

VOICE



JKV Pet Parade Goes To The Dogs

- INSIDE:** • Grandparents Day Provides Bragging Rights – Page 9
 • Sauerkraut, Mozart And A Good Night's Sleep – Page 13
 • Sharing & Caring Annual Report – Page 25



In Case You Missed It...

Even during these very different times, there always seems to be something enlightening, entertaining or educational still taking place on campus. Here are some events of note at John Knox Village...In Case You Missed It.



Ice Cream: Seaside Cove Guide Nathalie Francois (R), Elder Mavis O'Connell and Admissions Coordinator Kirsten Drago enjoy delivering and sharing ice cream throughout Seaside Cove a recent hot summer's day.



During these uncharted times we have had to make adjustments to how we communicate important information, including during a recent Resident-Senate meeting. President Gerry Stryker (R) is videotaped by JKV Media & Art Production Specialist Thomas Rodriguez as Gerry walks through new construction projects that the Moss Construction team is working on. Gerry and Thomas are shown with Stephen Whitmer, Moss General Superintendent (by the screen) and Michael J. Cottle II, Moss Senior Project Manager.



East Lake residents Tom and Betsy Sweet enjoyed their COVID-careful 4th of July BBQ with Catering Manager Susanne Russell, whose menu included barbecued ribs and fried chicken with all the fixin's.



South Garden Villa resident and talented photographer Tom Regan captured these Night Blooming Cereus near Lake Maggie. It is a cactus plant that grows almost like an ivy and drapes itself on trees and their branches and—you guessed it—only comes out at night.



Burkhart: Queueing Up For The Cue. Barbara Kuntz (foreground) and Joyous Burkhart each used different modes of transportation to get to the 4th of July Concert in the Auditorium, but both were making sure face coverings were in place. Not even COVID-19 could stop Matthew Sabatella and the Rambling String Band from making their annual pilgrimage of patriotic shows to the campus.



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.

RA-1/16



JOHN KNOX
VILLAGE
Where possibility plays

New Center Is Welcoming, Exciting Times Ahead Will Be All Wet

By time you read this latest and greatest issue of the **Village Voice**, your Sales and Marketing teams will be fully ensconced in the new Welcome and Innovation Center, our campus' latest jewel.

Not only is it a beautiful building, but it will be another great meeting place and venue for entertaining for everyone in the Village—once we can do that again—without all the current COVID-19 precautions and restrictions.

Also, as you are (hopefully) enjoying this edition, the Southwest 6th Street trenching project will have been completed, meaning the temporary inconvenience of being re-routed around campus will be rewarded by getting the wonderful Aquatic Complex "this close" to completion.

The road closure not only allowed our crews to connect necessary water and sanitary lines to the Complex, but created additional parking spaces around the Village Centre and Aquatic Complex.

No doubt many residents remember the old "Lobster Pot" pool—maybe even with somewhat nostalgic memories. I truly believe the only reference to lobster we'll be hearing shortly will be when ordering an entrée from the new Aquatic Complex restaurant—the Glades Grill—or at Stryker's Poolside Sports Pub.

Think about what lies ahead during these exciting times. In short order we will be enjoying two swimming pools—one a lap pool, the other a sun sail-covered resort-style pool—the aforementioned dining spaces, two each Pickleball and Bocce ball courts, a Jacuzzi and fire pit.

Add to that mix, the exterior upgrades to the Village Towers—new impact-resistant windows and sliding glass doors, waterproofing, sealing and painting. When finished it will provide the look and feel that newly refinished Cassels Tower now offers.

As Resident Senate President Pete Audet writes in his **Village Voice** column this month, "[John Knox Village]...has a well thought-out plan [and the JKV staff works] "to the point where you really feel they are taking care of ya."

Continued on page 20

Monica McAfee
Chief Marketing &
Innovation Officer



VOICE

Discover

What's Inside?

Vol. 44 Number 5 | September-October 2020



ON THE COVER

Along with wagging tails and wet noses, these four-legged "therapists" brought joy to residents during a recent Life Enrichment Department – coordinated Pet Parade throughout the Village. Read about it and see more photos on Pages 14-15.

IN EVERY ISSUE

- 3** News From Marketing
New Center Is Welcoming, Exciting Times Ahead Will Be All Wet
- 5** John Knox Village Foundation
A Little History Lesson
- 8** News From Spiritual Life Director
Autumn Changes
- 10** Senate News & JKV Foundation
- 19** In Good Taste: 5 Ingredients, 15 Minutes, You Will Think You Cooked All Day
- 21** Living Well Corner
The Story Of Nutrition And Fitness Part 2
- 21** Nutrition Notes
The Rise Of Cauliflower

FEATURED STORIES

- 2** In Case You Missed!
- 6** Diversity Is Our Shared Human Story
- 7** Thoughts From A John Knox Village Employee
- 8** Spiritual Life On Campus
- 9** Grandparents Day Provides Bragging Rights
- 11** The Unquenchable Spirit Of 'Gus' Winebrenner
- 12** When World Pulls You Back, Outpatient Therapy Team Pushes You Forward

- 12** What Residents Are Saying About Their Therapy Sessions
- 13** Sauerkraut, Mozart And A Good Night's Sleep
- 14** These Therapists Provided Needed Paws
- 16** Celebrating The Greatest Generation
- 22** Vulnerabilities To COVID-19 Leads To Advance Directive Discussion
- 25** 2019 Sharing & Caring Report

COMMUNITY INFO

- 24** Donations
- 31** Important Contact Info

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

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

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

Photographers: Marty Lee Word of Mouth Advertising & Rob Seitz

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

Chief Marketing & Innovation Officer: Monica McAfee

Looking for a previous issue of our magazine?

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



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPAÑO BEACH

651 SW 6th Street
Pompano Beach, FL 33060

To Learn More Info Contact
(954) 783-4040

web JohnKnoxVillage.com
Facebook, Twitter, Instagram icons

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
FOUNDATION

Take Joy in Being Part of the Story.

A Little History Lesson

The resident survey you completed in June showed us that you would like more information about who the Foundation is and what purpose it serves for John Knox Village. We will try to provide that information here, and we are in the process of producing a more comprehensive general brochure that we can give residents when they want more information on the Foundation.

Years ago, JKV was the beneficiary of bequests that set up the Benevolent Endowment Fund to provide for residents who, through no fault of their own, found themselves running out of assets to pay their monthly service fees. This endowment fund, plus other temporarily restricted charitable funds, were held by JKV.

The Board of Directors decided that a Foundation would be a good vehicle to hold these funds, protect them from possible lawsuits and engage in future fundraising for the Village.

The John Knox Village Foundation was officially recognized by the IRS as a §501 (c) (3) charitable organization on June 22, 2006. The organizational meeting of the Foundation Board of Directors was held on July 26, 2006. The transfer of funds from John Knox Village of Florida, Inc. to the Foundation took place on March 1, 2007.

The Foundation is governed by a Board of Directors—six residents and three community members—who meet every other month during the year. This year's President of the Board is South Garden villa resident Kit Frazer.

Her article in this month's **Village Voice** introduces you

to some of the Board members. Past Presidents include current residents Bev Cardinal, John Dalsimer and Jan Spalding.

When the decision was made to build a new skilled nursing venue, the Foundation hired their first employee. Nanette Olson (that's me!) came to John Knox Village in 2012 to spearhead the capital campaign for The Woodlands. Residents, friends and families gave gifts totaling \$6 million during the campaign for The Woodlands.

Since 2008, the Foundation has raised a total of \$11,834,449 in outright gifts and bequests, along with another \$3,817,782 in charitable gift annuities. Our funds have supported the purchase of new cars and buses, provided for the care and feeding of our waterfowl, upgraded and renovated Seaside Cove and completely funded the construction of our Wellness Park "Where Pets And People Can Be Unleashed."

These are just a few examples of what your Foundation has done and continues to do for John Knox Village.

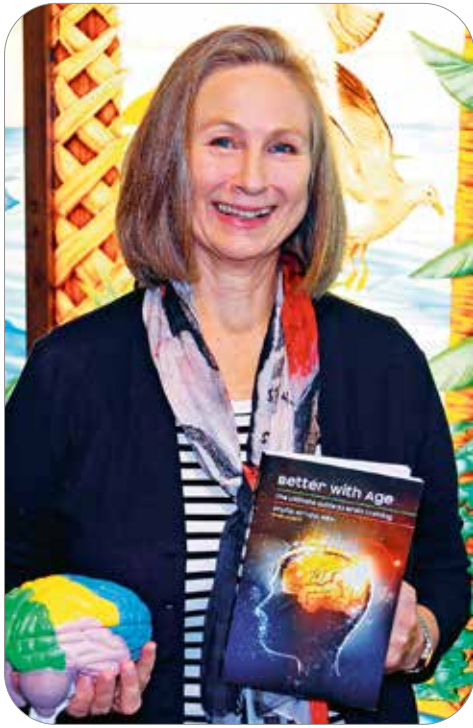
What's next? The Foundation is raising funds for the new Aquatic Complex, as well as for the new Westlake Pavilion to be constructed in the green space north of the dining room. We are on our way to a goal of \$3 million, having raised over half of that amount. You will be hearing more very soon.

—Nanette J. Olson
Executive Director

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

Diversity Is Our Shared Human Story

By Phyllis Strupp, Village Voice Contributor



Phyllis Strupp

Several years ago, a chatty cab driver named Joe was taking me to the Phoenix airport. He was not much for traffic rules and had quite the bag of tricks for getting around them. He said that in the remote Oregon town he was from, any time a government official came over the mountain, it was never good news, so he took regulations with a grain of salt.

Despite his small-town roots, Joe was very cosmopolitan in his opinions about other people. Several years earlier, he had learned from a TV show that all people alive today descended from a small group in Africa who survived an environmental catastrophe long ago. He decided that since we were all so closely related genetically, it was ridiculous to fight about such things as race, religion, gender, nationality and other superficial differences.

Our Triumph Over Extinction

Indeed, our genes reveal this story of human kinship. Some 70,000 years ago, a catastrophic volcanic winter almost killed off the human species.



JKV's Video and Media Production Specialist, Thomas Rodriguez (L) prepares to broadcast one of the Village's race relations programs for residents and staff, promoting understanding and inclusion. Spiritual Life Director Rev. Dr. Bridgette Sullenger (C) and Life Enrichment Manager Jamisyn Becker moderated the session.

Several thousand savvy survivors of this dramatic cooling retreated to central Africa and endured lean times together for many years. This close call created an unusual pattern in our DNA, referred to as a genetic bottleneck. Each of the 7.8 billion people alive today is 99.9 percent biochemically similar to every other human, regardless of apparent differences. This level of genetic similarity is unknown in other species.

Our brain carries the mark of this narrow victory as well. We would not be here if our brain had not pulled its weight and bailed us out. Somehow, our ancestors partnered with our brain to cheat extinction without the aid of books, computers, college, smartphones, artificial intelligence, or anything else we associate with "intelligence" today. Perhaps our desperate brains led us to new ways to care and share, allowing the community's elders to master fear, greed, and scarcity with wisdom and

justice.

Whatever happened 70,000 years ago, it was an epic success. This ancient triumph over extinction passed on to us a brain that is even more hungry for love and service to others than for food. Our brains know that whenever the lava hits the fan again, so to speak, we can count on each other more than anything else.

Interdependence Is Our Greatness

Well, the lava has hit the fan again, this time in the form of a pandemic. Once again, we are reminded of our common humanity. In every corner of the globe, people have immune systems that can fail. People can get sick and die from the coronavirus. People must rely on others for help. People do not like social distancing. People do not like being cooped up. People do not like being treated like second-class citizens, for health care or anything else. People want truth, wisdom and justice from their leaders.

At times like this, the differences between us fade away. If you were critically ill and needed to be on a respirator, would you really care if the doctor who could help you is a male

Continued on page 29

John Knox Village is the only Life Plan Retirement Community in Florida to offer Phyllis Strupp's exclusive Train Your Brain® workshops. Once COVID-19 related restrictions have been lifted look for a resumption of Phyllis's workshops.

Thoughts From

By Bea St. Pierre, Village Voice Contributor

LIFE ENRICHMENT
AT JOHN KNOX VILLAGE

A John Knox Village Employee



Bea St. Pierre

As the pandemic has become our “new norm,” and coronavirus-related restrictions continue, some of us are just beginning to process what we have been experiencing these last few months. When challenges arise in life, I am the type of person who tries to see what is needed and process the situation later.

When COVID-19 began I, too, began damage control to be able to preserve some sense of “normalcy” in my home. I am a firm believer in being proactive rather than reactive, and I must admit that COVID-19 has tested my priorities and mindset. Without a doubt, we have entered a new era full of looming unknowns and new standards, from record unemployment to the wearing of face masks in public places.

With the pandemic reshaping the way we think and act, this is a time to be further shaped by our youngest generation. Fortunately, as JKV's Life Enrichment Administrative Coordinator, I have a job to go to everyday. My husband, an MRI Technologist, got a reduction in hours due to the cancellation of all elective procedures and non-emergency surgeries.

Days seemed longer due to our tight schedules. I would work the day shift (8 a.m. to 3 p.m.) and he worked the swing shift (4-10 p.m.). We caught up with each other on the fly, as we relieved one another from parental duties—a quick rundown on meals eaten, homework pending to finished, or any counseling session given that day.

This hectic, tight schedule became an overnight reality. I have learned to



There are times of concern and (sometimes) fun as residents and staff work through the COVID-19 pandemic. Here the Bea St. Pierre Family gather for a fun photo. Shown here (L-R) are Bea St. Pierre, 3-year-old post-Hurricane Irma kitty adoptee Kubo, Joellyn 10, Aiden, 6, husband Travis, who Bea met while serving in the US Navy stationed in Norfolk, VA. And Karma, the six-year-old German Shepherd, who was adopted by Bea and Travis while stationed in Key West.

appreciate the precious alone time in my morning commutes.

I am a Millennial with a 10-year-old and a six-year-old. When restrictions began in March, I had to switch gears and become a working mom and wife. Along the way it seems that I have also picked up a second job as a homeschool teacher. I have learned a lot about my many strengths and weaknesses during this time, including that I am a terrible math teacher, but I am a pretty good counselor.

Parenting is not just about dominating a little person and making them into who you want them to be. Parenting is about figuring out who that little person is and helping them become the best version of themselves.

My daughter, Joellyn, has learned to expand her art skills on her iPad by teaching herself how to animate her own cartoons. She learned how to make her own lunch and negotiate and advocate for herself and brother for just about everything from the length of “free-time” to extended bedtimes.

She is not alone in her expedited learning. Her brother Aiden was

motivated enough in quarantine to learn how to use a computer and learned to read almost proficiently. He has also learned to sort and do his own laundry.

I think during these times, what everyone has learned is less significant than learning how this pandemic is shaping these young lives. An individual's age is one of the most common predictors of differences in attitudes and behaviors. What we see our children doing today could offer valuable insight into the future to where they are headed.

A generation generally refers to groups of people born within a 10 to 25-year span. Generations are also marked and defined by historical events. The Greatest Generation are those born before 1928 who identify with the Great Depression. The Silent Generation are those born between 1929 and 1945. They grew up during wars and economic depression. The Baby Boomer Generation was born between 1946 and 1965.

They are named for the post-World War II population spike. Generation X includes those born between 1965

Continued on page 23



Autumn Changes



Rev. Bridgette Sullenger
Spiritual Life Leader

Have you ever wondered how fall leaves get those vibrant, glossy colors? It is the combination of chemical, physical and environmental changes that take place in Autumn that give us the vibrant colors

Lately, there have been a lot of changes to our world, our routines and our daily lives and we might feel like our lives aren't as vibrant as they usually are. I am reminded of the saying, "we exude what we feel."

I believe that and I try to exude vibrancy, happiness, optimism each and every day.

The fall season has always been my favorite time of year. The excitement of starting a new school year, the coming holidays, cooler temperatures. The leaves that changed colors and made this ever-glossy bright orange, red and yellow tapestry all around me.

When we look at how our world

is right now, we try to leave behind anything that distorts, upsets or hurts. Fall is our time for change, our time to weave vibrancy and a glossy tapestry in our life with happiness and optimism.

Reader's Digest had an article on the weird ways fall changes things. The weird one that caught my eye, (besides fall babies having more intelligence and Monarch butterflies beginning their 2,500-mile migratory trip) was that the brains of squirrels are actually more heightened in the fall. They actually have a 15 percent increase in the activity of their hippocampus—the region of the brain that is associated primarily with memory—and they start storing for winter, here there and everywhere. Their little brains work overtime!

Autumn can give our brains an emotional boost as well. It might be the cooler temperatures, the colors of the leaves or just plain old back to routines that boost us up. Whatever it is, Autumn is our time to prepare, our time to collect ourselves and get back to our usual, whatever that might be.

The COVID-19 pandemic might have given us a squirrely Spring and Summer, but it can give us an amiable Autumn, a time when we rest, come back to center, focus and take control of how we spend our days.

In 1964, Hal Borland wrote in his book, *Sundial of the Seasons*, "Autumn is for self-understanding and

the Autumn of October it may be the fallen leaf that catches our attention, but it is a wider horizon more clearly seen. It is the distant hills once more in sight, and the enduring constellations above them once again."

Autumn is our time to harvest, come together, see the wider horizon more clearly and sow together a beautiful tapestry of vibrancy in life, happiness and optimism.

It is our time to look up to the night sky and see all the stars that shine—that haven't changed and yet they seem to be so much more vibrant this time of year. Autumn brings us closer together and despite a pandemic hopefully we will be able to come back to center and know that there is a blessing in everything and everyone.

Autumn might just be the emotional well-being boost we need. Take some time for yourself in discovering what Autumn means to you, and whatever you discover use it to boost your emotional well-being and self-understanding so that it weaves a vibrant, glossy tapestry of happiness and optimism into your life.

In all things and in all ways together we share in the tapestry of life. May your Autumn be a blessing and time of renewal—and may you welcome the occasion to have a sense of peace, happiness and optimism.

—Rev. Dr. Bridgette Sullenger

Thoughts About *Spiritual Life On Campus*

Having been asked what Spiritual Life is like on campus, I would like to share a few thoughts with you.

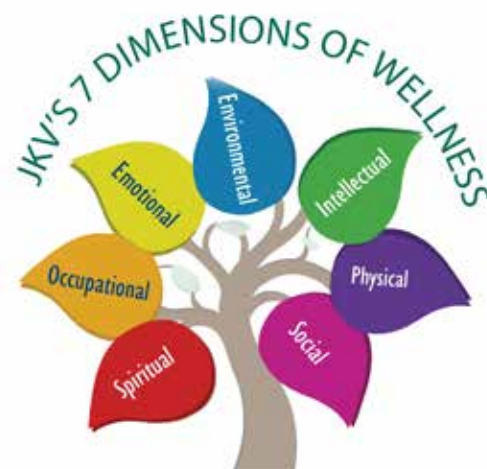
As you may know, JKV focuses on 7 Dimensions of Wellness with Spiritual Wellness being one of them. Spiritual Wellness is a dimension that recognizes our search for meaning and purpose.

It is a set of guiding beliefs, princi-

ples or values that give meaning and purpose to your life, especially during difficult times and, or, life transitions; death, dying, bereavement.

Spiritual Wellness involves the capacity for love, compassion, forgiveness, kindness and inner peace. Spiritual Wellness supports your values, beliefs, sense of peace and

Continued on page 30



Grandparents Day Provides Bragging Rights

Near Or Far, JKV Residents Keep In Touch With Children And Grandchildren

By Marty Lee, Village Voice Contributor

Grandparents Day is Sunday Sept. 13, and this year that day will definitely be celebrated in a much different way. While the purpose of the day is to honor Grannies and Grandpas by adoring grandchildren, often it becomes the opportunity for grandparents to brag about their incredibly wonderful, intelligent, and loving grandkids.

At John Knox Village, there is no shortage of grandparents. All you have to do is ask to get the scoop on "the kids." This year however, it will be different – much different.

Grandma Karen And Grandpa Pete

Karen and Pete Audet have been very active residents in the Village. Pete is currently President of the Resident Senate, and Karen is involved in many volunteer opportunities. Until this March, their granddaughters Arianna and Jordyn were such frequent visitors to JKV, that they would often be seen dining with their grandparents in the

Palm Bistro or Lakeside Dining Room and participating in many of the events across campus.

Arianna and Jordyn are cousins. Arianna is the daughter of the Audet's son Luke, while Jordyn is the daughter of Luke's twin Chris. The sons are twins who not only look alike, but share their love of baseball, card collecting and watching sports on TV.

Pete describes the interactions of his sons with their daughters. "Chris and his daughter Jordyn, 13, both love to read. Arianna is 11 and Luke loves to spend time with her camping and watching scary movies."

Karen and Pete are fortunate that their family lives close. Chris and Jordyn live in Deerfield Beach. Arianna lives with her mother in Margate.

Of course, things have been different during these past months. "Seeing the boys and granddaughters is more challenging since the onset of COVID-19," Pete said. "Except for Karen's birthday on July 15, the boys decided that it was best that they not come and see us. We've had to settle for telephone calls – a poor substitute for in-person hugs and kisses."

Jan Spalding, North To Alaska

While the Audets enjoy living close to their sons and granddaughters, Lakeside Villa resident Jan Spalding has a near-proximity situation, and another that is about as far as a grandparent can get. Jan, a grandmother of four, has a son Mark, a United Airlines pilot, and wife Ann, a lawyer, who live in Sea Ranch Lakes, FL with two boys: Chad, 14 and Blake, 11. That's the close proximity situation.

Then there is daughter Bethany Harbison, an Appellate Court Judge, who lives in Fairbanks, AK with two girls: Nina, 18 and Skye, 16.

"I saw the Florida boys a lot before COVID-19," Jan told The Village Voice. "Going to games and concerts, picking them up from school, family dinners, either at JKV or their house, and having



JKV resident Jan Spalding in Alaska this summer spending quality time with granddaughters Nina (left) and Skye.

them for the night when their parents wanted a date night. Since COVID, I saw them much less, always outside, no hugs, but still dinners by their pool.

"In June, I came to Fairbanks to see my Alaska family and after a couple of negative tests, I have merged into their family. Since there is much more space and fewer people, the virus is not as bad in Alaska as it is in Florida. I think I will stay here a while longer."

Whether Jan is in Alaska visiting with her family there, or back home visiting with the local family, she keeps in touch through phone calls, texts and group texts shared by everyone.

"One of the grandkids sometimes sets up a Zoom meeting for us," Jan said. "I got acquainted with Zoom at JKV through various meetings and get-togethers, while at the same time, the kids were Zooming for school."

Carol And The Grandkids

JKV resident Carol Redd has three children – the eldest, Judy a dermatologist, lives in Parkland. She has two grown children, Will and Anne, and an adopted daughter, Ellie. The grandkids are all in their 20's

Continued on page 30



JKV resident Karen Audet with granddaughters Arianna (left) and Jordyn in a 2018 "Grand Days" photo.



Pete Audet
President Resident Senate

Let me share a story. Most of the folks who have moved into one of the Village's apartment buildings within the last five years had their apartments renovated with impact-resistant windows.

Then, finally, the decision was made to harden all the apartments and install storm windows and doors—first at Cassels Tower and now at Village Towers.

Well “hot-diggity” they are finally getting around to the home Karen and I share in VT. On a Friday afternoon, the project manager came around “prop-

erly masked” to look the job over, and make sure he knew what materials he would need because it was MY TURN.

I was scheduled for Wednesday through Friday of the following week. While speaking with him, the cellphone in my pocket started to vibrate, which I ignored because I wanted to make sure I answered all his questions.

He left and I noticed that Resident Relations Manager Joanne Avis had called. Calling her back she told me that our Hurricane doors were to be installed the next Wednesday to Friday. We were being moved to a staycation apartment on the 10th Floor in Village Towers; that we needed to be out by 8 a.m. Wednesday and could return late Friday after the housekeeper finished vacuuming and dusting up what the installation crew may have left behind.

That, my friends, is a good, well thought-out plan and a fine example of accommodation. Joanne even asked if we would need any help moving to the staycation. It seemed like actions above and beyond, so I had to ask, and she

told me it came under the heading of “other duties as assigned,” a wonderful skill set.

Accommodating reminds me of the Golden Rule. Not the, “he who has the most gold makes the rules,” rather the Golden Rule arising from those who think out a process in as much detail as possible...ruminating on what the possible objections might be to their plan... and being armed with as many arrows in their quiver as it takes to accommodate...and finally executing a plan with grace and aplomb.

To the point where you really feel they are taken care of ya. That they are doing unto me...just like THEY would like to be treated, or better yet, of how would YOU like to be treated.

So, let's give a “hot-diggity, dog-diggity” shout-out to ALL the folks that make us feel well-cared for and are willing and eager to help. It seems to be the John Knox way. Aren't you glad you live here?

—Pete Audet

The John Knox Village Foundation



Kit Frazer
President John Knox Village Foundation



Dick Mellett
Vice President Foundation



Tom McDowell
Member, Foundation BOD



Bea Wilbur
Member, Foundation BOD

Results of the JKV Foundation survey sent to residents showed that many of you are not aware of who members of the Foundation Board of Directors (BOD) are.

We are very fortunate to have three dedicated JKV residents serving on the Foundation Board.

The first I would like to spotlight is Dick Mellett. Dick is the Foundation's Vice President. A retired U.S. Army officer and retired director of the physical plant at Georgia Southern

University, Dick is also Chairman of the Long-Range Planning Committee.

He and his wife, Marty, have been very active since their arrival in 2016. Dick's military career included tours in Korea, Germany, Vietnam, and Thailand.

You may have seen him on the golf course, in the Fitness Studio, or walking the grounds with Marty. They live in Cassels Tower and participate in many activities, enjoy bridge and card games, as well as spending time

with their son and grandsons, who live close by.

The second member of the Board I would like to introduce is Tom McDowell. Tom and his wife, Sue, moved into Heritage Tower in 2017 following in his parents' footsteps. The memorial garden next to the Palm Bistro patio at The Woodlands, is named for the senior McDowells.

Tom is a U.S. Navy veteran and his civilian career has been in banking. He

Continued on page 22

The Unquenchable Spirit Of 'Gus' Winebrenner

By Jeanne Jordan, Village Voice Contributor
& Resident

Memorable tributes are testaments of a life well-lived. For August M. Winebrenner, affectionately known "Gus," her friends in the Village recall her life with respect, admiration, even awe.

"Her spirit was unquenchable, her attitude always looking forward and wanting to learn, what a mark Gus left on the world," writes Beth Shires, former JKV Director of Activities and Public Relations and now South Garden villa resident.

"She was an inspirational woman," said Pat McNulty, who took over Village Towers' librarian duties after Gus. "Just from talking with her, if I could ever be like anyone, I wanted to be like Gus."

"A little doll," she was small in stature but large in influence.

Who was this woman whose accolades still ring through John Knox Village?

Gus was born in Wisconsin, the daughter of a minister. She attended public schools there and was graduated from the University of Pittsburgh. During her business career, she headed the personnel department at U.S. Steel Corp for more than 20 years, including throughout World War II. She was a champion of women in the workplace. She mentored many young women and kept in contact with them for years.

Gus married Samuel Winebrenner in 1921. They moved to Boca Raton in 1962 and 18 years later moved to the Village. The "General" died in 1990. Gus died in 2006, at 106 years young.

Gus was as much a force in Boca Raton and JKV, as she had been in her career. In Boca, she helped others through community activism. She worked with residents to guard



For her 106th birthday, then-Gardens West resident August "Gus" Winebrenner enjoyed feeding apples to elephants from a visiting circus.

the oceanfront against high rises and to support low-cost housing. At JKV, she was on the Board of Directors from 1985-87 and on various committees of the Resident Senate, including the Finance Committee. She considered her time on the Long-Range Planning Committee to be the most "satisfying" because the resident-financed Chapel/Auditorium was envisioned and started.

Gus lived in Village Towers and was the change agent for its library. "She was the mover and shaker to get a really nice library," said the late Bob Milanovich, Director of Marketing/Resident Relations.

Under the wing of her architect-nephew, she was the "designer" of the reinvigorated library. Stop at Village Towers. Look to the library corners. The shelves abut towers, a clean, modern design. Gus would buy books for the library from friends' donations, said McNulty. She left a parting warning to her library friends: "Return your books on

time...or I will haunt you."

She would read The New York Times and The Wall Street Journal almost every day. Bridge was a favorite for this "top-rate" player.

Her sense of humor was evident throughout her life, especially at the birthday time. For her 105th birthday, belly dancers were her wish fulfilled, Eleanor Smith remembers. For her 106th birthday, elephants visited her at Gardens West. And, for her 107th birthday, she requested angels. She died in December 2006. The angels welcomed her.

"Gus was one of those unforgettable people ... someone who really had changed the world ... and when you were with her, she changed you too," writes friend Shires.



When World Pulls You Back, Outpatient Therapy Team Pushes You Forward



Fern Scacciaferro
JKV Director of Rehabilitation

The John Knox Village Therapy team has not allowed the pandemic to slow them down. If you had a chance to pass by The Woodlands lately you probably noticed everything is very quiet:

Safety signs are posted everywhere "No Visitors At This Time."

What you cannot see is how hard the staff is working to keep our Elders healthy and strong. We keep on

moving forward. We are focused and optimistic that, patiently, we will go through this together.

In order to make sure we provide our residents with a safe environment to receive outpatient services in a safe environment, the Therapy team has implemented very strict measures, following state and federal guidelines:

- As soon as you walk in, you will have your temperature taken and you will be asked to wash your hands prior to each session.
- All treatments are held at least 6 feet apart.
- No visitors are allowed in the gym.
- All therapists are being tested for COVID-19 every two weeks.
- Everyone is required to wear a mask and therapists have a face shield as an extra precaution.

Do not let the pandemic slow you down. Therapists can help you walk

faster, move more freely, speak louder and clearer, build up your endurance, decrease your pain and much more.

Since the pandemic began, the Outpatient Therapy Team has been offering complimentary therapy screenings.

Please contact the Therapy team if you would like more information on the services offered in the 1st-floor Wellness Studio in The Woodlands. The team will be happy to connect you with a therapist to review your needs and contact your doctor to get orders if therapy seems to be indicated.

Call (954) 247-5816.

—Fern Scacciaferro JKV Director of Rehabilitation can be reached at (954) 247-5815 or fscacciaferro@jktivl.com

What Residents Are Saying About Their

Therapy Sessions

Here are comments from residents about their experience in the Outpatient clinic at The Woodlands.

Laurel Blake, Heritage Tower resident:

1. Why did you choose to JKV outpatient?

It was very convenient since I live at JKV. Also, I had lived at The Woodlands after breaking my hip and experienced how good the therapists were.

2. What outcomes did you expect?

I wanted advice on what exercises I should be doing both for my hip and for my Parkinson's Disease.

3. What is something you were not able to do before therapy and able to do now because of it?

I was helped with walking. Cydne Fuller, RPT, my therapist, showed me

that the walker I was using was too fast. She could tell by not only watching me, but by the wear pattern on the bottom of my shoes. She also saw that one leg looked shorter than the other. Sure enough, after measuring it turned out to be five-eighths of an inch shorter. It made a huge difference in my walking after having one shoe made higher. I have also gone to therapy for my Parkinson's Disease, which was a big help and I was invited to come back any time for a "tune-up."

4. How would you describe the therapists?

Very knowledgeable and friendly.

5. How did the staff treat you?

Very well.

6. Would you recommend JKV

Continued on page 23



Heritage Tower resident Laurel Blake found her outpatient rehabilitation therapy sessions very helpful. She is shown here with her beautiful painted pottery artwork she created recently.

Sauerkraut, Mozart And A Good Night's Sleep

By Tereza Hubkova, MD, Village Voice Contributor



Tereza Hubkova, MD

The vaccine might save us—when it comes, and if it works. Meanwhile, there are masks, soap, and distancing. But there is so much more we can do to lower our risk of getting sick with COVID.

Whether we develop symptoms, get sick, or worse depends on how much of the virus we get exposed to and how it interacts with our bodies.

While we cannot get any younger, or change sexes overnight, we can change almost all the other major-risk factors.

At least 70% of the chronic diseases that put us at higher risk for COVID are preventable, and often even reversible, with a few healthy habits. So, what are we waiting for?

We tend to blame our genes for everything, but our lifestyles trump over genes a vast majority of the time. You can silence those pesky genes with a healthy diet, exercise, adequate sleep, stress-reduction, happiness, and love! And it does not have to take that long!

What you had for breakfast is already working on your genes an hour later. I hope you know better than to eat a glazed donut. Spikes of blood sugar suppress your immune system for hours, and if the next meal spikes your blood sugar again you might as well invite COVID-19 to your last dinner.

Eating a piece of salmon with greens on the side is a different story! The nutrients that you eat give your immune system the ammunition to fight! Zinc, vitamin C, D, E, A, protein, colorful polyphenols, healthy fats and fiber – that is how the battle gets won.

Some 40 percent of seniors are low on zinc and other essential nutrients. Do NOT let it be you. Make sure half of your plate is covered with colorful vegetables sprinkled with nuts and seeds; a quarter with protein (fish at least a couple times per week) and the rest with a healthy starch like a sweet potato – packed with nutrients and fiber. What we eat supports our immune systems directly, as well as indirectly, through the friendly bacteria in our guts. If they are in a good shape then more likely so are our immune systems.

My German teacher survived two world wars and the deadly 1918 flu pandemic thanks to a barrel of sauerkraut - it has a lot of vitamin C, probiotics, as well as fiber to feed the gut microbiome.

We are less likely to get sick if we maintain optimal weight, exercise 30-60 minutes a day, get our 7 ½ to 8 hours of sleep and know how to minimize stress. Poor sleep does not just make us more vulnerable to infection, but it also makes us less likely to benefit from a vaccine.

Fear, frustration and social isolation make us more vulnerable as well. We need to stay connected (even when physically distanced) and cultivate love, appreciation, and gratitude. Positive emotions help our immune



systems work better. And, as it turns out, few things relax us faster than our favorite music.

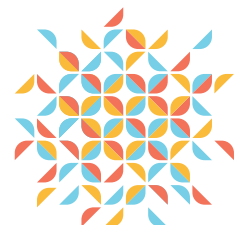
Listening to music, drumming, and even singing, boost the natural killer cells capable of destroying cells infected with virus and put our nervous systems on a healing autopilot.

So, here is my recipe for this pandemic: a little bit of sauerkraut, more Mozart and always a good night's sleep.

Be well.

—Tereza Hubkova, MD
Medical Director of The Center for Whole Health, Advent Health, Overland Park, Kansas

Dr. Tereza Hubkova is former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS. Dr. Hubkova is a regular contributor to the John Knox Village Voice.



These Therapists Provide Needed Paws

CAT Brings A Parade Of Happy Dogs To Village

By Marty Lee, Village Voice Contributor

If you have ever owned a dog, one that just knows your emotions, feelings, pain and happiness, you understand the joys of canine therapy. Dog owners know that special feeling when their pup cuddles up next to them on the couch – looking up with soulful eyes that just seem to say, “Don’t worry Mom, Dad, everything will be okay. I am here for you.”

During these trying times, is there any better way to cheer up heart and soul than sharing interaction with an understanding and smiling face? If you answer yes to that question, how about the cheer brought on by 20 smiling faces: The furry faces from Canine Assisted Therapy.

JKV Hosts A Therapy Dog Parade

Recently, a team of 20 therapy dogs and their owners from Canine Assisted Therapy, Inc. (C.A.T.) assembled outside the Village Centre. Their collective mission for the day was to bring smiles to the 1,000 residents and

Woodlands.

To assure physical distancing, the dogs were positioned in the front passenger, or back seats of cars, or in the open tailgates of SUVs. But even at a distance, the smiling faces of therapy dogs were sure to settle even the most unsettled among us. Many residents watched the parade from their windows or apartment entrances as the assembly passed by.

Elders at Gardens West, however, enjoyed the rare treat of being up close and personal under the residence’s Porte Cochere. Each car stopped as pets and owners waved and offered smiles and well-wishes to all parade-watchers.

JKV Life Enrichment Coordinators

Jacquee Thompson and Bea St. Pierre led the Pet Therapy Parade along the route. Jacquee praised C.A.T. for their thoroughness in planning, dedication and detail.

“Elise Samet, Volunteer Program Manager for C.A.T. was a pleasure to work with,” Jacquee told The Village Voice. “She and her team took care of every detail, from the involvement of her volunteers and therapists, to the fantastic vehicle decorating, to the arrival of the NBC-6 News crew.

I simply got the word out to residents and then led the way on parade day.”

As the parade stopped along the route, Jacquee responded to the residents’ reactions. “The residents



Heritage Tower resident Robin Reinhold enjoys a moment with Rowan when the recent Pet Parade went in front of HT.

were thrilled. The huge smiles and genuine look of love in their eyes told me how much this visit meant to them. The residents who were outside waiting for the parade to pass by just lit up at the sight of the dogs.”

Jacquee said this is just one of the many programs planned with C.A.T. at JKV in the future. “Elise has already reached out on scheduling the next

Continued on page 15



Life Enrichment Coordinators Bea St. Pierre (L) and Jacquee Thompson lead the recent Pet Parade through John Knox Village.

800 employees of the Village during a Therapy Dog Parade covering a route winding past every Independent Living apartment building, as well as the advanced care residences at Gardens West, Seaside Cove and The



Astro, one of the many pet therapy dogs, brought summertime Christmas wishes (along with CAT volunteer Jill Cross) to JKV.



Elders at Gardens West (with physical distancing measures in place) enjoyed the recent Pet Parade.

Continued from page 14

parade. We are also currently working with C.A.T. on a 'Paw Pal' program for our residents to correspond with Therapy Dogs. We are especially trying to focus on residents who may not be the most tech-savvy or own a computer or smartphone, but who want to stay active and involved in a safe way during the coronavirus pandemic."

The Canine Assisted Therapy Story

The John Knox Village Therapy Dog Parade is just one of many sponsored events arranged with C.A.T., a Ft. Lauderdale-based nonprofit organization dedicated to improving the lives of those in need. C.A.T. works with volunteers and their dogs to provide animal assisted therapy and companionship to people in hospitals, nursing homes, assisted living facilities, hospices and schools.

In an interview with **The Village Voice**, Courtney Trzcinski, Executive Director/CEO of C.A.T. said, "The JKV parade was an amazing experience for our volunteers and staff. Being able to safely get out of the house and feel like we're making a difference in the lives of others, even if just for a moment, is why we do what we do. Seeing the excitement and smiles on the faces of JKV's residents was priceless."

Among the many breeds participating in the parade were Golden Retrievers, Labrador Retrievers, Border Collies, and several other breeds both large and small. At present C.A.T. has 137 volunteers, 119 dogs and one pig.

While many therapy dogs are retrievers, the breed is not the determining factor. "Therapy dogs are born, not made," Courtney said. "Therapy dogs seek out the attention of strangers, enjoy being in new and strange environments, are well behaved, have obedience training and love interacting with people. They also need to get along with other dogs and are not reactive."



These two perky pups seemed to enjoy hanging out at JKV during the recent Pet Parade.

How Does A Dog Become A Therapist?

"To start the therapy dog process, interested individuals attend an Orientation/Information Session," Courtney said. "The next step is the dog must pass the Canine Good Citizen

Test, which is administered by local dog trainers.

"The third step is to participate in a therapy dog evaluation. Dogs who pass are then certified, mentored, insured, and placed in appropriate facilities.

"Definitely the most common tend to be Golden Retrievers, Labrador Retrievers, and most recently Goldendoodles. However, the breed does not determine the therapy possibilities. It definitely depends on the specific dog regardless of the breed."

During the COVID-19 pandemic, C.A.T. had to re-evaluate its visitation methodology. While the desire for comfort and therapy has greatly increased, the need for precautions and physical distancing has also grown dramatically. A typical pre-pandemic month of events would have included:

- **One-on-one visits with seniors at nursing homes**
- **Pet Parades at children's hospitals or nursing homes**
- **Read-a-thon and/or Bite Prevention Presentations at elementary schools**
- **One-on-one visits with hospital patients**
- **Group therapy visits with veterans**
- **Group work with physical therapy patients**
- **Visits with children with special needs**
- **Airport terminal visits to lower passenger anxiety**
- **Courthouse dogs sit with children testifying in Dependency Court**
- **Group sessions with substance abuse teens in treatment centers**

Residents interested in learning more about C.A.T. or think their dog might be a candidate as a therapy dog can get information at their website:

www.catdogs.org



Celebrating The G

JKV Veterans 75th Anniversary Of Th

By Marty Lee, Village

On this 75th anniversary of the end to World War II, let us honor all those brave men and women who served the cause of freedom and liberty in a common bond to free the world of tyranny. History is to be remembered and studied – not to be selective in its value – but to look at the entire picture as an intermeshed fabric: Where all the parts, no matter how small, combined to form the results which we honor this month.

August 1945 was a pivotal month in world history – a month in

which the awesome power of the atom bomb was unleashed, ending the conflicts of World War II.

First discovered in a laboratory in Berlin, Germany, in 1938 by scientists Otto Hahn, Lise Meitner and Fritz Strassman, nuclear fission made the first atomic bomb possible. The Nazis in Germany under Adolf Hitler were fast approaching development of their own nuclear weapon. However, as overwhelming forces moved on Germany with the Soviets from the East and the Allies from the West, the war

in Europe ended on May 8, 1945 with the unconditional surrender by Germany.

On Aug. 14, 1945, Japan surrendered after enduring the devastating nuclear bombings of Hiroshima and Nagasaki bringing an end to the world-wide struggle called World War II. The official documents were signed on the USS Missouri on Sept. 2, 1945 in Tokyo Bay, officially ending the worldwide conflict.

John Knox Village is honored to be home to a number of World War II veterans. As time passes, these heroes are all in their 90s and 100s. Here are just four stories of our World War II veterans who are integral friends and family at JKV.

Bill Davidson

JKV resident Bill Davidson was attending Memphis State University in Tennessee when the war broke



out. Born in 1922, he graduated in 1942, enlisted in the Navy and went to officer's training

at Columbia University. He joined active service as an Ensign in 1943.

Bill spent much of his active duty aboard the USS Kenton, an amphibious assault ship designed to transport troops and their combat equipment, and land them on hostile shores with the ships' integral landing craft. Bill said they

One of the most iconic photographs in American history is the raising of the flag at Iwo Jima on Feb. 23, 1945. Photo by Joe Rosenthal. Image source: Wikimedia Commons.



Greatest Generation

Let's Remember The End Of World War II

The Voice Contributor

ferried troops to Pearl Harbor, Guam, the Philippines and Okinawa.

While in Okinawa, Bill recalls a close call in battle. "We had a little action at Okinawa, when kamikaze planes appeared all around us. My battle station was on top at a 20mm gun. A kamikaze plane was coming right at us, but the gunner hit him and altered his course slightly. The plane crashed into our anchor chain. That was how close it came.

"In June, 1945 of that year, we were in Pearl Harbor, and had heard 'the war would be over before October.' In July, I was probably in San Francisco, and heard about the bomb, but did not know when.

"We got the news on Aug. 14 about the surrender and got orders to pick up troops and take them to Japan as occupational forces. We were in a storm traveling from Seattle to Japan, could only make 4 knots in waves as much as 60 feet. We limped into Yokohama, Japan. The Japanese residents were starving, so we gave them all the food we had and kept just enough to us get back to the States."

Bill served on active duty for seven years, then went into the Navy Reserves. He retired as a Lieutenant Commander in 1967.

Edwin Stevens

Edwin Stevens celebrated his 100th birthday this March. He has lived independently at Cassels Tower at JKV since 2014. He graduated from the University of North Carolina (UNC) in 1941. Cognizant



of the war in Europe, Edwin said, "I was finishing at Chapel Hill when World War II started in Europe. Rather than being drafted, I joined the Naval Air Corps and was in flight training in Jacksonville, FL when Pearl Harbor was attacked."

He said his reaction was one of "surprise and the feeling of urgent duty as a naval cadet."

Edwin shipped out for aircraft duty aboard the USS Enterprise and participated in the Battle of Santa Cruz in October 1942. During that sea battle the aircraft carrier USS Hornet was sunk, and the Enterprise was heavily damaged. "While the Enterprise was being repaired," Edwin said. "My air group was stationed in the Guadalcanal land base." Edwin participated in battles flying a Douglas SBD Dauntless dive bomber as the Japanese tried to take Guadalcanal and the Solomon Islands. Then he returned to the States as a flight instructor in Deland, FL.

In November 1944, Edwin went back to the Pacific on a small aircraft carrier, the USS Ommaney Bay. "She was heavily damaged in a kamikaze attack. The order to abandon was given. We went into the water for several hours and were rescued by a destroyer and later transferred to a cruiser." The Ommaney Bay lost 95 men and was

scuttled on Jan. 4, 1945.

Edwin returned to the States

and again served as a flight instructor for the remainder of the war.

In August 1946, Edwin left the Navy, took advantage of the GI bill, went to Columbia University and got his master's degree in accounting. Edwin went on to work in New York City for Colgate-Palmolive for 35 years and retired to Lauderdale-by-the-Sea.



Gardens West Elder Pete Deitrich, who celebrated his 100th birthday in June, saw combat against the Japanese in the Battle of Peleliu, while serving with the First Marine Regiment. He is shown with wife and Lakeside Villa resident Carol Redd.

Merrill A. "Pete" Deitrich

Pete Deitrich was a student at Bloomsburg Teachers College in Bloomsburg, PA in the early 40s. "I remember being in American Government class in December 1941, when war was declared on Japan," Pete said. "The teacher, Mr. Pehm, put it on the radio. I

Continued on page 18

Celebrating The Greatest Generation Continued

Continued from page 17

was shocked. I do not recall hearing about the bombing of Pearl Harbor."

"I didn't want to become a teacher, so when I graduated [in 1942], the military seemed the best way to continue my career choice. I had hitchhiked to Philadelphia to sign up while I was still a student. I had learned flying a Piper Cub in college in a civilian flight program, and I liked it. I wanted to become a Navy pilot. I thought I would be doing something good for myself as a career choice.

"After long training including flight school in Pensacola and Chicago, I decided to fly with the Marines because they were going to have twin engine planes.

"In the fall of 1942, I sailed from San Diego as a Second Lieutenant to Samoa, then to Wallis Island. Then I was sent back to the States to Quantico for further training.

"I saw combat as part of the landing force of the First Marine Regiment on Peleliu on D+1, Sept. 16, 1944. The Japanese had mined the beaches. I was one of the lucky ones who was not injured in the landing.

"Peleliu had a large airport [1,000 planes] and not much else except tunnels and trench system of caves full of Japanese. I was by then promoted to First Lieutenant and was a Watch Officer, which meant I oversaw the airfield.

"After my one-year tour of duty was up [and after the war was over], I was in Guam trying to return to the States, but I couldn't get a flight, because they were crowded with military and prisoners being sent back. Finally, I got on a ship to California. I was discharged from the military having achieved the rank of Captain."

Merrill A. "Pete" Deitrich celebrated his 100th birthday on

June 3. He has been a resident of JKV since 2014.

Kazuo Denis "Denny" Inouye

JKV resident, "Denny" Inouye was part of the occupation forces that went to Japan after the surrender. However, his path to Japan is



an extraordinary story in itself.

Kazuo Denis Inouye was born in Sacramento, CA on March 21, 1926.

"Both of my parents, immigrants from Japan, were migratory farm labors and followed the crop according to the season," Denny told *The Village Voice*.

He was an American citizen by birth, yet his family split time between the States and Japan. Some of his siblings were born in the U.S., while others in Japan.

Denny explains the circumstances: "My father was the oldest male in the family and in Japanese tradition of that era, he was to inherit the family farm. He came to this country to earn his riches and to return to Japan to retire. The war ended that dream."

"In 1941, I was in high school and did not pay attention to the current events, but that changed on Dec. 7. Pearl Harbor was being attacked by the Japanese. What would happen to us by going to school on Monday?

"On Feb. 19, 1942, Executive Order 9066 was signed by President Franklin Roosevelt [resulting in the relocation of 100,000 persons of Japanese ancestry to relocation centers, known as internment camps]. On May 13, our evacuation

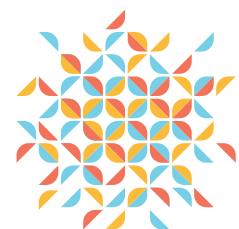
date was set. We took with us 'only what you can carry' as was stated in the order. We were transferred to the Tule Lake Relocation Center located approximately 30 miles south of Klamath Falls, OR, where we stayed for the duration of the war.

"Our family moved back to Sacramento after the war to rebuild our lives. I received my draft notice and joined the Army in 1946. I was sent to Ft. Bragg, NC for my basic training, but was cut short since the occupation forces needed replacements. Luckily, I was sent to Japan and I was able to meet up with my siblings.

"In Japan, I met my future wife, but we could not get married due to U.S. Immigration and Naturalization Law. By 1951, the McCarran-Walter Act was passed, and this enabled me to marry my wife in 1954."

Back in the States, Denny was a photographer and then entered dental school. He practiced dentistry from 1964 to 1996 in Lauderdale Lakes. The Inouyes moved to John Knox Village in November 2003.

As we celebrate the 75th anniversary of the end of World War II, let us all stand and honor our veterans of every ethnicity and religion. As Denny said, "I still remember my Japanese-born father standing with his right hand over his heart when the American Flag passed in front of him, on Armistice Day to commemorate World War I."



A close-up photograph of a white ceramic bowl filled with spaghetti carbonara. The spaghetti is coated in a creamy sauce and topped with crumbled pieces of cooked bacon, finely chopped green herbs (likely parsley), and a dusting of white cheese. The bowl is set on a light-colored, textured surface, possibly a tablecloth. In the background, more fresh herbs are visible. To the right of the bowl, a silver fork and knife are partially visible, resting on a white napkin.

Spaghetti Carbonara

In Good Taste: 5 Ingredients, 15 Minutes, Your Friends Will Think You Cooked All Day

By Rob Seitz, Village Voice Editor

John Knox Village Executive Chef Mark Gullusci has yet another super easy and delicious pasta dish for you.

How easy, you may ask? There are only five ingredients. How delicious is it? Well bacon and Pecorino Romano cheese ARE two of those five elements.

Add to the fact the dish comes together in 15 minutes or less. Plus, did we mention there's bacon?

If using a raw egg makes you a bit nervous it actually gets cooked through completely from the residual heat and some leftover pasta water. You do need to work quickly, though, so you do not end up with scrambled eggs.

Let your friends continue thinking you toiled all day in the kitchen.

Spaghetti Carbonara

(Yields 4 Servings)

- 8 ounces spaghetti
- 4 ounces or 4 slices bacon, chopped
- 2 cups pecorino Romano cheese, a salty, hard Italian cheese made from sheep's milk.
- 2 tsp. course ground black pepper
- 2 whole eggs

Method Of Preparation:

1. Boil salted water in a pot.
2. In a skillet, with medium heat, start cooking the bacon until desired crispiness. Turn off the heat.
3. In a small bowl, add eggs, 1 tsp.

of black pepper, and half of the cheese and mix to a paste.

4. When the pasta is cooked how you like it (I prefer al dente or firm to the bite), then do NOT strain. Remove the pasta from the boiling water with tongs and place immediately into skillet with the bacon.

5. Place about a half-cup of the pasta water into skillet, add the egg and cheese mixture and mix well.

6. Place in a bowl and top with the remaining cheese and some more black pepper.

JKV residents can find a videotaped cooking demonstration of Chef Mark making this recipe on the John Knox Village YouTube channel. Enjoy his Spaghetti Carbonara cooking demonstration at <https://www.youtube.com/user/JohnKnoxVillage/videos>

New Center Is Welcoming, Exciting Times Ahead Will Be All Wet

Continued from page 3

Expansion of the Heritage Tower parking lot provides 31 additional spaces, many of which will be used by staff who will be displaced when parking just to the west of the Rose Garden is eliminated for infrastructure, water lines and other supportive work to the campus begins.

That will take place in conjunction with a soon-to-be scheduled COVID-careful ground-breaking of some sort for the new Westlake Pavilion.

Talk about a jewel.

I daresay the Pavilion will make us the talk—not only among residents, prospects and around town—but also within the senior living industry.

The features and benefits the Westlake Pavilion will provide for you will be immeasurable.

The 350 (or so) seat performing arts center will rival our neighboring Pompano Beach Cultural Center in size, scope and state-of-the-art technol-



John Knox Village's newest jewel—the Welcome and Innovation Center—is located on the northeast corner of the campus. Several indoor meeting, and an outdoor entertaining space, will be available for residents and staff.

ogy. Add to that an art gallery, terrace and outdoor dining overlooking our expanded waterway system and JKV becomes more than just home.

Speaking of home, the last piece to this Master Vision Plan puzzle will be the two-building, 150 new apartment homes at Westlake called The Vue and The Terrace. They will offer 1,277 to 2,364 square feet of light-filled living throughout the spacious open floor plans.

Many of them will have access to private balconies, along with towering floor-to-ceiling windows and, of course, spectacular views of our expanded lake and waterways.

If you have any friends or family interested in learning more about the direction in which John Knox Village is heading, please do not hesitate in having them call us at (954) 783-4040. Your support in this expansion effort is not only appreciated, it is critical.

It seems as if nearly every corner of our 70-acre botanical oasis is being improved.

Dirt? Yes. Noise? Yes. Some inconveniences? Certainly.

More than anything, the price of this progress is...patience. Something of which you have been most prolific.

Greek philosopher Heraclitus famously said, "the only constant in life is change." Sooner than you think these changes will be faraway memories like the old "Lobster Pot"—something to wryly smile about as you regale yourself in the new creature comforts John Knox Village has to offer.

Strap yourselves in, it's going to be a great ride.

—Monica McAfee

Chief Marketing & Innovation Officer
mmcafee@jknvfl.com • (954) 783-4073



One of the newest additions to the Aquatic Complex will be the outdoor Stryker's Poolside Sports Pub.



The Aquatic Complex is progressing nicely. The lap pool is in the foreground and resort-style pool in the background. Pickleball, bocce ball and much more are in store for residents and staff to enjoy.

LIVING WELL CORNER

The Story Of Nutrition And Fitness *(Second of a two-part series)*



Jasmine Tennie, BS, C-EP

In the July-August issue of the Village Voice, JKV Fitness Outreach Coordinator Jasmine Tennie explored nutrition. In this edition Jasmine discusses **ATP, or more formally known as Adenosine triphosphate, is where all energy for the body comes from. The concept can be tricky because we cannot see what the energy looks like from the naked eye. Here is a brief history on ATP.**

ATP is made of chemical elements found on the periodic table. You may have heard of it, even learned about it, or maybe you have managed to avoid it throughout your life. Well, the periodic table shows elements which are species of atoms. Atoms are the smallest components of an element. That is the very basic description of what the periodic table shows. Figure A is a picture of what ATP looks like.

The main energy source for all of the processes in the human body, including muscle contraction, is ATP. ATP is stored in the tissues in small amounts. It is an immediate source of energy for all body functions.

Three types of food that are important for the

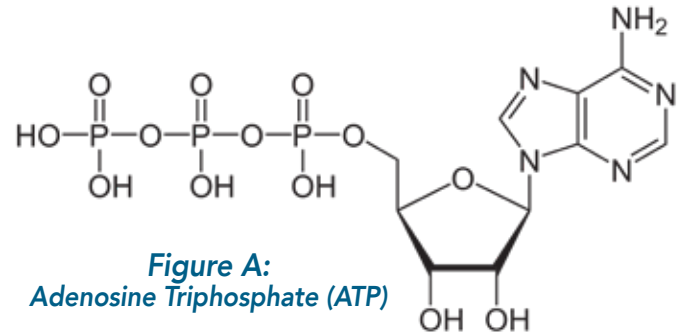


Figure A:
Adenosine Triphosphate (ATP)

formation of ATP energy that allows for fitness are as we mentioned earlier – protein, Carbohydrates, and fats. The breakdown of these food sources would not occur without water, vitamins, and minerals. These nutrients help enzymes function.

Enzymes are incredible. Without them, the processes in our body would not happen fast enough to keep us alive. An enzyme can be classified as a catalyst which accelerates chemical reactions. Our body is basically a walking science experiment. At any given moment there are chemical reactions happening in our bodies.

Our bodies can be compared to a machine such as a car. It takes care, attention, and maintenance in order to run smoothly. Once a car is made, it needs proper fuel to run smoothly. If you put diesel fuel into a gas-powered car, it might drive a

Continued on page 29

NUTRITION NOTES

The Rise Of Cauliflower



Rachel Graham

Looking to turn pasta gluten-free, pizza low-carb or cereal Paleo?

Well, look no further than cauliflower.

This often passed-over vegetable gives those with restricted diets, or even those just looking to make healthier choices, endless possibilities. The rise in status of this white vegetable may be a surprise to some, but it makes sense from a nutrition perspective.

One cup of raw cauliflower provides over 75 percent of the daily minimum target for Vitamin C and 20 percent of the daily minimum target for Vitamin K. It is also rich in antioxidants, fiber and essential nutrients including B vitamins, phosphorus, manganese, magnesium and potassium.

Here are some clever ways to substitute some cauliflower options over your favorite "unhealthy foods."

Rice is nice, but cauliflower rice is more nice. A high-fiber, low-carb alternate to real rice, cauliflower rice is packed with a number of antioxidants and vitamins; you can even find it in convenient microwavable bags in the frozen vegetable aisle. Sauté it up with some carrots, peas, onions and low sodium soy sauce, top with chicken and you have a healthy teriyaki chicken bowl.

Want to make pizza night healthier? If you cannot find a place that serves whole wheat crust, or looking to lessen your

carb intake, cauliflower crust is the next best choice. Now sold in the grocery freezer, look for ones low in sodium and high in fiber to get the most out of your pizza.

Craving some comfort food? Now you can dig into a big pile of rich, cheesy goodness by swapping your pasta in your mac 'n cheese for bite sized cauliflower pieces. Turn to Google for some great recipes.

Looking for a dip to enjoy with some carrots or celery? Now even hummus comes in a cauliflower option. Find it in your grocer's cold section.

Sure, there is nothing wrong with actual potatoes, unless you are looking to lower your carbohydrate intake. In that case, try mashing up some steamed cauliflower with your lower fat milk, garlic, chives or other favorite seasoning and enjoy.

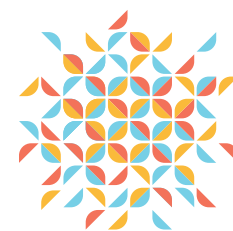
This is just the icing on the "cauliflower" cake when it comes to options you can swap for a cauliflower version. Search online for "cauliflower food substitutes" for many more ideas and recipes.

–Rachel Graham
Assistant Director of Dining Services



Roasted cauliflower and black bean tacos

Vulnerabilities To COVID-19 Leads To Advance Directive Discussion



By Leslie Schlienger, Village Voice Contributor



Leslie Schlienger

One thing this pandemic has brought to the surface is our vulnerability to a disease over which we cannot have total control. It seems healthy people, and those with comorbidities, can be affected in unpredictable ways.

While most people recover, there are still many who get extreme symptoms, and some succumb altogether. Recently, I had a nice chat with one of our residents who wanted to know what would happen if he got the disease.

I shared with him that he might or might not exhibit symptoms. If he had symptoms, he would be managing that illness in his home until such time as he became so ill that another level of care was needed.

He could have home health caregivers in his JKV home if needed. If he could not be managed in his home or his symptoms required urgent or emergent care, he would be sent to

the hospital. Usually this is related to breathing difficulties.

At the hospital, the Emergency Room physician or the Hospitalist would treat the breathing with medications. If it progressed to the point of respiratory failure, there would be a need for intubation and a ventilator.

These are the patients who are in the ICU and are suffering with extreme versions of the disease. They are a very small percentage of those who have symptoms. Most individuals are on the spectrum from no symptoms to mild or moderate symptoms. Those with moderate symptoms will say it was the worst illness of their lives, but they do recover.

This led us to the conversation about advance directives. He told me that he did not want to take up ICU space and would leave that ventilator for a younger person more likely to recover. I shared that if that situation arose it would be a reasonable progression to ask for a hospice consult. Our hospice partners on campus—Trustbridge—are very experienced advocates for individuals who want to control their own story.

Together with John Knox Home Health Agency, Trustbridge Hospice and Wellness Nursing collaborate to meet residents' care, comfort and end-of-life wishes. Individuals are not required to sign a DNR (Do Not Resuscitate) to enroll in

hospice, but that is another tool that clearly communicates an individual's intentions. There are several hospice companies in Broward County, and it is okay to choose any of them for this support. We prefer residents to use Trustbridge because we have open communication with this team and can problem-solve very effectively.

If you would like to know more about this process let me know. Trustbridge would happily provide us with general information.

We have had very few residents with positive COVID-19 test results and even fewer who have had symptoms. To keep everyone safe we have been very strict in requesting anyone with an exposure to self-isolate for 14 days. Almost everyone who has been on isolation for exposure has not progressed to having symptoms or testing positive. We have had several residents experience rather severe symptoms of illness and then test negative for COVID-19. We really cannot predict and so we must act prudently in every situation. As a nurse I always presume there is microbe in the midst.

Leslie Schlienger is Administrator for the John Knox Home Health Agency. The Home Health Agency's offices are located on the third floor of the John Knox Village Professional Center Building. She can be reached at (954) 783-4049 or email: lschlienger@jkvfl.com

The John Knox Village Foundation Continued

Continued from page 10

is the Chairman of the Foundation's Finance Committee. Tom has always been involved in community service, serving on many boards and is continuing locally as District Coordinator of the AARP Tax-Aide program, which provides free tax services to Broward County seniors.

He enjoys walking JKV's grounds and playing golf. Tom is also Chairman of the Senate Health Services Committee. His wife, Sue, is a resident of Seaside Cove. Tom remains in

Heritage Tower.

The third member of the Foundation to be included is Bea Wilbur. Bea has an extensive background in education and has been a member of many professional organizations relating to education.

She is a member of the Evaluation Committee and the Nominations Committee for the Foundation. Bea has been extremely busy volunteering on various committees since she moved to John Knox. She has been a sage at The Woodlands since it

opened, working extremely hard to keep the Elders in her home engaged and active. She currently serves on the Healthcare Committee. You have probably seen Bea and her little dog, Leo, exercising around campus and you may have joined her in a bridge game or a game of mah-jongg. Bea lives in a Lakeside villa.

Feel free to stop any of us if you have questions about The Foundation. Or just to say, "hi."

Thoughts From A John Knox Village Employee Continue

Continued from page 7

and 1980. This generation saw the impeachment of Nixon, Roe v. Wade, and the growing environmental impact of capitalism. We Millennials were born after 1980. We grew up with Reaganomics, 9/11, the 2008 financial crisis, and, now, the 2020 pandemic.

In 2020, we are witnessing the early development of the new generation. This generation is all about change. They are eager to change the world. They are setting a new tone to the way of life and they are challenging the standards that have been in place for generations before them. Many have started calling those born after 1997 Gen Z; others call them Zoomers.

Like World Wars, or the Great Depression, this pandemic has re-emphasized the ways in which global tragedy can draw clear markers between one generation and the next. A new name might be given to this generation as the coronavirus pandemic has disrupted the world they knew. Those born after 1980 have real-life proof that just because parts of life are routine, there's no guarantee it will stay that way. Many of us understand that nothing lasts forever, but my generation now collectively understands that one's

daily existence can change overnight.

When I picture a future version of my daughter and my son, I am forced to ask myself unimaginable questions...many which I have no answers for:

1. Will my children trust that things will be the same from one day to the next? What will this do to their sense of security?

2. Will my children understand the term "germaphobe" because they will all be germaphobes? Does this mean they will never know the meaning of a handshake?

3. With technology, my kids have been able to continue meaningful connections with family and friends, but will this replace actual quality time?

4. How will this affect their education?

5. Will my children possess a flight anxiety that has nothing to do with a fear of falling from the sky? Will they travel less?

6. Is the emotional health of my children being affected?

As a parent I want to believe that both of my children hold bright futures.

I imagine this generation of 10-year olds will be more creative problem-solvers. I hold onto this hope from watching Joellyn negotiate deals with

her dad. I imagine her generation will also have a great appreciation for homegrown and DIY (Do-It-Yourself) efforts, from planting vegetable gardens and self-done haircuts (found out that we are actually pretty good at it.)

While social distancing has created a comfort with being alone, the distance from each other has also created a generation that appreciates the value of community, and the importance of family. I imagine that these 6-year-old laundry-doers will be known as the "Masked Generation"—not just for the fabric that they strap to their faces, but also for the ways in which they will have to protect themselves from a range of a new unknowns.

Hearing "I hate coronavirus" on a daily basis and having this become a dinner ritual makes me think that maybe their generation will be known as the "Crowned Generation"—for "corona" but also for the ways in which they might be inclined to find solutions to issues that have plagued society for centuries.

With all that has been postponed, canceled, and lost during this pandemic, maybe that is one of the hopeful things to come from it.

What Residents Are Saying About Their Therapy Sessions Continued

Continued from page 12

outpatient therapy services?

Yes.

7. Anything else you would like to add about your experiences with JKV outpatient therapy?

Just that I told them I love to dance, and they included that in my therapy.

Rehab Outpatient Jack Middleton had this to say:

"Before surgery I was not able to

use my arm at all. After my shoulder surgery, I came to outpatient therapy to regain my strength and today I have no pain.

"The hot pack prior to treatment was such a treat during these stressful times. I felt better after every session.

"It was nice to have a private treatment area during my treatments. I had the full attention of the therapist during my Speech therapy sessions. We are so lucky to have the services at JKV."

Please contact the Therapy team if you would like more information on the services offered in the 1st-floor Wellness Studio in The Woodlands. The team will be happy to connect you with a therapist to review your needs and contact your doctor to get orders if therapy seems to be indicated.

Call (954) 247-5816.

Donations To The Village



Donations received during the months of June-July 2020

To John Knox Village

Employee Scholarship Fund

Bahlke, Betty
Bowling, Marilyn
Cason, Ernest & Maude
through the Cason Trust
Doumar, Mitzi
in honor of Nick Sconiers
Haun, Twylah & David
JKV Florida Life Care Residents
Association, Inc (FLiCra)
Jenkins, Norma
Johnson, Sue
in memory of Charlie Johnson & Bob Milanovich
Knowles, Lee
Loree, Sally & Paul
Milanovich, Rose
Moon, David
in memory of Eugene Smith
Sears, Mary & Richard
in memory of Bob Milanovich
Stanley, Peggy
in memory of Susan Gutman
Stevens, Edwin
Voelkel, Bruce
Welch, Fran

To John Knox Village Foundation

50th Anniversary Capital Campaign Fund

Bednarcik, Wendy
Cardinal, Beverly
in memory of Anthony Ruggiero
Chittenden, Bruce
Durkin, Marlene & Harry
in memory of Rudy Frei
Featherstone, Michael & Barbara
Morningstar
in memory of Al Oberlander
Folsom, Doug
Mallen, Joe
Mallow, Jan
in memory of Anthony Ruggiero
McAfee, Monica
McKay, Tom
in memory of Jim Brown
Morningstar, Barbara & Michael
Featherstone
in memory of Al Oberlander
Murphy, Fran
Olson, Nanette & Mark
Paine, Julia
Phillips, Shirley
Pickhardt, Bill
Price, Thom
Shavloske, Patrick
Simpson, Paul E.
in memory of Frank Furman
Stryker, Gerald & Carol Dumond
Sutton-Pauling, Gail

Benevolent Endowment Fund

Cason, Ernest & Maude
through the Cason Trust
Michel, Fred & Irene
through the Michel Trust
Miller, Romaine

Chapel Capital Fund

Boyle, Mary
in memory of Marjorie Thomas

Chapel Endowment Fund

Michel, Fred & Irene
through the Michel Trust

Charlotte Symonds Fund

Powell, Joanne
in memory of Mildred Low
Milanovich, Rose

CNA Training Fund

Milanovich, Rose

Foundation Unrestricted Fund

Brown, Donna
in memory of Frank Furman
Cuddy, Joyce
Dalsimer, Diane & John
in memory of Harold Bonner, Frank Furman, Jim Henschel & in honor of Richard Nolan
Haun, Twylah & David
Heger, David & Ken Raiten
Horn, Virginia
in memory of Susan Gutman
Huizenga, Jack
Loree, Sally & Paul
McGinn, Marlene
in memory of Rudy Frei
Naylor, Harvey
Powell, Joanne
in memory of Susan Gutman & Jeanne Hollinger
Raiten, Ken & David Heger
Slafsky, Julie & Marc
in memory of Hal Bonner
Sweet, Betsy & Tom

Health Center Other Fund

Featherstone, Michael & Barbara Morningstar
in memory of Donna Mandt
Miller, Romaine
Morningstar, Barbara & Micheal Featherstone

JKV Resident Music Fund

Doumar, Mitzi
in honor of Alex Jenkins

Maggie Goetz Birds Fund

Bowling, Marilyn

Piano Tuning Fund

Grahe, Patricia
in memory of Marjorie Thomas

Residents Assistance Fund

Cason, Ernest & Maude
through the Cason Trust
Emmerson & Shelby Harris Family Trust
Milanovich, Rose

Rose Garden & Oak Tree Fund

Burkart, Joyous
in memory of my son, Eric

Toshiko Inouye Fund

Bowling, Marilyn
Universal Property & Casualty
in memory of Frank Furman

Transportation Fund

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

Tropical Tree Fund

Featherstone Michael & Barbara Morningstar
in memory of Jim Brown

Village Center Maintenance Fund

The Webster & Lassel Families
in memory of Frank Furman & John Furman

Wellness Park Fund

Burkart, Joyous
in memory of Taffee
Welch, Fran

Woodlands Fund

Featherstone, Michael & Barbara Morningstar
in memory of Rudy Frei
Johnson, Herb
Jones, Rita
in memory of Hal Bonner
Knowles, Lee
Morningstar, Barbara & Michael Featherstone
in memory of Rudy Frei
Sears, Mary & Richard
in memory of Bob Milanovich
Slafsky, Julie & Marc
in memory of Hal Bonner
Voelkel, Bruce
in memory of Hal Bonner, in honor of Pearce McLain, Shabaz Swan Home & in memory of Benito Moya



Sharing & Caring

A Message From the President/CEO Gerry Stryker



Gerry Stryker

The Sharing & Caring Program began in 2008 as a way in which John Knox Village could fulfill part of its Mission Statement that commits to support the greater community. Over the past several years, JKV has been in the privileged position to donate over \$1.6 million to not-for-profit agencies in the local and international communities in an effort to provide help to our neighbors where it can

make the most difference.

The Village has residents and employees who volunteer their time and talents for many of these same charities—compounding our good works even more!

Our affiliation with Meals on Wheels (MOW) has given us the opportunity to assist those who are homebound and food insecure. These clients are often elders or otherwise disabled adults who are invisible in the community. Our monetary support allowed MOW to remove 13 people from their waiting list in Pompano Beach.

We continue to grow our relationship with next-door-neighbor Innovation Charter School (ICS). In an effort to broaden our multi-generational offerings to our residents, the children from ICS participate in our Holiday Parade and our residents and staff volunteer time reading to the children during the year. We provide opportunities for the

children to visit JKV for special performances, petting zoos and other events that enrich the learning experience of these students.

At the urging of one of our residents, we have participated in Wreaths Across America for the last two years. Our residents purchased wreaths for veterans to be laid on their graves at the Pompano Beach Cemetery. Some of the funds raised were given back to John Knox Village as a non-profit partner. We passed these dollars on to our partner in the community, Military Heroes, who make sure that our military serving overseas receive care packages during their deployment.

The Sharing and Caring Committee, under the leadership of Nanette Olson—Executive Director of the JKV Foundation—is making sure that we continue to be good neighbors to Pompano Beach, South Florida and beyond.



Our great partnership with nearby Innovation Charter School gives us many opportunities for multigenerational celebrations. Pictured here, is President/CEO Gerry Stryker with JKV staff and ICS students in recognition for 1st place in the JKV Holiday Parade. "101 Dalmatians" was the theme for the winning entry. Gerry is shown in costume as protagonist Pongo.

Program Highlights



Nanette Olson and Odalys Rosua at the Halloween-themed dinner hosted by Sharing & Caring at Broward Partnership for the Homeless.

Greetings!

It is our pleasure to manage the Sharing & Caring Committee of John Knox Village for the past several years.

We have a dedicated group of staff members and residents who help us impact the lives of those in the community with unmet needs.

We partner with some amazing groups of residents and community people who positively impact everything from homelessness,



Sharing and Caring provided Ages and Stages Learning Center an outdoor table with benches for the children to have a nice and safe place to eat their lunch.

food insecurity, education issues, military veterans, Disaster Relief and International Programs.

Our Mission Statement is:

The Sharing and Caring Committee of John Knox Village is committed to making a difference by improving the quality of life for others through the use of our talents, resources and expertise.

Our residents have asked us to focus our efforts, whenever possible, to serve elders of our community with unmet needs. We continue to refine this focus and partner with

those in the community, and beyond, who are providing the services our elders need.

Throughout this 2019 Sharing & Caring Report, I hope you will see that we have made a difference in the lives of many by partnering with those who provide direct services in the community. It is a privilege to be a part of such an amazing group of dedicated people who love this community.

Enjoy this report and please let us know where else we might help those in need—especially elders.

With much gratitude,

—Nanette Olson and Odalys Rosua



Wesley Letscher, Transportation/Security Manager congratulates Deputy Mike Johnson on his retirement at the BSO Citizens on Patrol dinner hosted by Sharing & Caring.



Sharing & Caring volunteers help stuff backpacks with school supplies for Innovation Charter School students for the 2019-2020 school year.



JKV is pleased to welcome some of our local military to the Military Heroes care package event.

JKV Honored For Humanitarian Efforts

One of our highlights this year included reading to the children on Reading Across America, Dr. Seuss' birthday. The ICS children love when we visit them on this nationally recognized day.

For several years now we have supported the efforts of the Broward Sheriff's Office (BSO). Every year, BSO puts on a Community Back to School event at Apollo Park. Hundreds of families come out to this event to receive backpacks and supplies for their children, supplied by JKV. We are so pleased to continue to support their efforts to give each child including college bound children, a backpack for the new school year.

During the holiday season, BSO puts on a Holiday Extravaganza at the E. Pat Larkins Center, which includes a Tree Trimming Contest and Christmas gifts for the underserved children in the local community. We support this event each year which brings the entire Pompano community together for a very fun day packed with events!

We continue to support our very own Nikki Jones from Dining Services who is a Head Coach for Pompano Beach Chiefs Pee Wee Football. Through Sharing and Caring we were able to provide some equipment for the entire team! Thank you Nikki for volunteering in the community and making a difference in the lives of these young children.



JKV Transportation driver Fitzvaughn "Vaughn" Byfield packs up and delivers hurricane relief donations for the Bahamas after Hurricane Dorian.

Two dinners were donated to the Broward Partnership for the Homeless. Over 100 clients were served at each dinner. This is a wonderful opportunity for our staff to volunteer their time.

Heart2Heart Outreach of South Florida visits the residents of The Woodlands and Seaside Cove who do not have family nearby. They visit and provide companionship to these elders. They listen, love and share life

with those residents who do not have family or visitors. We are happy to support the great work they do in the community.

We'd like to thank the JKV Library Committee for 678 books donated to the Blessings Pantry Christ Church, Christ Church United Methodist, Holy Cross Pink Lady Thrift Shop, Miami Rescue Mission, Salvation Army and St. Vincent DePaul Thrift Store.



JKV residents enjoyed helping stuff care packages to send overseas for the Military Heroes Support Foundation.

Community Services

John Knox Village's Sharing & Caring Program continues to support many agencies who are serving elders, children & the homeless, with relieving food insecurity being a priority.

Every year we attempt to utilize at least 60% of our donations in the immediate Broward County community, 30% in neighboring Palm Beach County and the balance of 10% internationally.

For the second year, we supported Wreaths Across America by holding a wreath drive on campus and placing the wreaths on the grave sites of Veterans at the Pompano Beach Cemetery during the holiday season.

Many of our resident veterans helped us place the wreaths that day and participated in the ceremony at the cemetery. Everyone involved said it was a moving experience – a wonderful event for the holidays.

We were pleased to host the Innovation Charter School teachers and staff for their back to school in-service training. We provided breakfast and lunch in our Lakeside Dining Room. The venue was perfect for their needs and they promise to be back in 2020.

The work for the underserved is immeasurable. As good stewards of our budgeted funds, we continue to make a significant difference to the agencies that are doing work with individuals who have pressing needs every day. Here are some of the organizations we worked with and provided monetary support to in 2019:

- Ages & Stages Learning Center
- Alzheimer's Association
- Broward Children's Center
- Broward Outreach in Pompano
- Broward Partnership for the



JKV provided dinner to the Broward Partnership for the Homeless and staff volunteered to serve at the dinner.

- Homeless
- Brown's Community Development
- BSO
- FLITE CENTER
- Friends of Fisher House
- Heart2Heart
- Innovation Charter School
- Meals on Wheels
- Military Heroes Support
- National Alliance on Mental Illness (NAMI) Broward
- San Isidro Food Ministry
- St. Laurence Chapel
- The Summit
- Woodhouse

At John Knox Village, we believe that people giving to people is how differences are made. During 2019, we are proud to say that the following 27 area organizations benefited from more than 3,200 hours of volunteer services selflessly given by our residents and employees collectively:

- Assumption Catholic Church
- Blessings Pantry

- Bonnet House
- Military Heroes
- Broward Center for the Performing Arts
- Broward Outreach Pompano
- Broward Partnership for the Homeless
- Cypress Elementary
- First Presbyterian Church
- Florida Round Up
- Gazette Newsletter
- God's Grace Church
- Guardian Ad Litem Program
- Holy Cross Hospital
- Innovation Charter School
- JKV Chapel
- JKV Choral Group
- Lambda South, Inc.
- Lighthouse Point Library
- PACE Center for Girls
- Pan Am Aware Store
- St. Coleman Catholic Church
- St. Gabriel Catholic Church
- St. Laurence Chapel
- The Pride Center at Equality Park
- Voice Publication
- Women in Distress

The Woodlands at John Knox Village



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

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

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

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

(954) 247-5800
www.WoodlandsJKV.com



THE Woodlands
AT JOHN KNOX VILLAGE

700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

Diversity Is Our Shared Human Story

Continued from page 6

or female, straight or gay, white or black, believer or atheist? You could die waiting for the “right” doctor to help you.

Our brains know the truth. The greatness of our shared human story is our interdependence. We need each other, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, ‘til death do us part.

Many people show just how natural this heartfelt interdependence is for the human brain. They see another person with respect and empathy, and are delighted by differences in appearance, beliefs, customs and perspective. These tolerant people are often engaged with the arts, where human differences have been explored safely for over 50,000 years. It is no coincidence that social engagement, conversation and the arts are great forms of brain exercise.

We all deserve the same opportunities for life, liberty and the pursuit of happiness. We all deserve voting rights, fair wages and health care. We all have a part to play in creating a just society that mirrors the truth of our shared survival story and genetic heritage.

We can bloom where we are planted, treating everyone we interact with by phone, letter, email, text, Zoom, or in-person as part of our extended family—because they are.

Let’s get busy, before the lava hits the fan yet again. These are the best of times.

Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2016 book, “Better with Age: The Ultimate Guide to Brain Training,” introduces a pioneering approach to “use it or lose it,” based on successful outcomes from her 10 years of experience in brain coaching. Visit Phyllis’ website: www.brainwealth.org

LIVING WELL CORNER CONTINUED

Continued from page 21

short distance, however, soon it will start to slow down until it cannot function properly at all.

Now, I am neither confirming or denying that I have ever pumped the wrong fuel to my car, but I will say that it can be repaired and fed the proper fuel. Much in the same way, you can get away with eating fuel that is not very good for your body for a little bit, but if the body is continuously fed the wrong fuel, it will begin to slow down and eventually “break” and need to be repaired by a doctor.

So why wait for a breakdown or loss of energy to start feeding your body the right fuels and taking it on a marathon road trip, which is daily exercise? Take care of the incredible machine that is you. Combine exercises that you enjoy with proper nutrition to keep yourself going strong.

Please reach out to the Fitness Staff if you have any questions about getting back into fitness, group exercise classes, or even if you feel it is time for a change from your routine workout. Our phone number is (954) 784-4730.

John Knox Village also has a nutrition department with three incredible nutritionists. For more information on how to get in touch with the knowledgeable nutrition team right here on campus. Check out Rachel Graham’s article on the power of cauliflower in this issue of the **Village Voice**.

–Jasmine Tennie, BS, C-EP
JKV Fitness Outreach Coordinator

Thoughts About *Spiritual Life On Campus Continued*

Continued from page 8

purpose no matter what they are or where they come from, even whether or not they come from religion.

It also does not matter whether your set of practices, beliefs, rituals come from within or without a community of others—spiritual support not judgment—is our main goal.

Some have asked about religion versus spirituality. Religion is typically an organized community with a set of guiding principles, beliefs and values. Spirituality is typically one's personal individual sense of guiding principles, beliefs and values.

Yes, a person can be both religious and spiritual.

Some have asked the difference between a pastor and a chaplain. It is important to note that both are ordained religious leaders and the similarities are greater than the differences. All ordained clergy should have at least a Master's degree from an accredited seminary.

With that said, the difference between a pastor and chaplain is the setting in which they minister. A pastor typically ministers to one set local church or parish. A chaplain typically ministers within institutions—retirement villages, hospitals, police department, university, military, etc.

Chaplains should also have extensive Clinical Pastoral Education (CPE) training, which allows for more spiritual versus religious support. CPE is a rigorous and clinical method of education for ordained clergy who wish to serve as chaplains.

CPE is intense and allows for the education of serving, leading and guiding spiritual support for all persons no matter what their faith background. Ordained clergy, who wish to serve as chaplains no matter what faith they are ordained in (Rabbi, Priest, Clergy...), should have at least 400 hours of CPE training. Most denominations require any clergy who wishes to serve as a chaplain to be

part of their chaplain branch of said denomination, which includes more training, education and yearly evaluations.

A chaplain looks for peace, harmony, spiritual support and care no matter what the person believes or does not believe. They are there to walk, listen and share in the journey of life.

Your spiritual life is a dimension of wellness that JKV takes seriously. Your spiritual life will be supported and uplifted. Your spiritual life is our focus.

If we can be of any support to you, please do not hesitate to call the office and schedule an appointment. Spiritual Life at JKV is about you!

Rev. Dr. Bridgette A. Sullenger can be reached at (954) 784-4748 or via email at bsullenger@jkvfl.com

Grandparents Day Provides Bragging Rights Continued

Continued from page 15

and working, living in Boston, Palo Alto and Chicago. Daughter Beth is an otolaryngologist in Cooperstown, NY, married with two children. The oldest, Theo, just turned 21 and is a student at the University of Maryland Honors College studying computational biology. Audrey is a senior at Stanford Online High School.

"My youngest, Jay, lives in Lighthouse Point, with his wife Julie and

two children," Carol said. "James is 10 and Mariel is six. "

Carol and her partner Pete [who "adopted" the youngest grandchildren] said, "I get to see the two youngest ones every few weeks or month. Lately with the virus, I do FaceTime quite a bit. Sometimes I go to their home and visit outside. "

Just like grandparents, Carol has utilized technology to keep in touch. "Zoom is new to me with the pandemic.

I do like it and we have had a couple of family get-togethers. I would like to do it more. I have also done FaceTime. It is helpful, especially with the younger ones."

While Carol's eldest children and grandchildren live a distance away, she valued the time she could spend pre-COVID-19 with her youngest who lives locally. "I loved having James and Mariel over to JKV for a few hours on my own. We'd go for walks and be silly. I had them over to bake little cookie pies and just

be with me. It is so much better than being with them when their parents are around. I crave the personal interaction with just the children."

Take Time To Communicate

Grandparents around the country are in the same predicament – longing for the closeness of the grandkids, but understanding the need to remain physically distanced. So, like grandparents all across the U.S., we'll continue FaceTiming and Zooming to keep in touch with grandkids.

Here is a suggestion for Grandparents Day that is a return to the past – an intimate expression of affection that was the norm in previous generations but has been lost with today's technology. Why not sit down with pen, paper, envelope and stamp, write a long personal letter to your children and grandchildren and share your feelings with them? This may be the start of a beautiful "new" tradition. Those letters will become treasures that will be read and reread for years to come.

Happy Grandparents Day.



In a photo from the 2018 "Grand Days," Carol Redd (center) with grandson James, now 10 and granddaughter Mariel now 6.



Got Questions

WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

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

GET ACQUAINTED – GET INVOLVED

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

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

Committee Chairs:

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



Bill Spiker



Alexis Judon



Mary Jane Graff



Bea St. Pierre



Tom Keenan



Village Stories

John Knox Village is a wonderful mosaic of so many people. Employees, residents.... Something has brought each of us here to share this part of our lives with each other. We have all walked our own paths along the road that brought us here, and there's no doubt that each of us has a story. In their own words, some remarkable people here at JKV will tell you theirs.

Village Stories, Season One will explore "Stories of Resilience." Hear one resident talk about his experience with contracting polio at the age of nine, and how that impacted his life. Meet a JKV employee who started a program to support victims of domestic violence.

Their experiences will inspire and enlighten you. Watch for more information on where you can view their stories, coming soon.



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