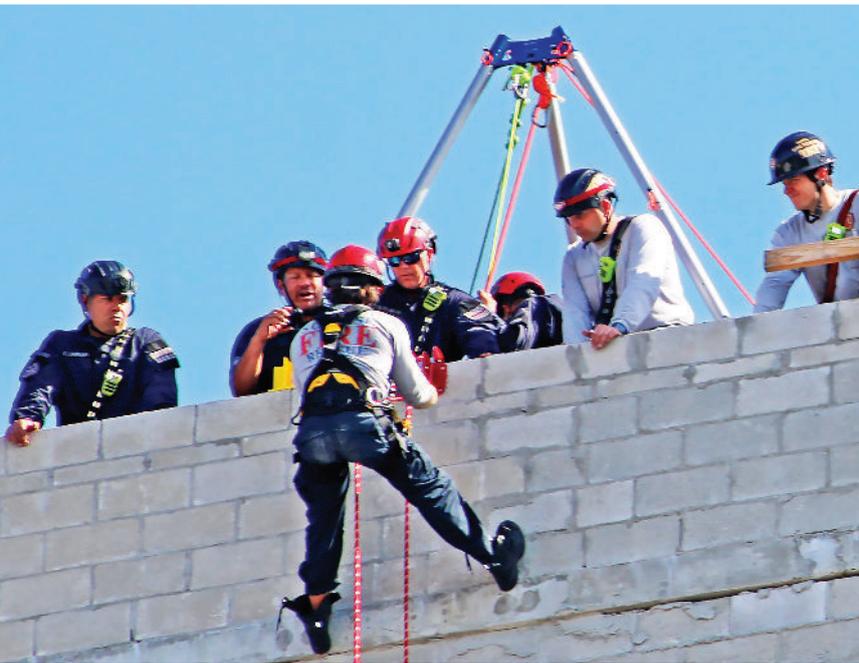


# VOICE



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# A Sky-high Safety Training Partnership

## Special Ops Team Learns The Ropes At Westlake

By Rob Seitz, Village Voice Editor



**Special Operations Team Members from around Broward County participated in Tactical Rescue Training at the John Knox Village Westlake apartment buildings construction project.**

They came. They trained. They rappelled.

They learned a lot in the process and have made the Westlake apartment buildings safer for construction workers during the final year of the \$120-million project—the most ambitious in John Knox Village’s 55-year-history.



**Moss construction Safety Manager Joe Fiore, with Hollywood Chief James Russo looking on, welcomes Special Operations Teams from around Broward County to John Knox Village.**

In concert with the Westlake project builders—Moss Construction—tactical rescue training was conducted over three days by the Broward County Regional Special Operations Team, consisting of members from Broward Sheriff’s Fire Rescue, Ft. Lauderdale, Hollywood,

and Sunrise Fire Rescue.

“The purpose of this training and site survey was to let the surrounding city tactical rescue teams familiarize themselves with the entire Westlake project,” Moss Construction Safety Manager Joe Fiore told the Village Voice. “In the event of an emergency, they now know how to enter the project and know the layout of the building.

“They also know the areas of the building that are accessible for a fire apparatus to reach a stranded worker needing a high-elevation rescue.”

The Westlake project consists of two state-of-the-art apartment buildings—The Terrace and The Vue. At 15 stories, The Vue is the tallest building on JKV’s 70-acre campus, thus the safety precautions.

“I was given Joe Fiore’s contact information from Pompano Beach Fire Rescue, and we took it from there,” said James Russo, City of Hollywood Fire Rescue and Beach Safety Division Chief of Training and Special Operations. “The reason we do these pre-plans is because of the potential of an incident during construction. These are the first responders who would respond in the event of a technical rescue. Doing this allows the team to consider options and obstacles in the event of a rescue.

“The training was a huge success, building the relationship between John Knox Village, Moss construction, and Fire Rescue. On one of the days, we did an initial set up and three

*Continued on page 22*



**Rappelling his way down the west face of The Vue apartment building was part of recent Tactical Rescue Training taking place at John Knox Village.**



*a life of color*  
**LAUGHTER  
& LIGHT**



**JOHN KNOX  
VILLAGE**  
Where possibility plays

## *Supportive Residents,* **Committed Staff Make First 6 Months A Joy**

On March 1, I will have had the honor of serving as the President and Chief Executive Officer for John Knox Village for six months.

I have enjoyed every day and every hour, primarily due to the highly supportive residents and committed staff. JKV is unique and a special place due to you. For this I am most thankful.

As time passes, we establish milestone dates that will serve as an historical perspective and summary of our evolution. These dates will help us remember and reflect on where we are and from where we came.

It is hard to imagine where we have come from a mere three months ago: The Westlake project will add 147 state-of-the-art apartment residences to our campus. We have also successfully transitioned to a new level of Dining Service and are well underway installing our new internet and TV service to the residents, through Fision Fiber Optics by Hotwire.

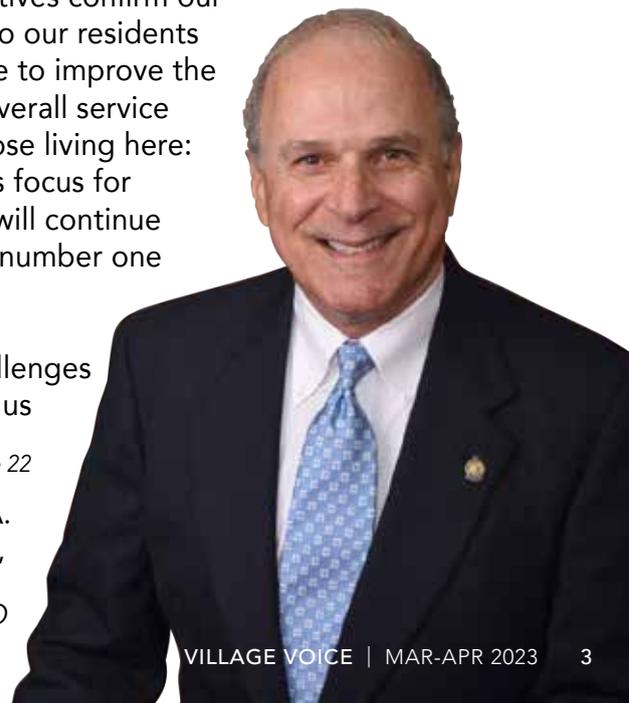
If you have not yet visited their new Fision On-site Experience Center on the first floor of Cassels Tower, I wholeheartedly encourage you to go see what all the excitement is about.

These initiatives confirm our commitment to our residents as we continue to improve the lifestyle and overall service benefits to those living here: Solidifying this focus for our residents will continue to remain our number one priority.

Due to the numerous challenges brought upon us

*Continued on page 22*

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



### **ON THE COVER**

The amount, and variety, of things taking place on the John Knox Village campus is amazing. There's Special Operations Tactical Rescue Training, including rappelling from the roof of The Vue, to a "Forever Friends" two- and four-legged celebration enjoyed by Gardens West's Georgina Schuldt, Meaningful Life Manager Gloria Gantes and little Lucy. Then, there was the high-energy three-man "Shades of Buble" group paying homage to Michael Buble and Steven Waldschmidt having some fun during a tour of the Art of the Hollywood Movie Backdrop Exhibition at the Boca Raton Museum of Art.

# VOICE

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

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#### Looking for a previous issue of our magazine?

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



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

# Westlake ... And The Rest Of The Story

By Rob Seitz, Village Voice Editor



Here is a rendering of what the renovated Main Lobby at Cassels Tower will look like upon completion.



Here is an artist's rendering of the common ground-floor lobby to be shared by Westlake and JKV residents alike.

For months, the new Westlake apartment neighborhood has been grabbing the attention of residents, staff and prospective new residents—and justifiably so.

At \$120 million, the 147 designer-inspired apartments in its 11-story Terrace and cojoined 15-story The Vue combine for the most ambitious project in the 55-year history of John Knox Village.

Although 80 percent pre-sold and still on schedule for a first quarter 2024 grand opening, many spacious, sun-soaked beautiful Westlake apartments remain.

“Not only do we have wonderful apartments available, but Westlake will feature terrific amenities in the common areas for all JKV residents to enjoy, so tell your friends,” Sales Director Kim Ali told the Village Voice.

Among the first-floor amenities being built by JKV's Westlake partner, Moss Construction, is a high-tech projection movie theater, library, sacred space, art studio, The French Press, a coffee bar during the day and wine bar in the evenings, and a bistro-styled dining venue called the Westlake Eatery.

In 10 months, Westlake will be the new campus crown jewel, but until then to paraphrase radio broadcast legend Paul Harvey, now for the rest of the story.

## Hotwire's All The Buzz

JKV has agreed to a long-term contract with Hotwire Communications to provide its residents with customizable, bundled television, internet and telephone service.

Dedicated Hotwire Launch Account Managers are occupying a first-floor office in Cassels Tower, in what they are calling the Fision On-site Experience Center. Fision is the trademark name for Hotwire's state-of-the-art fiber optics system they are putting into place on campus.

The Launch Account Managers are scheduling one-on-one meetings with residents to explain their services, answer all technical questions related to such items as proper operation of the TV remote and how to view JKV-specific news and events on the new community TV channel.

“One of the many factors that led us to select Hotwire was their promise of ‘White Glove Service’ to all John Knox Village residents,” said Chuck Williams, JKV's Chief Information Officer. “Hotwire does not share its bandwidth among customers, which means they are providing us with a 100 percent fiber-optic network. That means our residents will enjoy amazing internet speeds, high-tech television and great phone service.”

Set to be fully operational by

the end of April, residents will also feel Hotwire's presence in their pocketbooks: Hotwire's monthly charge will be considerably less than residents are currently paying with JKV's incumbent provider.

“It really is a win-win for JKV and our residents,” Chuck told the Village Voice. “Hotwire has three of their team members providing residents with concierge-level support Monday through Friday during normal business hours and their network operations center is less than three miles from us. It is manned 24 hours, seven days a week, monitoring and troubleshooting for us.”

## Big 5-0 Renovation

In Cassels Tower, right down the eastside hall from the Hotwire office, renovation work continues on the first-floor lobby.

The west wing conversion of former office space to four new apartments and a revamped mailroom is complete.

“Cassels Tower was built in 1974, so we are dealing with a building and its infrastructure that is 49 years old,” said Thom Price, JKV's Director of Plant Operations. “The infrastructure work we are doing now in Cassels will serve the residents for decades to come. The renovation work will be beautiful once it is completed.”

# Executive Chef's Big Introduction To Culinary Arts

## JKV Welcomes Henry Sanchez To Its Busy Kitchens

By Rob Seitz, Village Voice Editor



**Chef Henry Sanchez**  
Campus Executive Chef

John Knox Village's new Executive Chef Henry Sanchez had a big introduction to the world of culinary arts. He started in the industry as a dishwasher at a country club in Miami.

"I went into the dish room in the back of the kitchen to start washing and I was physically too big for the

wash room," Chef Henry told the Village Voice.

"Since I couldn't fit in the room, the manager asked me if I wanted to work on the line and make salads...so began my career. You've heard the expression, 'never trust a skinny chef?' That's one of my favorites for a reason," he said with a smile.

Speaking of big, the third-generation culinarian knows—with more than 950 independent residents, elders in higher levels of care and short-term rehab guests from the greater community—he has a big job ahead of him at JKV.

"It's a challenge every day to please as many people as possible," Chef Henry said. "I will treat John Knox Village like it is an all-inclusive resort, except you do not get new guests every couple days or weeks. The residents live here.

*Continued on page 25*



**Chef Henry Sanchez knows, and is prepared for, the big job ahead of him as John Knox Village's new Campus Executive Chef.**

## In Good Taste: Chef Henry's Quiche Lorraine

Since John Knox Village's recent hiring of new Executive Chef Henry Sanchez, Village Voice readers will be pleased to see the Recipe of the Month has been revived.

For this issue, Chef Henry has provided a comfy classic—Quiche Lorraine—named after the Lorraine region of France. It is one of the most iconic of French quiches.

Richly flavored with bacon, Swiss cheese, cayenne pepper and light cream, it is an ideal nosh for brunch, lunch or dinner. Preparation is made much easier by following Chef Henry's recommendation of using a prepared pie crust. With a store-bought frozen crust, this delicious recipe can be whipped up with almost no effort.

### **Quiche Lorraine (Serves 6)**

- 12 slices bacon
- 1 cup shredded Swiss cheese
- 1/3 cup minced onion

- One (9 inch) prepared pie crust
- 4 large eggs, beaten
- 2 cups light cream
- 3/4 teaspoon salt
- 1/4 teaspoon white sugar
- 1/8 teaspoon cayenne pepper



### **Method Of Preparation:**

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels, then chop coarsely. Sprinkle bacon, Swiss cheese, and onion into pastry shell.
3. Whisk together eggs, cream,

salt, sugar, and cayenne pepper in a medium bowl. Pour mixture into pastry shell.

4. Bake in the preheated oven for 15 minutes. Reduce heat to 300 degrees F (150 degrees C) and continue baking until a knife inserted 1 inch from the edge comes out clean, about 30 minutes. Allow quiche to sit 10 minutes before cutting into wedges.

# JKV's Community Partnerships Series:

## Pompano Beach Cultural Affairs Department



Jody Leshinsky  
Life Enrichment Manager

The City of Pompano Beach established the Cultural Affairs Department in October 2019.

At that time, the Department inherited three cultural arts venues—Bailey Contemporary Arts Center, Ali Cultural Arts Center and the Blanche Ely House Museum – and took over the management of the brand new 336-seat Pompano Beach Cultural Center.

Each of the four venues presents a variety of programs from visual arts exhibitions and workshops to intimate concerts, films, spoken word events, large-scale



**Due to JKV's community partnership with Pompano's Cultural Affairs Department, residents enjoy a 20 percent discount on tickets to A Taste of Jazz, held the second Thursday of each month at Bailey Contemporary Arts.**

performing arts events, the Green Market Pompano Beach, Old Town Untapped, and of course the annual Jazz Fest Pompano Beach.

This new Community Partnership was forged to bring programming to the John Knox Village campus as well as take the residents out

to different cultural arts venues to experience diverse Cultural Affairs programming first-hand.

The first event took place in February when the Bailey Contemporary Arts Center Artist-in-Residence program came to the JKV Campus. Residents met two artists, Darcy Roberts and Leonardo Montoya, who explained their art forms and brought samples of their artworks. The event was followed by a wine and cheese reception,

where they were able to personally meet the artists and talk with them, one-on-one.

Throughout the year, the City will present Artist-in-Residence "Meet the Artists" events, and visual arts workshops on the JKV campus. There will also be outings scheduled to tour the exhibitions with a docent at the Bailey Contemporary Arts Center, as well as a private tour of the Blanche Ely House Museum. Transportation for JKV residents is available at a nominal fee.

JKV residents are also offered a 20 percent discount on tickets to A Taste of Jazz, which takes place on the second Thursday of each month at Bailey Contemporary Arts.

All events will be listed in the Month-at-a-Glance and on JKVConnect. To learn more about these programs, please contact the Life Enrichment Department at 954-783-4039.

—Jody Leshinsky





# Leave YOUR Legacy - Be A Mensch



Mark Dobosz

When Robin Williams died, Steve Martin called him "a mensch." It's safe to say that everyone considered Robin Williams not only to be a very funny man but also one of the kindest.

Calling him a mensch is the greatest eulogy because a mensch is a person who is decent and honorable, a person of high integrity who has genuine caring for his fellow man. A mensch always looks for an opportunity to do good in life, to be of help to others and to give without regard for anything in return.

A mensch doesn't cut corners in their relationships with people. You always feel safe in the presence of a mensch because you instinctively know that they will not deceive you, undermine you or diminish you in any way. Being called a mensch is the ultimate compliment you can receive.

Strive to live your life as a mensch, and you'll have left your greatest



Foundation Executive Director Mark Dobosz, residents Sue and Tom McDowell, along with Transportation Manager Jessica Frederic pose in front of new "kneeling" bus graciously donated to JKV by the McDowells and affectionately named "Miss Sue."

legacy for anyone who has met you.

It's never too soon to start your legacy—to pursue both success and significance. Here are some steps you can take today.

### Leave A Six-Word Memoir

The Six-Word Memoir is the brainchild of Larry Smith, founder, and editor of "SMITH Magazine." It poses a simple challenge: "Can you tell your life story in six words?" The unsubstantiated story is that Ernest Hemingway wrote the now-famous six words "For sale: Baby shoes, never

worn," to prove that an entire story could be told using just half a dozen words.

In a similar manner, the Six-Word Memoir is a way of naming your mission in life. Staring at a blank page can be daunting, but choosing six words to define your mission and what you want your life to stand for may not be so hard and may even be energizing and stimulating. Try thinking of six poignant words that can define the footprint you want to leave in your life's path.

### Write Your Philanthropic Legacy

"By asking ourselves how we want to be remembered, we plant the seeds for living our lives as if we matter." –Jim Kouzes and Barry Posner

Considering your philanthropic legacy gives you a compass to help you move with purpose and determination even in the most uncertain times. Creating a philanthropic legacy through your will helps you commit to what you feel

## The Legacy Of Miss Sue

Long-time supporters of the JKV Foundation and its many funding areas, Tom and Sue McDowell, recently helped improve the inventory of vehicles for our residents by assisting with the purchase of a new "kneeling" bus.

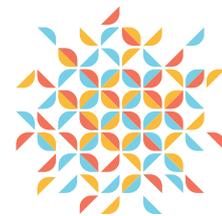
Tom sweetly named the bus "Miss Sue" in honor of his wife.

The bus accommodates wheelchairs and can be lowered to help residents travel with ease. Supporting the purchase of this innovative bus was the perfect opportunity for the McDowells to give back to the JKV community and residents while honoring their love for each other.

We extend the sincerest thanks to Tom and Sue McDowell for their generosity and for leaving a legacy for John Knox Village for others to follow.

Continued on page 25

# Live Your Best Life Now:



## RENEW YOUR VITALITY

By Melissa Jill Clark, Village Voice Contributor



Melissa Jill Clark  
Life Wellness Coach



*Several of the Seven Dimensions of Wellness are at play when residents and team members square off in a friendly game of water volleyball in the Aquatic Complex's lap pool.*

As we enter into spring, the time for rebirth and renewal, I want to encourage you to facilitate your own personal rebirth and renewal to live your very best life. This is the perfect time to create new habits that will bring you better health and happiness that will be with you for many years to come.

Ask yourself, what it is you really need in your life. What will make you happiest with the greatest feeling of wellness?

### **Decide What Is Most Important In Life**

So often in life, we get caught up with the to-do lists, and all the things that we need to accomplish, that we never stop to really pay attention to what is most important in life.

Take the time to focus inward and pay attention to what it is that you really need in your life. Then make a point to follow through and take care of you.

For some of us, we know exactly what we need. We just haven't taken the steps to get going. For others of us, we might not even be sure what it is that we need at this moment.

If you're not sure where to get started, it's always great to begin by focusing on the Seven Dimensions of Wellness, which are Physical, Spiritual, Emotional, Intellectual, Environmental, Occupational and Social.

Evaluate each of these areas in your own life, and whether you feel fulfilled in them at this point in time. Just by contemplating on these dimensions, your inner wisdom will guide you into which area you need to focus on now.

wellness initiatives once they finish X, Y and Z. Waiting to get started is never a good strategy. There are certain things in life for which we will never be ready.

Just like the Nike slogan, "**Just Do It,**" I exhort you to just do it yourself.

**Take some time to focus inward and pay attention to what it is that you really need in your life. Then make a point to follow through and take care of you.**

Each of these dimensions is important for overall well-being, but there are different seasons in our life, and we may need to focus on one particular dimension more than the others. This could be either because we are having a deficit of that dimension in our life, or it could be due to our current circumstance. We might need to pay special attention to a specific area based on this current circumstance in order to support our own optimal wellness potential.

### **Do Not Delay: Get Started Today**

I have heard many of my clients say that they plan to get started with their

Start incorporating healthy habits into your life, even as you are still waiting on your own X, Y and Z. Put your self-care first because taking care of you is not only just as important as taking care of your finances, your home and checking off your to-do list, but it's actually so much more important for your overall well-being.

Make your wellness a priority and live your best life now.

—Melissa Jill Clark

Melissa Jill Clark can be reached at 732-966-1188 or [melissajill@alivewithmelissa.com](mailto:melissajill@alivewithmelissa.com)



# The Village's Own Spring Renewal



Mark Levey  
President Resident Senate

Here we are, it's Springtime: A time for rejuvenation and renewal. Shortly after this issue of the Village Voice hits your mailboxes we will be springing ahead—Daylight Savings Time begins Sunday, March 12th at 2 a.m.—and we will have more time to

enjoy the South Florida sunshine in the afternoon.

I remember as a child growing up in New Jersey, I would love the arrival of Spring as it meant being able to stay outside later to play and it was closer to the end of the school year.

While we are fortunate to enjoy greenery all year long here, the arrival of Spring still holds special memories of emerging out of those cold Northeast and New England winters.

We have our own Spring renewal going on here at JKV.

Our Dining Services team is creating new ways to enjoy our restaurants and working on presenting variety on our menus.

Hotwire, our new communications provider, is working diligently to get our television and internet services connected to their high-tech fiber

optic network.

We now have a bright, airy, and contemporary appearance in the lobby and hallways of Heritage Tower. Plus, Westlake is taking shape at an impressive pace and will be welcoming both friends we already have and new neighbors next spring.

Springtime can also give us a chance to renew and rejuvenate ourselves. There are so many ways to do so here at JKV. Just look at all the activities and entertainment we have available to us.

I'm going to make a promise to myself to attend at least one more event every week that is listed in the Month At A Glance than I usually do.

What will you be doing to renew and rejuvenate this spring?

See you around campus.

—Mark Levey

## JKV Therapists Can Help You Find Your Loud Voice Again



Adee Vinat

Here Did you know research shows that 89 percent of people with Parkinson's disease (PD) experience speech and voice disorders, including soft, monotone, breathy and hoarse voice, and uncertain articulation? As a result, people with PD report they are less likely to participate in conversation or have the confidence in social settings than healthy individuals in their age group.

There are several reasons people

with PD have reduced loudness and a monotone, breathy voice. One is directly related to the disordered motor system that accompanies PD, including rigidity, slowness of movement, and tremor. These problems with muscle activation can result in reduced movements of the respiratory system (reduced breath support), larynx (reduced vocal loudness) and articulation (reduced clarity of speech).

Another cause of speech and voice impairment in PD is a change in sensory processing that is related to speech. It is believed that people with PD may not be aware that their speech is getting softer and more difficult to understand. When people in this situation are asked to bring their voice to normal loudness, they often feel as though they are shouting, even though they are perceived by listeners to be speaking normally.

John Knox Village offers Speech Therapy for those experiencing difficulties and changes with their vocal

quality. Our speech therapists are certified in various treatment techniques including, LSVT (Lee Silverman Voice Treatment) which is a unique way to improve one's voice and improve the muscles involved in breathing and speaking. In addition, speech therapy is beneficial for those experiencing difficulties with memory, word-finding abilities, processing and organizing, and much more.

If you are experiencing any changes in your speech or voice, stop by The Woodlands and speak to our speech therapists to ask for a possible evaluation and treatment plan or with any additional questions you may have. If you have not noticed changes in your speech, but a spouse, care partner, or friend has, pay attention to their comments. The sooner you get a speech evaluation and start speech therapy, the better.

—Adee Vinat, M.S., CCC-SLP  
adeeslp18@gmail.com

# News From JKV's 'IT' Guy **AR AND VR** **BLURRING THE LINES OF REALITY**



Jason Cook  
Technology Engagement  
Coordinator

## What Is Reality?

With today's technology, reality is getting harder and harder to define. Two exciting new areas in which technology is heading are: Augmented reality (AR), and virtual reality (VR) respectively.

## What's The Difference?

With AR we are taking the real world and enhancing it with computer-generated content. A good example of this is the Ikea app. Using this app, you use the camera on your device to look at the room you would like to decorate and then can insert the Ikea furniture to see how it would fit and look.

Another example of AR is when we use the filters in communication apps to alter backgrounds or our appearances. For a good laugh scan the QR code to view the YouTube

## JKV's 'IT' Guy

Always an industry leader and at the forefront of innovation, John Knox Village is one of the only Life-Plan Continuing Care Retirement Communities in the nation to provide a dedicated full-time employee to assist its residents with technology issues on every platform from mobile phones and tablets to laptops.

JKV Technology Engagement Coordinator Jason Cook provides residents with personal assistance, as well as classroom-style training.

Jason can be reached at 954-788-2222 or [jcook@jkvfl.com](mailto:jcook@jkvfl.com)

video of a lawyer who did not know how to turn off his feline filter.

To scan a QR code go to the camera app on your phone or tablet. Aim the camera at the code and wait for a window to appear that will direct you to the content.

## Virtual Reality Defined

Instead of altering the reality we are looking at, virtual reality creates a whole new one. VR is a technology that creates a simulated, three-dimensional environment that can be interacted by using special equipment such as headsets and gloves.

JKV's partnership with MyndVR—a leading provider of Immersive Digital Therapeutics for aging adults—provides our residents with VR-based engagement and therapy. Residents are able to move around and interact with the virtual environment as if it were real, allowing for immersive experiences such as exploring new places, playing games, and even participating in therapy sessions.

For seniors, VR can provide a variety of benefits, including:

1. **Socialization:** VR allows seniors to interact with others in a virtual setting, helping to alleviate feelings of loneliness and isolation.
2. **Physical therapy:** VR can be used as a tool for physical therapy, allowing seniors to engage in exercises and activities that may be difficult or impossible in the real world.
3. **Cognitive stimulation:** VR can also be used to stimulate cognitive function, helping to improve memory and concentration.
4. **Entertainment:** VR allows seniors to experience new and exciting

adventures, providing a source of entertainment and distraction from daily life.

5. **Accessibility:** VR can make it easier for seniors with mobility issues to explore and interact with the world around them.

Overall, VR presents a unique opportunity for seniors to experience new things, stay engaged and active, and improve their overall well-being.

JKV recently held a series utilizing MyndVR headsets called "Try



**South Garden Villa resident Helen Simon took part in JKV virtual reality "Try Something New," series. She enjoyed taking a goat yoga class, using a MyndVR headset and its technology.**

Something New," whereby residents toured a distant city, went skydiving and even enjoyed a goat yoga class using VR.

—Jason Cook



# JKV Annual Classic & Antique Car Show

You're Invited To Join Us On  
Saturday, March 18, From 10 a.m. To Noon

By Marty Lee, Village Voice Contributor



Cassels Tower resident Dan O'Flaherty showed off this display of all the antique and classic cars he has owned, during last year's Car Show.



South Garden Villa resident Edna Dusel stands alongside owner David D'Onofrio's 1967 sunshine yellow Corvette convertible at the 2022 Car Show.



Car Show founder, Heritage Tower resident Dr. Paul Loree and Boots Maurer enjoy last year's Car Show.



One of the Car Show highlights is when the owners parade their vehicles through the campus. Here Sam Hackett, owner of a 1937 Ford Roadster pick-up truck, delights Elders at The Woodlands.

After a COVID-19 suspension in 2020 and 2021, JKV's Classic and Antique Car Show returned to the Village campus last year.

Now in its 18th year, the 2023 show is set for Saturday, March 18, from 10 a.m. to noon. More than 40 cars, some dating back to the

early 1900s, will be displayed in the grassy area just north of the Village's Welcome & Innovation Center.

Residents, their families and guests are invited to attend and take a stroll back in time to an era when Detroit's heavy metal put

an emphasis on extravagant style with chrome, finned rear fenders, and gas gulping high-powered V-8 engines.

Antique and classic car owners will be on hand to answer your questions and to reminisce with you about your own car memories.

# Walking In Wonder

## To The Year-round Beautiful Blooms

Written and Photo Essay By Phillip E. Collins, Heritage Tower Resident

Many have been in search for the lost Garden of Eden for eons. Well, if you are living on the John Knox Village campus, or thinking of living here, you need look no more.

Just scratch beneath the topsoil surface and you will discover the dark magic that makes it all possible. The entire campus is a portal, a vortex of vital soil that can stimulate almost any plant to grow with the blessing of our South Florida climate.

Over some 150 years ago the campus was originally an arboretum (tree and plant garden), where rare trees and plants from all the globe, were planted. It was a time in our nation where great parks and gardens were being created by some very nature-conscious people. Thankfully these plants have been protected and augmented over the decades so we can continue to enjoy their bounty today.

There are huge ancient thorny barked trees towering above us that spill forth multi-colored lily shaped blooms several times a year, amongst rare flowering plants added in recent years. In fact, most trees and plants on the campus are bearing everything from avocados and pineapples to tree-bound orchids most of the time. Containing legacy stock plants from England, the campus Rose Garden's floral delights actually maintain a powerful scent.

I often walk the campus in wonder of the blooming beauty, and feel so blessed to know it is always just outside my front door anytime I wish to experience it.

This article is also a shout-out to Jim Witt and his mighty JKV Grounds Maintenance crew who, from dawn to dusk, maintain our 70-acre campus. The grounds are



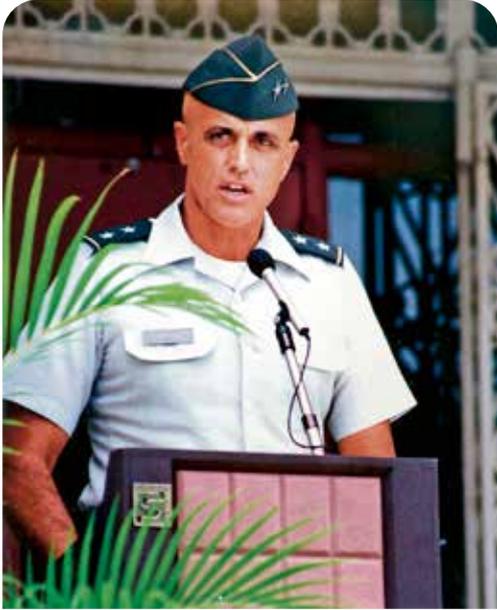
large enough you never feel you are confined to a small garden, for just over the horizon is another plant with waterway views reflecting it all. Having visited many of the great parks and gardens throughout the world, I have rarely experienced a more manicured landscape.

Please accept these photos taken with my phone that in no way fully express the beauty around, but hopefully express the intent of this article.



# Retired General Reflects On 50th Anniversary

By Burn Loeffke, Village Towers Resident and Marty Lee



**Bernard "Burn" Loeffke**

On March 29, we celebrate Vietnam Veterans Day and honor all those who served in our nation's military between Aug. 5, 1964 and May 7, 1975. However, not everyone knows the significance of the date, March 29, and why that day was chosen as Vietnam Veterans Day.

It was 50 years ago on March 29, 1973, when the last U.S. Military unit left Vietnam, under the terms of the Paris Peace Accord.

My life has been inextricably intertwined by my many years in Southeast Asia, Vietnam, China and Washington D.C. from the late 1950s to the signing of the Paris Agreement on Jan 27, 1973. Those years transformed my mission from Warrior to Peacemaker.

## The Vietnam Experience

It is important to understand the origins of the conflict in Southeast Asia. France had colonial interests in Indochina: Vietnam, Cambodia and Laos for about a century. After the Korean War, Vietnamese nationalists under Ho Chi Minh revolted against French rule. On May 7, 1954, the French-held garrison at Dien Bien Phu, Vietnam fell after a four-month siege. After their defeat, the French pulled out of the region. The United States entered the void to counter communist interests in Southeast Asia.

I graduated from West Point in 1957, as a paratrooper and then as an Army Ranger. In 1959, as a lieu-

tenant with no combat experience, I was recruited to be a military trainer in Laos. Typically, a trainer would be at least a 1st lieutenant with combat experience. I had neither, but I had one requisite: I spoke French.

North Vietnam had invaded Laos in 1958, establishing the Ho Chi Minh Trail to supply the Viet Cong in the south. In response, I was part of the combined U.S./French advisory team that trained the Laotian military in their fight against the North Vietnamese. At this time there were approximately 1,000 U.S. military advisors involved in Southeast Asia.

After 12 months in Laos, I returned to the States, in my role as a Special Forces Army Ranger.

In 1964, I returned to Vietnam, this time as an advisor to the South Vietnamese Airborne Brigade. 1964 was a pivotal year in the U.S. involvement in Vietnam as a result of The Gulf of Tonkin incident.

As reported by the U.S. Department of State, Office of the Historian, "In early August 1964, two U.S. destroyers stationed in the Gulf of Tonkin in Vietnam radioed that they had been fired upon by North Vietnamese forces. In response to these reported incidents, President Lyndon B. Johnson requested permission from the U.S. Congress to increase the U.S. military presence in Indochina. On August 7, 1964, Congress passed the Gulf of Tonkin Resolution, authorizing President Johnson to take any measures he believed were necessary to retaliate and to promote the maintenance of

international peace and security."

Prior to the incident, U.S. forces numbered 23,000. By the end of 1964, American troops dramatically increased to 184,000.

## After The Tonkin Gulf Incident

Initially the U.S. and South Vietnamese forces relied on air superiority and overwhelming firepower to conduct search and destroy operations. Quickly however, U.S. ground forces joined in the war.

In four years of combat as a captain, major and lieutenant colonel, I was involved in many missions. I logged more than 200 parachute jumps, with two near mishaps, as the main chute failed to open: Both resulting in injuries that affect me to this day.

I think of the many young soldiers under my command, including the 34 men who were killed in combat, and the more than 200 who were wounded.

I think of the many heroes I fought alongside. Col. Cao Van Vien, a Vietnamese paratroop commander, was a role model of the brave soldier. Wounded, with enemy bullets and mortar shells falling on his position, he stood up and yelled for his troops to follow him. He charged alone toward the enemy. Within seconds the whole unit joined him. His courageous action saved the out-



**Then-Captain Loeffke (right without a cap) walked away from a helicopter crash where two soldiers died from head wounds during the 1960s.**

come of the battle.

I think of Lt. Bill Carpenter, a West Point All-American football player, known in the 1960s as the "Lonesome End," a title he received since he never went into the huddle.

# y Of U.S. Military Withdrawal From Vietnam



## To Our Vietnam Veterans: You Are Invited To The JKV Vietnam Veterans Day Event

On March 29 at 10 a.m., please join us in the John Knox Village Cultural Arts Center to honor all those who served in the U.S. Armed Forces on active duty anywhere in the world between Aug. 5, 1964, and May 7, 1975. Sign-up on JKVConnect or call Life Enrichment 954-783-4039 to attend.

*(L) Former Secretary of State Henry Kissinger reconnects with Burn Loeffke during a Washington D.C. visit in 2016.*

He showed up in my battalion as my lieutenant. We were in many battles together. I remember one very vividly. We had just finished a helicopter assault and were preparing to board our choppers. I radioed him and asked him how he was doing. He gave a thumbs up, never telling me he had been wounded in the right arm, as he did not want to be evacuated from the fight.

### **Sgt. Larry Morford Changed My Life**

Of the hundreds of soldiers under my command over the years, no one hero had a greater effect upon my life than Sgt. Larry Morford.

Every day I thank Sgt. Morford. He was a man, who indeed lived his words.

Sgt. Morford was a role model. He did not believe in war as the way to resolve conflicts. I once asked him why he felt this way? Why had he volunteered for Vietnam and combat duty? He responded, "Sir, the job you and I are doing is the job of a beast and the least beastly among us should be doing it."

That was Larry's sermon and he backed it up by volunteering for dangerous missions. He explained that he could not have stayed at home while others were fighting for his country. Sgt. Morford was killed a few days before he was to return home.

### **From Warrior To Peace Maker**

The lessons I learned from Sgt. Morford made me realize that war does not resolve conflict. I was determined to do all in my power to nego-

tiate with the enemy and to bring peaceful resolutions to conflict.

I returned to Washington, D.C. in the early '70s and was selected as one of 17 White House Fellows (out of 2,000 applicants). The Official White House website describes the mission of the White House Fellows program: "Is to provide gifted and highly motivated emerging leaders with some first-hand experience in the process of governing the Nation and a sense of personal involvement in the leadership of society."

### **Peaceful Solutions To Conflict**

I served as a White House Fellow during the Nixon Administration under Secretary of State Henry Kissinger, who was a tireless proponent of peaceful solutions to complicated situations.

In a groundbreaking 1972 summit between President Richard Nixon and Chinese Communist Party Chairman Mao Zedong, the formalization of relations between the two countries was established, ending 23 years of diplomatic isolation and mutual hostility.

Lê Ðức Thọ, the North Vietnamese diplomat along with Henry Kissinger were awarded the Nobel Peace Prize in December 1973, for their work in negotiating the ceasefires contained in the Paris Peace Accords.

Mr. Kissinger pioneered the policy of détente with the Soviet Union. As a part of this strategy, he negotiated the Strategic Arms Limitation Talks (culminating in the SALT I treaty) and the Anti-Ballistic Missile Treaty.

I learned much while working for Henry Kissinger's Security Council. As I look back at my life, it was really a culmination of the lesson I learned from Sgt. Larry Morford, in Vietnam in 1970. It is the same lesson we find in the Bible verse, known as one of the Beatitudes: "Blessed are the peacemakers, for they will be called children of God."

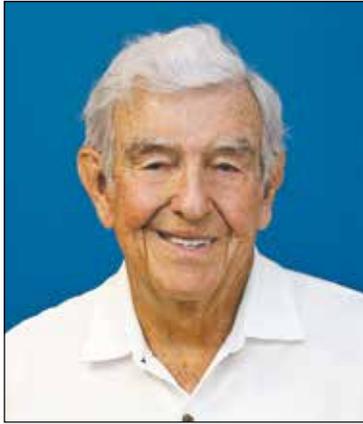
– Matthew 5:9

**Bernard "Burn" Loeffke** is a retired Major General of the United States Army. He fought and was wounded in the Vietnam War. In four years of combat as a Captain, Major and Lt. Colonel, he was awarded several valor awards including the silver star, bronze star and others. He later served as the commanding general of U.S. Army South. In the 1980s, He was the first American Army General to serve as Defense Attaché in the Peoples Republic of China and was also Army Attaché in Moscow.

In 1992, he retired and was called back four months later to head a year-long delegation looking for POWs in the former USSR. He retired again in 1993, and immediately started his second career in medicine. He finished his medical studies in 1997, and participated in medical missions in war-torn or impoverished areas, such as Bosnia, Haiti, Kenya, Iraq, Niger, Darfur and the Amazon jungles. Burn is now a Resident of John Knox Village in Pompano Beach, FL.



# JKV's 2023 Version



David Bayer



The 2023 Board of Directors is shown here (L-R): Paul Loree, Lee Knowles, Ken Shanahan, Dave Bayer (President), Marisol Simōn, Bruce Voelkel (Treasurer), Kathleen Ireland (Vice-President), Terry Blagg (Secretary), JoAnn Culligan (Vice-President, Membership), and Jack Richards. Returning Director Alex Jenkins was absent.

JKV's Florida Life Care Residents Association (FLiCRA) Chapter held its annual General Membership Meeting in the Village Centre Auditorium. It was held a bit later in the day this year and was followed by a complimentary "wine and cheese" social hour.

The new format was well received and achieved the objective of allowing our FLiCRA Board to thank their fellow residents for their continued support in a more social setting.

The main item at the General Meeting preceding Diane's presentation was the election of Directors. In all FLiCRA Chapters, Directors serve three-year staggered terms.

There were five Directors whose terms were expiring: JoAnn Culligan, Kathleen Ireland, Lee Knowles, Bruce Voelkel and Benita

Board elected their officers for the coming year.

This is a very experienced Board. Except for (newly elected) Marisol, all the Directors have served together for at least two years, and all five officers served in the same position last year. That should bode well for JKV in the year ahead.

-David Bayer  
JKV FLiCRA Chapter  
26 President

The new format was well received and achieved the objective of allowing our FLiCRA Board to thank their fellow residents for their continued support in a more social setting.

There were several noteworthy happenings at this meeting. Our Keynote Speaker was Diane Dalsimer. She is a long-time resident of JKV and had just completed a very successful four-year term as President of FLiCRA's State Board of Directors.

There are very few speakers with both Diane's depth of knowledge and familiarity with the audience. Both Diane's presentation and question-and-answer session that followed were very informative and appreciated.

Ferrara. Benita opted to not stand for reelection due to her other volunteer commitments on campus and was thanked for the devotion and many contributions she provided to the Board during her three years as a Director.

Marisol Simōn was nominated to fill Benita's vacancy, and the other four were nominated for a second three-year term. There were no nominations from the floor, and the five nominated Directors were approved by acclamation. At the end of the meeting, the



keep making it  
HAPPEN!

## Why Does A Gift To Charity From An IRA Make Sense?



Mark Dobosz

By transferring some of your Individual Retirement Arrangements distributions to charity, taxable income can be lowered. With lower taxable income, both income and capital gains taxes can be reduced this year.

In short, using IRA RMDs (Required Minimum Distributions) for charity has many benefits, including:

- Satisfying your RMD for the year
- Avoiding taxes on transfers of up to \$100,000 from your IRA
- Reducing your taxable

income, even if you do not itemize deductions

- Making a gift that is not subject to the deduction limits on charitable gifts

- Helping to further the work and mission of charitable organizations

Organizations like the John Knox Village Foundation work with donors each year who want to put their RMDs to work for compelling causes. Donations using IRA benefits are helping to provide enhancement support to programs, services and spaces for residents and team members in the JKV community.

The custodian of the IRA would be contacted, and a request is made by the donor of the amount to be transferred to your favorite charity. The gift could be any amount up to \$100,000. It is advisable to always check with a professional advisor to see how an IRA rollover gift could impact your taxes while helping your favorite cause.

If you are not ready to make a gift

from your IRA, another consideration is to make a charitable bequest.

A bequest of all or part of an IRA permits you, as a donor, to make full use of the funds during your lifetime, with a charity benefiting in the future from what remains.

The IRA is a “tax smart” asset to pass on to charity, in that the charity pays zero monies in taxes when receiving the bequeathed IRA. Your plan custodian can provide you with a form to designate your favorite cause as the recipient of your IRA.

Simply put, you can get charitably creative with your IRA, and it can be used to help support the splendid work of your favorite cause, including the JKV Foundation. For questions on how you can make a difference, contact Mark Dobosz in the Foundation Office on the sixth floor of the Forum Building at 954-784-4757 or email at [mdobosz@jknvfl.com](mailto:mdobosz@jknvfl.com)

–Mark Dobosz  
Executive Director

## ♡ LOVE Is In The Air ♡



**Staff enjoyed preparing, and serving, and residents delighted in a delicious Valentine's Day dinner in the Cultural Arts Center.**

# LIVING WELL CORNER

## Exciting Happenings In Fitness



Jasmine Tennie, BS, C-EP

March is a time for Fitness Fun.

JKV's Second Annual Stair Climb will take place in Cassels Tower on March 21 starting in the Lobby at 9 a.m.

The event raises funds for the American Lung Association research and resources offered to the public. This association funds research, and has services relating, to many different types of lung conditions ranging from Asthma to COPD, and even cancer.

There will be options for moderate to advanced fitness levels to participate. Options to climb will range from one flight all the way through to 17 flights of stairs in Cassels Tower. Information on sign-ups will be shared soon. You will be sure to feel a sense of pride after participating in this event.

Parkinson's disease (PD) was discovered by James Parkinson in 1817. In April we take the time to spread awareness of this disease. According to the Parkinson's Foundation almost one million people in the United States are living with Parkinson's disease at present.

Research has been moving forward with breakthroughs and new information on how best to take medications. We now have specific exercise programs here at JKV for people with PD to keep the physical mobility they still have.

PWR! stands for Parkinson's Wellness Recovery and is an exercise program based on research that built the foundation of the workout. The class is held every Tuesday and Thursday at 1:15 p.m., in the Fitness Studio.

The specific studies can be found on the website [pwr4life.org](http://pwr4life.org), where Dr. Becky Farley and her team eloquently explain the science.

If you are looking for support, the last Tuesday of the month is the



Bailey Moroney and Foundation Executive Director Mark Dobosz proudly give ALA Development Director Nicole Rodriguez a check for \$2,000 for John Knox Village's participation in the Fight For Air Climb.



Fitness Outreach Coordinator Jasmine Tennie congratulates Lakeside Villa resident Carol Kitson after she completed the Fight For Air Climb last year. This year's event takes place March 21.

Parkinson's Support Group, meeting in the Fitness Studio at 2 p.m. Here you can share your story, or take the time learn and listen about ways people are coping and adjusting to the changes that PD brings.

JKV is a place for extraordinary people. While being diagnosed with a disease or condition can be scary, our residents are "glass half-full" people. I have heard such

beautiful conversations filled with encouragement and kind words amongst residents and staff alike.

If you do not already participate in these programs and are looking for a class or event that will leave you with a smile on your face call the Fitness Studio. We can be reached Monday through Saturday at 954-784-4730.

—Jasmine Tennie, MS  
Fitness Outreach Coordinator

# NUTRITION NOTES

## Five Tips To Help Fight Off Infections



Rachel Graham

Having proper nutrition and hydration are vital, especially during times when we need to fight off risks of infections and illnesses. People who eat a well-balanced diet, containing a variety of fresh and unprocessed foods, tend to be healthier, with stronger immune systems.

1. **Eat Unprocessed and Fresh Food:** The best sources of vitamins, minerals, dietary fiber, protein and antioxidants come from fresh and unprocessed foods. Having a daily diet that consists of four servings of fruits, five servings of vegetables, nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice, potatoes, yams) and 160 grams of animal sources of protein/legumes (e.g. lentils, beans), will help you obtain these everyday essentials. Remember to cook your vegetables al dente to help prevent the loss of important vitamins.

2. **Drinking eight-10 Cups of Water a Day:** Water is also essential for life. It transports nutrients and compounds in the blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints.

3. **Eat Moderate Amounts of Fat and Oil:** Consume unsaturated fats like fish, avocado, olive oil, soy, canola, sunflower and corn oils. Avoid fatty meats, butter, cream, cheese, ghee (type of clarified butter originating from India) and lard. Choose white meat and fish, which are generally low in fat, rather than red meat. Avoid processed meats because they are high in fat and salt. Switch to low-fat or reduced-fat versions of milk and dairy products.

4. **Eat Less Salt and Sugar:** Limit-



ing the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce) when cooking and preparing food will help limit your daily salt intake to less than 5 grams. Avoid foods/snacks that are high in salt and sugar. Limit intake of soft drinks or sodas and other drinks that are high in sugar (e.g. fruit juices, flavored milks, yogurt drinks). Always choose fresh fruits

instead of sweet snacks such as cookies, cakes and chocolate.

5. **Avoid Eating Out:** Eating at home, reduces your rate of contact with other people and lowers your chances of being exposed to any infections/illnesses.

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

## The Promise of Spring

Spring gives us the chance to begin anew.  
With the arrival of Spring comes the arrival of new beginnings,  
new life and new opportunities...

### So Spring to the Spa at Rejuvenate Salon & Spas!

**Spring Renewal Facial**  
The skin regenerates about every 28 days, and the skin cells return and accumulate. Are you looking for a way to lift and renew your face? Our regenerative facial will stimulate and promote your body's creation of new, radiant skin. This treatment will include a microdermabrasion scrub and a deep hydrating mask.

**Spring Renewal Massage**  
Renew and revive your body with a tailor-made massage, just for you! A combination of pressure and our Spring Renew oil will leave you feeling restored and ready for Spring!

**Relax Refresh Rejuvenate**

Cassels Tower  
The Woodlands Spa Services

954.783.4013  
954.247.5817

# Notre Dame Glee Club Upcoming Concerts



The University of Notre Dame Glee Club is world renowned as one of the finest all-male collegiate choral groups in the country. More than 2,000 young men have sung with the Glee Club, combining the rich tradition of Notre Dame with the highest standards of artistic excellence.

On March 11, the ND Glee Club will perform a concert at Assumption Catholic Church, 2001 S. Ocean Blvd.,

Lauderdale-by-the-Sea at 7:30 p.m. The 48-voice men's ensemble will offer a broad variety of music, from religious and classical to the great American Songbook, pop and Irish songs.

Tickets are \$25 and can be purchased on the Ft. Lauderdale Notre Dame Club website ([www.fortlauderdale.undclub.org/events/36964](http://www.fortlauderdale.undclub.org/events/36964)) or by contacting

Heritage Tower Harry Durkin (ND Class '53) at 954-586-4866. If JKV Transportation is needed, arrangements can be made by signing up on JKVConnect or at Cassels Tower front desk.

The next morning, March 12, at 9:30 the Glee Club will be performing in the Cultural Arts Center. Sign up on JKVConnect or by calling Life Enrichment at 954-783-4039.

## Holocaust Survivor Speaks During

## Remembrance Day



**During his presentation on Holocaust Remembrance Day, Manny Gurowski displayed his yellow "Jude" badge that Jews were ordered to wear under Adolph Hitler's fascist regime.**

Manny Gurowski, child survivor of the Holocaust, was guest speaker at

John Knox Village on Holocaust Remembrance Day. The now 91-year-old Delray Beach resident is the father of JKV's Public Relations Senior Specialist Kim Morgan and recalled the circumstances of his harrowing childhood in Germany under the Nazi regime.

Manny, his sister and mom were taken from their home and placed in a deadly Labor Camp. His father was taken elsewhere, and the family feared they would never see him again. As a clever young boy, Manny would hide some soap the workers in the Labor Camp made for the Germans in his tattered uniform. He would escape

under a fence to trade the soap for bread, helping to keep his ill sister and others alive.

Eventually, Manny, his mom and sister, were miraculously reunited with their dad, and they spent six years waiting for a sponsor-family in the U.S. They ended up being sponsored by cousins living in Rochester, NY where Manny met his beautiful bride, Sandi and where they brought up three children.

Manny assimilated to American life beautifully and continues to love and appreciate this country every day. He continues to speak and educate about being a child survivor of the Holocaust.

## Have You Noticed More On-Campus Interfaith Spiritual Programming?



Rev. Rachael Gallagher  
JKV Spiritual Life Director



**Spiritual Life Director Rachael Gallagher (L) and Coordinator Angelica Blakely join with Lakeside Villa resident Armando Gutierrez after performing the first-night ceremony of Hanukkah.**

In recent months, you may have noticed more and more interfaith spiritual programming around campus, and we hope that you've gotten excited about the inclusive spiritual community that we are hoping to curate at John Knox Village.

In Spiritual Life, our goal is to enrich the lives of our community members by paving a path of spiritual literacy and dialogue in the community that crosses boundaries, and entertains new, creative spiritual tensions that will foster authentic spiritual formation. With that in mind, we are thrilled to celebrate the Jewish holiday of Purim together this month.

For those unfamiliar with Purim, it's a holiday marked by a joyful spirit, food, and fun. In honor of our first JKV Purim, we'll gather at the Poolside Sports Pub for a reading of the Megillah, followed by sharing some of the traditional food items associated with Purim, and a time of socializing and enjoying a beautiful March day here in sunny South Florida.

We are hopeful that our time together for Purim will be a meaningful interfaith opportunity for residents. After all, Purim by its very nature is an interfaith holiday that is all about tolerance and co-existing: Esther saves the Jewish people by teaching tolerance to Achashverosh to save her people and have them co-exist in Shushan together.

We know that bringing our community together for this celebration is an outward example of the inclusion that exists on the JKV campus on a daily basis.

At JKV, we are literally united by geography. We share 70 acres, garbage day pick-up schedule, four restaurants, and the same weather challenges during Hurricane season. But JKV is so much more than a geographical area. It's a shared identity.

In our close-knit community, residents and team members are united by common goals, collective activities, and group events that give us a sense of true belonging. Nowhere has this been more apparent than in the countless instances witnessed over my first 18 months here. Residents

have opened their homes, their kitchens and their hearts to my husband and me during the holidays and for special meals.

I recently heard a community described as a circle to which you feel you belong. If you're away, that circle will miss your presence; it reaches out to you when you're absent, and you long for it when you're not there.

We are happy to celebrate our very first Purim here. The Poolside Sports Pub will brim with hamantaschen (triangular-shaped filled-pocket pastries) and smiles. As we share in the festivities, we celebrate in our own way, and our hope is to create new traditions that will last through the years. And I know that just as we get pumped up to celebrate Purim, our friends and neighbors will be excited to see our celebrations for Palm Sunday and Easter just a few weeks after we put away the groggers from our Purim celebration. Because that's how we, as John Knox Village, support one another.

—Rev. Rachael Gallagher

# Supportive Residents, Committed Staff Make First 6 Months A Joy

Continued from page 3

through the pandemic, JKV must remain alert and positioned to move with the direction of the market. This not only includes the Life-Plan Continuing Care Retirement Community market, but the general healthcare market as well.

Keeping a watchful eye on potential labor shortages will be ongoing as we compete for these valuable human resources. Considering the current and anticipated medical needs of our residents, it is imperative that we stay on top of all healthcare market trends and their potential impact on the Village.

The future is bright, and it is exciting to be part of that future.

We are all looking forward to the opening of Westlake—still on schedule for a first quarter 2024 grand opening—as it will add a new dimension to the campus and allow us to remain the absolute senior industry market leader.

It will also provide us with the much-needed opportunity to usher in a sense of normalcy with the removal of everything that a major construction project brings.

Be well, Sal

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



Committed staff such as Ivy Gordon-Thompson, JKV's Director of Nursing, have helped Sal during his first six months at the helm of the Village. Sal honored Ivy during a recent Leadership meeting after she was recognized by Lifestyle Media Group as a top "Leader in Health, Beauty & Fitness," for her extraordinary work at The Woodlands and Seaside Cover over the past 16 years.

# A Sky-high Safety Training Partnership

Continued from page 2

types of rescues in preparation for a large drill, and to demonstrate the capabilities that we can utilize between the building features, our equipment, and training."

On the second day of training several members of the Special Operations Team rappelled off the roof of the 15-story Vue.

"Because of this training they know where the anchor points of the building are, to tie off to, in case of an elevated hi-rise rope rescue," Mr. Fiore said. "They know what equipment they will need and what space is available on the roof.

"They now have a packet in each Tactical Rescue Truck of the swing-stage layout, so they already know where to respond if there ever was

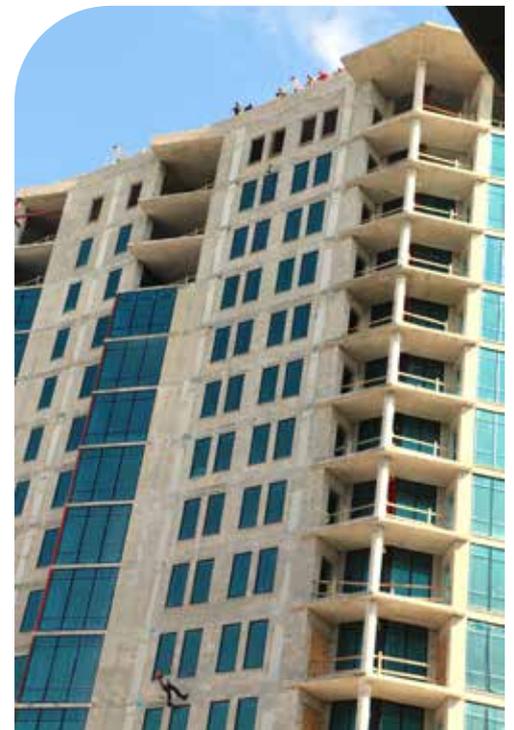
an emergency."

The training also provided something invaluable: Peace of mind.

"If any of this emergency pre-planning was not done, I would not be able to sleep at night," Mr. Fiore said. "I want to know that I have done everything in my power to pre-plan in case of an emergency."

With the Westlake project still on schedule for a First Quarter 2024 grand opening, it is good to know the focus on safety is as high as the buildings.

**A member of the Special Ops Team rappels off the roof of Westlake's 15-story The Vue apartment building. Here he is more than 10 stories down from the roof.**



# HHA, Your Partner In Your Home Health

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



Christy Kelly  
Director Of Nursing



Dihara Guzman  
Home Health Administrator

Did you know there is an on-campus resource to fulfill your care needs—from, and in, the comfort of your own John Knox Village apartment or villa home?

By partnering with the John Knox Home Health Agency you will receive many benefits, including increased socialization through the companionship of a skilled, knowledgeable, and

caring JKV Home Health Private Duty Aide.

Start today with an assessment from one of our experience Case Managers. They will listen to the needs and challenges you are facing. They will develop a personalized plan of care to fulfill those needs and offer you a variety of services, such as:

- Prepare and serve nutritious and delicious meals
- Assistance with personal hygiene, dressing, ambulation, and transfers
- Schedule grocery shopping services
- Accompany you to Doctor's offices, salons, and on outings
- Light housekeeping and laundry
- Companionship, engaging in conversations, games, go on walks, and other pastimes of your interest
- And much more

Take the initial step and contact us at 954-783-4009. Ask for Christy Kelly, HHA's Director of Nursing. We will help achieve your goal.

Home Health License #: 20601096

## Is Aquatic Physical Therapy *Right For You?*

### What is Aquatic Therapy?

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

### Who Benefits from Aquatic Therapy?

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

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

aquatic exercises.

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

### Problems that can be treated with Aquatic Therapy:

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

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

### Cost

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

### For more information

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

# Donations To The Village



## Donations received during the months of December 2022 - January 2023

### To John Knox Village Employee Scholarship Fund

Anonymous  
Barbara Hollowell  
*In memory of Harry Vordermeier*  
Barbara Shankweiler  
Cason Trust  
Clark Rechkemmer  
Countrymark Refining & Logistics  
David Haun  
Doreen Haynie  
Geraldine Ryba  
Guia Jansen  
Joan Cook  
John Furlano  
*In memory of Ginny Horn and  
Ardis Comer*  
Norma Jenkins  
Paul Loree  
Richmond Knowles  
Rose Milanovich

### To John Knox Village Foundation Benevolent Endowment Fund

Fred & Irene Michel Charitable Trust  
Margaret Gerloff  
Romaine Miller

### CGA Gifts

Loretta Neff

### Chapel Endowment Fund

Fred & Irene Michel Charitable Trust

### Charlotte Symonds Employee Assistance Fund

Carol Redd  
*In memory of Harriet Sams*

### Foundation Unrestricted Fund

Amazon Smile Foundation  
Barbara Meyer  
Bruce Voelkel  
*In memory of Harry Vordermeier*  
Carol Frei  
*In memory of Harry Vordermeier and  
Harriet Sams*  
Carol Redd  
Clark Rechkemmer  
David Heger  
Dennis Breitner  
Diane and John Dalsimer  
*In memory of Judith Mollengarden and  
Marilyn Askin*  
Dorothy Haley  
*In memory of Harriet Sams*  
Anonymous  
Gaile Boomhower  
*In memory of Harry Vordermeier*  
Geraldine Ryba  
Glenn Deibert

Gregory Hurst  
James Meyer  
Jane Middleton  
Joyce Cuddy  
Judy Paine  
Lori Crump  
Paul Loree  
Peggy Golden  
Robert Banks  
Robert McDowell  
Robert Oliver  
Robert W. Moyer Foundation  
Rose Milanovich  
Shirley Phillips  
Susan Gutman  
Sylvia Minchew  
*In memory of Mary Jane Graff,  
Judy Mollengarden, and Chauncey Hunt*

### Healthcare Enhancements Fund

Barbara Meyer  
Bruce Voelkel  
*In memory of Lori Crump*  
James Meyer  
John Furlano  
*In memory of Margaret Green*  
Nancy Matthews  
Richmond Knowles

### Intellectual Enhancements Fund

John Furlano  
James Meyer  
Barbara Meyer

### Maggie Goetz Bird Fund

Anonymous

### Mental Wellness Enhancements Fund

Geraldine Ryba

### Physical Enhancements Fund

Anonymous  
Bruce Voelkel  
David Haun

### Resident Assistance & Inouye Support Fund

Mark Brown  
Kazuo Inouye

### Resident Music Endowment Fund

Ann Archard  
Franklin Schmidt

### Staff Professional Training Fund

Barbara Meyer  
James Meyer  
Rose Milanovich  
John Furlano  
*In memory of Susan Gutman and*

*Margaret Green*

### Village Arts Circle Intellectual Enhancements Fund

Ada Kadin  
Alice Von Essen  
Ann Hanessian  
Anne Fick  
Anne McVeigh  
Barbara Kuntz  
Barbara Scott  
Barbara Shankweiler  
Beverly Ringel  
Catherine Mallow  
Daniel Kline  
David Barnett  
Donald Patriss  
Dr. Bruce and Jane Burgess  
Erica Gassen  
Felice Lind  
Florence Doumar  
Frances Martin  
Gaile Boomhower  
Gerald Kennedy and Paul Smith  
James Meyer  
Jane Hart  
Jane Middleton  
Janet Spalding  
Janet Stanwyck  
Jay Shah  
Jean Trebbi  
Jeanne Little  
John Furlano  
Katherine Schnell  
Lyn Walk  
Marge Gibbons-Kilroy  
Marie Brink  
Mary Baker  
Mary Fehrenbach and Barbara Pesin  
Mary Gleason  
Diane and John Dalsimer  
Nancy Harris  
Nancy Rohan  
Patricia D'Antonio  
Peggy Stanley  
Pierre Audet  
Romaine Miller  
Stephanie Messana  
Sylvia Minchew  
Todd Hoover and Ron Michel

### Transportation & Mobility Fund

Barbara Meyer  
David Heger  
Donald Patriss  
Glenn Deibert  
James Meyer  
Robert Kelly  
*In memory of Harriet Sams*

# The Woodlands at John Knox Village



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

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

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

In addition, visit our Fitness Center and Rejuvenate Spa services.

Call today if you have an upcoming surgery and are in need of rehab. Get first-hand experience and see why The Woodlands is your best option.

**(954) 247-5800**

[www.WoodlandsJKV.com](http://www.WoodlandsJKV.com)



**THE Woodlands**  
AT JOHN KNOX VILLAGE

700 SW 4<sup>th</sup> Street, Pompano Beach, FL 33060

SNF1258096

## JKV Welcomes Henry Sanchez

*Continued from page 6*

If you go to a restaurant and you do not like the food or the service, you just don't go back. My staff and I plan on that not being an issue."

Chef Henry's goal is for residents to: "Enjoy great food with all the glamour."

Both Chef Henry's grandfather and father were bakers, however he found the recipes too precise and restrictive. "I like to improvise, you know, put in a little extra pinch of this seasoning or a different herb than was called for. I read a lot of culinary magazines to keep up on trends, not just in this country, but around the world."

The sensory experience of someone sitting down for an enjoyable meal is what makes the long hours in a hot kitchen worth his while.

"Plate presentation uses three of our five senses," he said. "If your eyes like what they see, your nose likes what it smells and your mouth likes what it tastes, you are going to have a good dining experience."

Prior to joining JKV, the Johnson and Wales University-trained Chef Henry had executive chef roles at the Broward County and New Orleans Convention centers and was culinary production manager at Central Market in Houston, TX: "Think Whole Foods Market...on steroids," the Puerto Rico native said.

Why John Knox Village?

"I don't live too far from the Village and would drive by quite regularly," he said. "I knew if I could get my foot into the kitchen, I could help make good resort-quality food for our residents, their family and friends."

Look for that kind of big thinking to translate into delicious food at JKV.

## Leave Your Legacy-Be A Mensch

*Continued from page 10*

deeply about and your personal higher values.

More and more, we see people who want to make a difference, who are looking to leave a positive imprint on the world and a legacy of goodness. Members of the JKV Legacy Society are a testament to individuals who wrote their philanthropic legacy with the JKV community in mind. For more information on including the JKV Foundation in your will, call me at 954-784-4757, email at [mdobosz@jkvfl.com](mailto:mdobosz@jkvfl.com) or stop by my office on the sixth floor of the Forum Building.

### **Pursue Your Passions Because They Are Infectious**

Your passions are your legacy. Passion comes from an outpouring of the interests and ideas that make a difference in your life. Finding and pursuing your passion allows you to see your destiny clearly. That's what happened to me with building butterfly gardens.

I can attest to the fact that life won't be any fun if you don't pursue your passions to the fullest. It's contagious. It's spiritual.

Leaving a legacy is an important part of your life's work. A legacy develops from a life dedicated to self-reflection and purpose. What will be revealed, and what will endure, is a truthful and value-driven body of living. Don't miss the opportunity to pursue your passions and then continue to look for new adventures.

*—Mark Dobosz, Executive Director*

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

COPIES ARE AVAILABLE AT THE FRONT DESK OF VILLAGE TOWERS, HERITAGE TOWER, EAST LAKE & CASSELS TOWER.  
PLEASE MAKE RESERVATION THROUGH JKVCONNECT OR THE FRONT DESK CONCIERGE AT THE TOWERS. 3/23

## — 2023 JKV SENATE LEADERSHIP —

### Executive Committee



Mark Levey  
President



Fred Schieferstein  
Vice President



Stephanie Messana  
Secretary



Gerry Kennedy  
Treasurer

### Standing Committee Chairs



Ken Shanahan  
Bldg, Grnds, &  
Housekeeping



Pete Audet  
Communications  
& Technology



David Barnett  
Dining Services



Steve Abrahams  
Finance

### At-Large Members



Jan Spalding



Julie Vikmanis



Bruce Voelkel



Carol Frei  
Health Services



Paul Smith  
Legislative



Joan Warren  
Library

### Resident Board Members



Diane Barton



Terry Colli



Tom McDowell



Diane Dalsimer  
Life Enrichment



Richard Aronowitz  
Long Range  
Planning



Peggy Golden  
Security, Safety  
& Transportation



# Got Questions

## WE'VE GOT YOU COVERED!

### Important Resident and Family Life Contact Numbers

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

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

<b>ACCOUNTING</b> (Questions about your monthly bill) .....	954-783-4048
<b>ADMINISTRATION</b> .....	954-783-4021
<b>AQUATIC COMPLEX</b> .....	561-564-1623
<b>AT&amp;T TELEVISION SUPPORT HOTLINE</b> .....	954-788-2000
<b>CART SERVICE</b> (Call for a cart or to book a local car trip) .....	954-783-4054
<b>CASSELS TOWER FRONT DESK</b> .....	954-783-4036
<b>DINING ROOMS - SEAGLASS AND THE PEARL</b>	
(For reservations) .....	954-783-4062
(For delivery or takeout) .....	954-783-4061
<b>DIXIE GATE</b> (SW 6th Street Entrance) .....	954-784-4732
<b>EAST LAKE FRONT DESK</b> .....	954-783-4058
<b>FITNESS STUDIO</b> .....	954-784-4730
<b>FOUNDATION</b> (For questions about making donations, call Executive Director Mark Dobosz) .....	954-784-4757
<b>GARDENS WEST FRONT DESK</b> .....	954-784-4050
<b>GLADES GRILL</b> (For reservations) (Open Thursday-Monday 11 a.m.-8 p.m. Closed Tuesday and Wednesday) .....	954-546-6116
(For takeout) .....	954-546-6115
<b>HERITAGE TOWER FRONT DESK</b> .....	954-784-4737
<b>HOME HEALTH AGENCY</b> .....	954-783-4009
<b>HOUSEKEEPING</b> .....	954-784-4727
<b>LIFE ENRICHMENT</b> (Questions or to sign up for upcoming programs) .....	954-783-4039
<b>MAIN GATE</b> (SW 3rd Street, John Knox Village Blvd. Entrance) .....	954-783-4079
<b>MAINTENANCE</b> (To report a maintenance issue) .....	954-783-4030
<b>ON-CALL PRODUCTION ASSISTANT</b> (Issues with your event) .....	561-592-2974
<b>PALM BISTRO</b> (Open Tuesday-Sunday 11 a.m.-8 p.m. Closed Monday) .....	954-247-5820
<b>REJUVENATE SALON CASSELS TOWER</b> (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.) .....	954-783-4013
<b>RAS CURIOSITY SHOP</b> (Tuesday, 10 a.m.-12:30 p.m. and Thursday-Friday, 2-4 p.m.) .....	954-784-4753
<b>RESIDENT RELATIONS/SOCIAL WORK</b> (Call Joanne Avis) .....	954-783-4023
<b>SEASIDE COVE FRONT DESK</b> .....	954-546-6000
<b>SECURITY</b> .....	954-784-4054
<b>SWITCHBOARD/MAILING SERVICES/CHANNEL 8001 UPDATES</b> (Call Lynne Hunt) .....	954-783-4000
<b>VILLAGE TOWERS FRONT DESK</b> .....	954-783-4056
<b>WELLNESS NURSES</b> (For 24-hour emergency care/assessment) .....	954-783-4004
<b>WOODLANDS FRONT DESK</b> .....	954-247-5800

### GET ACQUAINTED – GET INVOLVED

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

<b>President:</b> Mark Levey .....	VT 306
<b>Vice President:</b> Fred Schieferstein .....	HT 817
<b>Secretary:</b> Stephanie Messana .....	NE 600
<b>Treasurer:</b> Gerry Kennedy .....	VT 713
<b>At Large:</b> Jan Spalding .....	LS 401
<b>At Large:</b> Julie Vikmanis .....	EL 202
<b>At Large:</b> Bruce Voelkel .....	CT 1107
<b>Resident Board Member:</b> Diane Barton .....	LS 317
<b>Resident Board Member:</b> Terry Colli .....	NE 501
<b>Resident Board Member:</b> Tom McDowell .....	HT 718

*Committee Chairs:*

<b>Building, Grounds &amp; Housekeeping:</b> Ken Shanahan .....	HT 817
<b>Communications &amp; Technology:</b> Pete Audet .....	VT 613
<b>Dining Services:</b> David Barnett .....	NE 635
<b>Fiscal:</b> Steve Abrahams .....	SG 698
<b>Health Care Services:</b> Carol Frei .....	VT 913
<b>Legislative:</b> Paul Smith .....	VT 713
<b>Library:</b> Joan Warren .....	VT 922
<b>Life Enrichment:</b> Diane Dalsimer .....	CT 315
<b>Long Range Planning:</b> Richard Aronowitz .....	CT 615
<b>Security, Safety &amp; Transportation:</b> Peggy Golden .....	VT 405
<b>Volunteer Services:</b> .....	HT 817

# Annual Classic & Antique Car Show

**Saturday, March 18, at the  
Welcome & Innovation Center  
from 10 a.m. to Noon**

Take a stroll back in time to an era when Detroit's heavy metal put an emphasis on extravagant style with chrome, finned rear fenders, and high-powered V-8 engines. Ask questions to the antique and classic car owners and reminisce about your own car memories. The autos will be on display in the grassy area adjacent to the Village's Welcome & Innovation Center.

**Invite your friends and family to join you.  
Call 954-783-4039, so we can place your  
guests' names on our visitors' list.**



## **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](http://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](http://JohnKnoxVillage.com)  
f t y JohnKnoxVillage