

VOICE



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JKV's Westlake Project Receives Prestigious Safety Award

39th Safety Award For Moss Construction

By Rob Seitz, Village Voice Editor

Add a prestigious safety award to the many accolades received for the most ambitious construction project in John Knox Village's 55-year history.

Moss Construction, builders of the \$120 million two-apartment Westlake project, is now a proud recipient of the Sunshine State Safety Recognition Award from the University of South Florida College of Public Health.

For the past 20 years, USF has been authorized by OSHA (the Occupational Safety and Health Administration) as its Region 4 Training Institute Education Center where, along with Florida, they deliver occupational and health training to companies in Georgia, Alabama, Mississippi, Kentucky, Tennessee, North Carolina, and South Carolina.

Moss' Corporate Safety Director Rafael Tineo asked Joe Fiore, Westlake on-site Safety Manager for Moss, to set up a USF visit to JKV in order to inspect all safety and inspection records, as well as scrutinize the job site.

"You could call it a 'Mock OSHA Inspection,'" Mr. Fiore told the *Village Voice*. "It is not mandatory for subcontractors to participate, but I got our 14 subs to do so."

site for a walkthrough of both the 15-story Vue and 11-story Terrace apartment buildings.

"On the job site they were looking for any hazards that could potentially harm a worker," Mr. Fiore said. "The inspectors had good comments on the placement of all our temporary life-safety items, such as our 63 fire extinguishers, location signage, and exit signage in all stairwells, as well as the temporary guardrail systems that are in place."

Once successfully completing the inspection the entire Moss team, including founder Bob Moss, received what is now the company's 39th Sunshine State Safety Recognition Award.

"I'm sure the 39th award is just as satisfying as the first one



Pictured (L-R) are Gabriel Garcias, Safety and Health Supervisor USF-Orange safety vest; Rafael Tineo, Safety Director South Florida Region Moss and Associates; Joseph Fiore, Safety Manager at John Knox Village for Moss and Associates; Pedro Lambertus, Safety Manager South Florida Region Moss and Associates; Miriam Escobar, Health Consultant for USF (front holding banner); Dr. Brian Warrick, Program Director USF (back corner) and Dr. Clarence Rodriguez, Safety Consultant USF (front yellow hard hat).

\$34 million Pavilion, in which a 350-seat Cultural Arts Center, pre- and post-function area, two dining venues, and a nautically themed bar are housed. The Pavilion opened in May 2022.

"Along with their recognition industry-wide, Moss is also on schedule and on budget for the Westlake project," Mr. Price said.

As the *Village Voice* was going to press, Mr. Price added: "We expect our TCO [Temporary Certificate of Occupancy] by the end of this year [2023] and begin moving in Westlakers around February."

What Westlakers will be moving into are 147 state-of-the-art apartments with one- and two-bedroom units in the 15-story Vue ranging in size from 1,231 to 2,259 square feet and up to 1,845 square feet in the 11-story Terrace.

What all residents, their friends,

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Once successfully completing the inspection the entire Moss team, including founder Bob Moss, received what is now the company's 39th Sunshine State Safety Recognition Award.

During their visit, USF's four-person team reviewed the Moss Corporate safety plan and all inspection records. They did the same for the 14 subcontractors' safety plans, which were organized and stored in Mr. Fiore's office. Then, they went to the Westlake

they ever received," Thom Price, JKV Director of Plant Operations, told the *Village Voice*. "They have been an excellent partner to work with on this Westlake project and building our Pavilion before that, which opened 15 months ago."

Mr. Price is referring to JKV's



JOHN KNOX
VILLAGE
Where possibility plays

2024:

A Transformative Year For JKV

As we stand at the threshold of a new year, the spirit of transformation and unwavering resilience resonates throughout John Knox Village.

This past year has been a testament to our ability to adapt, innovate, and grow together, and as we stride into 2024, I am honored to share the journey as we move forward into the new year.

This journey is fueled by collaborative efforts on a variety of initiatives. The active participation, insightful feedback, and commitment from each Resident, Resident Senate Committees, and JKV Team Member has been instrumental. Please believe each voice is heard and helps shape decisions and changes.

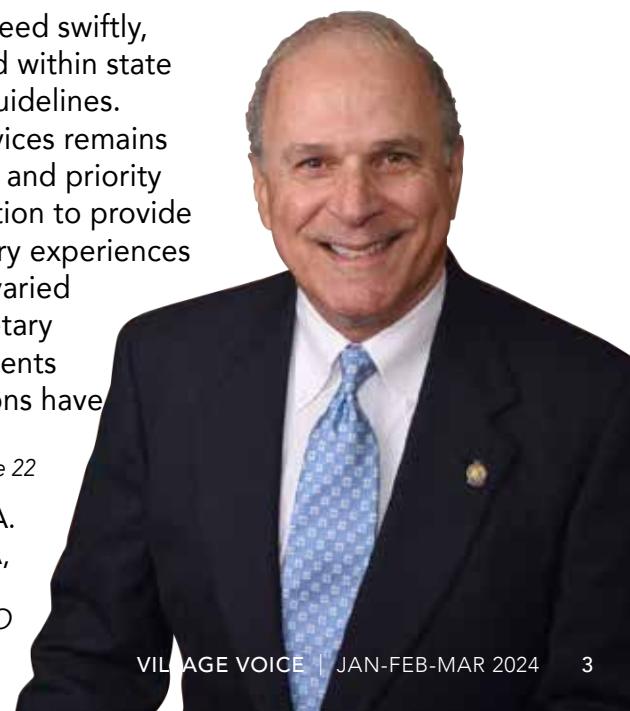
In our pursuit of continued healthcare excellence, several changes in that area took place, along with a new partnership for our Home Health Agency. This collaboration marked a pivotal moment in our commitment to providing comprehensive—and top-tier—care for our Residents.

Furthermore, the addition of dedicated EMT (Emergency Medical Technicians) Staff reinforces our readiness to address any medical need swiftly, effectively and within state compliance guidelines.

Dining Services remains a cornerstone and priority of our dedication to provide diverse culinary experiences that cater to varied tastes and dietary needs. Comments and suggestions have

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



ON THE COVER

The Village was aglow in holiday activities to close the 2023 year. Shown clockwise from top left are: Kelli Rabke and John Fischer performing during our Broadway Series Hollywood Holiday Songbook; Plant Ops' Damion Hedrick, Michael Barrett and Steve Howard with their Jack-In-The-Box "Pop Goes The Weasel" Holiday Parade float entry; Keith Parent, Deborah Osborn, Carrie Brooke and Michael Marks from the Noel Choir in Elizabethan costumes performing in the CAC; and Linda Allen and Robin Tuthill having fun behind pumpkins on the CAC stage during Dining Services' Thanksgiving Dinner. (Photos by Marty Lee)

VOICE

Discover

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Renovations team members **Damion Hedrick (L)**, **Michael Barrett (in the box)** and **Steve Howard** were part of the "Pop Goes The Weasel," float created by the Plant Operations teams.

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The Village VOICE is a quarterly 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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JOHN KNOX VILLAGE

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

Digital Version Replaces 35-Year-Old Clock

A Sign Of The Times

By Rob Seitz, Village Voice Editor



The iconic red-neon John Knox Village name and clock that faced Interstate 95 from the westside of JKV's 17-story Cassels Tower apartment building has been taken down after 35 years.

It has been replaced with a glitzy, new, high-tech LED (Light-emitting diode) projecting sign, with features including full-colored lighting and programmable customized messaging.

What began in 1988 as an

advertising gimmick, which allowed commuters to know exactly how early, on time, or late they were for work or dinner, quickly became a beacon quite literally as it could be seen from a mile away.

"We're hoping to create a new landmark," Bob Milanovich, JKV director of resident relations told the Miami Herald in an article that ran 35 years ago. "You have 50 million people passing by every year."

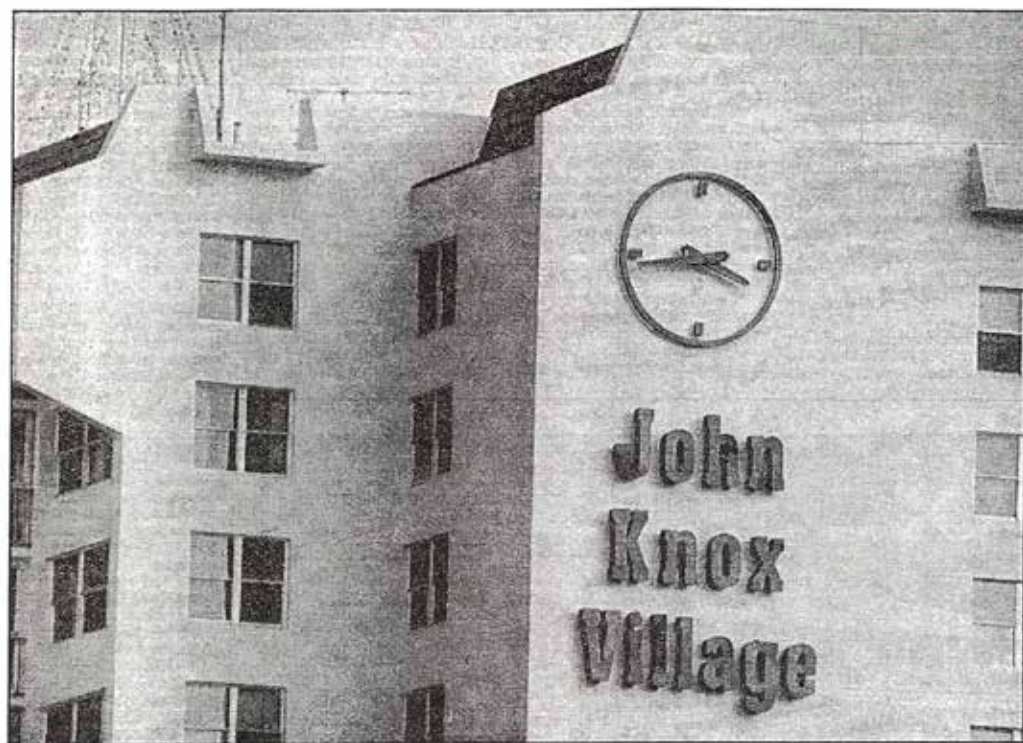
That was then. Now, according to the website AARoads.com, the traffic volume on I-95 in Broward County generally exceeds 200,000 vehicles daily, which translates into some 73 million vehicles annually.

The old clock was the size of a Mazda Miata, standing 10-feet wide, with a four-foot-long big hand and a three-foot-long little hand. The idea to put a clock on the side of Cassels Tower came

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The previous John Knox Village clock on the side of Cassels Tower, had been a highly visible landmark along I-95, just south of Atlantic Blvd. in Pompano Beach. It will be reinstalled on the eastside of Cassels Tower.



ALAN FREUND / Miami Herald Staff

BIG JOHN: John Knox Village's \$15,000 clock is the size of a small sports car and can be seen from a mile away.

Old-timers buy a new timer for I-95

By JUDY BATTISTA
Herald Staff Writer

If time flies elsewhere, it surely must speed on Interstate 95.

That's why the folks at the John Knox Village in Pompano Beach are coming to the rescue of perpetually delayed commuters. Two weeks ago, in an advertising gimmick that would make the people at Timex smile, the retirement community put a large clock — the size of a Mazda Miata — on the side of its building that faces Interstate 95 between Cypress Creek Road and Atlantic Boulevard.

That way, the head of the promotion says, drivers will always know exactly how late they are for work or dinner.

"We're hoping to create a new landmark," said Bob Milanovich, the director of resident relations for John Knox Village. "You have 50 million people passing by every year."

The 10-foot wide clock is visible from a mile away, thanks to the red neon that encircles the clock face. The big hand is four feet long, and the little hand three feet long. The idea to put a clock on the side of 17-story Cassels Tower

came from village resident Arleen Ridenour, who also contributed to the fund to buy the \$15,000 timepiece. Other residents and the village itself also contributed.

"I thought it was dandy," said Ridenour, who is in her late 80s.

Tower clocks used to be a lot more popular than they are now, clock experts say. Ben Bollinger, the president of Fort Lauderdale's City Council from 1914 to 1915, is a member of the National Association of Watch and Clock Collectors, which has a tower clock chapter.

"Every courthouse and bank up

north had one," Bollinger said.

Not everybody is so enthusiastic about the latest roadside distraction. The Florida Highway Patrol officers who patrol I-95 worry that the clock may be the newest excuse for fender-benders.

"It hasn't created a problem yet, but if it's something that interferes with vision at night, that could be a problem," said Capt. Richard Rossman, who heads the Florida Highway Patrol office in Fort Lauderdale. "I don't know what purpose it's going to serve, anyway. Most people have watches and clocks in their cars."



The new digital sign provides a bright notification of time and temperature to I-95 motorists, day or night.

A Miami Herald news clipping from 35 years ago, when the old red neon clock was installed on the westside of Cassels Tower.

Resident Water-lovers Naturally Gave To Aquatic Complex

The Logue Resort Pool

Named For Nancy And Ken

By Kim Morgan, Village Voice Contributor

Nancy and Ken Logue moved to John Knox Village from the Florida Keys three years ago and enjoy their lovely villa home in the South Garden neighborhood.

As long-time residents of coastal homes in Lighthouse Point, the Turks and Caicos Islands and the Florida Keys, the Logue's are very accustomed to living on the water.

As Nancy told the *Village Voice*, "Ken and I are water people." Suffice it to say it makes perfect sense that the Aquatic Complex has become their favorite destination on campus: They go for relaxation, sun, socialization, and fitness classes. Nancy even used the pool for some recent physical therapy sessions.

Through the years, the Logues have been very philanthropic, and since arriving at JKV--and with their

Foundation, so Ken and I decided to donate our share to the general fund so Executive Director Mark Dobosz and his team can decide how best to use the money."

In recognition of their generosity, the Foundation has named the resort pool at the Aquatic Complex the Logue Resort Pool.

Founded in 2003, the John Knox Village Foundation provides funding to enhance and improve the lifestyle and future well-being of John Knox Village residents through effective acquisition and stewardship of contributions from both residents and members of the community.

The Foundation has grown to be a valuable resource for all residents and staff at JKV. As active residents, the Logues are inspired by what the John Knox Village Foundation does for the Village. Nancy, a retired veterinarian who volunteered and worked on the Board for a non-profit homeless foundation, knows first-hand how challenging it can be to raise non-designated funds.

Mark Dobosz adds, "As Ken and Nancy both know, funding can be a difficult process. Only 20 percent of all residents donate to the Foundation. We are so appreciative



South Garden Villa residents Nancy and Ken Logue are shown with Foundation Executive Director Mark Dobosz at the location of the sign commemorating the naming of the Logue Resort Pool.

of the Logue's donation to help us continue to have a great impact on the residents here at JKV."

Ken, a retired businessman who ran a brokerage firm in New Jersey, managed a contracting firm in the Turks & Caicos Islands and started a restaurant chain in Florida.

Together with Nancy, they raised twin sons in Lighthouse Point, who went to Pine Crest School. Both sons were on the swim team and were involved in the start of the crew team there.

Ken, who also went to Pine Crest, was on the swim team as well. They have five grandchildren who, like their grandparents, have a true love for all water activities. Nancy says the kids love coming to the JKV pools when visiting with them.

For additional information on the JKV Foundation, contact Mark Dobosz, mdobosz@jkvfl.com or call 954-784-4757.



Here is a rendering of the Logue Resort Pool sign.

affinity for the watery resources provided at the Aquatic Complex--they decided to make a difference there.

"My heart goes out to the JKV

In Good Taste:

Caramelized Strawberry Brioche Just In Time For Valentine's Day

By Rob Seitz, Village Voice Editor



Executive Chef Frederic Delaire

While serving as Executive Chef at the Loews Miami Beach Hotel on Miami Beach, our Head Chef Frederic Delaire had two of his recipes featured in Sara Liss' "Miami Cooks" cookbook, including one he wants to reprise for JKV residents as Valentine's Day approaches.

His elegant, fancy and simple-to-make Caramelized Strawberry Brioche is a perfect dessert after enjoying a romantic dinner at one of JKV's four dining venues, in a resident apartment or villa, or at a restaurant off campus.

Juicy red strawberries with whipped cream are the perfect combination of flavors in one delicious cake, and fruit desserts are always such an impressive dish to serve a date or guests.



Caramelized Strawberry Brioche

(Serves 4)

Pastry Cream

- ½ cup sugar
- 5 egg yolks
- ½ cup cornstarch
- 2 cups whole milk
- 2 Tbsp. butter at room temperature

- ½ vanilla bean halved lengthwise

Strawberry Sauce

- 1 cup strawberries, halved
- ½ cup sugar
- 1 Tbsp. lemon juice

Caramelized Brioche

- 1 cup (2 sticks) butter
- 1 cup sugar
- 1 loaf brioche, cut into 4 (1-inch-thick) pieces

Strawberry Salad

- 2 cups strawberries halved
- 1 Tbsp. chopped mint

Assembly

- 2 cups Pastry Cream
- ½ cup whipped cream
- 1 Tsp. Grand Marnier (optional)
- 1 cup Strawberry Sauce

Strawberry Salad Method Of Preparation*

*Reprinted from "Miami Cooks"

Pastry Cream: In a bowl whisk together sugar, egg yolks and cornstarch. Combine milk and butter in a saucepan over medium heat. Scrape the vanilla seeds into the pan and whisk in. Bring to a boil, then remove pan from heat and set aside for 10 minutes.

Pour the vanilla-infused milk into the egg, cornstarch mixture and whisk continuously for 10 seconds. Pour the mixture back into the saucepan and bring to a boil over medium heat. Boil for 1 minute, whisking the entire time, until thickened. Pour the pastry cream into a bowl. Set aside to cool, then refrigerate.

Strawberry Sauce: In a medium saucepan combine strawberries, sugar and lemon juice and bring to a boil over medium-high heat. Cook for 2 to 3 minutes, until strawberries have softened.

Transfer to a blender and puree until smooth. Refrigerate until needed.

Caramelized Brioche: Melt butter in a skillet over low heat. Add sugar and cook for 8 to 10 minutes, until caramel-like. Remove from heat and dip the 4 slices of brioche into the caramel, coating both sides. Place the slices on a nonstick surface and set aside to cool for 15 minutes, until brioche is slightly crispy.

Strawberry Salad: In a bowl combine strawberries and mint. Cover and refrigerate until needed.

Assembly: In a bowl whisk together pastry cream, whipped cream and Grand Marnier, if using. Place the slices of caramelized brioche on plates and spread the cream over the surface, about 12-inches thick. Arrange strawberry salad on top, then dot strawberry sauce around the plates.

Take Joy in Being Part of the Story.

A Year Of Impact: **TRANSFORMING LIVES** Through Philanthropy In 2023



Mark Dobosz

As we reflect on 2023, it's heartening to see the positive changes that the JKV Foundation was able to bring to our JKV community. Last year, the Foundation Board's commitment to making a difference through strategic grant awards had a profound

showcasing how our collective efforts have created a lasting legacy of positive change.

Success Through Increased Social Wellness:

To showcase the impact of our philanthropy, we actively measured and shared social wellness success stories throughout the year. By highlighting participation in the bi-monthly social hours, monthly community birthday parties, off-campus trips to community partner events, the revived Volunteer Recognition Dinner, Village Arts Circle gatherings, and the ripple effects of our grant awards, we aimed to inspire others to join in the effort to make a positive impact. This assisted in improving individual well-being by

also supported initiatives that celebrated and preserved the rich cultural tapestry of our community with a plethora of visual and performing arts performances made possible through a robust Life Enrichment Department. From arts programs to cultural events, our grant awards contributed to fostering a sense of pride and unity among residents as we gathered together as one to enjoy these events. A special thanks to the members of the Village Arts Circle who in their second year provided support to a number of these events in combination with other Foundation funding.

Enhancing Access:

Our commitment to improving transportation and access brought tangible benefits to community members. Grant awards for new carts and buses, as well as covering the cost of transportation to off-campus partner-events, ensured that residents always had reliable and quality access to the places and events they wanted to experience.

Community Support and Response

Each year, some members of our community face the unexpected challenge of outliving their resources through no fault of their own. Fortunately, philanthropic donations to the Benevolence Program played a crucial role in being able to provide a response to address these unforeseen needs of some community members. Providing support during these challenging times demonstrates the importance of philanthropy in building community resilience.

Investing in Education:

One of the key areas where philanthropic donations made a significant impact was in education. By



Through generous contributions from the JKV Foundation, programming such as the Broadway series, which featured the Broadway Hollywood Holiday Songbook in December with singer Kelli Rabke and pianist John Fischer was made possible.

impact on the lives of our residents.

This article celebrates the achievements and highlights the transformative power of your philanthropic contributions that make these awards possible, thus

being an added measure of reducing chances for isolation.

Celebrating Cultural, Intellectual Enrichment:

Recognizing the value of cultural diversity, our philanthropic endeavors

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JKV's Benevolence Program Offers Peace Of Mind



Fund Ensures Residents Will Not Be Asked To Leave Village For Financial Reasons



John Knox Village is home to nearly 1,000 residents on its 70-acre Pompano Beach campus.

For many John Knox Village residents, an unintended consequence of the remarkable advances in modern medicine, along with the Village's healthy, robust lifestyle, is they are simply outliving their financial assets—through no fault of their own.

Begun in 1980, the JKV Benevolence Fund is yet another peace of mind benefit provided to residents by South Florida's premier Life-Plan Continuing Care Retirement Community. The Benevolence Fund ensures residents, who meet eligibility requirements, will never be asked to leave the Village for financial reasons.

As a measure of their longevity, currently there are 21 residents 100 years of age or older, including eight who reside in independent living apartments and villas. The balance lives in on-campus assisted living and skilled nursing care centers.

The completely confidential Fund is held and managed through the JKV Foundation, which also ensures that JKV residents will never incur

the cost of providing resources for residents on the program.

Funded By Resident Generosity

"We are extremely fortunate to have had very generous residents who believed in the Benevolence Program and made significant gifts to the fund over the years," Foundation Executive Director Mark Dobosz told the Village Voice.

"Our endowment ensures that we can always take care of our residents without having to get that support for them from the rest of the Village."

The JKV Foundation Board approved revisions to the JKV Benevolence Program in the past year.

The first in at least 20 years, the revisions aimed to update the program to enhance its quality and efficiency, position it with current economic factors, and expand the opportunities for residents who need the service that might not otherwise have qualified.

"Even though all prospective residents must qualify financially to move into JKV, we know that

the income and assets necessary to enjoy a normal lifestyle may erode over time," said Mr. Dobosz. "Should that occur, because of generous donations by current and former residents, the JKV Foundation Benevolence Program is available to reduce the burden of continuing Monthly Service Fees for qualified applicants."

Overview

The Benevolence Program is designed to assist Life-Plan residents whose retirement assets have fallen below specific levels by subsidizing their Monthly Service Fee to reduce or eliminate the need to liquidate assets. The amount of each participant's Benevolence Grant is based on tax return and asset information provided by the recipient.

Under the revised program, residents may qualify if their assets drop below \$200,000 versus the previous \$50,000 threshold. Additionally, the grant is distributed monthly until June of the third year after approval to keep up with

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We Bring Community, Camaraderie Into New Year



Mark Levey
President Resident Senate

*"Hey, old friend
What d'ya say, old friend?
Are you okay, old friend?
Are we, are we unique?
Time goes by, everything else
keeps changing
You and I we can
Continue next week, yeah."
Stephen Sondheim - Old Friends
From the Broadway musical
Merrily We Roll Along*

Although we are celebrating a new year, and the excitement of what 2024 brings us, we still want to remember that it is our old friends who got us where we are today.

It's the enduring nature of relationships and the richness that comes with shared experiences that allows us to establish long-standing friendships for a sense of community that is built over time.

This sense of community and camaraderie will embark us on the journey of a new year.

What a new year this promises to be.

In just a matter of weeks, we will start to get a look at the enhancements to JKV that the Westlake project is bringing us.

All our patience for living with construction for over two years will be rewarded when we are enjoying the new amenities. And then we will welcome new faces to build connections with as the

newly arrived residents move into Westlake.

We will be able to welcome them into the JKV family as you were welcomed when you arrived. I look forward to seeing new faces at events, meetings, socials, and activities organized by dedicated team members and residents and meeting them casually on campus.

These connections, both established and recent, contribute to our strength and resilience. And in case we need it, we have a built-in support system here at JKV. Please don't hesitate to contact team members and Resident Senate Leadership and reach out to friends, and neighbors, when necessary.

To quote another Sondheim lyric, from *Into The Woods*;

*"No one is alone, truly,
No one is alone"*

All the best to everyone in 2024.

—Mark Levey

JKV's Benevolence Program

Continued from page 9

the changing economic times annually. Participants must re-apply in the third year to allow for review, recalculation, and to avoid termination.

Additionally, recipients also have the option to reapply as frequently as annually.

Grants must be approved in advance by the JKV Foundation Benevolence Committee, which is comprised of three JKV Foundation directors.

The committee's role is to review and evaluate the provided data to ensure that any award conforms to the provisions outlined in the Program Summary. It also has the authority to adjust awards or waive provisions consistent with the program's intent.

"There are many wonderful reasons residents choose to live at John Knox Village and the peace of mind residents feel with this program is palpable," Mr. Dobosz said.



The IT Guy Asks,



'To Upgrade Or Not To Upgrade?'



Jason Cook, Technology Engagement Coordinator

To paraphrase William Shakespeare, *"to upgrade or not to upgrade, that is the question."*

There are several reasons why you might want to upgrade your phone to a new one. With the holiday season approaching, it may not even be up to you if a friend or family member buys you a new phone.

One reason to upgrade might be to change your provider if you are not happy with the service you are receiving, or perhaps you are looking to make your phone a bit faster.

If you are looking for a cheaper provider, Mint Mobile offers several plans under \$20. If you are looking for a company with very good customer service, I have had very positive experiences with Consumer Cellular.

Choosing The Right Phone And Service

The only tricky part about changing providers is that there might be several steps if your phone is locked to your provider, so make sure to find out.

If you have an older phone, you may want to consider upgrading to the new 5G network. The G stands for Generation, meaning it is the 5th generation of the cellular network and is substantially faster than previous ones.

4G Versus 5G: What Is The Difference?

In ideal conditions, 5G can be up to 200 times faster than 4G, but under normal circumstances it is on average between 1.4 and 14 times faster than 4G, according to an article by digital communications giant Cisco.

On top of the new phones being substantially faster, they also come with a very impressive array of built-in cameras, allowing you to take beautiful photos, and a variety of different types of videos.

If the prospect of one of these smartphones is a bit daunting, they do make a simplified version called the Jitterbug Smart3. This phone allows you to have the capabilities of a smartphone, but it simplifies its use by putting everything in a simple list rather than having the apps floating around.

Switching Apples And Androids Is Simple

If you are interested in switching phones, luckily, they have made it very easy for Apples and Androids alike. For the Apples, as long as

you have done your back-up to the iCloud and know your Apple ID password, it is as easy as scanning a code on one phone and waiting while it transfers over all of your information.

The same is true for Android phones if you use the Samsung app called Smart Switch. These apps transfer over all the apps, contacts, and information on your old device to the new one.

This is especially easy to do if you live at John Knox Village, where you can take your phone down to the free tech help being offered in the Village's apartment lobbies five days a week and have an IT tech who walks residents through the upgrade process.

JKV residents also use these free help sessions to learn how to use all of the fancy bells and whistles on their new devices, as well as show them the basics.

JKV's 'IT' Guy

Always an industry leader and at the forefront of innovation, John Knox Village is one of a handful of senior living 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.

Overwhelmingly, the residents are thrilled and grateful to have Jason on the JKV Team and see the value in the important work he does.



David Bayer

In January, most chapters of our Florida Life Care Residents Association (FLiCRA) welcome a few new board members (elected by their fellow residents) and elect their officers for the year.

This year, our big annual JKV General Membership meeting will be at 3 p.m. Thursday, Jan. 18 in the Village Centre Auditorium. Our 11 JKV directors serve three-year staggered terms, and officers are elected annually. This year, we will be electing three new directors.

FLiCRA's main mission is to promote and protect the rights of residents who live in Continuing Care Retirement Communities (CCRCs). Under the leadership of volunteer residents and dedicated staff in Tallahassee, FLiCRA is a recognized and respected voice before the Legislature and state regulatory agencies. Established in 1989, FLiCRA has grown to some 12,000 members, all of whom are residents living in 57 of the state's CCRCs.

Over the past 30-plus years, in cooperation with other nonprofit organizations, FLiCRA has been responsible for many legislative efforts that benefit CCRC residents. The annual cost savings exceed \$7,000 for some residents, and the improvement in quality-of-life issues is even more impressive.

The most recent state law now requires CCRC residents elect a representative to represent them at meetings of the governing body where changes in residents' fees or services are discussed.



Kenneth Shanahan

In 2024, the Florida State Legislature is scheduled to be in session from Jan. 9 to March 8. During each legislative session, thousands of bills are filed, and usually, many contain issues that pertain to residents. Our legislators realize that FLiCRA's members are a well-coordinated grassroots organization. Should a proposed bill contain provisions that are not in the best interests of CCRC residents, FLiCRA can and will effectively campaign our legislators to get the best possible results for those residents.

A review of the bills and resolutions filed this year indicates that, at present, none include issues that are very significant to CCRC residents. So, what's on FLiCRA's state agenda for 2024?

We will, of course, monitor all bills being considered, meanwhile keeping members informed of pertinent happenings in Tallahassee through our quarterly Resident Connection publication, monthly E-Newsletter, and the weekly Legislative Report (available to all interested residents via email) when our Legislature is in session. Assuming nothing unforeseen comes up this session, it should be a relatively uneventful year for FLiCRA, but that can be a mixed blessing.

One big challenge in 2024 will be in growing our membership. After all, who needs a big army when there are no battles to fight? But, in Tallahassee, FLiCRA's case is a bit different.

There are some 3,000 lobbyists pursuing 160 legislators, and our budget pales in comparison to

other players. While we have a well-organized grassroots organization and can have our residents contact a bunch of state legislators once a bill is proposed, much of the important lobbying work going on behind the scenes before legislation continues to show significant increases.

The idea here is not to fight battles but to avoid them. Our systems in Tallahassee allow us to monitor all filed legislation. Still, our ability to advocate and educate the necessary legislators on matters affecting our CCRC residents is falling behind relative to other larger, better-funded players in the elder care community whose interests often don't coincide with ours.

Our state board, with the guidance of Bennett Napier, our very capable Executive Director, has already established a sub-committee, "Future Forward Revenue Task Force," to help ensure Florida CCRC residents are prepared to meet this challenge. Both fellow resident Ken Shanahan and I serve on the FLiCRA state board and are participating in that important group.

We are fortunate that, at JKV, we have the largest FLiCRA chapter in the state. Well over 90 percent of our residents are FLiCRA members and have always been active in supporting FLiCRA.

Those residents most familiar with FLiCRA know that the return on the very small investment (\$22/year in FLiCRA dues) is excellent. The key to FLiCRA continuing to remain strong and capable of promoting and protecting the quality of life of all CCRC residents in Florida is to maintain a strong membership base.

Thank you for your continued support.

—David Bayer
Cassels Tower Resident
FLiCRA Region 5 Director

—Ken Shanahan
Heritage Tower Resident
FLiCRA Vice President

State-Of-Art Exercise Machine Helps Residents

Step It Up

Dividat Equipment Keeps JKV On Leading Edge

Kim Morgan, Village Voice Contributor

By bringing the global standard in cognitive-motor training devices to its residents, John Knox Village has once again proven to be one of the most innovative life-plan continuing care retirement communities in the country.

Designed by Switzerland-based Davidat Senso, the “Think & Move™” exercise machine allows residents to work the brain and body simultaneously, all in the comfort of the campus Fitness Studio.

“JKV has many wonderful choices for intellectual stimulation [for our residents] with lectures, performances and activities found daily around campus and



Fitness Manager Marsha Dixon directs South Garden Villa Resident Larry Hardham on the “Think & Move™” exercise machine, playing the “Targets” exergame.

best described as the “Think and Move” machine.

Designed for all fitness levels, Davidat Senso was developed in multiple global research projects over the past decade and is used in the overall promotion of an active and healthy lifestyle.

As stated on the Davidat website: “Our engaging exergames ensure the development of cognitive motor skills in a fun and safe environment.”

Every resident-user receives an RFID (radio frequency identification) bracelet that is used to initiate a training session and, using progressive algorithms, provides them with reports to ensure their goals and continual progress are being achieved.

Residents step on the pressure-sensitive platform and select from over 17 engaging exergames, that offer training from cognitive flexibility, working memory and

spatial orientation to divided and sustained attention, static and dynamic balance, and step strategy for gait improvement. That sensitive four-armed platform measures every movement for cognitive agility, reaction time and alertness. For additional support, residents have the option of using the handrails while they game.

Each game has a specific focus or task. For example, the game “Targets” works to improve forward thinking, anticipation, and timing. A resident sees four targets on the screen. From all directions, flying balls appear on the screen toward the different targets. The goal is to step in the direction of the target as soon as a ball reaches it. Whenever the resident “captures” a ball inside a target, the Senso sounds a gentle bell encouraging and reinforcing correct execution. As the resident

Continued on page 22



Larry Hardham wearing his Davidat RFID bracelet.

in the community,” JKV Fitness and Aquatics Manager Marsha Dixon told the Village Voice. “We also have a plethora of fitness opportunities in our Fitness Studio and Aquatic Complex, however, we now have an instrument that engages cognitive focus with movement. The Davidat Senso is a dual-tasking machine, requiring neuromotor collaboration to execute a specific task, thus being

JKV's 37th Annual Holiday Parade

One of John Knox Village's most beloved annual events—the Holiday Parade—was a rousing success again.

With tireless behind-the-scenes work from the Production and Life Enrichment departments, the "Biggest Little Parade" went off without a hitch...except for the hitch holding the horse-drawn carriage.

The theme was "JKV in Toyland," and Village departments created wonderful floats and entries all vying for the prestigious "Best in Parade" first-place bragging rights.

Here is a list of the participating groups:

- BSO's motorcycle units
- Local politicians and Dirk

DeJong's Classic Car

- Dillard High School March Band
- The A Team
- Dining
- Stilt walkers from Variety Entertainment
- Maintenance
- License to Chill
- Moody Plumbing



The JKV Holiday Parade would not be complete without a visit from the Big Guy himself—Santa Claus, atop an antique fire pumper truck, courtesy of the Pompano Fire Museum.



Holiday Parade judges (seated L-R) Tom Keenan, Life Enrichment Coordinator/Parade Emcee Jack [unclear] in front of them under The Woodlands' Porte co [unclear] members, who sang several holiday tunes.



The A-Team (Administration) was a festive cast of characters, including President Sal "The Grinch" Barbera (far right).



The Plant Operations, Maintenance, Grounds & Renovations, Environmental Services departments celebrated the parade.

Hits All The Right Notes

- ArtServe
- JKV Healthcare
- Isings Travel
- MODS (Museum of Discovery and Science) STEMobile
- JKV Choirs
- Security and Transportation
- Ft. Lauderdale International Film Festival (FLIFF)

- PNC Bank
- JKV Marketing and Moss Construction
- Rejuvenate Salon and Spa
- Pompano Beach High School JROTC Honor Guard
- Pompano Beach's Fire and Ocean Rescue departments
- Pompano Fire Museum's

Antique Fire Truck, with special guest Santa Claus

- Innovation Charter School students, joining JKV's A Team

More than 100 photos from the Holiday Parade can be found on JKVConnect under the Photos, Videos & Publications tab.

Continued on page 24



, Diane Dalsimer and Mark Levey join queue Thompson as the entries paraded together. Behind them are Village Choir



Team Members representing Gardens West, Seaside Cove and The Woodlands are all smiles during the Holiday Parade.



grounds, Renovations and came together for the Parade.



The Sales and Marketing teams joined with Moss Construction to create this magical Barbie-themed float.

A New Year, A New You:

Making Your Philanthropy Work For You In 2024

As we usher in a new year, many are inspired to make positive changes in our lives. Beyond personal resolutions, consider how you can transform your philanthropic efforts in 2024.

This year, let your charitable endeavors align with your values and aspirations, creating a meaningful impact on both the causes you support and your sense of fulfillment.

Define Your Philanthropic Vision:

Start by reflecting on your passions and values. What issues or causes resonate with you on a deep level? Whether it is education, healthcare, environmental conservation, or social justice, identifying your philanthropic vision will guide your giving and make it more personally rewarding.

Set Measurable Goals:

Like any other aspect of your life, philanthropy benefits from clear goals. Outline specific, measurable, achievable, relevant, and time-bound (SMART) objectives for your charitable contributions. This will help you track your impact and stay motivated throughout the year.

Research and Due Diligence:

Before committing to a cause, conduct thorough research on potential charitable organizations. Evaluate their mission, financial transparency, and effectiveness. Websites like "Charity Navigator" and "GuideStar" can provide valuable insights into an organization's credibility and impact.

Diversify Your Giving:

Consider diversifying your

philanthropic portfolio. Supporting a mix of local, national, and international organizations ensures a broader impact. Additionally, allocating your resources across different sectors allows you to address a range of issues that matter to you. Maybe consider giving to the JKV Foundation for the first time.

Engage in Hands-On Philanthropy:

Beyond monetary donations, consider getting personally involved.

dynamic, with new challenges and opportunities emerging regularly. Stay informed about current events, trends, and evolving needs within your chosen causes. Be open to adjusting your philanthropic strategy to address pressing issues and maximize your positive influence.

Celebrate Achievements and Learn from Challenges:

Acknowledge and celebrate the successes of your philanthropic

endeavors, no matter how small. Likewise, view challenges as opportunities for growth and improvement. Learning from both achievements and setbacks ensures a more impactful and fulfilling philanthropic journey.



Volunteering your time and skills can provide a more direct connection to the causes you support. Whether mentoring, organizing events, or participating in community projects, hands-on involvement can deepen your understanding and impact.

Collaborate and Network:

Joining forces with like-minded individuals or organizations amplifies the impact of your philanthropy. Attend networking events, join philanthropic communities, and explore collaborative opportunities. Working together allows you to leverage collective resources for greater change.

Stay Informed and Adapt:

The philanthropic landscape is

As you embark on this new philanthropic journey in 2024, remember that making a difference is not just about the causes you support but also about the positive changes within yourself. By aligning your giving with your values, setting goals, staying informed, and actively engaging with your chosen causes, you can make a lasting impact while cultivating a deeper sense of purpose and fulfillment in the year ahead.

Cheers to a new year and a new you in philanthropy.

—Mark Dobosz,
Executive Director

954-784-4757 • mdobosz@jknvfl.com

Word Of The Year And Other Life-affirming Tips



Rev. Rachael Gallagher
JKV Spiritual Life Director

Civilizations around the world have been celebrating the start of each new year for at least 4,000 years.

Today, most New Year's festivities begin on Dec. 31 (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of Jan. 1 (New Year's Day). Common traditions include attending parties, eating special New Year's foods, making resolutions for the new year, and watching fireworks displays.

As we bring closure to 2023, many of us are naturally inclined toward introspection and reflection at this time. We become aware of our struggles and losses, our mistakes, our moments of joy, as well as the kindness of others who crossed our paths.

We have an opportunity to consider our good fortune in celebrating the gift of another year of life. As we say goodbye to the old year and prepare to welcome whatever the new one brings our way, it only makes sense to want to mark the transition in some way. Try these tips if you're searching for ways to make this year's New Year's

celebration more meaningful:

1. **Choose a Word of the Year.**

I was first introduced to the Word of the Year concept in 2013 when a friend shared this annual ritual with me. Having a Word of the Year is a really fun way to set your intentions and theme for the New Year, or any other life event for that matter. Instead of a rigid resolution, a word of the year is your constant (yet gentle) reminder to focus on creating positive change. Use your word of the year to help guide your decisions and continue moving toward what you want. Here is a list of 100 Words of the Year to give you some ideas.

2. **Be grateful.**

Research supports the many benefits of gratitude in all areas of our life: Health, career, social, emotional, and personality. It does not just sound like a good thing to do. Dozens of scientific studies have examined the effects of practicing gratitude, and we know it makes a positive difference.

3. **Attend a religious service or have your own spiritual celebration.**

Whether it's a Sunday morning service at a church or a guided meditation at a local Buddhist center, the new year is an excellent chance to explore the spiritual offerings in your community.

4. **Take a mindful walk.**

Research shows that mindful walking in nature offers stress-busting and mood-boosting advantages, plus a welcome chance to stretch our legs. A mindful walking practice is often what people describe as their favorite practice, after they've taken a mindfulness course.

As we celebrate the dawn of a new year, a new calendar, a new page, may you find 2024 to be your most meaningful year yet.

—Rachael Gallagher

100 Words Of The Year* For 2024

*Found on the internet.

- | | |
|-----------------|-------------------|
| 1. Abundance | 51. Hope |
| 2. Adventure | 52. Humility |
| 3. Align | 53. Integrity |
| 4. Authentic | 54. Intentional |
| 5. Available | 55. Intuition |
| 6. Aware | 56. Journey |
| 7. Balance | 57. Joy |
| 8. Become | 58. Kind |
| 9. Better | 59. Learn |
| 10. Bless | 60. Listen |
| 11. Bold | 61. Love |
| 12. Breathe | 62. Magnify |
| 13. Bright | 63. Meek |
| 14. Calm | 64. Mindful |
| 15. Celebrate | 65. Motion |
| 16. Centered | 66. Nourish |
| 17. Challenge | 67. Nurture |
| 18. Change | 68. Organize |
| 19. Commitment | 69. Passion |
| 20. Compassion | 70. Peace |
| 21. Confidence | 71. Permission |
| 22. Connect | 72. Persistence |
| 23. Creativity | 73. Play |
| 24. Cultivate | 74. Polish |
| 25. Daring | 75. Power |
| 26. Dedicated | 76. Present |
| 27. Delight | 77. Progress |
| 28. Devotion | 78. Radiant |
| 29. Discipline | 79. Recovery |
| 30. Distance | 80. Relationships |
| 31. Dream | 81. Release |
| 32. Embrace | 82. Reset |
| 33. Emerge | 83. Resolute |
| 34. Empower | 84. Rise |
| 35. Expansion | 85. Risk |
| 36. Express | 86. Savvy |
| 37. Faith | 87. Service |
| 38. Feast | 88. Simplicity |
| 39. Fit | 89. Slow |
| 40. Focus | 90. Smile |
| 41. Forgiveness | 91. Space |
| 42. Foster | 92. Sparkle |
| 43. Free | 93. Strong |
| 44. Friendship | 94. Teach |
| 45. Glow | 95. Thrive |
| 46. Giving | 96. Tranquil |
| 47. Grace | 97. Whole |
| 48. Gratitude | 98. Yes |
| 49. Grounded | 99. Zen |
| 50. Honesty | 100. Zest |

LIVING WELL CORNER

Small, But Mighty 2024 Commitments



Marsha Dixon, BS C-EP

Every New Year, millions of Americans enter January with the hope and desire for more happiness, exciting discoveries, and most commonly, a healthier lifestyle.

A published survey reported the top three health-related New Year's resolutions are to improve fitness—at 48 percent, improve mental health at 36 percent, and lose weight at 34 percent.

All three are admirable and incorporate some form of exercise or movement that we know has its many benefits. Regular exercise lowers blood pressure and cholesterol, strengthens cardiovascular health, and positively impacts the quality of our sleep and cognitive focus.

So why is it that these good intentions are abandoned so quickly after the New Year? Perhaps we need to take a look at how we approach these changes.

Is your resolution list comprised of lengthy dos and don'ts? Do you have unrealistic goals that end up being too overwhelming to achieve?

Even with the best intentions, many New Year promises to our health are left unfulfilled. Setting small goals with activities you can easily fuse into your daily routine may be the best way to get your resolutions to stick, thus creating long-lasting improvements for the New Year.

Here are four fitness tips that can help jumpstart a healthy and fitness lifestyle for 2024.

- **Write a journal:** Studies have shown that journaling can manage

anxiety, reduce stress, and improve one's emotional mood. Creating an avenue to self-express is a wonderful and powerful way to feed positive affirmations into oneself, allowing for a natural turn towards healthy living and a personal outlook. Take the first five minutes of your day to capture your thoughts and desires for the day. Journaling is also a great way to reflect and track your progress throughout the year.

- **Move for 10 minutes a day:** 10 minutes a day of daily movement is not only easy to achieve but provides a host of benefits as well. Walking for as little as 10 minutes daily has been shown to improve cardiorespiratory fitness, lower the risk of diabetes and prediabetes, and even improve cognitive focus and mood. Your 10-minute movement can be a brisk walk, a bike ride, dancing to your favorite song, or going for a swim. Whatever you choose, try to increase the intensity of the movement or exercise. For exercise, during your walk or bike ride, at the top of each minute, speed up the pace for 10 seconds, then return to your original speed. Changing up the way you exercise without increasing the length of time may encourage better commitment to your fitness goals.

- **Switch up your sweets:** Not all sugars are created equally. Sugars from whole fruits digest and absorb into the bloodstream at a much slower rate

than foods with added sugar. Before reaching for a sugar-rich pastry or a can of soda, replace it with a piece of whole fruit. You can satisfy the need for something sweet while receiving the nourishing benefits of fiber, vitamins, and minerals: Without giving up all of your favorite treats, you can dramatically lower your sugar content and the inches around your waist line.

- **Increase your water intake:** Water is so essential to life and holds many benefits for the human body. In a study for weight loss, older adults who drank a cup of water before each meal increased their weight loss efforts by 4.4 pounds over the course of 12 weeks. Drinking water helps your brain cells communicate better with one another, which is important when it comes to memory. Drinking water decreases the risk of anxiety and depression. Keeping a hydrated body also improves skin clarity, regulates blood pressure and kidney function, lubricates the joints, and is a natural energy booster.

As you can see, these four, small but powerful, tips can bring the positive change we wish to see each New Year.

Instead of lofty goals that are hard to commit to, try these tips that are designed to redefine your lifestyle and encourage personal growth. Cheers to small steps in the mighty year of 2024.

—Marsha Dixon, BS, C-EP
JKV Fitness & Aquatics Manager



NUTRITION NOTES

New Year, New You



Rachel Graham

When we think of New Year's resolutions, losing weight is a popular one that people tend to make, but people often fail to keep this commitment or quickly gain back the pounds.

It is always easier to jump on the latest fad diet, rather than improving the nutritional quality of what goes into your body. Making the switch to healthier eating is more likely to stick and can reap long-lasting rewards, such as better heart health and a lower risk of dying from heart disease or stroke.

Follow these simple recommendations to make a newer and healthier you.

1. **Do not blow off breakfast, lunch or dinner:** No matter how busy you are, research shows that skipping a meal only sets yourself up for a poor-eating pattern for the rest of the day ahead. Skipping a meal can also make you feel more lethargic, cause your blood sugar levels to drop and affect your focus, concentration and productivity.

2. **Prepare yourself mentally:** It's easy to say you will make a change in your diet, but you need to mentally prepare yourself as well. Take time to think through the changes you want to make and think about how you will consistently make these changes; otherwise healthy eating habits will not be sustainable. You must remember that adopting healthy eating habits is like a marathon and not a sprint.

3. **Do not go overboard:** Making drastic changes in your diet and eating habits all at once will not be

sustainable. You are more likely to stick to your New Year's resolution if you start with small and short steps at a time. Commit to no more than two new weekly changes and build on them rather than going overboard with a sudden, drastic change. You surely wouldn't want to be a rabbit and begin with a bang only to lose the race to a tortoise in the end.

4. **Sub-Size Portions:** Make it a habit to start with a smaller portion of food and eat only until you feel satisfied, not stuffed instead of eating to fill. Switch your large plates or bowls for smaller ones; this will ensure the quantity is less even though it

seems to be full.

5. **Eat in moderation:** Do not tell yourself that you can never have something again, this will only make you want that thing. Instead, enjoy that food once a week in a small quantity and be done with it. Don't eat the leftovers for three days in a row.

Remember to focus on the "big picture" approach to healthy eating. Make as many healthy choices as possible. Make gradual changes that become part of a healthier eating pattern that you can maintain.

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

Winter Wonderland
Spa Treatments
at Rejuvenate Salon & Spas
Available January 1st - February 29th, 2024

~

Winter Wonderland Facial
Indulge in the winter with a rejuvenating treatment that harnesses the power of Vitamin C, collagen and peppermint to restore a youthful firmness and radiant glow to your skin.

Winter Wonderland Mani or Pedi
Elevate your self-care routine with the Winter Wonderland Mani or Pedi, an exquisite nail treatment that incorporates the rejuvenating essence of peppermint resulting in exceptionally soft and soothed skin. After the treatment, choose a beautiful nail color to complete your experience, ensuring you're perfectly prepared to face the winter weather with confidence.

Relax Refresh Rejuvenate

Woodlands
954-247-5817

Cassels Tower
954-783-4013

Donations To The Village



Donations received during the months of August through November 2023

To John Knox Village

Employee Scholarship Fund

Anne Swoboda

In Memory of Adam Toupin

Betty Bahlke

In Memory of Louise Frock

Bruce and Jane Burgess

Bruce Voelkel

In Memory of Adam Toupin

Carol Frei

In Memory of Adam Toupin

Carol Redd

In Memory of Carolyn Kieswetter

Cason Trust

Clark Raby

In Memory of Nelson Kilmer

Clark Rechkemmer

Countrymark Refining & Logistics

David Haun

Dennis Fitch

In Memory of Adam Toupin

Doreen Haynie

Edna Dusel

In Memory of Adam Toupin

Ellen Isaacs

In Memory of Adam Toupin and Jill Tully

Felicia Saunders

Flordeliza Bernardo

In Honor of Peter Toupin

Franklin Schmidt

Fred Schieferstein

Geraldine Ryba

Guia Jansen

Jason Cook

In Memory of Adam Toupin

Laura Knight

Lewis Aron

In Memory of Adam Toupin

Martha Mellett

In Memory of Gloria Gottesfeld and

Ursula Husgen

Neil Burmeister

Norma Jenkins

Paul Loree

Peter Flyzik

In Memory of Adam Toupin

Richmond Knowles

Rose Milanovich

Sondra St. Martin

In Memory of Claire Dunn's mother

The Estate of Richard Fishbeck

Thomas McDowell

Tom McKay

We Give Back Foundation, Inc.

In Honor of Andrea MacVicar

To John Knox Village Foundation

Benevolent Endowment Fund

Cason Trust

Fred & Irene Michel Charitable Trust

Lee Sathre

Phyllis Miller

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CGA Gifts

Loretta Neff

Tom McKay

Chapel Endowment Fund

Fred & Irene Michel Charitable Trust

Charlotte Symonds Employee

Assistance Fund

Carol Redd

In Memory of Jennifer Smith

and Jean Trebbi

Jennifer O'Flannery Anderson

Environmental Enhancement Fund

Reba and Lola Kinsey

In Memory of Claire Dunn's mother

Barbara Logan

Foundation Unrestricted Fund

Alice Von Essen

In Memory of Jennifer Smith, Jean Trebbi

and Jeanne Mills

Amy Barrow

Barbara Morningstar and

Michael Featherstone

In Memory of Dr. Jerry Shank

Bruce Voelkel

Carol Frei

In Memory of Andrea MacVicar,

Dorothy Porges and Dr. Jerry Shank

Carol Redd

In Memory of Gloria Gottesfeld

Clark Raby

In Memory of Nelson Kilmer

Daniel Kline

David Heger

Donna Brown

Eleanor Smith

In Memory of Jeanne Mills

Elizabeth Cobb

Elizabeth Swanson

In Memory of Gloria Gottesfeld and

Jeanne Mills

Ellen Isaacs

In Memory of Dee Hardham

Eugenie Ferro

Geraldine Ryba

In Memory of Joan Padley and

Dr. Jerry Shank

Gloria Chekanow

Gordon Prat

Jane Middleton

Janice Sheppard

In Memory of Dorothy Porges

Joan Warren

Jose Valdes-Fauli

In Honor of Sylvia Minchew's Birthday

Joyce Cuddy

Judy Houston

Karen and Pierre Audet

Lamar Fisher

Mary Louise Morley

Barry Meltz

Nancy and Ken Logue

recognition of the naming of the resort

pool at the Aquatic Complex

Nancy Matthews

Patricia Harrell

In Memory of Carolyn Kieswetter

Patrick Burke

Paul Loree

Peggy Golden

Randy Clark

In Honor of Sylvia Minchew's Birthday

Robert Oliver

Rose Milanovich

Ross Claiborne

Samuel Profeta

Suzanne Nemetz

Healthcare Enhancements Fund

Bruce Voelkel

In Memory of Harriet Studt and

Marjorie Ferraro

Richmond Knowles

Theresa Claire

Intellectual Enhancements Fund

Ada Kadin

Amy Barrow

Anastasis Homatas

Andrea Hipkind

Ann Archard

Anne McVeigh

Babette Siegel

Barbara Morningstar and

Michael Featherstone

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Donations To The Village

Continued from page 20

Barbara Scott
Beth Hand
Beverly Cardinal
Bev Ringel
Bruce and Jane Burgess
Bruce Voelkel
Carol Frei
Carol Kitson
Carol Redd
Christopher Novoa
Clark Rechkemmer
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Danny Graves
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Milton Baker
Maria and Terry Blagg
Nancy Rohan
Norma Jenkins
Patrick Burke
Peggy Stanley
Peggy Woehry
Peter Flyzik
Pierre and Karen Audet
Robert Miller
Russ Robinson
Samuel Profeta
Sondra St. Martin
Stephanie Messana
Sylvia Minchew
Tanya Catapano
Terry Colli
Theresa Claire
Thomas Keenan
Thomas McDowell
Tom McKay
William Spears

Maggie Goetz Birds Endowment Fund
Ann Langford

Mental Wellness Enhancements Fund
Fred Schieferstein

Geraldine Ryba
Lee Sathre
Suzanne Higgins
In Memory of Nanette Olson
Physical Enhancements Fund
David Haun

Resident Assistance & Inouye Support Fund
Carol Kitson
Dana Noren
Franklin Schmidt
Jan Mallow
Jo Ann Culligan
In Memory of Dorothy Porges
Marge Gibbons-Kilroy
Marie-Luise Hoove
Mark Brown

Resident Music Endowment Fund
Dora Davis
Mitzi Doumar

Spiritual Enhancements Fund
Theresa Claire

Staff Professional Training Fund
Rose Milanovich

Transportation & Mobility Fund
Dana Noren
David Heger
Donald Patriss
Franklin Schmidt
Lyn Walk
In Memory of Tony Walk

JKV Honors Residents & Staff Veterans



In the October-November-December 2023 *Village Voice*, page 5 was dedicated to listing all the known Resident-Veterans. However, several were not included for which we apologize.

They were:

- Leland-Lee Baggett, U.S. Army, 2nd Lt.
- E. Hugh Chappell, Jr., U.S. Navy, Lt.
- Stanley (Bruce) Cunningham, U.S. Coast Guard, VM-2
- David Robert, U.S. Army, Sgt.
- Ronald Seifer, U.S. Air Force, E-4
- Stephen Wall, U.S. Army, SP-3

Those who were in attendance on Veterans Day for the ceremony at 11 a.m. in the Cultural Arts Center were formally recognized. They will be included in future veteran listings.

2024: A Transformative Year For JKV

Continued from page 3

been the compass guiding our culinary team as they work to ensure that every meal served is a delightful dining experience that caters to every palate.



Seaglass Restaurant at the Pavilion.

The excitement mounts as we eagerly anticipate the opening of the new Westlake apartment building. This remarkable addition to the JKV landscape embodies the commitment to providing modern, state-of-the-art buildings that empower our community to thrive, grow, and embrace new opportunities.

Navigating the ever-changing marketplace requires fiscal responsibility and prudence. Management understands the importance of being fiscally sound in volatile times. Rest assured,

our decisions are anchored in a commitment to maintaining stability and security while ensuring the continued enhancement of services and amenities.

The heartbeat of any community lies in its people, and each of you is playing an instrumental role in shaping the vibrant tapestry of JKV. Your presence, your stories, and your adaptability have woven a togetherness that makes JKV a true home for all.

Here's wishing you a New Year brimming with boundless possibilities.

With heartfelt appreciation,

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

Digital Version Replaces 35-Year-Old Clock

Continued from page 5

from Village resident Arleen Ridenour, who also contributed a sizable amount to the \$15,000 price tag.

"It really was quite a visionary marketing idea from Ms. Ridenour back in the day," said Jamisyn Becker, JKV's current director of Marketing and Innovation. "And now, with this state-of-the-art

digital clock and sign we are able to utilize the newest technologies available for providing the time of day and purposeful information about JKV to millions of folks traveling the Interstate."

The old clock's red neon has been replaced with LED lighting, it has been refurbished and will be installed on the east side of Cassels Tower to be seen

by residents, guests, and staff throughout the campus.

"The clock has served us well over the years, and we are delighted we were able to repurpose it for the other side of the Cassels Tower building for all to enjoy," said Thom Price, JKV's Vice President of Operations.

State Of Art Exercise Machine Helps Residents Step It Up

Continued from page 13

progresses confidently, so does the Senso, increasing the number of flying balls and the speed at which they appear on the screen.

At the end of each game, residents can view their scores on a chart allowing them to compare their progression over time. Marsha Dixon also has the capability to review scores, determine baselines, and assign new games to keep the resident engaged.

"Reviewing results gives me insight into each of the resident's neuromotor training sessions. For example, if I notice a particular resident scoring below his or her baseline, a conversation is initiated to understand the reason for the shift in performance. Together we address any of their changes and work on a plan to move forward successfully." Marsha also added "The residents love the Senso! It's fun, challenging, and it is quickly gaining in popularity."

To get the most out of the Dividat Senso, it is recommended to use it three to five times per week, with sessions ranging from five to 10 minutes, or for as long as the participant likes.

In addition to serving an independent living resident, Davidat is designed to benefit individuals with Parkinson's, Alzheimer's, MCI (Mild Cognitive Impairment), Multiple Sclerosis, stroke and orthopedic rehabilitation.

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, and 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

Contact 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. Call 954-783-4009, EXT 1257.



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 8 AM - 11:30 AM
Tuesday 12 PM - 5 PM
Wednesday 8 AM - 5 PM
Thursday 8 AM - 5 PM
Friday 8 AM - 11:30 AM*

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 37th Annual Holiday Parade

Hits All The Right Notes



South Garden Villa resident Beth Shires joined Jeanne Veldman in the Isings Travel horse-drawn carriage.



Members of the Dillard High School March Band literally took to the streets in their Parade performance at the Cassels Tower/ South Garden viewing area.



The Security and Transportation teams used the "Toy Story," as their source of parade inspiration.



Members of the Dining Services team enjoyed themselves during the Holiday Parade.



Renovations team members Damion Hedrick (L), Michael Barrett (in the box) and Steve Howard were part of the "Pop Goes The Weasel," float created by the Plant Operations teams.

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



THE Woodlands
AT JOHN KNOX VILLAGE

700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

JKV's Westlake Project Receives Prestigious Safety Award

Continued from page 2



Moss Construction Founder and Chairman Bob Moss stands with his team at the Westlake project site proudly holding the company's 39th prestigious safety award.

family and guests will enjoy are Westlake's first-floor amenities, which include BV's French Press and Wine Bar—so named after a generous donation made by Cassels Tower resident Bruce Voelkel—Westlake Eatery, library, high-tech projection theatre, technology center, music, and art studios and much more.

To learn more about USF's Sunshine State Safety Recognition Award visit <https://health.usf.edu/publichealth/cohpe/usfsafetyflorida/sunshine-state-award>

A Year Of Impact

Continued from page 8

supporting team members through the scholarship program, you contributed to breaking down barriers to learning. Team members who faced financial challenges were given the opportunity to pursue their dreams, fostering a brighter future for themselves and the entire JKV community.

As we look back on the achievements of 2023, it is evident that philanthropy has the power to transform the lives of our residents and the entire JKV community. Your donations – which become the basis for the Foundation's grant awards, have left an indelible mark on the fabric of our community. In 2024, let's build upon these successes, continuing to work together to create positive, lasting change for the residents we are privileged to serve. Here's to another year of impactful philanthropy and community empowerment. We hope you will consider supporting the JKV Foundation by sharing for the first time or renewing, your personal philanthropy this year.

–Mark Dobosz, Executive Director
954-784-4757 • mdobosz@jkvfl.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHURCH SERVICE	CORAL RIDGE MALL WALMART SUPERSTORE ALDI	PUBLIX	WALMART SUPERSTORE POMPANO MARKET	TRADER JOE'S PNC BANK WALGREEN'S	PUBLIX
RESERVATION REQUIRED	RESERVATION REQUIRED		RESERVATION REQUIRED	RESERVATION REQUIRED	
ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY	ONE TRIP ONLY
1st Presbyterian (Pink) 10am	CORAL RIDGE MALL 10:30am-1:00pm 1st Mon. of Month	Depart 8:30am Return 9:30am Heritage Tower Northeast Villas East Lake	WALMART SUPERSTORE 3rd Wed. of Month 9am-11:30am	Trader Joe's 2nd Thurs. of Month 10am-12:30pm Office Depot Nordstrom Rack	Depart 8:30am Return 9:30am Cassels Tower South Gardens
Coral Ridge Presbyterian 10:15am	WALMART SUPERSTORE 1st Mon. of Month 1pm-3pm	Depart 10am Return 11:30am Village Towers Lakeside Villas	POMPANO MARKETPLACE AND PLAZA 4th Wed. of Month 9:30am-12 Noon Publix Walmart Market Dollar Store Ross Dress for Less Joann Fabrics Marshalls TDBank Chase Bank Tuesday Morning	PNC Bank Weekly 12 Noon Chase Bank Bank of America CVS and UPS Store Dollar Tree	Depart 10am Return 11:30am Village Towers Lakeside Villas
St. Coleman 10:30am	ALDI 10:30am-12:00noon 2nd Monday of Month	Depart 12pm Return 1:30pm Cassels Tower South Gardens		Walgreens Pharmacy 1st Thurs. of Month 10am-11:30am	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. 1/24

— 2024 JKV SENATE LEADERSHIP —

Executive Committee



Mark Levey
President



Fred Schieferstein
Vice President



Stephanie Messana
Secretary



Nancy Logue
Treasurer

Standing Committee Chairs



Ken Shanahan
Bldg, Grnds, &
Housekeeping



Pete Audet
Communications
& Technology



David Barnett
Dining Services



Gerry Kennedy
Finance

At-Large Members



Kevin Soyt



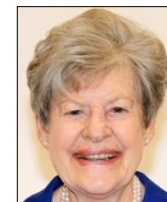
Robert Miller



Marisol Simon



Pete Audet
Past President



Carol Frei
Health Services



Mark Olson
Life Enrichment



Terry Blagg
Long Range Planning



Peggy Golden
Security, Safety
& Transportation

Resident Board Members



Richard Aronowitz



Diane Barton



Terry Colli



Tom McDowell

Select Committee Chairs



Paul Smith
Legislative



Joan Warren
Library



Got Questions

WE'VE GOT YOU COVERED!

Important Resident and Family Life Contact Numbers

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

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

ACCOUNTING (Questions about your monthly bill)	954-783-4048
ADMINISTRATION	954-783-4021
AQUATIC COMPLEX	561-564-1623
CART SERVICE (Call for a cart or to book a local car trip)	954-783-4054
CASSELS TOWER FRONT DESK	954-783-4036
CENTER FOR HEALTHY LIVING FRONT DESK	954-784-4723
DIXIE GATE (SW 6th Street Entrance)	954-784-4732
EAST LAKE FRONT DESK	954-783-4058
FITNESS STUDIO	954-784-4730
FOUNDATION (For questions about making donations, call Executive Director Mark Dobosz)	954-784-4757
GARDENS WEST FRONT DESK	954-784-4050
GLADES GRILL (For reservations) (Open Thursday-Monday 11 a.m.-8 p.m. Closed Tuesday and Wednesday)	954-546-6116
(For takeout)	954-546-6115
HERITAGE TOWER FRONT DESK	954-784-4737
HOME HEALTH AGENCY	954-783-4009
HOTWIRE FISIONTV+ SUPPORT (On-Campus Office First Floor Cassels Tower)	954-788-2200
(24-Hour Year-Round)	800-355-5668
HOUSEKEEPING	954-784-4727
LIFE ENRICHMENT (Questions or to sign up for upcoming programs)	954-783-4039
MAIN GATE (SW 3rd Street, John Knox Village Blvd. Entrance)	954-783-4079
MAINTENANCE (To report a maintenance issue)	954-783-4030
ON-CALL PRODUCTION ASSISTANT (Issues with your event)	561-592-2974
PALM BISTRO (Open Tuesday-Sunday 12 noon-8 p.m. Closed Monday)	954-247-5820
REJUVENATE SALON CASSELS TOWER (Open Tuesday-Friday, 9 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m.)	954-783-4013
RAS CUROSITY SHOP (Tuesday, 10 a.m.-12:30 p.m. and Thursday-Friday, 2-4 p.m.)	954-784-4753
RESIDENT RELATIONS/SOCIAL WORK (Call Joanne Avis)	954-783-4023
SEASIDE COVE FRONT DESK	954-546-6000
SEAGLASS AND THE PEARL	
(For reservations call 7 a.m.-6 p.m.)	954-783-4062
(For takeout call 7 a.m.-6 p.m.)	954-783-4061
SECURITY	954-783-4054
SWITCHBOARD/MAILING SERVICES/CHANNEL 99 UPDATES (Call Lynne Hunt)	954-783-4000
VILLAGE TOWERS FRONT DESK	954-783-4056
WELLNESS NURSES (For 24-hour emergency care/assessment)	954-783-4004
WOODLANDS FRONT DESK	954-247-5800

GET ACQUAINTED – GET INVOLVED

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

President: Mark Levey	VT 306
Vice President: Fred Schieferstein	HT 817
Secretary: Stephanie Messana	NE 600
Treasurer: Nancy Logue	SG 558
At Large: Robert Miller	HT 120
At Large: Marisol Simon	VT 918
At Large: Kevin Soyt	CT 615
Resident Board Member: Richard Aronowitz	CT 615
Resident Board Member: Diane Barton	LS 317
Resident Board Member: Terry Colli	NE 501
Resident Board Member: Tom McDowell	HT 718

Committee Chairs:

Building, Grounds & Housekeeping: Ken Shanahan	HT 817
Communications & Technology: Pete Audet	VT 613
Dining Services: David Barnett	NE 635
Fiscal: Gerry Kennedy	VT 713
Health Care Services: Carol Frei	VT 913
Legislative: Paul Smith	VT 713
Library: Joan Warren	VT 922
Life Enrichment: Mark Olson	HT 101
Long Range Planning: Terry Blagg	HT 907
Security, Safety & Transportation: Peggy Golden	VT 405

Jazz Luminary Allan Harris in Concert Wed., March 20 at 7 p.m. in the CAC



Allan Harris in Concert March 20.

Aptly described by the *Miami Herald* as an artist blessed with "the warmth of Tony Bennett, the bite and rhythmic sense of Frank Sinatra, and the sly elegance of Nat 'King' Cole," Allan Harris is a Brooklyn-born, Harlem-based vocalist, guitarist, songwriter and band leader. Many have described him as a luminary of jazz, captivating audiences with his remarkable voice, exceptional guitar skills, and heartfelt performances. Be sure to reserve your tickets well in advance for this performance.

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

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



**JOHN KNOX
VILLAGE**

Where possibility plays

For More Info Contact
954-783-4040

651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
   JohnKnoxVillage