

# VOICE



- INSIDE:**
- JKV Is Ready To Weather Hurricane Season – Page 7
  - Roll In A Little Sunshine On Wheels – Page 9
  - 7 Reasons For 4-Legged Friendships – Page 14



# JKV Resident Volunteer Appreciation *Stars Honored*

By Jane Burgess, East Lake Resident



These 17 JKV residents were recognized for their exemplary volunteer efforts this past year. They are top row (L-R): Bruce Voelkel, Fred Schieferstein, Ken Shanahan, Don Williams, Peter Flyzik, Mark Levey, Terry Colli, Marty Menter. Bottom row (L-R): Shaun Zahn, Nona Moore, Stephanie Messana, Pat Harrell, Sandy Gordon, Marge Gibbons-Kilroy, Claire Dunn. Absent: Dennis Fitch, Norma Jenkins.



**The recent Resident Volunteer Appreciation Dinner Ceremony was generously underwritten by the JKV Foundation. Here, Foundation Executive Director Mark Dobosz says a few words.**

The 100-plus guests at the Resident Volunteer Appreciation Dinner were treated like stars as they walked in on an actual red carpet, "dressed to impress."

Gloria Gantes, Meaningful Life Manager, sent a survey to all residents asking about their JKV Volunteer activity for 2023.

Resident volunteers who filled out this survey were invited. The tradition began in 1993, but due to the COVID-19 pandemic, this was the first volunteer recognition event since 2019.

The Hollywood-style theme was "The Stars of JKV," and it was carried out to perfection with black, gold, and silver decor, movie posters, and stars on the floor with

the names of previous honorees.

After being served a delicious Italian dinner, the guests were treated to a brief video of the meaning of volunteerism at JKV. The entire event was underwritten by the JKV Foundation.

Next, with appropriate fanfare, the 2020, 2021, and 2022 honorees were announced. These 17 residents have gone above and beyond to serve their neighbors with their time, their energy, and their expertise. We thank them and applaud them.

This Appreciation Dinner was held in the Cultural Arts Center on April 30th. To learn more on how you can volunteer at JKV contact Gloria Gantes, Meaningful Life Manager, at 954-247-0366 or [ggantes@jkvfl.com](mailto:ggantes@jkvfl.com)





JOHN KNOX  
VILLAGE

Where possibility plays

*MiMi Thank You*

## For Your Patience, Kindness And Flexibility

As I write this I realize we are halfway through 2023. Time truly does fly by. I also can't imagine that I have been working for almost 50 years.

That's if you count babysitting, waitressing and chambermaiding at a family friend's resort in the White Mountains of New Hampshire as a kid. Too bad I wasn't paying Social Security taxes or investing in a 401K back then, I could be a neighbor on campus right now if that were the case.

My perspective on time, and how it passes by, is so different from, of course, when I was a young girl. As it is, I am sure, for each of you.

Several kind residents inquire now and then about my grandchildren. To be honest, I can't believe my sons, Pierce and Lane are grown and that I'm a "MiMi." When I share that Genevieve is four-and-a-half and Iver is two-and-a-half years old, we are generally both surprised.

I think it's true that as we age time seems to go by even faster. When we were younger, we couldn't wait for momentous events like getting our driver's license, graduating from high school, attending college, then graduating, big trips, big relationships, jobs, perhaps children, and grandchildren.

Then it all happens, and we have no idea, "what's next?"

What's next if you are a savvy consumer, thoughtful planner and forward thinker is making the choice to move to a Life Plan Retirement Community. Having formed my own friendships with many residents over the years, I have seen first-hand the benefits of living at JKV.

It is remarkable to witness the ability to stay connected, feel supported, continue learning, forming and enjoying new friendships, staying engaged and keep evolving. So, in fact, it's all still "happening."

It has been rewarding for me to observe residents enjoying the lifestyle

*Continued on page 22*

Monica McAfee  
Chief Marketing &  
Innovation Officer

## ON THE COVER

The breadth and variety of activities taking place on the John Know Village campus is breathtaking. Shown clockwise from top left are: Milonga tango dancers illustrating the moves from African musical roots as well as the precision of Argentine tango; the resident-led Villagers and Choristers return to the Cultural Arts Center stage; in a two-night back-to-back special, Los Angeles-based singer extraordinaire Jenna Pastuszek performed hits from Judy Garland and Barbra Streisand; JKV residents were honored for their volunteer efforts with a dinner and awards ceremony. (Photos by Marty Lee)

# VOICE

## Discover

### What's Inside?

Vol. 47 Number 3 | Jul-Aug-Sep 2023

#### IN EVERY ISSUE

- 3** News From Marketing  
*MiMi Thank You For Your Patience, Kindness And Flexibility*
- 8** John Knox Village Foundation  
*Charitable Gift Annuities*
- 10** Senate News  
*Summertime And The Livin' Is Easy*
- 18** Living Well Corner  
*Benefits Of Using A Rowing Machine*
- 19** Nutrition Notes  
*The Scoop On Best Ice Cream Choices For Summer*
- 21** News From Spiritual Life Coordinator  
*Beach, Pool, Lightening Bugs, Some Of Fondest Summertime Memories*

#### FEATURED STORIES

- 2** JKV Resident Volunteer Appreciation Stars Honored
- 5** Westlakers Toast To 'New Beginnings, New Adventures, New Neighbors'
- 6** Aging In Place With Dr. Koch
- 7** 2023 Hurricane Season Is Here
- 9** Roll In A Little Sunshine On Wheels
- 10** Local History: The Man Who Named Pompano
- 11** Libraries Remain Relevant Even In These Digital Days



**South Garden Villa Resident Cindy Schmidt enjoys tossing the ball to the love of her life Casi Grace.**

- 12** JKV's Community Partnerships Series: History Fort Lauderdale
- 13** Residents Award 9 Deserving Team Members Scholarships
- 14** Seven Great Reasons For Pet Friendships
- 16** A Loving Remembrance Of Nanette Olson
- 17** Giving Can Make You Happy
- 20** Thirty Years Of Home Health At JKV
- 23** Is Aquatic Physical Therapy Right For You?

#### COMMUNITY INFO

- 24** Donations
- 26** Bus Transportation Schedule
- 26** 2023 JKV Senate Leadership
- 27** 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](mailto: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](https://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](https://JohnKnoxVillage.com)  
Facebook, Instagram, Twitter 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.





# Westlakers Toast To

## 'New Beginnings, New Adventures, New Neighbors

By Rob Seitz, Village Voice Editor



**JKV Chief Marketing & Innovation Office Monica McAfee greets more than 100 Westlakers during a recent "Meet Your neighbors," event in the Cultural Arts Center.**



**Kim Ali, JKV Director of Sales, purposely sat Westlakers at designated tables with fellow residents from the same floor during a recent "Meet Your Neighbor" event in the Cultural Arts Center.**

Enthusiasm for Westlake—the most ambitious project in John Knox Village's 55-year history—is as hot as a late spring day in South Florida. That was evidenced during a recent "Meet Your Neighbor" event held in JKV's Cultural Arts Center.

Nearly 100 Westlakers sat at tables designated with the floor onto which they will be moving sometime during the right-on-schedule first quarter of 2024.

"We purposely sat you by the floor you are going to be moving to, so you could meet your new neighbors," Kim Ali, JKV Director of Sales, told the group. "We left forms at your table that you can put your information on and share with your neighbors, such as your name, new apartment number, phone number and email address."

JKV Chief Marketing and Innovation Officer Monica McAfee welcomed the group as well and after her well-wishes, proposed a toast.

"Thanks to the hard and diligent work of our building partner, Moss Construction, we are right on

schedule for our opening in the first quarter of next year," Ms. McAfee said. "Let's toast to new beginnings, new adventures and new neighbors."

Westlake consists of two cojoined tower buildings—The Vue at 15 stories and The Terrace at 11—with 147 state-of-the-art apartment homes. There will be two floors of covered parking and an amenity-filled first-floor common area including:

- The French Press, a coffee bar by day and wine bar at night
- The bistro-styled Westlake Eatery

- High-tech projection theatre
- Technology hub
- Business center
- Art studio
- Library
- Sacred space
- Fitness studio

During the "Meet Your Neighbor" event Fitness Manager Marsha Dixon told the group how excited she was for the new Fitness Studio being built in The Terrace tower first-floor area.

Ms. Dixon provided useful information to the Westlakers on the health benefits of staying active, including having a volunteer do a timed set of bicep curls, another raise herself out of her chair and stand, then sit back down and repeat all within 30 seconds and a third raise himself from a chair, speed walk a distance, turn at a cone, and return to his seat as quickly as possible.

"These are just a small handful of the exercises our residents take part in today, whether in individual or scheduled group settings, in the pool, or outside the Aquatic Complex, or in our wonderful Fitness Studio," she said. "Exercise is so helpful at all stages of life, but as seniors exercise can help you prevent falls, guard against injury, preserve your cognitive function and even alleviate pain."

# Aging In Place

## With Dr. Koch

By Phillip E. Collins, Heritage Tower Resident

For the past two years there has been a literal lifesaver for many of us on the first floor of the Center for Healthy Living (CFHL), located just off the JKV campus.

With several decades of eldercare medical experience, Dr. Howard Koch arrived on our campus with an ability to hear a patient and suggest best next steps.

Who was it who said, "all healing begins with being heard?" Well, Dr. Koch has mastered this.

Overseeing JKV resident office visits, short and long term, and rehab care in The Woodlands and Seaside Cove, Dr. Koch, is a moving medical missile throughout the day and week.

"Aging in place" means that you are in one location for the rest of your life. This includes most of us at JKV.

"With this structure brings consistent and progressive medical issues and needs," said Dr. Koch. "This results in the need for increased staffing, especially with the upcoming expansion of Westlake.

"The aim of the JKV campus is to keep elders active and involved," the 1976 University of Miami School of Medicine further explained. "With this strategy I often refer patients to a specialist to ensure the quality of their lives is maintained and sustained."

Knowing that a primary care

physician is the first stop and when you have a

non-life threatening situation, Dr. Koch does recommend urgent care.

Regarding the COVID-19 situation, Dr. Koch maintains that wearing a mask in large groups is a good idea.

Dr. Koch is a member of the Holy Cross medical group and they and JKV negotiate medical needs on our campus. He feels improved communication between campus nursing and all aspects of medicine care is essential.



  
JOHN KNOX VILLAGE  
CENTER for HEALTHY LIVING

**Your healthcare  
needs taken care  
of right here on  
campus**

*A convenient location  
where residents and JKV  
Team Members (Staff)  
can receive well care and  
sick care with excellent  
providers that approach  
whole person wellness.*

*Schedule your appt. now  
Residents: 954-788-2260*

*550 SW 3rd St., Suite 100  
Pompano Beach, FL 33060*

*Dr. Koch's Office Hours:*

Monday	12 PM - 5 PM
Tuesday	8 AM - 1 PM
Wednesday	8 AM - 5 PM
Thursday	8 AM - 1 PM
Friday	CLOSED

### JKV Residents can schedule an appointment for:

- Preventative Care
- Routine Physicals
- Wellness Counseling with a Clinician
- Immunizations
- Chronic Disease Management
- Episodic Treatment of Non-Emergent Conditions
- Specialty and Diagnostic Referrals
- Routine Lab Collections.





# 2023 Hurricane Season is Here

## *JKV Is Ready To Weather The Storm*

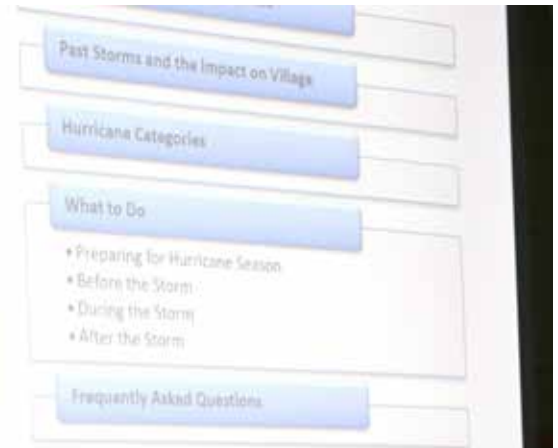


**Kirsten Whiting**  
*Director of Risk Management*

One of the many benefits for Residents living at John Knox Village is the tremendous assistance available before, during and after emergencies such as hurricanes.

Hurricane season 2023 is on its way, running from June 1 through Nov. 30 and weather indicators are predicting a "near-normal" season with a range of 12 to 17 named storms (winds 39 mph or higher), according to the National Oceanic and Atmospheric Administration (NOAA). Of those, five to nine could become hurricanes (74 mph or higher), including one to four major hurricanes (category 3, 4 or 5: With winds 111 mph or greater.

Whether the season is typical, all it takes is one storm to do catastrophic damage—especially if it hits where we live.



staying with them during the storms and working on campus recovery afterward.

We have distributed Resident Hurricane Relocation Survey forms, which lets us know whether Residents will be staying on campus through storms.

I conducted a series of Hurricane Preparedness presentations, which were videotaped. One is for Villa residents and the other for residents in the Apartment Buildings. They can

Senators and those Staff members assigned to each apartment building will meet prior to each storm, to allow for questions and concerns.

This season we have the benefit of the Pavilion serving as an evacuation shelter. In the event that a Category 2 or higher hurricane is coming our way we ask that Villa residents relocate. Please note, BSO deputies will be asking residents who refuse to relocate to do so, or sign a waiver. Villa residents, who have indicated on their Hurricane Relocation Surveys they will stay at JKV, will be sent to either the Village Centre Auditorium or Pavilion.

Villa residents with pets will be evacuated to the Auditorium and Villa residents without pets will go to the Pavilion.

As in year's past, in order to protect the Village as much as possible JKV will closely monitor NOAA at [www.noaa.gov](http://www.noaa.gov) as well as industry and news agencies for the latest information as a storm approaches.

Regardless we will remain diligent.

As we like to say at JKV: "We hope for the best, but prepare for the worst."

—Kirsten Whiting

**2023 Hurricane Names: Arlene, Bret, Cindy, Don, Emily, Franklin, Gert, Harold, Idalia, Jose, Katia, Lee, Margot, Nigel, Ophelia, Philippe, Rina, Sean, Tammy, Vince, and Whitney.**

The 2022 hurricane season was also predicted to be fairly average, but it included Hurricane Ian which walloped southwest Florida in September as a Category 5 with 150 mph winds, a mammoth 15-foot storm surge, electrocutions, inland flooding and caused 149 deaths. Ian was also America's third deadliest storm causing \$114 billion—with a B—in damage.

At JKV, we are fortunate to have a dedicated team of Staff helping Residents prepare for the storms,

be found on JKVConnect at the JKV Videos tab under "Photos, Videos, & Publications.

To make certain everything is in order, Management and Staff will participate in mock hurricane drills that include reviewing plans, checking supplies, training staff, topping off generators and even practice putting up shutters around the campus.

JKV also has Resident Senators and their Alternates ready and able to assist in every area as well. Resident



JOHN KNOX VILLAGE  
FOUNDATION

Take Joy in Being Part of the Story.

## Charitable Gift Annuities: A Gift That Could Benefit You



Mark Dobosz

I thought it might be beneficial to talk about how a charitable gift annuity (CGA) funded with appreciated stock could help you defer capital gains you would have incurred if you sold the stock, receive guaranteed income for the rest of your life and make a gift to John Knox Village Foundation that will benefit the Village for years to come.

Some of you are new to John Knox Village and don't even realize that

we have this wonderful program that benefits you and JKV.

The Village has had a robust charitable gift annuity program for many years and an astute former Foundation Board Member, William Baird, knew that universities were offering CGAs and wondered why we couldn't do the same.

He did some research, had the paperwork filed with the State of Florida and JKV has now offered charitable gift annuities for over 20 years.

The older you are at the time of making a CGA, the greater the income that comes back to you for the rest of your life. A CGA is a contract under which the JKV Foundation, in return for a transfer of cash or securities, agrees to pay the donor(s) a fixed sum of money for life.

The older you are at the time of making a CGA, the greater the income

that comes back to you for the rest of your life. These annuity payments are a general obligation of John Knox Village Foundation and backed by all of the Foundation's assets. The CGA funds are securely managed by an investment firm in a conservative, regulated and disciplined manner.

On Jan. 1, 2023, the American Council on Gift Annuities (ACGA) announced that payout rates incrementally increased, making 2023 a good year to explore a CGA for yourself.

If funded with appreciated securities, the capital gains are taxed over your life on the distributions made to you each year. In addition, typically about half of your annual distribution is tax exempt, since it is treated as a return of principal. We can show you exactly how the numbers work out if you want us to investigate this for you.

I can run some calculations to show you what benefits a CGA could give you today. Call me at 954-784-4757 or email me at [mdobosz@jkvfl.com](mailto:mdobosz@jkvfl.com). As always, your consultation is confidential.

Every year we recognize those who have completed CGAs in the Village through the JKV Legacy Society. These gifts mean a great deal to the future of JKV and it is our pleasure to thank you. We can complete a gift annuity in a matter of days, however, if you want to fund it with appreciated securities, we need about 10 days' lead time.

July is a time to remember why we are grateful and there is so much for which to be thankful at JKV. Thank you for all you do to make this an amazing place to live and work.

—Mark Dobosz,  
Executive Director



*Cassels Tower residents John and Diane Dalsimer enjoyed themselves at the Foundation Legacy Dinner, held this past January in the Village Centre Auditorium.*



# Roll In A Little Sunshine On Wheels



Gloria Gantes

Take a moment to envision a bright sunny day.  
Birds chirping.  
Dogs running, barking, having fun.  
JKV Residents walking and team members smiling.  
Wind blowing through the trees.  
A fresh summer's breeze on your skin.  
Now envision all of this being watched through a window.  
A new program aims to change that.



**Sunshine On Wheels is the newest initiative from JKV's Meaningful Life team.**

Sunshine On Wheels will provide outdoor opportunities for our long-term care residents and elders who are wheelchair-dependent.

Research shows that sunlight and time spent outdoors is a beneficial source of Vitamin D, uplifts people's moods and behavior, boosts immunity, as well as improves quality of sleep: Factors from which we can all benefit.

Not to mention the friendships built.

See the flyer below for more details. Sunshine On Wheels will begin July 1. If interested in participating, please contact Gloria Gantes, JKV's Meaningful Life Manager, at 954-247-0366 or [ggantes@jkvfl.com](mailto:ggantes@jkvfl.com)



JOHN KNOX  
VILLAGE

## VOLUNTEER OPPORTUNITY



**MON. AND/OR WED. FROM 3:30-4PM\***  
**TUES. AND/OR THURS. FROM 10-10:30AM\***

\*WEATHER PERMITTING. ATTENDANCE TO ALL DAYS/TIMES IS NOT REQUIRED.

**Socialize, connect, and get some fresh air!**

Accompany an Elder from Seaside Cove or The Woodlands for a stroll outside through the luscious community grounds.

To participate, you must be able to push and maneuver a weighted wheelchair. Training will be provided.

**To sign-up, contact  
Gloria Gantes at  
954-247-0366 or email  
[ggantes@jkvfl.com](mailto:ggantes@jkvfl.com)**

## 'Summertime And The Livin' Is Easy'



Mark Levey  
President Resident Senate

That's what I remember from those hazy, lazy, crazy days of summer.

All those years of finishing the school year and being able to relax, brings back wonderful memories: Even if I had to keep up with my studies or work part-time.

To quote the famous opening song

by George Gershwin from "Porgy and Bess," as sung to a sleeping baby:

"One of these mornings  
You're going to rise up singing  
Then you'll spread your wings  
And you'll take the sky."

It felt like the possibilities were limitless and anything was within reach.

Later, when joining the working world, I would still carve out time in the summer for a well-earned vacation. I'm sure you did likewise with your family and friends.

Now, here, we are living our best lives at JKV. Although summertime may slow down a few of our activities on campus, there is still an abundance of things in which to participate.

You just have to peruse the Month-At-A-Glance, for a wide cross-section of events our hard-working and

dedicated Life Enrichment team has made available to us. Whether it is a musical event, a fitness class, movies, lectures, spiritual life, experiencing artwork, technology lessons, or an off-campus outing, we are lucky to have incredible choices.

You will also find in the MAAG a listing of volunteer opportunities, ongoing and specific ways for you to get involved. Volunteering is an excellent chance for you to help your friends and neighbors and the community at large.

There are a variety of ways for you to get involved. Please check out the updated Endless Opportunities brochure that is posted on JKVConnect under the Activities tab.

Whatever you plan, I wish you a healthy and enjoyable summer.

—Mark Levey

## Local History: The Man Who Named Pompano



Daniel Hobby

How did Pompano Beach get its name? According to various accounts, we have William Franklin Sheen to thank for giving the little settlement its fishy moniker. Exactly how is open to question.

He had come to South Florida from the Orlando area before the railroad provided access to this

region, and an account of his arduous journey was recorded in an early history and guidebook to Dade County:

"Messrs. Franklin Sheen, John B. Nokes and two others in coming to this section brought a sailboat 16 feet long from Orlando on the [railroad] cars to Titusville, where they launched it to come the remainder of the way by water, hunting and fishing en-route. The frail ill-modeled affair was heavily laden and none of them were experienced sailors or had ever made the trip before. All went well, however, until they reached Jupiter Inlet, having come on the outside at Gilbert's Bar, up the river. They reached the former place after dark. In addition to this and a high sea, a severe squall hit them just as they were trying to get in, and over the treacherous boat went.



Early photo of surveyor William Franklin Sheen, reputed to have given Pompano its name.

Continued on page 25





Jason Cook  
Technology Engagement  
Coordinator

Do we know how to Dewey?  
Sadly, today not as many people know how to use the Dewey Decimal Classification, colloquially known as the Dewey Decimal System.

Invented by American librarian and self-declared library reformer Melvil Dewey, his system of decimal-number classification has been keeping libraries organized since 1876.

## Library's Value

We have so much information available to us at our fingertips with mobile devices, that it is often easier to just look it up on our smartphone, rather than make a trip to the library. This being the case, I reached out to our local Pompano Beach library, close to John Knox Village, to see how they

### 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)

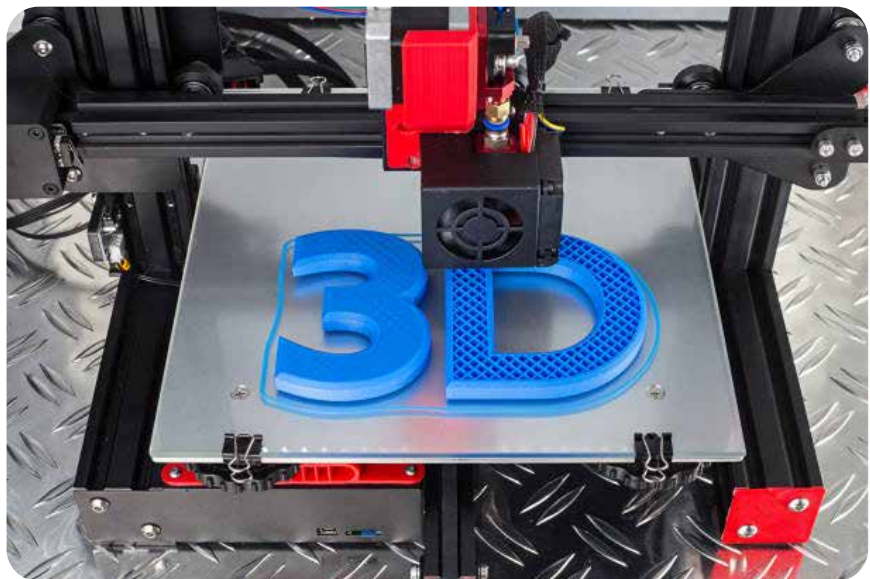
## LIBRARIES REMAIN RELEVANT EVEN IN THESE DIGITAL DAYS

were adapting and was pleasantly surprised with how they are embracing technology.

A library representative let me know the interesting activities provided by the library. These include things like robot demonstrations, 3D printing, and Augmented Reality and Virtual Reality to mention a few.

chess pieces.

So, you can see how affordable it would be to make most reasonably sized items. There are a variety of websites that provide you with the "blueprints" for the different items, so what ends up happening is that while you are looking for the blueprint you want, you end up seeing a bunch of other ideas.



## Resources Available At The Library

3D printing, also known as additive manufacturing, is a very impressive technology that allows you to create a variety of items for a very reasonable cost. With a 3D printer you can make all sorts of things that can help seniors navigate through each day.

For example, you could print out a pill holder that has separations for each day of the week, including mornings and evenings. You could print out some handles for places you need to have extra support for balance, like getting in and out of the shower. The cost of a one-kilogram spool of filament is around \$25 and this would allow you to print the equivalent of approximately 400 average sized

Finally, one of the big ways the library is staying relevant is by using programs like Libby. This library reading app allows you to access audio and regular books online and check out electronic versions by using your library card.

Even though these are electronic copies of the book, they still treat it like a physical book – meaning the library will have a limited number of the books to lend out and there will be times when you must wait to get the book you want.

You can then read these on most mobile devices, including Kindles. Let's take a trip to the local library and see what interesting surprises are waiting for us.

–Jason Cook



# *JKV's Community Partnerships Series:*

## **History Fort Lauderdale**



Jody Leshinsky  
Life Enrichment Manager

Although the history of Ft. Lauderdale began more than 4,000 years ago with the arrival of the first aboriginal natives, and later with the Tequesta Indians, who inhabited the area for more than 1,000 years, it remained largely undeveloped until the 20th century.



*The historic Stranahan House is shown here from across the New River.*

While a few pioneer families lived in the area since the late 1840s, it was not until the Florida East Coast Railroad built tracks through the area in the mid-1890s that any organized development began. The city was incorporated in 1911, and in 1915 was designated the county seat of newly formed Broward County.

### **Ft. Lauderdale's Origin And History**

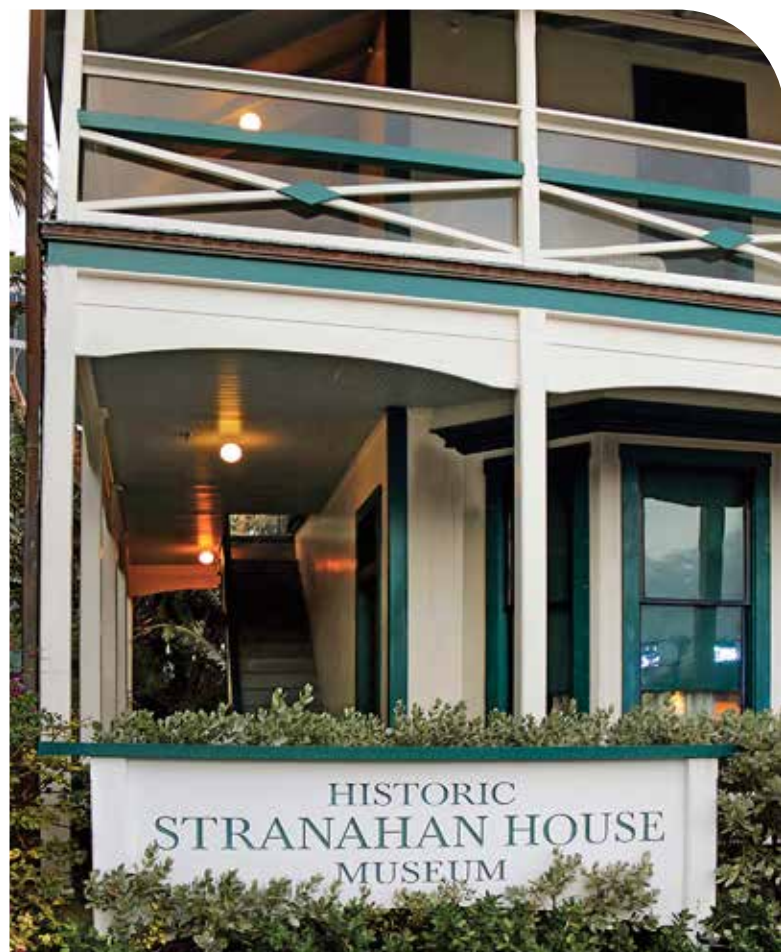
The staff of History Fort Lauderdale, formerly Fort Lauderdale Historical Society, believe that a sense of history is fundamental to understanding human

experience. They therefore, collect, preserve and share material from our community's past, so that present and future generations can comprehend more fully their predecessors, their community and themselves.

John Knox Village developed this Community Partnership with History Fort Lauderdale to provide opportunities to learn more about this important history. Benefits include lectures on the JKV Campus, group tours at the Museum, which is located along the New River in downtown Ft. Lauderdale, bus tours of historical sites in Ft. Lauderdale, workshops with the Museum's co-op artists, and a guided walking tour of downtown Ft. Lauderdale's historical sites.

**To learn more about these community partnership benefits, please contact the Life Enrichment Department at John Knox Village at 954-783-4039.**

*—Jody Leshinsky  
JKV Life Enrichment Manager*



*The Stranahan House located on the New River is an essential visit in researching the history of Ft. Lauderdale.*



# Residents Award 9 Deserving Team Members Scholarships



**Scholarships Awarded:** Shown here (L-R) are: Board members Lee Knowles, Sandy Underwood, Peter Flyzik, Bruce Burgess, Kathleen Ireland, Dave Bayer, Theresa Claire, Award Recipient Alexander Wynn, Past Board Chair Betsy Bousfield, Board member Ralph Campanella, Award Recipients Marly Geffard, Emily Meredith, Thomas Rodriguez, Cedric Perry, She'ri Martin, Jamisyn Becker, Board members Judy Baker, Flora McQueen, Terry Blagg. **Absent:** Award Recipients: Stacia Wells, Shayna Warhaftig.

## Courtesy Of The Weekly

The recent Scholarship Awards Ceremony recognized nine JKV team members and awarded them scholarships for the class of 2023. They are:

<b>Jamisyn Becker</b>	Marketing & Innovation
<b>Marly Geffard</b>	The Woodlands
<b>She'ri Martin</b>	Dining Services
<b>Emily Meredith</b>	The Woodlands
<b>Cedric Perry</b>	Security
<b>Thomas Rodriguez</b>	Marketing & Innovation
<b>Shayna Warhaftig</b>	Meaningful Life
<b>Stacia Wells</b>	Dining Services
<b>Alexander Wynn</b>	Plant Operations



**Jessica Frederic, a 2010 Scholarship Award Winner, is now JKV's Security & Transportation Manager. She spoke during the awards ceremony.**

Their awards cover programs ranging from electrical journeyman to registered nursing, human services, and digital strategies.

The Resident Interview Committee (Judy Baker, Ralph Campanella, and Theresa Claire) introduced each recipient to the applauding audience.

Betsy Bousfield, a Chair of the Scholarship Board of Directors from 2008 to 2010, presented each recipient with a Certificate of Award this year.

Jessica Frederic received a scholarship in 2010, is JKV's current Manager of Security and Transportation, and was keynote speaker.

Jessica spoke to the recipients with words of advice and encouragement.

Nearly 100 residents, family members, friends, and team members attended the ceremony in the Village Centre Auditorium.

The JKV Human Resources (HR) Department provided

refreshments. HR works closely with the Scholarship Board, sending tuition payments to the schools chosen by the team members.

The Scholarship recipients have signed contracts to ensure they know and adhere to the rules and procedures, in place upon receiving their scholarship monies.

Once they start their programs, each awardee will be assigned a resident mentor to provide support and guidance during their studies.

The Scholarship Program is supported by donations from JKV residents who contribute to the Scholarship Fund by contacting the JKV Foundation, which handles the processing.

Please designate "The Scholarship Program" on your check.



# Seven Great Reasons

## Our Four-Legged Friends Give Us Much

By Yael Fishman, Village Voice Contributor



**Yael Fishman is JKV's Digital Marketing Coordinator and periodic contributor to the Village Voice.**

American humorist Josh Billings once said, "A dog is the only thing on earth that loves you more than he loves himself." Given that, as we get older, we may be looking for ways to lighten our responsibilities, some people may wonder – are pets good for seniors? If you're currently a pet owner or considering getting one, here are some of the very real benefits of having a pet in your retirement years.

### **Walk The Dog And The Dog Walks You**

Research shows that dog owners walk approximately one hour longer each day than those without a four-legged friend. The regular activity that often comes along with taking your furry friend out for a walk can help lower your blood pressure, cholesterol levels, and triglyceride levels. Walking your dog on a regular basis has even been linked to improving your cognitive function and lowering your risk of having a heart attack.

### **Pets Can Improve Your Mental Health**

If you find yourself living alone,



having a pet can be extraordinarily beneficial for your mental health. Dogs and cats can stave off loneliness, reduce our stress, and help combat depression and anxiety. Having a pet has even been associated with lessening the effects of PTSD. It's been increasingly recognized that dogs and cats have healing power by reducing stress hormones. A dog that sits by our side, or a purring cat that curls up on our lap when we convalesce, can be therapeutic when recovering from illness or a setback.

### **Pets Boost Our Paw-sitivity**

One of the most rewarding aspects of having a pet is all they do for our emotional well-being. Pets love us so fully and unconditionally that the bond created between pets and their owners is unlike any other. They hold us in the highest esteem and see us as the best version of ourselves. Who wouldn't love that? Pets are great listeners. They think we're "the cat's meow" for being nothing more than our genuine selves. Spending time with your pet and experiencing the love

that goes both ways can promote the release of endorphins, brain chemicals that help us de-stress.

### **Dogs Improve Our Social Life**

Pets help us form connections with other people. Pet owners are 60 percent more likely to



**Northeast Garden Villa resident David Barnett can be seen quite regularly at the Wellness Park with his four-legged forever friend Bandit.**



# For Pet Friendships

## More Than Love And Companionship

get to know people in their neighborhood. Walking your dog brings a natural interaction with other people and is an automatic icebreaker. It's human nature for us to stop to chat, scratch a furry head, smile, and acknowledge a pet and its owner when they pass on the street. Even for cat owners or dog owners who don't take their dogs out themselves, our pets become a natural subject of interest to talk about with family, friends and caregivers. Animals just create that space for conversation.

### **Pets Keep Us Mindful**

Taking care of a pet creates a routine for us and adds structure to our day. The responsibility of caring for another living creature creates mindfulness and can help strengthen our cognitive functioning. Pets also have a way of keeping us in the moment, as we focus our love and attention on our fuzzy friends.

### **Dogs And Cats Can Help Keep Us Safe**

Having a dog is like having an extra set of eyes and ears. Dogs will let you know when someone comes to the door and can be a measure of protection to shield us from possible danger. At the very least, the heightened senses of dogs and cats can serve as a kind of alarm, and alert you to things that might warrant your attention.

### **Pets Give Us A Sense Of Purpose**

Knowing how much our fur babies depend on us can remind us that we make a difference in the life of another. Having someone who needs us gives us a sense of purpose. There is great benefit to having that type of responsibility, and knowing we are providing



*South Garden Villa Resident Cindy Schmidt enjoys tossing the ball to the love of her life Casi Grace.*

a good life for our animals as important members of our family.

### **Spend Time With Animals, Even If You Don't Have Your Own**

Some people understandably are not in a position to own a pet. But you can still reap some of the benefits by interacting with animals when you have the opportunity. Spending time with other people's pets still enables you to benefit from the human-pet connection, and the endorphins that make us feel joyful and calm.

Pets can boost your quality of life. They bring humor and laughter to our days, offer comfort and companionship. They can make the difference between a life "endured," and a life well-lived. Not sure what kind of pet to have?

Older dogs make wonderful pets, and cats are especially good pets for people who may have arthritis, or any physical challenges.

At John Knox Village, we are a pet-friendly senior living community where pets are not only allowed but treasured. Our 70-acre campus includes the Wellness Park, a dedicated dog park enjoyed by all JKV residents, even those who don't have a dog of their own. We offer lots of "pet-centric" activities and events throughout the year for all our residents to enjoy, including regular visits from Ft. Lauderdale's Canine Assisted Therapy dogs, pet parades, photo shoots, pet costume contests and more. It's just one of the things that makes John Knox Village so special.

# In Loving Remembrance Of Nanette Olson

## Foundation Executive Director



**Nanette met her husband, Mark Olson, while the pair worked at JKV.**



**Nanette Olson (L) with retired JKV Corporate Compliance Officer Fran Murphy during a JKV Board of Directors dinner.**

Nanette Johnson Olson, JKV's dynamic Foundation Executive Director, passed away peacefully at the age of 67 on Wednesday, May 31, surrounded by her close family and loved ones.

In 2012, Nanette joined the John Knox Village of Florida Foundation as its Executive Director, where she was responsible for all levels of philanthropy at JKV.

Under her watch, the Foundation's philanthropy, including capital campaigns for The Woodlands, Seaside Cove, Aquatic Complex and the creation of her favorite project the Wellness Park, along with much more. Quarterly, as part of her Sharing and

Caring initiative, JKV employees along with the Catering Team would provide dinner for residents at the homeless shelter—Broward Partnership—a four-time-a-year treat for their clients.

It was at JKV that she found love later in life, meeting her husband, Mark Olson, who was JKV's Sales and Marketing Director at the time. They were married in an intimate ceremony in 2014, and he brought so much joy to her life, as she did his.

She retired from JKV in December of 2020 and as an avid traveler, she and Mark fulfilled her lifelong dream of visiting the Galapagos and, earlier this year, had a wonderful time whale-watching in Baja, CA together.

Born at Wiesbaden Air Base, West Germany, on Aug. 3, 1955, to Oscar and Betty Johnson, Nanette was raised a Texan. After high school, Nanette attended Sewanee, The University of the South, graduating in 1977 with a BA in Psychology and forever falling in love with the school and surrounding area.

Upon graduation, Nanette moved to South Florida and

received her law degree in 1982 from the University of Miami.

Nanette demonstrated a life-long commitment to community service and leadership, and was generous with her time to anyone seeking advice or help.

She served as the President of the Junior League of Greater Ft. Lauderdale (1996-1997), where she helped to open the Susan B. Anthony Recovery Center. And as a woman of deep faith, Nanette relished the opportunity to volunteer in various leadership roles at All Saints Episcopal Church in downtown Fort Lauderdale.

Nanette was a truly special woman who had an unparalleled ability to leave a lasting impression on those she met, and her passing leaves an unfillable gap in the hearts of her loved ones. Those who knew her will remember her kindness, generosity, and Texas-sized personality. But maybe most of all, they will remember her booming laugh that would fill a room (and sometimes adjoining rooms).

Most of all, Nanette was a loving a devoted mother and grandmother. She leaves behind her husband, Mark; her two sons, Max (Catherine) Rudolf and Chris (Erica) Rudolf; her two granddaughters Mia and Talia; her sister, Kathy Lanford; one crazy dog, Cappy, who absolutely adored her; and countless friends and loved ones. She lives in us and will always be in our hearts.



**Nanette Olson is shown with JKV employees getting ready to serve hundreds of meals to clients from the homeless shelter at Broward Partnership.**



## Giving Can Make You Happy



Mark Dobosz

It doesn't take a scientist to know that doing pleasant things for people feels good. However researchers have discovered that even thinking about doing something generous provides mood-boosting benefits in the brain.

In a 2017 study published in *Nature Communications*, researchers from the University of Zurich in Switzerland told 50 people they would be receiving about \$100 over a few weeks. Half of the people were asked to commit to spending that money on themselves, and half were asked to spend it on someone they knew.

The researchers wanted to see whether simply pledging to being generous was enough to make people happier. So before doling out any money, they brought everyone into the lab and asked them to think about a friend to whom they would like to give a gift and how much they would hypothetically spend. They then performed functional MRI scans to measure activity in three regions of the brain associated with social behavior, generosity, happiness, and decision-making.

Their choices—and their brain activity—seemed to depend on how they had pledged to spend the money earlier. Those who had agreed to spend money on other people tended to make more generous decisions throughout the experiment, compared to those who had agreed to spend on themselves. They also had more interaction between the parts of the brain associated with altruism and happiness, and they reported higher levels of happiness after the experiment was over.

The JKV Foundation is extremely fortunate to have a wonderful group of residents, team members and friends of JKV who love the feeling of being happy, because they share their philanthropy to ensure that the well-being of fellow JKV community members is enhanced and increased.

*"Other studies have shown that older people who are generous tend to have better health," says Dr. Philippe Tobler, associate professor of neuroeconomics and social neuroscience at the University of Zurich, and other research has indicated that spending money on others can be as effective at lowering blood pressure as medication or exercise. Moreover, there is a positive association between helping others and life expectancy.*

*Tobler adds: "Perhaps because helping others reduces stress."*

Next time you think that the best way to make yourself feel better is to buy yourself a treat, consider that the opposite is true. Consider making a philanthropic gift to support the programs, services and spaces that will help your fellow JKV neighbors and team members have extraordinary engagement and a greater sense of well-being and purpose.

**Don't delay your happiness a second longer! Make a gift to the JKV Foundation's annual fundraising effort "Anything Is Possible" – because it truly is and can start with you!**

Thank you again for those who gain their happiness by supporting the JKV Foundation and a warm invitation to anyone who also wants to "get me some of that" happiness.

–Mark Dobosz,

Executive Director

954-784-4757 • [mdobosz@jkvfl.com](mailto:mdobosz@jkvfl.com)



*JKV residents are a giving lot as evidenced by the gifting of a wheelchair bus to the Village from Tom and Sue McDowell. It is lovingly named "Miss Sue." The McDowells are shown with Foundation Executive Director Mark Dobosz (L) and Transportation Manager Jessica Frederic.*

# LIVING WELL CORNER

## Benefits Of Using A Rowing Machine



Maria Leon

There are many ways to improve your strength and fitness. One of the best is with a rowing machine.

Using a rowing machine has many benefits. Not only will you increase your fitness, but you will strengthen your core, legs, arms and upper back.

One of the greatest benefits is that rowing machines combine low-impact exercise with a high-intensity workout.

This means that although the exercise itself is low impact and gentle on your joints, the intensity level is high. High-intensity exercise is a great way to increase your fitness, and burn fat and calories, all in a shorter amount of time than you would with low-intensity exercise.

Another benefit of rowing machines is that they combine strength training and cardio in one.

Because of the high intensity of rowing, it is a fantastic way to increase your fitness and is a wonderful option for people who are unable to run or find cycling uncomfortable. Even just 10 minutes at a time on a rowing machine will increase your fitness, regardless of how fast or slow you go.

Another benefit of rowing machines is that it is a great way to strengthen and tone your body without the need to lift weights. If you have ever tried rowing, you will know what a great full-body



*South Garden Villa Resident Barbara McGuire is a regular at the Fitness Studio where there are a number of rowing machines for residents and team members alike to use.*

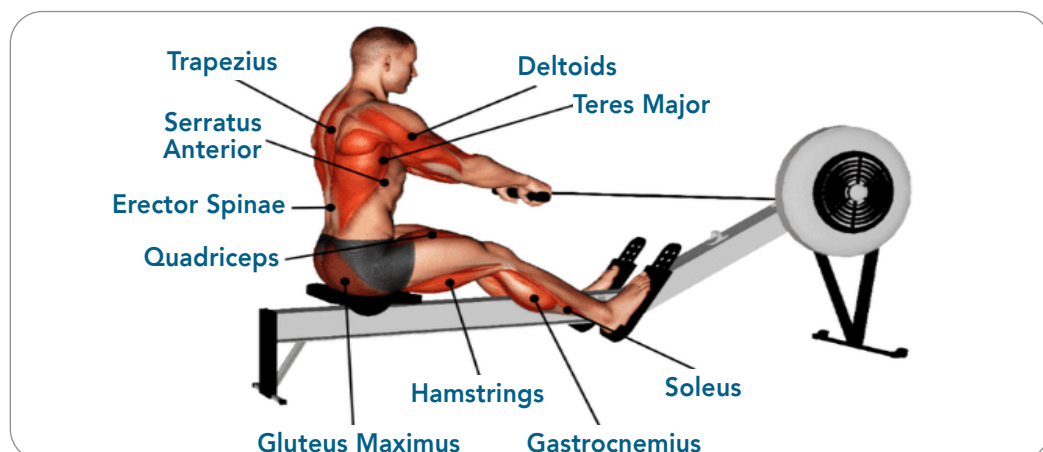
workout it is: From your legs, butt, and core, all the way up to your upper back, shoulders, and arms. With regular use, a rowing machine can help you transform the shape and definition of your body in as little as four to six weeks.

Young or old, fit or unfit, beginner or advanced, everyone can benefit from what a rowing machine has to offer. It is easy on the joints, and you can go as fast or as slow as you like just by adjusting the speed and making it as easy or hard as you like by adjusting the resistance level.

The level of workout you get is up to you.

They are also a wonderful addition to any workout program. Whether for fitness or strength, with regular use you will be amazed at the results a rowing machine will give you. If you have never used a rowing machine, now is the time to try. Come by the Fitness Studio and give it a try. With just three, 20-minute workouts a week, you'll soon see the major benefits of its use.

—Maria Leon  
JKV Fitness Professional





# NUTRITION NOTES

## The Scoop On Best Ice Cream Choices For Summer



Rachel Graham

When you think of eating ice cream, “let me pick a low-calorie ice cream option,” is probably not top-of-mind, but the lighter variety of arguably the favorite summertime treat is no longer a sad, last resort.

Whether you’re looking to drop a few pounds or just make healthier diet choices, savvy brands have mastered the art of making lower-calorie options taste as delicious as the real thing.

Here’s the scoop on what to buy:

**1. HALO TOP:** Made with real milk? Check. Free of artificial sweeteners? Check. Good source of protein and calcium? Check. Low in sugar? Check. Contains healthy fats? Check. Ladies and gentlemen, your winner. With only 60-90 calories per half-cup serving, the creative flavors are sure to satisfy every member of the family. It also provides 5 grams of protein and about 3 grams of fiber per serving.

**2. ENLIGHTENED:** Most delicious way to sneak in a solid dose of protein and fiber. Relatively low in sugar (which comes from sugar alcohol and monk fruit sugar) it provides up to 7 grams of protein per serving.

**3. EDY’s:** There’s no funny business here. Simply made from non-fat milk and buttermilk, Edy’s regular option is one of the best



diet ice creams in disguise. Sure it’s higher in sugar than we’d like to see, but it’s made from all natural ingredients and is low in calories, awarding it with a double thumbs up.

**4. BREYERS SNACK CUPS:** The proportioned, 100-calorie cups make it easy to enjoy great flavors without the risk of doubling (or tripling) your scoop sizes.

**5. ARTIC ZERO:** Focusing on whole ingredients (skim milk, cane sugar, cream, and prebiotic fiber), their new “Light Ice Cream” line serves up less than 80 calories per half-cup serving. And although there’s no fat, it still boasts a fairly high protein count, which will help keep your tummy full after eating this frozen snack.

**6. YASSO GREEK YOGURT POPS:** A low-calorie dessert which makes it a healthy alternative to a high-calorie ice cream. The protein content is high since it is made with Greek yogurt, helping to keep you satiated.

**7. GOOD HUMOR CREAMSICLE:** A low in fat and

calorie option, they have vanilla flavoring and are covered in orange-flavored sherbet. Better yet, they even contain some vitamins and minerals such as Vitamin D, calcium, iron, potassium and vitamin A.

**8. SKINNY COW ICE CREAM SANDWICHES:** A decadent and classic ice cream sandwich that is ideal for the waistline-friendly dessert, coming in at just 150 calories per bar.

**9. HALO TOP SORBET:** Looking for that cold, fruit flavored option for summer? Unlike most sorbets, this one is made with far less sugar and flavored with real fruit and is certified vegan and gluten free.

**10. OATLY:** You won’t miss regular ice cream once you’ve tried this oat-based non-dairy dessert. At just 200 calories a pint, it has the consistency unlike any other and great flavor.

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

# Thirty Years Of Home Health Care At JKV



By: Phillip E. Collins, Heritage Tower Resident



Christy Kelly  
Director Of Nursing



Dihara Guzman  
Home Health Administrator

Many of us would prefer to experience our care at home if we or loved ones become ill. The services below would be an alternative to the Woodlands or Seaside Cove.

Christy Kelly, Director of Nursing, and Dihara Guzman, JKV Home Health Administrator, want to remind residents of the 24-hour, seven-days-a-week on-call services they offer on campus.

Most of these home services would be out-of-pocket, with some being paid by Medicare and/or Long-Term Care Health insurance. Contact Christy at (954) 317-7344 or Dihara at (954) 783-4009 x1257 for a customized case review. No two of us are alike, nor are our needs the same, so having a complete case review is vital. "Stop by for

a visit anytime, whether you have an immediate need or not," Christy, urged. They are located on the third floor of the Center for Healthy Living (CFHL). Home Health Care services often work with Resident Relations to ensure all insurance issues are in order and applied. "Our rigorous standards ensure you will be in the safest of hands,"

Christy and Dihara agree, they detailed the coordinated services of medication management, private duty aides and nurses, case care management, socialization, safety, comfort, light housekeeping, scheduling doctor visits, shopping assistance, and pet care. Most services average \$25 per hour with different rates depending upon the need. "A large percentage of JKV residents live alone, and these services are a vital lifeline for them," Christy reminds us.

If you are not receiving the care you expected, both medical pros urge residents to contact them immediately, and the issue will be resolved promptly. "The goal of our work is to keep the resident as independent as possible in the environment of their choice," Christy and Dihara said.

Home Health License #: 20601096

*When not working endlessly for the John Knox Home Health Agency (HHA), Dihara and Christy found time to participate in a recent Human Resources Open House. Shown here (L-R) are: Lorraine Sanchez (HR); Dihara Guzman (HHA), Kim Ali (Sales), Christy Kelly (HHA) and Paul Paguaga (HR).*





## Beach, Pool, Lightening Bugs, Some Of Fondest *Summertime Memories*



Angelica Blakely  
JKV Spiritual Life Coordinator



Angelica Blakely, Spiritual Life Coordinator (seated), and Spiritual Life Director Rachael Gallagher led residents in a ceremony on National Day of Prayer, held in the Village Centre Auditorium.

We all have our favorite season of the year. Maybe it's summer – you love taking it down a notch, being outdoors, basking in the heat, or even summer thunderstorms. Maybe it's winter – you love cuddling up by the fire, cooking comfort foods, and settling in.

Whether you love, hate, or simply tolerate summer, there is a lot we can learn from it and it's right around the corner (June 21). Perhaps the most important thing is to slow down, simplify life, and just be.

My fondest childhood memories of summer involve trips to the beach, water polo games in the pool, waterslide games, catching lightening bugs, and evening bike rides. Although not all my summer memories involved fun, almost all of them involved the freedom of playing outside in the sun. Sure, my siblings and I had to mow the lawn, pull the weeds, clean the pool and wash the dogs, but even those chores allowed family interaction, exercise and the liberation from being stuck indoors.

### Sunshine And Freedom

Let's take a look at what summer actually means, as it is different to different people: Summer jobs,

summer romance, summer school, or perhaps, ice cream, boating or congregating at the lake or at the pool. The two words that come to mind when I think of summer are sunshine and freedom.

In my head, summer means long days and even longer nights: A paradox that may not make sense logically but makes plenty of sense when you really stop to consider it. It's a lapse of concentration and a fall in productivity for some. Summer brings warmth and drowsiness, contentment and thoughts of bright, happy days. It means spending more time outside than inside – walking, exploring, visiting and remembering. The memories and feelings are thoughts that will verge on the edge of consciousness, but never be quite forgotten.

It's gulping down mouthfuls of water to soothe your parched throat and trying not to rub your itchy eyes. It's the constant plague of ants, lizards, snakes and more. It means

panting dogs and tired cats. It's more beach trips, more sandcastles, more walks in the evening and more festivals.

It's the sudden downpours and morning dew – the necessity of carrying a raincoat and sunglasses with you wherever you go. And there's always the chance of a storm with a specific name. It means family and friends, entertainment, relaxation, travel, and some of the best memories the year can bring.

### Refresh, Renew, Recharge

It's a time for renewal and relaxation. A certain freedom from the focused months before it. Summer is a season unlike any other. Here it comes and I'm so ready for it. Slowing down is not only OK, it's necessary. If you haven't yet, let yourself slip into the rhythms of summer, relax, recharge, let go. If you need permission, it is granted.

–Angelica Blakely

# MiMi Thanks You For Your Patience, Kindness And Flexibility

*Continued from page 3*

that JKV has to offer. We've gone from the former "Lobster Pot" single pool to a fabulous **Aquatic Complex**, with resort and lap pools, Pickle and Bocce Ball courts, and a great Poolside Pub.

In my time at JKV I have seen the real benefit of a Life Plan Retirement Community first-hand: Having the ability to continue to grow, to be entertained, find the support needed to navigate changes and to have access to the best health care possible.

When I began my career in Aging Services, I literally had no idea where it would take me. Here, I landed in Pompano Beach at JKV. In many presentations over the years, I mention what attracted me to JKV. It started with the people, the idea that I would be in service, with for and alongside trusted colleagues and dear residents: That there was tremendous possibility... which ironically for this marketing gal, became our JKV tagline... "Where Possibility Plays." I also appreciated that there was something generally for everyone on campus.

I was recently interviewed by the South Florida Business Journal on JKV's approach to Diversity, Equity and Inclusion (DEI). I was asked what stands out as an accomplishment or strides JKV has made in this area. I shared that JKV recognized more than 10 years ago that we needed to be a leader in the industry and to be committed to a richly diverse workforce and residential community.

We must ensure that we continue to lead the way and to be a beacon for and reflection of DEI. We have consciously diversified our resident population and that we realize we still have much to accomplish to be a true reflection of the world. JKV Human Resources Director Wendy Bednarcik recently hired Paul Paguaga and his primary focus will encompass training, education and outreach for team members related to DEI.

South Florida is home to multiple ethnicities, lifestyle orientations and spiritual life preferences...or not. In a recent Resident Audit presentation, Village Towers resident Bob Collier mentioned that he and his partner moved to JKV in part due to our inclusivity as it relates to: "Race, gender identity and same-sex marriage."



For new residents, you may not be aware that JKV is a member of LeadingAge, the non-profit professional organization that advocates for the senior living industry on a national level. Each year a national conference is held where thousands of Life Plan Community leadership members, Board members and some residents garner insightful industry intelligence, trends, best practices, and financial forecasting.

At this past year's conference JKV had the honor and pleasure to make a presentation titled: "Every Day Is A Chance To Be Better." Former JKV Board members and current Heritage Tower resident, Tom McKay and I discussed how we strategically set forth a plan for DEI and how we collaborated with Westlake Architects, Perkins Eastman as we embarked on the design of amenities, gathering spaces and residences that would meet the needs of current and future residents.

I am reminded about the concept of "time" again. This was not achieved overnight. Nor is it "complete," rather, to expand our reach and continue to

diversify the Village will always be a work in progress.

In about six months we will begin to welcome "Westlakers" as the newest members to JKV. So many of you have already made Westlake residents feel welcome, invited them to participate in events, fitness classes, dining opportunities, programs, and performances.

It will be kind of like the first day of school for more than 200-plus new neighbors. Please remember back to your own move-in experience and how you can possibly help to make this an even more exciting and enjoyable experience for these great people.

If scheduling, construction, and approvals run on time we anticipate moving in the first group of Westlakers in February. We are hoping to host the Westlake ribbon-cutting ceremony sometime in Spring 2024.

All residents, guests and family members will be able to enjoy Westlake's first-floor amenities that include: high-tech projection theatre,

*Continued on page 23*



# MiMi Thanks You For Your Patience, Kindness And Flexibility

Continued from page 22

technology hub, art studio, sacred space, fitness studio, library, business center, along with the new bistro-styled Westlake Eatery and French Press, a coffee bar by day and wine bar at night.

With Lance Sansom onboard as our new Vice President of Campus Dining, we anticipate getting dining firing on all cylinders. We know how challenging this has been and we so gratefully appreciate your patience, kindness, and flexibility.

My youngest sister, Erin, is the Director of Dining Services at a Life Plan Community in North Carolina. With COVID and continued staffing challenges, she is rising at 3 a.m., to prepare breakfast for her residents. My point in sharing this is that food service staffing is in a tenuous spot everywhere and will more than likely remain a challenge.

I know too that everyone will be relieved to have construction complete, sans "Detours" and the inconvenience of closed walkways, dust, construction vehicles, etc. With the opening of the sidewalk leading from the northside

of Cassels Tower to the Pavilion, we are hopeful that you are beginning to see light at the end of the construction tunnel, at least regarding navigating around campus.

It won't be long before Lake Maggie is connected to Rex Foster Lake. I want to acknowledge that with so many changes, construction, new dining venues, and changes in leadership that we can all look forward to some much needed and what I am sure will be greatly appreciated tranquil time.

In my almost eight-year tenure at JKV I have had the opportunity to meet so many extraordinary people. Colleagues who took me under their wings, some who continue to mentor me and friendships I have made with so many incredible residents.

I have learned so much about the passage of time from all of them, the appreciation of moments, the realization that time is in fact finite and perspective on what is important.

I am going to go out a bit on the ledge as they say that to be both bold and vulnerable, I want to acknowledge

that as we all are navigating these "moments" and attempt to have perspective that we continue to do this with passion, resilience, empathy, and grace, with the willingness to hear and to be heard: Plus, the all-important and invaluable ability to have a sense of humor.

I have recently needed to tap into some of the above-mentioned "Superpowers" as I am aging, and as I continue to navigate life both personally and professionally. I also realize that at the end of the day that we all have so much more in common than we do differences.

We are all human with faults, and foibles and that with a "Can-Do-Spirit" we can surmount anything. We are all better together.

With admiration, gratitude, and appreciation, I thank each of you for your patience, kindness and flexibility as we navigate this time of change.

—Monica McAfee

Chief Marketing & Innovation Officer  
mmcafee@jkvfl.com • 954-783-4073

## 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 April-May 2023

### To John Knox Village Employee Scholarship Fund

Cason Trust  
Clark Rechkemmer  
Countrymark Refining & Logistics  
David Haun  
Doreen Haynie  
Elizabeth Bousfield  
Guia Jansen  
Norma Jenkins  
Paul Loree  
Richmond Knowles  
Rose Milanovich

### To John Knox Village Foundation

#### Benevolent Endowment Fund

Cason Trust  
Phyllis Miller

#### Foundation Unrestricted Fund

Amazon Smile Foundation  
Audrey Kornahrens  
Bruce Voelkel  
David Heger  
Dennis Fitch  
*In memory of Raymond Baker*  
Eva Frigyesi  
James Meyer  
Joyce Cuddy  
Lori Crump  
Mary Mallison  
Paul Loree  
Peggy Golden  
Pierre Audet  
*In memory of Leah Ostrander and  
Harry Vordermeier*  
Richard Jones  
Robert Oliver  
Rose Milanovich

#### Healthcare Enhancements Fund

Richmond Knowles

#### Intellectual Enhancements Fund

John Furlano  
Carol Penn  
Clifton Credle  
Gloria Chekanow  
Kay Lee  
Linda Daly

Robert Miller  
William Spears

#### Physical Enhancements Fund

David Haun  
Thomas McDowell

#### Resident Assistance & Inouye Support Fund

Mark Brown

#### Resident Music Endowment Fund

Ann Archard  
Franklin Schmidt

#### Spiritual Enhancements Fund

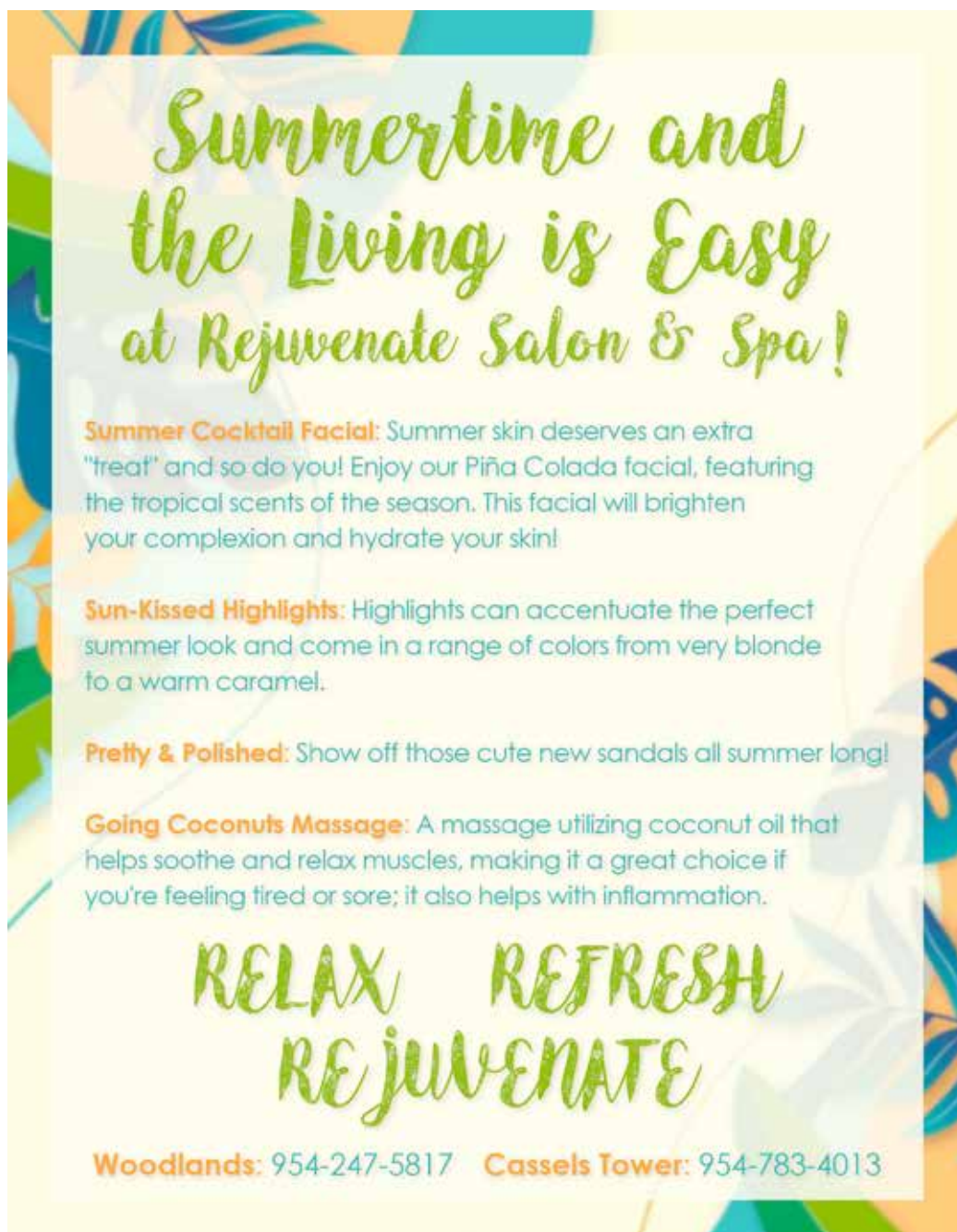
James Barnes

#### Staff Professional Training Fund

Rose Milanovich

#### Transportation & Mobility Fund

David Heger  
Donald Patriss



**Summertime and  
the Living is Easy  
at Rejuvenate Salon & Spa!**

**Summer Cocktail Facial:** Summer skin deserves an extra "treat" and so do you! Enjoy our Piña Colada facial, featuring the tropical scents of the season. This facial will brighten your complexion and hydrate your skin!

**Sun-Kissed Highlights:** Highlights can accentuate the perfect summer look and come in a range of colors from very blonde to a warm caramel.

**Pretty & Polished:** Show off those cute new sandals all summer long!

**Going Coconuts Massage:** A massage utilizing coconut oil that helps soothe and relax muscles, making it a great choice if you're feeling tired or sore; it also helps with inflammation.

**RELAX REFRESH  
REJUVENATE**

**Woodlands: 954-247-5817    Cassels Tower: 954-783-4013**



# 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

## Local History: The Man Who Named Pompano

*Continued from page 10*

"Although nearly a half mile from the shore, they managed to reach shore, but in an almost exhausted condition, minus nearly all their clothing and all their baggage and other property in the boat..."

Luckily the tide was running in or they would have never reached the shore."

### Surveyor Initiates Pompano History

Despite his ignominious arrival in South Florida, Sheen's timing was perfect; with the area just opening up, there was plenty of work for a surveyor and a real estate agent, and it appears that he prospered.

It was as a surveyor that he became a part of Pompano Beach's history.

In one account, Sheen was conducting survey work for the Florida East Coast Canal Company around 1895, had a fish dinner at the home of a local pioneer and noted the type of fish on his map, so that he would remember its name — Pompano. The appellation stuck and the henceforth the settlement and subsequent town went by that name.

A second version, published in the early 20th century by a Pompano resident, claimed that Sheen purposely named the settlement "Pompano," because only the fish that was "the best in the sea" was an appropriate name for "the beautiful tract of land he had found."

Yet another account has Sheen eating Pompano at a West Palm Beach restaurant with potential land investors when he decided to name the property being discussed after the fish.

### Thank The Fish For The Name

Whatever the reasoning, and whether any one version of the story is true in every particular, there is no alternate account of how the name came about, and we do know that by the final years of the 19th century there were written references to the small community of Pompano.

Sheen was never a permanent resident of Pompano.

He conducted his business out of West Palm Beach, where he lived out his life with his wife Jessie and five children. Franklin died in 1917 at the age of 53; Jessie, 12 years his junior, lived until 1962. Both are buried in West Palm Beach.

Sheen gets credit for giving Pompano its name, but how did Pompano become Pompano Beach? That didn't happen until 1947 and is a story for another time.

*Daniel T. Hobby, a lifelong Floridian, grew up in St. Petersburg. He moved to South Florida in 1979, and has worked for various historical agencies, most recently the Sample-McDougald House. He is the author of five books on local history, including: "Pompano Beach: A History of Pioneers and Progress." In 2021, he was named City Historian by the Pompano Beach City Commission.*

*—Daniel Hobby*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHURCH SERVICE</b>	<b>CORAL RIDGE MALL WALMART SUPERSTORE ALDI</b>	<b>PUBLIX</b>	<b>WALMART SUPERSTORE POMPANO MARKET</b>	<b>TRADER JOE'S PNC BANK WALGREEN'S</b>	<b>PUBLIX</b>
RESERVATION REQUIRED	RESERVATION REQUIRED		RESERVATION REQUIRED	RESERVATION REQUIRED	
	ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY
St. Coleman 10:30am 1st Presbyterian (Pink) 9:30AM St. Henry's Catholic 9:30am Coral Ridge Presbyterian 10:15am Christ Church 10:15am	<b>CORAL RIDGE MALL</b> 10:30am-1:00pm 1st Mon. of Month  <b>WALMART SUPERSTORE</b> 1st Mon. of Month 1pm-3pm  <b>ALDI</b> 10:30am-12:00noon 2nd Monday of Month	Depart 8:30am Return 9:30am Heritage Tower Northeast Villas East Lake  Depart 10am Return 11:30am Village Towers Lakeside Villas  Depart 12pm Return 1:30pm Cassels Tower South Gardens	<b>WALMART SUPERSTORE</b> 3rd Wed. of Month 9am-11:30am  <b>POMPANO MARKETPLACE AND PLAZA</b> 4th Wed. of Month 9:30am-12 Noon <b>Publix</b> <b>Walmart Market</b> <b>Dollar Store</b> <b>Ross Dress for Less</b> <b>Joann Fabrics</b> <b>Marshalls</b> <b>TDBank</b> <b>Chase Bank</b> <b>Tuesday Morning</b>	<b>Trader Joe's</b> 2nd Thurs. of Month 10am-12:30pm <b>Office Depot</b> <b>Nordstrom Rack</b>  <b>PNC Bank</b> Weekly 10am-11:30am <b>Chase Bank</b> <b>Bank of America</b> <b>CVS and UPS Store</b> <b>Dollar Tree</b>  <b>Walgreens Pharmacy</b> 1st Thurs. of Month 10am-11:30am	Depart 8:30am Return 9:30am Cassels Tower South Gardens  Depart 10am Return 11:30am Village Towers Lakeside Villas  Depart 12pm Return 1:30pm Heritage Towers Northeast Villas East Lake

COPIES ARE AVAILABLE AT THE FRONT DESK OF VILLAGE TOWERS, HERITAGE TOWER, EAST LAKE & CASSELS TOWER.  
PLEASE MAKE RESERVATION THROUGH JKVCONNECT OR THE FRONT DESK CONCIERGE AT THE TOWERS. 6/23

## — 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>CART SERVICE</b> (Call for a cart or to book a local car trip) .....	954-783-4054
<b>CASSELLS 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>HOTWIRE FISIONTV+ SUPPORT</b> (On-Campus Office First Floor Cassels Tower) .....	954-788-2200
(24-Hour Year-Round) .....	800-355-5668
<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 CASSELLS 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



Chuck Bergeron is currently an esteemed educator at the University of Miami, where he runs the Jazz Bass Studio and serves as Director of the Jazz Pedagogy Program at the Frost School of Music.

## Swinging Through Time With Jazz Great Chuck Bergeron

John Knox Village will have residents "Swinging Through Time: Tracing the Evolution of Jazz," with its inaugural enthralling jazz history lecture series, featuring the illustrious Chuck Bergeron. Chuck has enjoyed a remarkable four-decade career as a highly sought-after bassist. The JKV Jazz Lecture Series schedule will be:

**Friday, Sept. 8 @ 2 p.m.**

*I Love a Piano Player: The History and Evolution of Jazz Piano, from Joplin and Jelly Roll to Diana Krall*

**Friday, Oct. 6 @ 2 p.m.**

*Tin Pan Alley to Broadway: Creation of The American Songbook*

**Friday, Nov. 3 @ 2 p.m.**

*The Greatest Generation: Music of the Big Band Era*

**All sessions will be held in the Village Centre Auditorium.**

**Look for sign-up information in an upcoming Month-At-A-Glance, or call the Life Enrichment Department for more information at 954-783-4039.**



### Our Mission Statement:

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

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

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