents occasionally sneaked a peek).

What Me Worry?

The new editor, Al Feldstein, brought on board a group of screwball creatives, such as Don Martin, whose slapstick characters with their strange hair, big noses and hinged feet, set the tone of silliness. Each artist and writer had a format that became fan favorites. Frank

Jacobs wrote a variety of lampoons and satires. Mort Drucker was known for his sexy women, satirical looks at movies and television. Later additions to the gang were Antonio Prohías, creator of "Spy vs. Spy" and Dave Berg, whose "The Lighter Side" lit up the readership. Odd characters such as Martin's foolish looking goofs showed up on pages for no apparent reason, but were welcome additions and Alfred E. Newman appeared somewhere on every cover.

When Feldstein retired in 1984, he was replaced by the team of Nick Meglin and John Ficarra, who co-edited *Mad* for the next two decades.

After Meglin retired in 2004, Ficarra continued to edit the magazine until now, as the magazine has announced that it will cease publication – except for occasional special editions and reprints. It will not be sold on newsstands only on the Internet.

In its heyday *Mad* magic was a lot more than goofy jokes. For more than 65 years and covering three generations, *Mad* magazine targeted and spoofed, in a humorous way, truths about our culture, politics and business. And that has been a beautiful thing.

Donations To The Village



Donations received during the months of June and July 2019

To John Knox Village

Employee Scholarship Fund

Bennett, Miriam
in memory of Louis Spencer
Cason, Ernest & Maude
through the Cason Trust
Haun, David & Twylah
Inspiration Press, Inc.
Jaeger, Marie & Frank
*in memory of Robert Dooley,
Charles Johnson & Louise Spencer*
Jenkins, Norma
Knowles, Lee
Loree, Sally & Paul
Lay, Diane
in memory of Louise Spencer
Lewis, Margo
in memory of Lorraine Pecor
Mellett, Marty & Dick
*in memory of Robert Dooley &
Louise Spencer*
Milanovich, Rosie & Bob
Schmidt, Franklin
in memory of William Sheats
Stevens, Edwin
Thomson, David
Trebbi, Jean
Voelkel, Bruce
in memory of Ann Petri
Welch, Fran

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Bousfield, Betsy
Cardinal, Beverly
McDowell, Sue & Tom
McKay, Tom
in memory Miriam Oswald
Olson, Nanette & Mark
Simpson, Paul E.
for the Pavillion
Stryker, Gerald & Carol Dumond

Benevolent Endowment Fund

Harrison, Fran
in memory Helen Wiley

Michel, Fred & Irene
through the Michel Trust
Miller, Romaine

Chapel Endowment Fund

Michel, Fred & Irene
through the Michel Trust

Charlotte Symonds Fund

Harper, Sally
in memory of Orville Brink
Kraft, Mary
in memory of Miriam Oswald
Lewis, Margo
Milanovich, Rosie & Bob

CNA Training Fund

Milanovich, Rosie & Bob

Foundation Unrestricted Fund

Bayer, Jackie & David
Broaddus, Don
Cook, James
in memory of Marie Sprague
Cook, Leanna & Robbie
in memory of Marie Sprague
Cuddy, Joyce
Fantasy Design Creations Inc.
Fitch, Dennis & Michael Kearns
*in memory of Robert MacNamara,
Ann Petri & Louise Spencer*
Gambino, Maddy & Ray
Handelsman, Joan
in honor of JKV Home Health nurses
Haun, Twylah & David
Heger, David & Ken Raiten
Huizenga, Jack
Kinsey, Reba
in memory of Jane Lusk-Smith,
Loree, Sally & Paul
Naylor, Harvey

Health Center Other Fund

Harper, Sally
in memory of John Harper
Miller, Romaine

Piano Tuning Fund

Lewis, Margo

Resident Assistance Fund

Cason, Ernest & Maude
through the Cason Trust
Harris Family Trust
Lewis, Margo
Milanovich, Rosie & Bob
Nilsen, Arnie
in memory of Bob Dooley

Rose Garden & Oak Tree Fund

Nordmann, Anna

Toshiko Inouye Fund

Kleingarter, Linda & Fred
in memory of Ann Petri

Transportation Fund

Gambino, Maddy & Ray
in memory of Bob Dooley
Clark, Glenda & Earl
in memory of Bob Dooley
Harrison, Fran
in memory of Bob Dooley
Heger, David & Ken Raiten
Jaeger, Marie & Frank
Jones, Rita
in memory of Nora Herrick
Lambeth, Eloise
in memory of Bob Dooley
Patriss, Don
Pease, Barbara
in memory of Bob Dooley
Porges, Dorothy
in memory of Bob Dooley
Sams, Harriett

Wellness Park

Kinsey, Reba
*in memory of Angel, Barbara Logan's
dog & Scruffy, Carol Woodburn's dog*
Welch, Fran

Woodlands Fund

Johnson, Herb
Knowles, Lee
Moyer, Robert
through the Robert W.
Moyer Foundation
Stryker, Gerald & Carol Dumond

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



700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

Honoring 9/11 First Responder Woodlands Rehab Guest Richie Salidor Receives A Hero's Welcome



9/11 Hero Richie Salidor enjoyed talking with the media during a Hero's Breakfast in The Woodlands. He is shown with Rehabilitation Director Fern Scacciaferro.

When a 9/11 responder first came to The Woodlands in December of 2018, the staff greeted him with a hero's welcome. Last month, the medical team celebrated Richie Salidor's selfless contributions during a hero's breakfast.

When the Twin Towers crumbled, Salidor was working as a police officer in Rockland County, NY. On that day, Salidor, who had started his career with NYPD, knew what he needed to do – head to Ground Zero to help with the rescue and recovery.

Shortly after 9/11, Salidor said he developed a lung condition that forced him to retire. In 2003, the 18-year law enforcement veteran moved his family to South Florida where he joined a motorcycle club.

The bond he found with Wings of Gold was shattered – along with his body – when he crashed his bike in August of 2004 and was paralyzed from the waist down.

Since then, Salidor has been working to improve his mobility. To celebrate his public service and determination to get better, his extended family at The Woodlands hosted a breakfast in his honor.

HAVE AN IDEA FOR A VILLAGE VOICE FEATURE?

To paraphrase the iconic closing line from the hit TV Show *Naked City*, "There are eight million stories in the Village."

With nearly a thousand residents, all from wonderfully wide and (sometimes) wild backgrounds, there are stories that SHOULD be featured in an upcoming Village Voice.

If you have an idea for such a piece, be it a resident profile, an amusing anecdote or fond memory, all you have to do is email your idea/s to Rob Seitz, Village Voice Editor at RSeitz@JKVFL.com

Who knows, at the end of the day you may just say, "There are eight million stories in the Village and this has been one of them."

FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:15 a.m. Morning Meditation	8:30 - 9:15 a.m. Morning Meditation	8:30 - 9:15 a.m. Morning Meditation	8:30 - 9:15 a.m. Morning Meditation	
	9 - 9:45 a.m. Tri-Level Fitness		9 - 9:45 a.m. Strong Slow Flow	
9:15 - 10:15 a.m. Cardio Pump	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II	9:15 - 9:45 a.m. Chair Ex @ GW	9:15 - 10:15 a.m. Aerobics II
	10 - 11 a.m. Mat Pilates		10 - 11 a.m. Mat Pilates	10:30 - 11 a.m. Posture & Balance
11 - 11:30 a.m. Chair Ex @ GW		10:30 - 11:30 a.m. Tai Chi		
	11:15 - Noon Zumba		11:15 - Noon Barre Fitness	11:15 - 11:45 a.m. Morning Meditation
1:15 - 1:45 p.m. Better Balance		1 - 1:45 p.m. Strength & Balance		1 - 1:45 p.m. Strength & Balance
2 - 2:30 p.m. Gentle Stretch	1 - 1:45 p.m. PWR!Moves	2 - 2:45 p.m. Chair Yoga	1 - 1:45 p.m. PWR!Moves	2 - 2:30 p.m. Gentle Stretch
	2:15 - 2:45 p.m. Posture & Balance	2:15 - 2:45 p.m. Chair Ex @ VT	2:15 - 2:45 p.m. Chair Aerobics	2:15 p.m. FUNctional Exercise (LEC)

***Tai Chi 7 a.m. 7 days a week - Monday through Sunday will be in the Fitness Studio.**

*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

Save The Dates For *'Redefining Active'*



That is the theme for the upcoming Active Aging Week – running from Oct. 1 through Oct. 7 – with lots of activities both on and off John Knox Village's campus. The now 16-year-old program is presented through the International Council on Active Aging.

Look for more information on Active Aging Week as the date gets closer or call the Life Enrichment Department at (954) 783-4039.



Our Mission Statement:

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

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

www.JohnKnoxVillage.com

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




JOHN KNOX
VILLAGE

Where possibility plays

For More Info Contact
(954) 783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
   JohnKnoxVillage