

# VOICE



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# JKV Volunteering With



At JKV, the definition of culture takes on a much larger meaning than just an appreciation for the arts. Many of JKV's residents live their lives based upon a deep principle of charity and volunteerism.

In fact, nearly 50 percent of residents volunteer their time and talents either at JKV or to the larger community.

That commitment to volunteerism extends to the entire JKV community: Residents, staff and oftentimes to their families as well. An example of the JKV family coordinating to help the greater Pompano Beach community occurred a few weeks ago. Team Members Jasmine Tennie, JKV's Fitness Outreach Coordinator, and Gloria Gantes, JKV's Meaningful Life Manager gathered a group of residents and employees to volunteer with Habitat for Humanity.

Jasmine and Gloria are not newcomers to volunteer efforts – they are members of Leadership Broward, the educational program focused on leadership skills, providing practical community action experience, and facilitating interaction with established community leaders. The two ladies had been part of the same volunteer group with the Director for Family Services at Habitat for Humanity of Broward. From that initial meeting, Jasmine and Gloria participated with Habitat for Humanity. "It was wonderfully fulfilling," Jasmine told *Village Voice*. "I knew right away that JKV residents and employees would love an opportunity to volunteer."



**JKV residents and staff volunteer with Habitat for Humanity. Top row (l to r) Jasmine Tennie, Patricia Harrell, Lynda Stackhouse, Gloria Gantes. Bottom row (l to r) Ellen Isaacs, Barbara McGuire and Brooke Bayliss.**

When I publicized the JKV Habitat opportunity, every person who signed up expressed that they always wanted to try, or had already done it before, and were eager to volunteer again."

Habitat for Humanity is famously known as a non-profit organization supported by former President Jimmy Carter and his wife Rosalynn. It was founded in 1976 by Millard and Linda Fuller. The idea that became Habitat for Humanity grew from the fertile soil of Koinonia Farm, a small, interracial, Christian farming community outside of Americus, GA.

Locally, Habitat for Humanity of Broward brings people together to build homes, communities and hope. Habitat Broward offers a "hand up" not a "hand out" to empower families who are willing to work hard to improve families' lives through affordable home ownership.



**Cassels Tower resident Lynda Stackhouse climbs a ladder and is set to paint.**



**Fitness Studio's Jasmine Tennie is joined by husband Teddie.**

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JOHN KNOX  
VILLAGE  
Where possibility plays

## Reflections From The First Year

### Change Is Never Easy, But Integral To Growth, Evolution

I hope this message finds you in good health and spirits. As I reflect on the first year since taking office as your President and CEO—and as we head into 2024—there are a couple of things that quickly come to mind that affect us all—change and communication.

These are some things that are often both challenging and transformative in our lives, within our organization, but especially in our community.

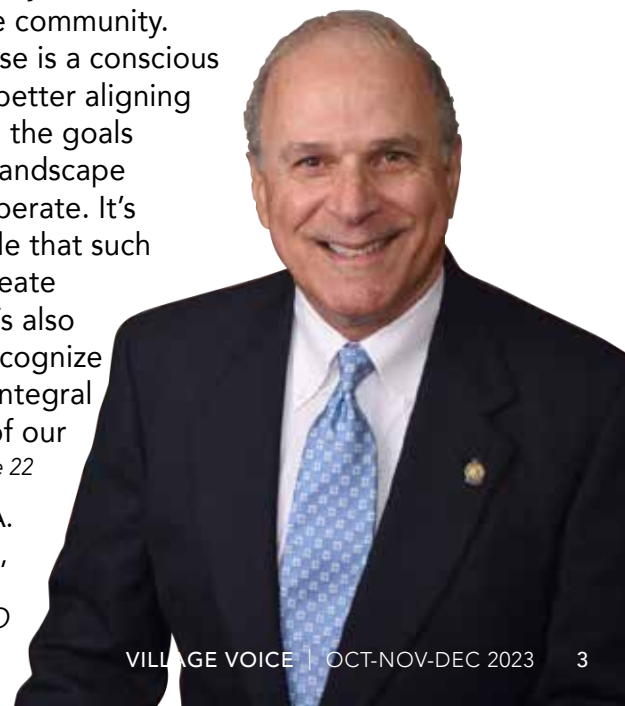
Change is never easy. It can stir up uncertainty, raise questions, and sometimes even evoke resistance. We find ourselves stepping out of our comfort zones, navigating unfamiliar territory, and facing the unknown with a mix of excitement and apprehension. However, it's important to remember that change is also the catalyst for growth, progress and ultimately, the pursuit of happiness.

Over this past year, we have encountered numerous changes—changes in our processes, changes in our organizational dynamics, and changes in the community.

Each of these is a conscious step towards better aligning ourselves with the goals and evolving landscape in which we operate. It's understandable that such change can create unease, but it's also essential to recognize that they are integral components of our

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



## ON THE COVER

It has been another busy time at John Knox Village. Shown clockwise from top left are: Pam Gardner and Joyce DeJong enjoy some painting fun during at Plaster Carousel; replete with poodle skirts, JKV ladies strut their stuff during the "Happy Days" Sock Hop Happy Hour; members of the South Florida Jubilee Chorus share some of their favorite tunes during their performance in the CAC; Joan Gardner and Phyllis Jackson cool off with some delicious ice cream during an outing to Cherry Smash in Coral Springs. (Photos by Marty Lee)

# VOICE

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*Here is a rendering of the of the French Press, which will now be called the BV French Press and Wine Bar in tribute to the generosity of Cassels Tower resident Bruce Voelkel.*

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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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📞📧 JohnKnoxVillage

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.





# We Don't Know Them All, But We Owe Them All

## JKV TO HONOR RESIDENT-VETERANS NOV. 11

In honor of Veterans Day, here is a list of all known John Knox Village resident-veterans as of deadline for this issue of the October-December Village Voice.

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

the January-March 2024 Village Voice, please email Communications Manager Rob Seitz at [rseitz@jkvfl.com](mailto:rseitz@jkvfl.com) with the following information: Your name, military branch and rank.

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

First	Last	Branch	Rank	First	Last	Branch	Rank
Adams	John "Jack"	U.S. Marine Corps	Sergeant	Lawrence	Eddie	U.S. Coast Guard	Chief Petty Officer
Allen	Steven	U.S. Air Force	Sgt	Liedtke	Norm	U.S. Navy	Lieutenant JG
Allison	William	U.S. Navy	Aircraft Electrician 2-Class E-5	Loeffke	Bernard	U.S. Army	General
Allsworth	Emerson	U.S. Navy	Seaman	Logue	Ken	U.S. Air Force	2nd Lt
Arch	Allan	U.S. Navy	Lt (jg)	Loree	Paul	U.S. Army	Captain Medical Corps
Ashkenzai	Albert	Israeli Army	Sgt	MacVicar	Mack	U.S. Army	Master Sergeant
Aubanel	"Chris"	U.S. Army	Non-commissioned Officer	Mandt	John	U.S. Marine Corps	Corporal
Audet	Pierre "Pete"	U.S. Army	Captain	McBean	Bruce	U.S. Air Force	Staff Sergeant
Ault	Ronald	U.S. Army	Captain	McDowell	Thomas	U.S. Navy	Lieutenant
Bagush	Stanley	U.S. Air Force	Airman 1st Class	Mellet	Richard	U.S. Army	Corps of Engineers, Lt. Colonel
Baker	Milton	U.S. Navy	Commander	Meltz	Barry		GM-15
Barrette	Charles	U.S. Air Force	A 1C	Mennes	Charles	U.S. Navy	Ensign
Barron	John	U.S. Army	1st Lieutenant	Menter	Martin	U.S. Air Force	Airman 1st Class, Weather
Barrows	Thomas	U.S. Navy	Sailor	Meola	Ralph	U.S. Navy	PO 3
Bayer	David	U.S. Navy	Captain	Meyer	James	U.S. Army	Corporal Medical Corps
Bednarek	Frederic J.	U.S. Navy	Petty Officer 2nd Class PH2	Michel	Ronald	U.S. Navy	Lieutenant
Bentz	Leo	U.S. Army	Private 1st Class	Miller	August	U.S. Navy	Lt. Commander
Blagg	Terry	U.S. Army	Specialist 5th Class E-5	Miller	Robert	U.S. Army	Captain
Brandon	Russell	U.S. Navy	3-Class Petty-Supply Division	Milner	Martin	National Guard	SP-4
Burgess	Bruce	U.S. Navy	Lt. Comander	Moore	Kenneth	U.S. Army	
Burnside	Janet	U.S. Army	Captain	Morrison	Abigail "Gail"	U.S. Air Force	Lieutenant
Burton	Robert	U.S. Army	E-5	Murphy, Jr.	James "Russ"	U.S. Air Force	Captain
Calvet	Russell	U.S. Army	SP-4	Nazzaro	William "Bill"	U.S. Army	PFC
Chappell	E. Hugh	U.S. Navy	Lt (jg)	Niven	Mark	U.S. Army	SPC 3
Claiborne	Ross	U.S. Army	Pvt Infantry 3rd Army	Noon	Patrick	U.S. Navy	
Cogswell	Clark	U.S. Army Corp of Eng.		O'Flaherty	Daniel	U.S. Army	E-5
Cole	Peter	U.S. Navy	Chief Petty Officer	Oberlin	Emerson	U.S. Army	Specialis 4th Class
Collier	Robert	U.S. Army Medical	1st Special Forces	Oliva	John	U.S. Air Force	Captain
Collins	Phillip	U.S. Navy	J.O.	Onoprienko	James	U.S. Air Force	Lieutenant Colonel
Cortina	Angel	U.S. Army	Captain	Owens	Robert	U.S. Army	Private First Class
Culler	Larry	U.S. Air Force	Captain	Padget	John	U.S. Army	E-5
Cunningham	Larry	U.S. Coast Guard	VM-2	Padley	Joan F.	U.S. Army	1st Lieutenant
Davidson	Bill	U.S. Navy	Lieutenant Commander	Patrick	Farrell G.	U.S. Army	Colonel
Dixon	James	U.S. Air Force	Colonel	Pearson	Nels "Ray"	U.S. Army	Sergeant
Dorman	Michael	U.S. Navy	Lietenant Colonel	Percival	George	U.S. Army	Sergeant E-6
Dunn	Dustin	U.S. Coast Guard	E5, 2nd Class Petty Officer	Perkins	Frank	U.S. Army	Corporal
Featherstone	Dr. Michael	U.S. Army	Specialist 4th Class	Poggio	Ronald	U.S. Army	Specialist 4th Class
Felski	Jerry	U.S. Army	Spec-4	Porter	Sidney W.	U.S. Army	Sergeant E-5
Flynn	C. Ray	U.S. Air Force	Colonel	Rahilly	Patrick	U.S. Army	PFC-E-3
Forsgren	Keith	U.S. Army	Specialist Five E-5	Rechkemmer	Clark	U.S. Army	SP-5
Fulwood	Samuel	U.S. Air Force	Airman First Class	Rodriguez	Jorge	U.S. Army	Corporal
Furlano	John	U.S. Army	Corporal	Romanelli	John	U.S. Army	Sp 4th Class
Garneret	Ronald	U.S. Army	PFC	Rooney	Richard	U.S. Army	PFC
Gilman	Howard "Gil"	U.S. Air Force	Airman	Root	Hugh E.	U.S. Army Signal Corp	Corporal
Halligan	John "Jack"	U.S. Army	E5 - Specialist	Ryan	John "Jack"	U.S. Army	1st Lieutenant
Hardy	Dana	U.S. Army	Specialist E-5	Sarik	Raymond	U.S. Army	SP-4
Harris	Donald			Seibert	David R.	U.S. Army	1st Lieutenant
Heklar	John	U.S. Army	Sergeant E6	Shamberger	James	U.S. Army	Lt
Holm	Thomas	U.S. Navy	Eclectrician's Tech 3C	Sheldon	Dale	U.S. Navy	Seaman Second Class
Hoover	Todd	U.S. Air Force	Ts gl	Shulman	Frank	U.S. Army	Private First Class
Hunziker	Charles	U.S. Navy	YNT3 - Yeoman 3rd Class	Siegel	Harold	U.S. Army	Captain
Inouye	K Denny	U.S. Army	Staff Sergeant	Smith	Paul	U.S. Army	LTC
Jenkins	Alexander	U.S. Navy	Lieutenant JG	Somers	David	U.S. Army	Corporal
Johnson	Herbert	U.S. Air Force		Souza	Herbert	U.S. Air Force	AIC
Johnston	Thomas	British Army - 3rd Carbiniers		Spears	William	U.S. Army	
			2nd Lieutenant	Speirs	Edward	U.S. Navy	Lt. Commander
Johnston, Jr.	William G.	U.S. Army	Major	Sprague	Jed	U.S. Air Force	Staff Sargeant
Jones	Clyde "Bill"	U.S. Navy	Lieutenant Commander	Sutton	Audrey	U.S. Army	LTC
Kadish	Michael	U.S. Army	SP-4	Terzich	Joel	U.S. Army	Corporal
Kalpajian	Garro	U.S. Coast Guard	SN Seaman	Thompson	John	U.S. Army Security	Specialist 6
Kamp	James	U.S. Army	SPE-5	Thompson	Ronald	U.S. Marines	Private First Class
Kartrude	Faye	U.S. Air Force Nurse	1st Lieutenant	Thomson	David	U.S. Army	Private First Class
Kearney	Henry	U.S. Marine	Lance Corporal	Vaughn	John	U.S. Army	Corporal
Keenan	Thomas	U.S. Army	Corporal	Vikmanis	Valdis	U.S. Army Reserves	E-5
Kelly	Robert	U.S. Air Force		Vordermeier	Harry	U.S. Air Force	Lietenant Colonel
Kennedy	Gerry	NY Army Natl. Guard	SP-5	Wakeman	Joe	U.S. Navy	Seaman 2nd Class
Kent	John	U.S. Navy	Lt	Waldschmidt	Steven	U.S. Marines	Corporal
Kessell	Samuel	U.S. Coast Guard		Wallach	Edward	U.S. Army	SP-4
Kilmer	Nelson	U.S. Air Force	Airman 1st Class	Webb	William	U.S. Army	SP-5
Kleingartner	Elmer "Fred"	U.S. Navy	Lt. Commander	Williams	Don	U.S. Navy	E-4
Kline	Daniel	U.S. Navy	HM-2	Woodham	James (Tom)	U.S. Army	Captain
Kramer	Robert	U.S. Army	1st Lietanant	Young	Harold	U.S. Navy	
Korn	Geroge	U.S. Navy	Seaman	Zeihier	William A.	U.S. Army	1st Lieutenant
Lampe	Donald	U.S. Nacy	Seaman 1st Class	Zilly	Charles E.	U.S. Navy	Yeoman 2nd Class
LaValley	Eugene						

# Christy Kelly On Being *Thankful*



Christy Kelly  
Director Of Nursing



Dihara Guzman  
Home Health Administrator

for a few weeks. I want to say how thankful I am for my Home Health Administrator, Dihara Guzman.

She did not make me feel guilty or rush me back to work, or worry me about my position. Dihara just made me feel strong so I could recuperate.

She encouraged me to take care of myself, to rest and she worried about me. It was such a nice feeling. Not nice enough to ever go through a procedure like that again, but it just felt good to be cared about as a human being not just an employee.

I am back now and I think she saved everything for me...lol just kidding. I am glad to be back and my outlook on life and health is good.

Thankful.

—Christy Kelly

Home Health License #: 20601096

The theme of this Village Voice edition is “Being Thankful.” I feel I have a short story that fits perfectly. I recently had a medical procedure and was recuperating



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campus**

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sick care with excellent  
providers that approach  
whole person wellness.*

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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.





# JKV's Dynamic Dining Duo

By Rob Seitz, Village Voice Editor

One has crisscrossed the country chasing his culinary passions. The other has crossed the Atlantic pursuing his.

After years in high-end pedigree dining venues in Europe and the U.S., they have both landed at John Knox Village and together they make up the Village's Dynamic Dining Duo.

Lance Sanson Vice President of Campus Dining and Executive Chef Frederic Delaire are from worlds apart; however, they are simpatico in their desire to provide the highest caliber dining experience for the 1,000 residents who call JKV home.

Lance's hospitality career began at the famed Chanterelle restaurant in Eugene, OR, while Chef Frederic was working, watching and learning from his grandfather, a well-known baker in southwest France.

Lance's resume boasts stints at prestigious Pepi's Restaurant and Bar in Vail Village, Colorado, where he did tableside cookery and fine wine decanting. Fast-tracking to the late 1990s and Lance worked with foodservice industry innovator and leader Bill Anton at Anton Airfood, where he opened the first wine bar in JFK Airport's International Terminal One and was challenged with transitioning airport food into airport dining.

**After years in high-end pedigree dining venues in Europe and the U.S., they have both landed at John Knox Village and together they make up the Village's Dynamic Dining Duo.**

Most recently Lance headed the Guest Services at Life-Plan Continuing Care Retirement Community Moorings Park, in Naples, FL.

He sees similarities from there to JKV: "I created a Hospitality Training Platform called Diamond Dining, which combined compassionate care, values with resident



*Executive Chef Frederic Delaire (L) and Vice President of Campus Dining, Lance Sanson, are John Knox Village's Dynamic Dining Duo.*

understanding and table service to individuals who had not worked in dining before."

Lance also partnered with his Certified Executive Chefs to create the first senior living accredited campus for training culinarians who could not afford school to be trained as chefs.

Meanwhile, across the Pond, Chef Frederic was studying at the La Palme School for Culinary Arts in France. After school, Chef

started his journey at the 2-Star Michelin restaurant L'Aubergade in Puymiroir Southwest, France.

Struck by wanderlust after four years, Chef Frederic traveled to Germany to work with German Chef Christian Lohse at the restaurant Die Windmühle in Westphalia. In 1997 he returned to France to join the

team at the famous Michelin Star restaurant Jules Verne, located on the second floor of the Eiffel Tower, in Paris.

In 1999 Chef packed his bags and flew to South Florida. Among his stops as Executive Chef prior to joining JKV were at the Historic National Hotel on South Beach and Loews Miami Beach.

Chef Frederic has participated in the South Beach Wine & Food Festival for 13 years, collaborating on spectacular dining events including the Tribute Dinner and Southern Brunch.

"The reason I am here is because of the man across the table," Chef Frederic told The Village Voice during a recent lunch at the Seaglass, while pointing towards Lance. "He has a vision for John Knox Village, and I want to be a part of that. This is an exciting time to be here, and I look forward to helping make positive changes to the dining experience."

# How Can I Support JKV Through The JKV Foundation?



Mark Dobosz

I hope this article finds you well. I am reaching out to share some exciting opportunities for you to make a difference in the lives of many through your generous support. At the John Knox Village Foundation, we are committed to bringing about positive change and creating a lasting impact for the residents in the Village.

I am often asked, "Where should we direct our support?"

Below, I have identified several fundraising projects that align with our mission and values, and I believe your contribution could play a vital role in supporting these projects as they become reality. Each project is designed to address a specific need and make a meaningful difference in the lives of the JKV residents we serve.

Fundraising projects that you can support:

## 1. **Transportation and Mobility:**

Investing in transportation and mobility initiatives is crucial for the well-being of our residents. As we grow older, maintaining our independence and the ability to engage with the world around us becomes even more important. The Foundation's projects, whether they involve providing accessible transportation options, creating pedestrian-friendly pathways, or offering mobility assistance, have made a significant difference in the daily lives of JKV residents. Your

donation will undoubtedly contribute to the betterment of our community and will directly impact the lives of countless individuals.

## 2. **Performing and Visual Arts**

**Events and Performances:** The Performing and Visual Arts have an incredible power to uplift, inspire, and bring people together. They provide an avenue for creative expression, emotional connection, and intellectual engagement. These art forms have the capacity to enrich our lives and contribute to the well-being of our residents in numerous ways. Our shared values, experiences, and interests have created a truly special environment that encourages camaraderie, personal growth, and the pursuit of lifelong passions. It is with this spirit that we promote directing your philanthropic support to bring the magic of Performing and Visual Arts directly to our community's heart.

## 3. **JKV Community Gatherings:**

The JKV community has always thrived on the spirit of togetherness, camaraderie, and shared experiences. Over the years, we have built a strong tradition of organizing various social events that bring our residents together and create lasting memories. These gatherings not only provide a platform for meaningful interactions but also contribute significantly to the overall happiness and mental well-being of our residents. Your generous contributions would be directly supporting initiatives that enrich the lives of our residents and contribute to their physical, emotional, and social well-being.

## 4. **Enhancements to Healthcare**

**Services:** JKV has long been a haven for retirees seeking a fulfilling and comfortable life, and we believe that by further investing in healthcare services, we can ensure that our residents enjoy the highest quality

of life possible. Over the years, we have seen our population grow and age, and with this growth, the demand for enhancements to our comprehensive healthcare services has increased substantially. While our current healthcare offerings are outstanding, there is always room for improvement and expansion to better serve our residents. Your philanthropic support would not only help us realize these enhancements, but also make a lasting difference in the lives of those who call our community home. Your generosity would also serve as an inspiring example of how collaboration between compassionate individuals and generous donors can lead to meaningful change.

5. **Benevolence:** There are positive transformations that the Benevolence Fund has brought about in the lives of fellow residents. The Fund's assistance has proven to be a lifeline for those facing unforeseen financial challenges, allowing them to continue enjoying the comfort and security of our community even in times of need. However, as the cost of living and healthcare continues to rise, it becomes increasingly crucial to bolster our efforts to provide substantial assistance to those who require it most. By contributing to the Benevolence Fund, you have the power to make an immediate and lasting difference in the lives of residents in need. Your support will not only alleviate financial burdens but also reaffirm the sense of belonging and care that define our community.

We invite you to consider supporting one or more of these projects through a financial contribution. Your donation, regardless of its size, will bring us closer to achieving our goals and creating a positive impact in our community. Your support can truly change lives and help

*Continued on page 9*



# JKV Honors Retired Educators During *Back To School* Appreciation Event

By Kim Morgan, Village Voice Contributor



vatore Barbera spoke to the group and thanked them for shaping so many lives and making a difference in the world.

Dr. Barbera began his career as an elementary school teacher, is a faculty member at Boca Raton-based Florida Atlantic University where he teaches Health Administration in the Executive Program, and he is a Fellow in the American College of Healthcare Executives.

"Given all the planning that goes into a year-long curriculum, it only makes sense that educators would also plan for their retirement and in doing so consider planning to live in a community like John Knox Village," Dr. Barbera told The Village Voice.

Attendees included a wide variety of fields within education including: An elementary school principal from Morristown, NJ, a high school English and drama teacher from Philadelphia, adjunct professor from Western New York, Director of Employment Standards with Montgomery County in Rockville, MD, school psychologist from Broward County, Central Office Supervisor of Career Specialists of 15 high school in Georgia, Associate Professor E-commerce at Jackson State University, Associate Professor of Physical Therapy, University of Miami Miller School of Medicine, Secondary Educator in the Marblehead Massachusetts Public Schools,



**Cassels Tower resident, and retired elementary school principal, Bruce Voelkel went "Old School," during the recent Retired Educator event at John Knox Village.**

**JKV President and CEO Dr. Sal Barbera began his career as an elementary school teacher.**

Numerous retired educators from all over the country call John Knox Village home.

The JKV Marketing and Sales teams recently hosted a "Back to School" Cocktail Party and Mixer appreciation event to recognize and celebrate more than 75 retired teachers, principals, guidance counselors and administrators.

Held at the Cultural Arts Center in the Pavilion, with appetizers and open bar, many who entered the party exclaimed that they did not know that "so-and-so" was an educator.

JKV President and CEO Dr. Sal-

## Support JKV Through JKV Foundation

*Continued from page 8*

us create a better future for all.

To contribute to any of these projects, please visit our donation page at <https://johnknoxvillage.com/foundation/donation/> or use a donation form available at the front

desk of any tower or auditorium. For any inquiries or further information, please feel free to contact Mark Dobosz 954-784-4757 or [mdobosz@jkvfl.com](mailto:mdobosz@jkvfl.com)

We deeply appreciate your consideration and support. Together,

Chair of the Department of Mathematics and the Department of Physical Education at Valencia College, Orlando, FL, and many others.

JKV Sales and Marketing, along with the Life Enrichment team, are in the planning stages of organizing mixers for other career groups on campus including retired medical professionals, retired first responders and retired insurance and finance professionals.

we can make a significant difference and leave a lasting legacy of positive change. Thank you for being a part of our journey.

**-Mark Dobosz,  
Executive Director**

## Being Thankful & Hopeful



Mark Levey  
President Resident Senate

Can you believe we are heading into the season of being thankful?

The year has flown by.

Although it's important to show appreciation for all we have throughout the year, the coming months bring it home with the holidays we'll be celebrating: Whether it is Thanksgiving, Chanukah, Christmas, Kwanzaa, or the New Year.

It won't be long before the decorating starts to brighten our campus with festive displays and lights. I always look forward to the week in November when the holiday lights are turned on at the towers and on the lampposts. Watching the villas come alive with displays by Residents continues the warm holiday feeling.

We have so much at JKV to be thankful, hopeful, and excited about. Two major events this year to note are our smooth transition to the Hotwire Communications system and the improved dining services. I for one am thankful for everyone on campus, Residents and Team Members who have contributed to all that goes into making JKV successful.

We are excited about next year's opening of Westlake and all the new neighbors and amenities it will bring to everyone.

We have hope and anticipation for

new experiences here on campus to continue to enrich our lives. Patience will allow the full enjoyment of everything to be offered.

We are a strong bunch here at JKV aren't we? We have experienced changes in many ways, but we come out stronger for it.

Although everything that changes may not be to the liking of all, we still can work together towards making it better.



Jason Robert Brown  
American Musical Composer

I have quoted composer Jason Robert Brown in some of my previous columns. Please allow me to share some of the lyrics from his song "Hope:"

*"I come to sing a song about hope."*



Resident Senate President Mark Levey (R) and his husband Ken McAlice are shown with Grigio during a 2021 Blessing of the Pets event held at the Wellness Park.

*In spite of everything ridiculous and sad.*

*I sing of hope and don't know how.*

*So maybe I can substitute*

*"strength,"*

*Because I'm strong. I'm strong enough.*

*I got through lots of things I didn't think I could,*

*And so did you. I know that's true.*

*And so we sing a song about hope.*

*Though I can't guarantee there's something real behind it,*

*I have to try to show my daughters I can find it,*

*And so today – When life is crazy and impossible to bear –*

*It must be there. Fear never wins.*

*That's what I hope.*

*See? I said hope.*

*The work begins."*

Along with my husband Ken and our little doggie Grigio, I wish you the best holiday season.

–Mark Levey





Jason Cook  
Technology Engagement  
Coordinator

The next time you decide to embark on a journey of discovery out on the worldwide web you might want to start looking for a hidden treasure.

If you use Google Chrome for your adventure when you start out, you will probably notice a series of nine dots in the top right corner. It is very easy to pass these by and continue on for your quest for knowledge, but if you take the time to stop and smell the roses—or click on the nine dots in this case—you will find the treasure of which I am speaking.

The nine dots represent Google's Apps that they provide for free. The only requirement is to sign into Google in order to access them and this is well worth it.

After signing in and clicking on

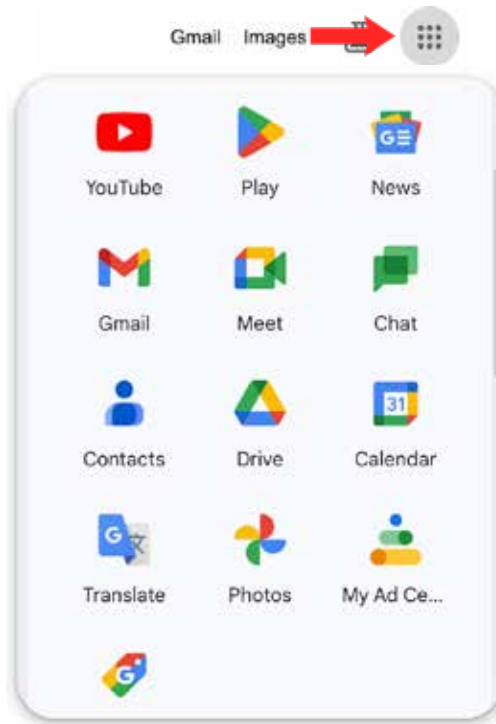
## JKV's 'IT' Guy

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)

## THE HIDDEN TREASURE THAT IS 9 DOTS



the nine dots you will have access to a variety of programs, including the all powerful Google Search, which allows you to search the web by typing in your search, talking it, or even using a picture to search the web.

You will also find access to Google Maps, which is not only a great resource for getting directions from one place to another, but also for finding out what is around you. The next time you feel like enjoying some Italian food, look that up in Google Maps and see all of the restaurants nearby, along with their ratings, so you can see if they are any good.

There are several communication apps included, like Google Meets and Google Chat that will allow you to talk with people around the world.

You will also be able to find the staple Google apps here like Gmail, YouTube and Google Photos, which is a great way to free up some space on your

mobile devices by storing the pictures with Google instead of on your phone.

If paying yearly for access to the Microsoft Office suite doesn't sound that appealing, you can easily replace it. Google Docs replaces Microsoft Word, Google Sheets replaces Microsoft Excel and Google Slides replaces Microsoft PowerPoint.

Transferring your documents over is as easy as dragging and dropping them into the Google Drive. Google Drive gives you 15 GB (Gigabyte) of storage space for free with Google. For a few dollars more a month you can substantially increase the data storage provided.

Google also allows you to travel the world from the safety of your home. Google Earth lets you view the world from something called "street view," which is basically a 360-degree picture taken from the street in most places where there are public roads.

Google Translate then lets you translate your language to whatever language is being spoken. It can even help you understand foreign signs by translating them using augmented reality.

Hopefully you can see this vast treasure that is hidden in plain sight when you use Google Chrome. Take the time to explore and to see what is possible by clicking on those nine dots.

—Jason Cook



# *JKV's Community Partnerships Series:*

## **Museum Of Discovery And Science**



Jody Leshinsky  
Life Enrichment Manager

The Museum of Discovery and Science (MODS) has been a leading force in science education, innovation, and exploration since its establishment in 1976 as the Discovery Center.

Originally housed in the historic New River Inn building, MODS has played a crucial role in the revitalization of downtown Ft. Lauderdale's Arts and Science District. The museum, which spans 119,000 square feet, boasts a range of attractions, including the 264-seat AutoNation IMAX Theater and the captivating Great Gravity Clock in the open-air Grand Atrium.

With its dynamic interactive exhibits in the natural and physical sciences, as well as diverse programs, MODS caters to a wide audience.

### **Special Benefits For JKV Residents**

Thanks to our community partnership with the Museum, John Knox Village residents can enjoy themed visits from the STEMobile (Science, Technology, Engineering and Mathematics) on the JKV Campus multiple times a year.

Furthermore, residents have the opportunity to participate in docent-led group tours of the Museum, which also includes an IMAX film screening. As a special benefit of our partnership, admission to MODS is

free of charge for JKV residents, and transportation costs to the Museum are waived for outings, courtesy of the JKV Foundation.

For those residents who choose to attend an IMAX film independently, the Life Enrichment Department offers free admission vouchers, complete with a complimentary serving of popcorn to enhance your viewing experience.

Additionally, residents receive a 10 percent discount at the Explore Store and the Elements Café.

**To learn more about this community partnership, please contact the Life Enrichment Department at 954-783-4039.**

—Jody Leshinsky  
JKV Life Enrichment  
Manager



**Museum of Discovery and Science's Great Gravity Clock.**



**March of this year the JKV Catering team took first-place honors during MODS' 26th Annual Wine, Spirits and Culinary Celebration, besting more than 40 other area restaurants.**



# The Many Birds Of John Knox Village

By Matt Kelly, Son Of Gardens West Resident

Just as we originated from many places, to find peace, comfort, and tranquility at John Knox Village (JKV), many of the local waterbirds on campus originated from a wide variety of global localities and remain here for the same reasons.

Not too long ago, I had the

opportunity to stay at JKV while visiting my lovely mother, Dot Kelly. I am an early riser, and a bird enthusiast. One morning, I walked the JKV campus in the early morning.

While walking around Lake Maggie, I noticed a wide variety of waterbirds, which have their

origins from many interesting and faraway places, just like the many people living here. I do not mean to say that these exact individual birds at JKV, themselves, came from far away places, but that their ancestors did.

Here's a sampling;

## Chinese White Goose

(*Anser cygnoides domesticus*)

According to Wikipedia, the Chinese goose belongs to the knob geese, which derive from *Anser cygnoides* and are characterized by a prominent basal knob on the upper side of the bill. As the name suggests, it is believed to have originated in China, where there are more than 20 different breeds of knob goose.



## Egyptian Goose

(*Alopochen aegyptiaca*)

This goose is widely native to the East and Southern Continent of Africa. It is more common in the south of Africa than in Egypt, where its name originates. Note the brown, black and white mottled colors, with a prominent brown patch around the bright orange eye.



## Black-necked Swan

(*Cygnus melancoryphus*)

Native to southern South America in Chile, Argentina, Paraguay, Uruguay and the Falkland Islands, this graceful swan, with its long neck, is really a stunning sight. Young swans are called cygnets. The cygnets are born all white, and later develop the black neck and head, with a white stripe from the eye to the back of the head.



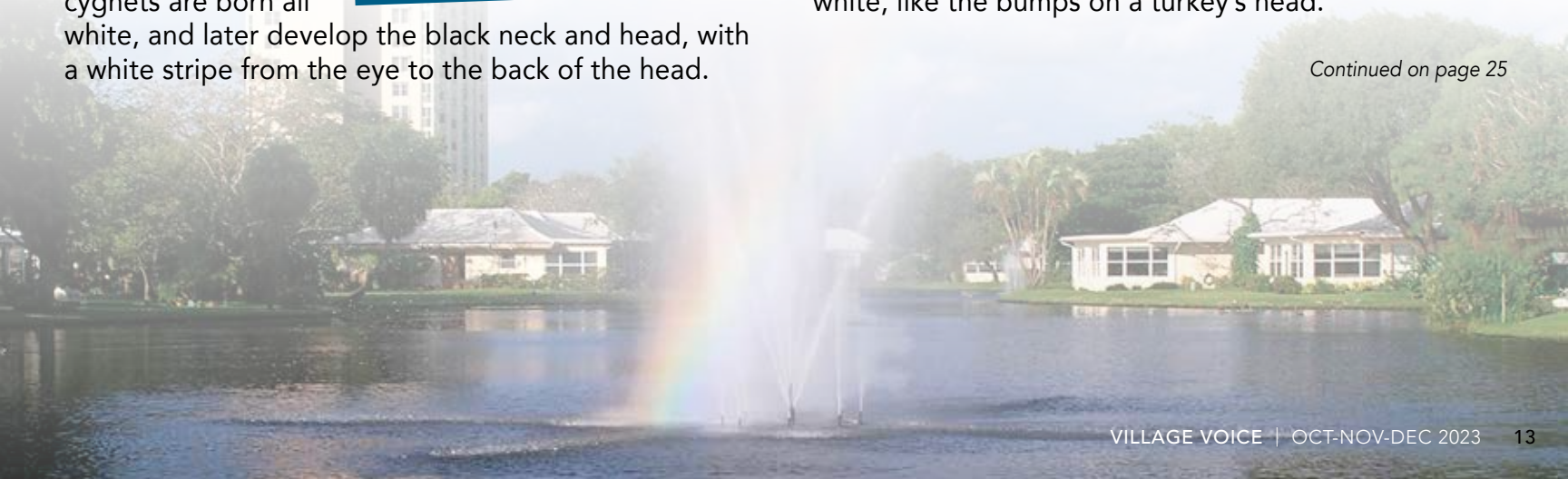
## Muscovy Duck

(*Cairina moschata*)

Originating in Middle and Central America, its wild range may reach into Southern Texas. This duck is now widely domesticated around the world. Note the "caruncles" or patches of bumpy skin around the face. Caruncles can be red, blue, yellow, or white, like the bumps on a turkey's head.



Continued on page 25





# The Classic Car Collector Of John Knox Village

By Mark Brown, Heritage Tower Resident



**South Garden villa resident John Ellis converted his second bedroom into what could easily be called a miniature antique car museum.**

When John Knox Village hosted its annual antique car show last spring, John Ellis was in familiar territory. After all, the South Garden villa resident owned many of the classic cars on display, plus hundreds more like them. Not the actual cars themselves, but miniature replicas which he has acquired through more than 50 years of collecting.

We're not talking about cheap plastic toy cars which can be purchased at any hobby shop. John collects precision-crafted, scale-model replicas of classic cars,



which are produced by specialty companies.

They are so detailed and precise that the companies which make them must be licensed by the actual car manufacturer, such as Ford or GM, before they can sell them. Many of these vehicles are produced in small lots of one hundred or so, making them true collector's items.

When John moved into JKV earlier this year he had about 1,500 vehicles in his collection, including cars, fire trucks, buses and police cars. He didn't have any place to put them at first, so he stashed them in a storage unit while he built cabinets around his home to showcase them.

By time he finished installing the cabinets he still didn't have room for all of them, so he sold



John told the Village Voice. "I was born into it."

It's hard to believe, but John didn't own a car when he was a teenager. He didn't have to. "I was a dealer's son," he explained. "My dad gave me a dealer's plate so I could drive any used car on the lot. Typically, there was no gas in them, so I had to bum a buck to buy a gallon of gas."

While John could drive any car he wanted to school, they weren't always there when he got out. The salesmen at the dealership were always aggressively trying to sell the cars out from under him. Oftentimes the car he drove to

**When John moved into JKV earlier this year he had about 1,500 vehicles in his collection, including cars, fire trucks, buses and police cars.**

about 800 vehicles. Most of his remaining collection is on display now in his spare bedroom, which could easily pass as a miniature antique car museum.

It's no surprise that John got interested in cars at an early age. His grandfather owned a car dealership in Marlborough, MA, where he was born and raised. After his grandfather retired, his father took over the business. "That's kind of why I have a thing about cars,"

school that morning would be sold and removed from the lot by the time school ended, so he had to walk home.

Despite his early introduction to the car business, John didn't start his career in that field. He graduated from college in Boston with a degree in engineering. He worked for five years as the Assistant City Engineer in Marlborough, but gave it up to join the family's car dealership, which was sold in 1965.



# Wants To Start On Campus A CAR APPRECIATION GROUP



**John Ellis commissioned a manufacturer to build a handmade replica of his hometown fire department's 1929 LaFrance fire truck.**

He was to become a truck sales engineer for Ford Motor Co., but something unexpected happened along the way. He discovered boats. He spent the rest of his professional career in the boating industry, where he was sales manager of a major boat company, then owned a variety of businesses and did management consulting until he retired in 2007.

John bought his first replica



car in about 1980. It was a red, 1964-1/2 Mustang which he still has in his collection and remains his

favorite. He sold the real car to a celebrated attorney when the new Mustangs were introduced.

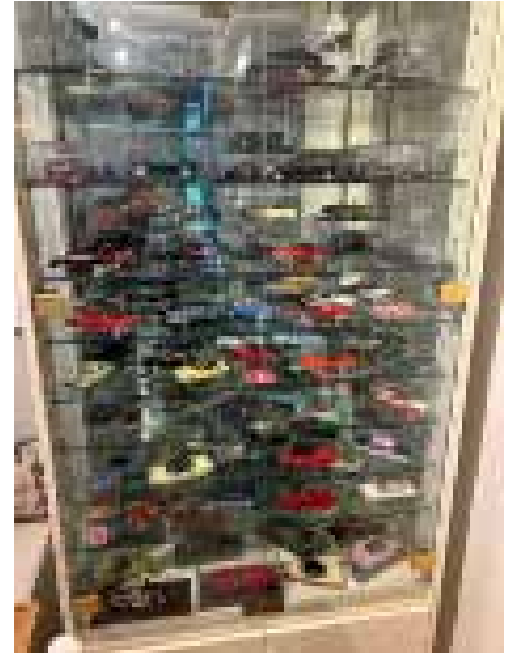
As much as he loves cars, John has a soft spot for fire trucks as well.

"The fire house in Marlborough was right next door to our car lot. I always remember as a kid when the alarm went off and the fire truck went screaming down the street. It was incredible."

The fire truck in use at that time by the Marlborough Fire Department was a 1929 LaFrance. John liked it so much that he commissioned a manufacturer to build a handmade replica of it, precise down to the smallest details, including the hoses and ladders. He later had a second fire truck built as well, this one a Tractor Drawn Aerial truck which was a replica of Boston Ladder 15. Both firetrucks remain in his collection and are among his prized possessions.

There are many other fascinating pieces in John's collection besides cars and trucks. For instance, he has the 1914 dealer's license plate which was issued to the man who owned the car dealership before his grandfather purchased it.

The license plate number is 16, making it one of the earliest plates ever issued in Massachusetts. That hangs on the wall in his bedroom, along with the later plate issued to his grandfather. He also has a wide assortment of signs, accessories



**This is just one of John Ellis' miniature antique car displays in his spare South Garden villa bedroom.**

and classic car books.

John is anxious to share his love of cars with other JKV residents. He'd like to spend time on campus where residents could get together often to share stories, look at pictures, test each other's car knowledge and socialize.

To all the car aficionados living in JKV: John's email address is [johnefla@aol.com](mailto:johnefla@aol.com). Drop him a note and let him know you're interested so he can start putting a car appreciation group together.



## JKV Resident Names New Dining Venue At Westlake *BV's French Press and Wine Bar Coming Soon*



Mark Dobosz



Bruce Voelkel

In a remarkable demonstration of community commitment and generosity, Bruce Voelkel, a well-respected and prominent Cassels Tower resident, has made a transformative donation to the John Knox Village Foundation. This generous contribution has led to the naming of Westlake's new coffee and wine bar in honor of the benefactor.

BV's French Press and Wine Bar stands as a testament to the power of philanthropy and its ability to enrich the dining experience for JKV

grape and bean thirsts, but also to engage in meaningful conversations, exchange ideas, and build lifelong friendships.

"We are immensely grateful for Bruce's extraordinary act of philanthropy," said Clark Rechkemmer, Board President of the JKV Foundation. "His commitment to the JKV residents and the total community and his investment in our organization's infrastructure will



**Here is a rendering of the of the French Press, which will now be called the BV French Press and Wine Bar in tribute to the generosity of Cassels Tower resident Bruce Voelkel.**

residents. With this substantial gift, Bruce reinforces his dedication to the advancement of health, well-being, and betterment of the lives of residents at John Knox Village.

The contribution from Bruce has enabled JKV to create a state-of-the-art wine and coffee bar facility that goes beyond merely serving beverages. The venue has been designed to foster an atmosphere of camaraderie and convivium.

With modern amenities, comfortable seating, and a vibrant ambiance, BV's French Press and Wine Bar is poised to become a central hub where residents can gather not only to satisfy their

have a lasting impact on countless generations of residents. BV's French Press and Wine Bar will serve as a place of nourishment, both physically and intellectually."

The official unveiling of BV's French Press and Wine Bar will take place Spring 2024 during a special ceremony held at Westlake. Residents, members of the media, community leaders and JKV stakeholders will be invited to attend and witness the legacy of the giving that Bruce Voelkel has established.

—Mark Dobosz,  
Executive Director

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



**Clark Rechkemmer, Board President of the JKV Foundation, thanked Bruce Voelkel during the recent Legacy Luncheon for his charitable commitment and gift to create the BV French Press and Wine Bar.**



## Keep The Faith In *Trying Times*



Rev. Rachael Gallagher  
JKV Spiritual Life Director



*Taking time to reflect, such as meditation in the Fitness Studio, can be life affirming during difficult periods of time. (Photo courtesy Erik Nenortas)*

Whether you're struggling with a big life change, or you're just having one of those weeks when nothing seems to go right, relying on faith can help carry you through.

I took some time to reflect on how my faith guides me during my life, so that I could offer some guidance to you.

### **Maintain A Connection To Faith At All Times**

I really don't separate hard times, or good times (for that matter) from my faith. I am blessed to have a relationship with God, and I strive to have that relationship be as authentic a relationship as I would have with any person physically present in my life.

I make a point to schedule prayer and worship as a part of my day. During those times, I pray God will soften my heart and make me attentive so that it isn't "work" or "routine," but rather authentic worship. In these times, my goal is to come to know and to better

understand God's love in my life and what I am being called to focus on.

### **Find Practices That Bring You Peace**

I often go to passages of scripture to connect my challenges with those of the characters in the Bible. I ask for wisdom to look at situations I am in with God's eyes and to be able to act with God's heart. This has made my reflections and prayers come more alive because I am able to visualize others going through similar challenges.

I also rely on confession. When I get grumpy or negative, I can confess this to God and to trusted mentors and friends for forgiveness and strength to move on.

### **Lay Your Struggles Before God**

During hard times, I bring my true emotions, the conversations I have with others, including John Knox Village residents' concerns, into my prayers. It is God's wisdom and love that give me confidence

and hope, even when my emotions struggle.

Struggling is normal and I would say, in many ways, essential to growing in faith. If we can't go to God in truth, then we are not in the right relationship. I think we should bring every emotion, fear, doubt, and concern to God.

If you are in a relationship with someone and a lack of trust has come into that relationship, it is important for that relationship that the doubts are openly talked about. It is the same with my relationship with God.

Remember that God is bigger than your struggles. God is bigger than a bad week and this time on earth is too short to waste focusing only on struggles and challenges. Rely on your support systems, find the good (however small) in every situation, and remember to have a heart of gratitude.

—Rachael Gallagher

# LIVING WELL CORNER

## Giving Thanks Through All The Seasons



Brooke Bayliss

Body acceptance in our society is a tall order even on the best of days, but it becomes even more complicated when we are in pain, disabled, or have limitations that impact our quality of life.

When we do feel our best, it is easy to take our body and its capabilities for granted.

As a JKV Fitness Professional, I see many levels of health and wellness around campus. No matter what level you consider yourself, we can still be grateful for all that our body does for us day in and day out.

We have air in our lungs and a heart beating in our chest, just to name two.

Finding gratitude for the body and all it does is one way that I experience a positive body image. Sure, the concept of gratitude is simple, but truthfully: It requires effort.

How many times do we stop and tell the body "thank you?" How often are we even aware that our body is working? There are only a handful of times that our body may demand something from us like food, bathroom breaks, and rest. When in reality, it asks very little from us and will continue along with its millions of functions completely out of our consciousness.

When I take a moment to pause and reflect, I find myself in awe of my body and the way that it can operate on its own. Take breathing for example: We all know that we are breathing, but how often do we actually notice it? Additionally, how often do

we recognize the beauty of that?

One way to achieve body acceptance is to practice gratitude. Gratitude opens our awareness to the positive and uplifting things happening regularly.

I encourage you to start or end the day with listing just five things for which you are grateful and watch how your perspective begins to shift. It can be easy to feel down about things in life or with our bodies for that matter, but there will always be something to have an appreciation for. Perhaps we can begin to celebrate all the things that go well every day without us even noticing, starting with our health.

Giving thanks traditionally peaks around the holidays and in this new year, may we practice gratitude through all holidays and seasons, including the season we find our body in.

And on the days when your body seems more like a burden than a gift, remember that sometimes breathing is not only enough, but the only thing that truly matters.

You are alive.

You have air in your lungs.

You have a heart in your chest.

Just for today, may that be enough.

—Brooke Bayliss

JKV Fitness Professional



**Pumpkin contains a lot of amazing properties, that benefit the skin in many different ways.**

Pumpkin is packed with fruit enzymes and alpha hydroxy acids (AHAs), which increase cell turnover to brighten and smooth the skin. Pumpkin also contains antioxidants, Vitamin A and Vitamin C to help soften and soothe the skin and boost collagen production to prevent signs of aging.

**Pedicure - Includes complimentary healing Shea butter paraffin sock treatment**

**45 minutes**

**Pumpkin Facial**  
**50 minutes**

**only at**



**REJUVENATE**  
salon and spa

**Call for an appointment**

**Woodlands: 954-247-5817**

**Cassels Tower: 954-783-4013**



# NUTRITION NOTES

## Staying Healthy During The Holiday Season



Rachel Graham

It's cold and flu season again. Between the sneezing, runny nose, coughing, and feeling lethargic—something has got to give. Whether we like it or not, germs make themselves cozy in our homes, work places, offices, clubs...you name it.

Since there are no known cures for the common cold or flu, prevention may be our only defense. Having an overall healthier lifestyle can work in our favor. Since most viruses spread by direct contact, simple things like washing your hands and not touching your face can help limit the spread of germs.

**Since there are no known cures for the common cold or flu, prevention may be our only defense.**

Tips such as not covering your sneezes or coughs with your hands (it just spreads the germs on your hands) and using a tissue and throwing it away right after can also help prevent passing those pesky germs on. Also, try to get as much fresh air as possible - more germs are found circulating in a crowded room than outdoors.

Now is the time to focus on some healthy behaviors and what we eat. Does Chicken Soup really cure the soul? As for prevention, not so much, but it has been heralded as a cold therapy to help reduce congestion once cold symptoms appear.



Food can be the key to staying healthy.

### **Eat your fruits and vegetables.**

Fruits and vegetables are packed with antioxidants to help fight off infections. All those vitamins and minerals found in those dark green, red and yellow fruits and vegetables can assist in keeping your body healthy and boost the immune system. Eat foods that have plenty of B-6 (lean meats, fish, nuts, seeds,

fruits), folic acid, vitamin C and A, vitamin E (nuts, mango, blueberries, papaya, pumpkin), zinc, iron and selenium (look to beef, nuts, turkey, whole-grain breads for these).

Omega-3 fatty acids, found in salmon, also help ward off infections since they have anti-inflammatory effects. Raw garlic is another touted source. Garlic contains antibiotic and antiviral properties to prevent colds and flu. One we often don't mention in regards to flu and colds is yogurt. It is usually recommended to avoid dairy when ill to limit mucus secretions, but research studies show that eating a cup of low-fat yogurt can

help reduce susceptibility to colds. The bacteria in yogurt may speed production of the immune system substances that fight disease.

Exercise is just as important as food. Once we are feeling bad, it usually is the last thing we want to do but it can help in terms of prevention. Aerobic exercise helps the heart pump harder, makes you breathe faster and you begin to sweat once your body heats up—this helps to increase the body's natural virus-killing cells.

**Drinking fluids** can also help. Water helps to flush out your system daily in addition to keeping you hydrated. Often when we are sick, we tend to drink less which can cause dehydration.

And the most important actions in defending yourself against the season's viruses – **Relax, Don't Stress and Sleep.**

Evidence shows that your interleukins (leaders in the immune system response against cold and flu viruses) increase in your bloodstream if you stimulate relaxation.

**Here's to a Healthy and Sneeze-less season.**

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

# Taking The Roads Less Traveled

By Marty Lee, Village Voice Contributor

## The Land Of Fire And Ice: Don't Forget Your Feet Are Always Bigger Than A Goat's

Cassels Tower resident and world traveler, Janet Anding has traveled the world since she was a little girl.

By her count, Janet has visited 155 of the 193 countries in the United Nations, and 227 of the 330 places noted in the "Travelers' Century Club" list, and has now crossed the equator for the 48th time in her life.

### The Land Of Fire And Ice

While we are all steaming during another hot summer, many of us are considering a respite from the heat and humidity. Looking for a place to explore? Iceland is famous for its rugged landscapes and scenery: The Blue Lagoon, northern lights, volcanoes, glaciers and waterfalls. Iceland is also famous for its history and being settled by the Vikings. It is known as "The Land of Fire and Ice," due to its contrasting landscapes.

Janet recalled her month-long visit to Iceland in 2016.

"Iceland has plenty of fun and interesting things to do, especially anything related to nature. It is a modern and progressive nation," Janet told The Village Voice. "It is an upbeat island that handles its hardships wonderfully well. Icelanders are happy, friendly and optimistic. The scenery is magnificent and cruising is a great way to see it."

Janet explained another reason to cruise Iceland: "It is one of the most expensive countries in the world. A cruise ship as your hotel helps defray high costs."

Ever the intrepid one, Janet could not wait for her first steps on the terra firma. However, she went right from land to the air. "My first shore excursion was a helicopter



Janet's helicopter lands on a grassy patch amid the steam venting from lava running down the Hengill Volcano.

tour over the capital, Reykjavik," Janet said.

"We flew over the GeoThermal Power Station that uses steam from 10,000 feet below sea level for both heating and electricity.



One of Janet's favorite photos from her Icelandic trip was of this young girl, all bundled and carrying her trekking poles ready to hike across the volcanic landscape.

Geothermal is both a sustainable and renewable source of energy with 100 percent of their electricity from renewable sources. Citizens pay very little for their electricity and can even keep their swimming pools heated in the winter. Iceland produces no fossil fuels.

"We then flew over the Hengill Volcano which last erupted 1,200 years ago, yet still has lots of magma underground. The volcano is actually under a glacier, yet lava spills out into crevices down the mountain. The pilot, Captain Gunnar, asked if I would like to walk near the lava. Would I? Should I? Sure, of course.

"We landed on a grassy patch and I started walking uphill. I asked the captain if there will be a path. He said we were on it. The path was literally just an intermittent rut just a few inches wide, running next to a sheer cliff – meaning any misstep could result in a quick trip down the mountain into the molten lava.

*Continued on page 21*



# JKV Resident Visits Iceland:

## The Land Of Fire And Ice

Continued from page 20

I asked the captain, how folks walk on such a skinny strip of land? He replied, "The path is not for humans, it is actually a goat's path and goats do not have big feet."

The captain reminded me to be careful as the lava is 2,000° Fahrenheit. I will never know how we did not tumble and how we were able to turn around to get back down.

This for sure went on My Travel Stupid and Scariest List. However, the helicopter trip was sensational. I still wonder if it is those little cloven goat hoofs that keep them from falling off the mountain?

### The Dumbest Tour I Ever Took

The Blue Lagoon is one of the top 25 Natural Wonders of the World. It was never on my favorite to-do list, but knew it shouldn't be missed. The air temperature was 40°F with sideways winds at 30 mph and sleet.

Icelanders claim the water temp is always 100°F. That day it was maybe 80°. This is a spa? All of the lifeguards were decked out in Arctic wear.

Janet explained that before entering the Blue Lagoon, visitors must follow a ritual.

First everyone must take a bare body common shower, then drench their hair in a wonderful, special leave-in conditioner to prevent your hair from frying in the silicon, sulfur, and who knows what other minerals in that magic lagoon.

It was so cold and miserable that I was out of it in eight minutes. Showered, dressed and off to the indoor bar for a Gull Beer or two while waiting the hour and a half for the tour to end and go back to the ship. Would I ever do it again? No way. And by the way, that day the water was not even blue.

### The Arctic Circle Awaits

Janet suggests that visitors to Iceland should fly to Grimsey Island, Iceland's northernmost territory. The island's lati-



Iceland's Studlagil basalt canyon with rare volcanic basalt column formations. Getty Images.



Icelanders at the Blue Lagoon, a geothermal spa in southwestern Iceland. Getty Images.

tude is 66° 54' N. "We crossed over the Arctic Circle at 66° 33' N of the equator. Grimsey's population is 100. Birds outnumber humans 10,000 to one on the island and most are adorable puffins."

Plan your visit well in advance and plan it around what interests you most. "Good news is on a summer day you can get 20 hours of sunshine and four hours of somewhat darkness," Janet said.

If you are interested in seeing the magnificent northern lights, "September to April are the best months to see the aurora borealis, as they are hard to see in the

brighter, summer, midnight-sun skies."

**Janet Anding** enjoyed a 22-year career with Trans World Airlines and traveled the world. She married her late husband Jim, a U.S. Embassy official in 1990 and was based in several countries in Europe and Africa. Janet has visited 155 of the 193 countries in the United Nations. Janet is now a resident of John Knox Village in Pompano Beach, FL.



# Reflections From The First Year

*Continued from page 3*

growth and evolution.

In any community and organization, communication is the heartbeat that keeps us connected, aligned, and moving forward together.

It is, however, important to acknowledge that effective communication can sometimes be challenging. It requires a delicate balance of

clarity, empathy, and transparency, and even with the best intentions, mistakes occur.

I sincerely apologize for any frustration or confusion our communication may have caused.

As we move forward to 2024, please know that my commitment to John Knox Village's prosperity and security remains steadfast. Your sat-

isfaction and quality of life continue to and will always be my top priority.

Please feel free to reach out to me with any questions, suggestions, or concerns you may have – my door is always open.

With humility and gratitude,

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

## In Case You Missed It...

*Thanks, in part, to the wonderful events put on by our Life Enrichment Team, there never seems to be a dull moment at John Knox Village. Here is photographic proof.*



Cassels Tower resident Lynda Stackhouse is joined by Karen and Pete Audet, from Village Towers, for a "Sea to Table" picnic after learning about the Wahoo Bay Conservation Project and a tour of the Hillsboro Lighthouse Museum.



Linda Allen, a guest, Barbara and Steve Waldschmidt, Mr. Keys, From It Takes Two, and Pat Harrel kicked it back old school during the recent Happy Days Sock Hop happy hour at the Cultural Arts Center.



Paula and Gordon Pratt (foreground) enjoy their summery frozen drinks along with Mary Workman, as well as Bill and Kay Spiker during the recent "Jump Into Summer" pool party.



Artist Sara Schesser Barta proudly showcases her "Magical Nature" exhibition in the pre-function area of the Pavilion, as part of JKV's partnership with arts incubator ArtServe. Sara's exhibition will remain at JKV until Nov. 24.





**South Garden Villa resident Patricia Harrell is ready to paint.**

"We were tasked with touching up paint on existing homes," Jasmine said. "Everyone was ready and willing. We even had some residents climbing ladders."

"I learned how unstoppable our JKV residents are.

The JKV volunteers worked at the Rick Case Habitat Community featuring 76 homes in Pompano Beach. The new community is transforming the area into a vibrant, beautiful single-family home neighborhood.

The JKV Habitat build crew consisted of a full-work team of 10 volunteers: Five employees and five residents. While not involved in the heavy construction, the JKV volunteers had plenty to do.



**JKV Meaningful Life Manager Gloria Gantes**

and supporting the cause."

Jasmine shares the feelings of the JKV volunteers who help to make homeownership more affordable for Broward County families.

"It warms my heart to know that so many people are able to own a home because of Habitat for Humanity. I love that families are able to have a home to come back to for generations."

**For information on Habitat for Humanity Broward visit:**  
**[www.habitatbroward.org](http://www.habitatbroward.org)**

## 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@jktivfl.com](mailto:ckelly@jktivfl.com)

# Donations To The Village



## To John Knox Village Employee Scholarship Fund

Cason Trust  
Clark Rechkemmer  
David & Jackie Bayer  
David Haun  
Donna Brown  
*In Memory of Andrea MacVicar*  
Doreen Haynie  
Dr. Bruce Burgess  
Ellen Isaacs  
*In Memory of Dorothy Porges,  
and George Baczynski*  
Guia Jansen  
James Gil  
Leland Baggett  
Norma Jenkins  
Paul Loree  
Peggy Stanley  
Phil Farnsworth  
Richmond Knowles  
Robert Stewart  
Rose Milanovich  
*In Memory of Andrea MacVicar*

## To John Knox Village Foundation Benevolent Endowment Fund

Cason Trust  
Donald Patriss  
*In Memory of Nelson Kilmer*  
Franklin Schmidt  
*In Memory of Nelson Kilmer*  
Fred & Irene Michel Charitable Trust  
Phyllis Miller  
US Bank

## Chapel Endowment Fund

US Bank  
Fred & Irene Michel Charitable Trust

## Charlotte Symonds Employee Assistance Fund

Carol Redd  
*In Memory of Emerson Allsworth  
and Frances S. Allebaugh*

## Environmental Enhancement Fund

Diane Barton  
**Foundation Unrestricted Fund**  
Babette Siegel  
Clark Rechkemmer  
*In Memory of Nelson Kilmer*  
David Heger  
Dennis Fitch  
*In Memory of Nelson Kilmer*  
Doris Christian  
*In Memory of Jerry Shank*  
Eloise Lambeth  
*In Memory of Dorothy Porges*  
Emerson Oberlin  
Harris Cohen  
*In Memory of Geoge Baczynski*  
Joanna Bratt  
John and Diane Dalsimer  
*In Memory of Jerry Shank,  
Irene Soy, Nanette Olson,  
George Bacznski and a  
Tribute to Susan Seidler*  
Joyce Cuddy  
Kay Lee  
Mary Louise Morley  
Nancy Peltzer  
Paul Loree  
Peggy Golden  
Peggy Stanley  
*In Memory of Jerrie Roba,  
Susan Gutman and C.J. Richter*  
Robert Oliver  
Rose Milanovich  
Sondra St. Martin  
*In Memory of Joyce Wood's sister  
and Sue Kaminski's sister*

## Healthcare Enhancements Fund

Bruce Voelkel  
*In Memory of Nelson Kilmer*  
Richmond Knowles

## Intellectual Enhancements Fund

Constance Shank  
David Webb  
Elisabeth Lycke

Gaile Boomhower  
George Clark  
John Ryan  
Julie Green  
Mark Brown  
Robert Tracy  
Sondra St. Martin  
Terry Colli

## Physical Enhancements Fund

David Haun

## Resident Assistance & Inouye Support Fund

Edna Dusel  
*In Memory of Martha Schiegel*  
Mark Brown  
Martha Mellett  
*In Memory of Dorothy Porges*

## Resident Music Endowment Fund

David & Jackie Bayer

## Spiritual Enhancements Fund

Andrea Hipkind  
Leland Baggett

## Staff Professional Training Fund

Elisabeth Lycke  
Rose Milanovich

## Transportation & Mobility Fund

Bruce Voelkel  
David Heger  
Donald Patriss  
Elisabeth Lycke  
Lyn Walk  
*In Memory of Nelson Kilmer*



# 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

## The Many Birds Of John Knox Village

*Continued from page 13*

### White-cheeked Pintail

*(Anas bahamensis)*

This duck is found mainly around all the coasts of South America and the Caribbean. The individual in Lake Maggie is an unusually “strange duck” as it is a fully leucistic (“lew-kis-tic”) form. The normal colors of this duck are a dark cap, white chin and breast, and a mottled brown and white body, with a bright orange base of the black bill. Leucism reduces pigmentation in birds, preventing melanin from being properly deposited in the feathers or skin. Leucism is an abnormal condition resulting from a partial lack of pigment in the feathers that causes birds to appear white or faded in color, either fully or in patches. An albino has a complete absence of pigment, and is all white, with pink eyes.



### Red-crested Pochard

*(Netta rufina)*

A diving duck native to most all of Europe, spreading East to India. The striking colors of the male with the rusty-orange head, bright orange bill, black neck, and brown, black-and-white body make this JKV couple difficult to stop watching.



I invite you to come on over to the shores of Lake Maggie. Find a shady spot. There are a few benches around. There are many more kinds of birds to see than the ones I have selected here. And watching birds is very calming, relaxing, and therapeutic. The birds won't mind your company.

Author's Notes: Words in *italics* are called “binomials” or the scientific names of the birds.

All photos are taken by Matt Kelly at Lake Maggie at JKV.

References: Wikipedia and eBird supplied some of the details listed above.

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>CASSELS TOWER FRONT DESK</b>	954-783-4036
<b>CENTER FOR HEALTHY LIVING FRONT DESK</b>	954-784-4723
<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 12 noon-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>SEAGLASS AND THE PEARL</b>	
(For reservations call 7 a.m.-6 p.m.)	954-783-4062
(For takeout call 7 a.m.-6 p.m.)	954-783-4061
<b>SECURITY</b>	954-783-4054
<b>SWITCHBOARD/MAILING SERVICES/CHANNEL 99 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

# Nestor Torres, Classical And Jazz Flutist Tues., Nov. 7 at 7 p.m. in the CAC



*Grammy-Award winner, flutist Nestor Torres.*

Equally fluent in jazz, classical and Latin music, Nestor Torres' melodic and rhythmical flute sound sets him apart. His career spans over 25 years and includes 16 CDs, four Latin Grammy nominations, one Latin Grammy Award and a Grammy nomination, as well as collaborations with the likes of Tito Puente, Herbie Hancock, Ricky Martin, Dave Matthews and Gloria Estefan. Be sure to reserve your ticket early for this incredible musician.

**JKV Resident \$20**

**Village Arts Circle \$16**

**Non-Resident \$26**

***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

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