

VOICE

Endless Summer



INSIDE: • JKV Now Provides in-Home Urgent Care – Page 5

• Holy Cross Honors Resident For 65 Selfless Years Of Work – Page 13

• 5 Free Apps Worth Downloading – Page 22

Honoring Philanthropy At John Knox Village

Poolside Pub Gets New Name



(L) Cassels Tower residents Jackie and Dave Bayer have been very philanthropic since moving to JKV eight years ago.

John Knox Village (JKV) is proud to recognize and celebrate the generosity of Cassels Tower residents Jackie and Dave Bayer.

Through their activities and philanthropic contributions, Jackie and Dave have significantly impacted the well-being of our community's residents, exemplifying a spirit of giving that enhances the quality of life at JKV.

In recognition of their outstanding support, we are delighted to announce that the Poolside Pub at the Aquatic Complex will now be named Bayer's Poolside Pub. This dedication serves as a lasting tribute to the Bayers' commitment to John Knox Village and their passion for fostering a vibrant, supportive community.

Jackie and Dave have been JKV residents since 2016. Throughout their time here, they have immersed themselves in numerous activities, becoming integral parts of our community.

Their involvement includes coordinating the welcoming of new residents, contributing articles to the Gazette and Village Voice, participating in the choirs, contributing to the Florida Life Care Residents Association (FLICRA), and serving on the Employee Scholarship Committee. Their dedication and enthusiasm have enriched the lives of many, and their leadership and active participation set a stellar example for all.

The Bayers' commitment to JKV extends beyond their personal involvement. They have been consistent and generous donors to the JKV Foundation, demonstrating their belief in the Foundation's mission to support programs that benefit our residents.

Their contributions include membership in the Village Arts Circle and the Legacy Society, further underscoring their dedication to enhancing our community's cultural and social fabric.

Their philanthropic spirit aligns perfectly with the words of Winston Churchill: "We make a living by what we get, but we make a life by what we give."

Jackie and Dave Bayer epitomize this sentiment, using their resources and time to make a meaningful difference in the lives of others.

Bayer's Poolside Pub will stand as a symbol of the Bayers' commitment to the betterment of JKV, a place where residents can gather, socialize, and enjoy the beautiful surroundings.

On behalf of the entire JKV family, we extend our deepest gratitude to Jackie and Dave Bayer for their generosity and unwavering support. Their contributions have left an indelible mark on our community, helping to ensure a bright and prosperous future for all who call JKV home.



Mid-year Reflections From The CEO

As we reach the midpoint of the year, I am delighted to reflect on the progress and developments within John Knox Village.

This year has been marked by growth, unity, and celebration as we continue to strive for excellence in all aspects of life at JKV.

We are thrilled to welcome the newest members of our community who have recently moved into Westlake.

This vibrant addition to JKV has brought new energy and camaraderie, and it is wonderful to see the bonds forming among more residents—in the addition to the newest set of modern amenities.

I encourage everyone to extend a warm welcome to our new neighbors, and seek out a current resident who you may not have met to join in the various activities and events that make our Village special.

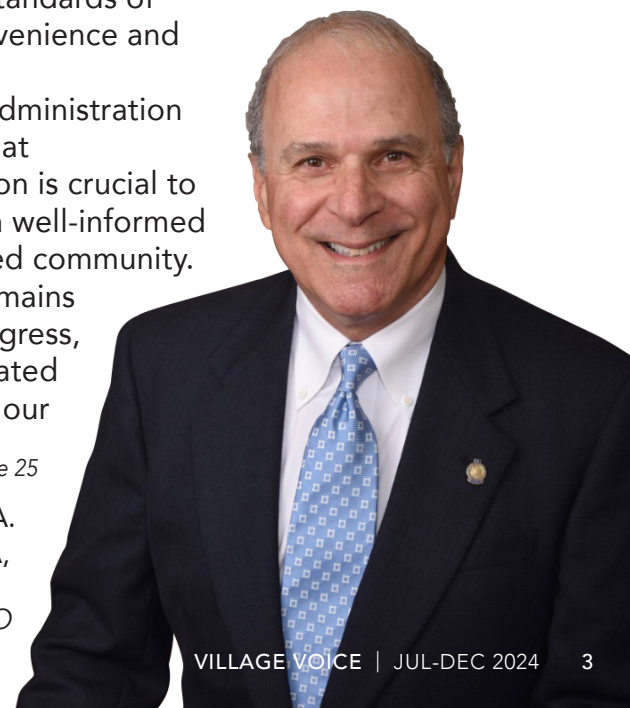
In addition to the opening of Westlake, we are excited about upcoming enhancements to some of our existing buildings, specifically East Lake, Village Towers, Gardens West and The Woodlands. These improvements will ensure that all our residents enjoy the highest standards of comfort, convenience and safety.

Our JKV Administration recognizes that communication is crucial to maintaining a well-informed and connected community.

While it remains a work in progress, we are dedicated to improving our

Continued on page 25

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



During the ribbon cutting ceremony for the opening of the BV's French Press & Wine Bar, Cassels Tower Bruce Voelkel is flanked by two BV Coffee and Wine Baristas. On his left side is Shala McKenzie and Briana McCutcheon is on his right.

ON THE COVER

Shown here clockwise from top left: Residents and guests enjoyed a recent Karaoke Night at which Village Towers residents Gordon and Paula Prat were celebrating their 60th anniversary with family members. Shown here (L-R) are: Village Towers resident (sitting) Paul Smith, daughter-in-law Carrie Prat, Westlake resident Ann Livoti, daughter-in-law Kim Prat, Paula Prat and Westlake resident Rae Lynch. The weekly resident-run event is held Thursdays at the Poolside Pub. Members of the Nara Bollywood Dance Studio performed during a resident happy hour that was held in conjunction with the Village's month-long theme of India. Nothing says Endless Summer more than a cannon ball jump into the pool at the Aquatic Complex. Piano prodigy Brandon Goldberg performed a jazz concert in the Cultural Arts Center.

VOICE

Discover

What's Inside?

Vol. 48 Number 2 | Jul-Dec 2024

IN EVERY ISSUE

- 3** News From Administration
Mid-year Reflections From The CEO
- 8** John Knox Village Foundation
Making Tax Smart Charitable Gifts
- 10** Senate News
Enjoying The Dog Days Of Summer
- 17** News From Spiritual Life Director
Taking Common Action For Common Good
- 18** Living Well Corner
A Time To Stretch
- 19** Nutrition Notes
Staying Hydrated During The Endless Summer

FEATURED STORIES

- 2** Honoring Philanthropy At JKV
Poolside Pub Gets New Name
- 5** JKV: Innovative Senior Living Leader
Now Provides In-Home Urgent Care
- 6** JKV Residents, Staff Rise To The
Occasion When Asked To Help
- 7** In Good Taste: Go French With Chef
Frederic's Crepes Recipe: Ooh La La
- 8** Gentle Reminder Regarding Patriotic
Protocol
- 9** JKV's Readies For Busy Hurricane
Season
- 11** New Coffee And Wine Bar Brews
A Sweet Grand Opening
- 12** JKV CFO Named Finalist Of The Year



A 2,200 square-foot terrace is located on the fourth floor of The Terrace apartment building, with two over-sized barbecue grills and much more.

- 13** Holy Cross Honors Cassels Tower Resident
For 65 Years Of Selfless Work
- 14** Amenity-Filled Westlake Adds To JKV's
Total Package
- 16** The John Knox Village Foundation
- 21** JKV's "It" Guy Is Movin' On Up
- 22** 5 Free Apps Worth Downloading
- 23** Save The Date
- 24** JKV Resident Authors Seven Books

COMMUNITY INFO

- 20** Donations
- 26** Bus Transportation Schedule
- 26** 2024 JKV Senate Leadership
- 27** Important Contact Info

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.

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

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

Photographers: Marty Lee Word of Mouth Advertising & Rob Seitz

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

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JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY | POMPANO BEACH

651 SW 6th Street
Pompano Beach, FL 33060

To Learn More Info Contact
(954) 783-4040

web JohnKnoxVillage.com
[f](#) [t](#) [v](#) [o](#) [o](#) [v](#) 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.

JKV: Innovative Senior Living Leader

Now Provides In-Home Urgent Care-Level Services To Its Residents

By Rob Seitz, Village Voice Editor

dispatchhealth®



Jennifer Stevens
JKV Health Care VP

When administrators at John Knox Village began seeing an uptick in resident visits to area emergency rooms and urgent care centers, the time was right to take some innovative action.

"We knew we wanted to do something other than conduct business-as-usual," Jennifer Stevens, JKV's Vice President of Health Care told The Village Voice. "After considerable research we contracted with dispatchhealth—a Colorado-based company with a strong local presence—that provides same-day urgent medical services for our residents seven days a week."

In addition to dispatchhealth, residents at South Florida's premier continuing care life-plan retirement community who find themselves in an urgent medical situation, have the peace of mind knowing they can pull their in-home emergency cord, activate their JKV emergency pendant or call JKV Security.

By performing any of those three actions, a JKV EMT (Emergency Medical Technician) will be dispatched to their home to evaluate, triage and determine whether dispatchhealth should be contacted or the medical situation requires going to a hospital emergency room.



JKV's lead EMT Andre Campbell (L) is shown with Emelyn Guedes and Chris Rosario

If it is a dispatchhealth call, either a Physician's Assistant or Nurse Practitioner will come the resident's apartment or villa home.

A resident found himself needing dispatchhealth after returning from a 10-day trip not feeling well. An hour and 20 minutes after his phone call, Mark Levey, a Village Towers resident for nearly five years was met in his apartment by a JKV EMT and dispatchhealth medics.

"Dispatchhealth had a cartful of their exam equipment with them," Mr. Levey said. "The PA and MA examined, tested and diagnosed me, and sent in a prescription to my pharmacy right there and then.

"Everyone was friendly and caring and it was a lot better than going to an urgent care office, having to wait to be seen by their medical team, who would be treating other patients at the same time."

While not designed to replace residents' Primary Care Physicians, some of the offerings through this

innovative program include: EKG, IV fluids, medications, antibiotics, stitches, splinting, advanced on-site blood testing, urinary catheter insertion, rapid infectious disease training, lancing of abscess.

Many of the treatments being handled for JKV residents include: Cellulitis, CHF exacerbation, COVID-19 symptoms, diarrhea/nausea/vomiting, dehydration, falls, pneumonia, severe constipation, shortness of breath with COPD, skin infections, strains, sprains and minor fractures, urinary tract infections and weakness.

"These days an average visit to an ER is \$15,000," Mrs. Stevens said. "Plus, the time residents spend in the waiting room while being exposed to who knows what.

"There are a lot of wonderful reasons to live at John Knox Village: Five-star amenities, top-shelf entertainment, great dining and now in-home medical treatment; talk about a worrisome burden being lifted off our residents."

JKV Residents, Staff Rise To Occasion

When Asked To Help

By Rob Seitz, Village Voice Editor



Village Towers resident Cliff Credle and JKV Foundation Coordinator Susan Congdon portion out a "Rise Against Hunger" meal package.



Volunteers from JKV Residents, Team Members and Rotarians packaged more than 16,000 meals in an effort to benefit "Rise Against Hunger."



Talk about rising to the occasion.

More than 150 members of the John Knox Village Rotary Club, residents and employees converged in the Village Centre Auditorium on an ambitious and altruistic mission—to assemble, pack and seal 15,000 bags of fortified rice and soy meal.

The JKV Rotary Club sponsored Rise Against Hunger—a four-star rated Charity Navigator organization. And rise the group did—significantly exceeding their lofty goal by packing together 16,632 meals.

"When we decided to do

15,000 meals, the company said that we needed from 80 to 100 volunteers," Cassels Tower resident, Rotary Club member and event organizer Norma Jenkins told The Village Voice. "I was sure we would get 100 [participants]. JKV residents usually step up to make a difference when they know the need. I never mind working hard for a worthwhile project and this certainly is one."

Rise Against Hunger aligns itself with the United Nations' Sustainable Goal #2 of Zero Hunger, by distributing nutritious meals to people facing hunger across the globe. The nearly 17,000 meals

are destined for impoverished areas in the Philippines.

With sanitary gloves and hairnets in place, everyone enjoyed themselves as they diligently measured the rice and soy meal, sealed the bags, and watched as boxes were loaded into the Rise Against Hunger truck for distribution.

To learn more about Rise Against Hunger visit www.rise-againsthunger.org

In Good Taste:

Go French With Chef Frederic's Crepes Recipe: *Ooh La La*

By Rob Seitz, Village Voice Editor



Executive Chef Frederic Delaire

What started in 15th century France as a celebration every Feb. 2nd, Candlemas marked the presentation of Jesus at the Temple and the purification of the Virgin Mary, from which the crepe came to symbolize the round and golden sun.

The tradition is to enjoy crepes that day. With time, making crepes on

Feb. 2nd morphed into the entire month and soon the French, as well as the rest of the world, began enjoying the very thin sweet and savory pancake year-round.

Crepes can be made for a quick snack, birthday party or an entire meal. They are often served with a variety of fillings such as cheese, fruit, vegetables, and meats. Crepes can also be flambeed, such as in crepes Suzette. Here is a sweet quick and easy recipe from John Knox Village Executive Chef Frederic Delaire:

Crepes A La Chef Frederic

- 2 whole eggs
- 1-¼ cup whole milk
- 1 cup All-purpose flour
- 4 tsp. sugar (Optional, if you want to use the mix for savory crepes, no need to add sugar)
- 4 tbsp. melted butter
- 1 tsp. vanilla extract or Orange Blossom
- I always add ¼ cup of beer, it makes the crepes lighter.

For sweet crepes you can use:

- Nutella
- Nutella and banana
- Sugar
- Jam of your choice
- Dark Chocolate
- Strawberries and whipped cream

For savory crepes you can use:

- Ham and Swiss cheese (you

can even add an egg on top)

- Mushroom, spinach and cheese.

- Smoked Salmon

Method Of Preparation

In a bowl add the flour, add the eggs, and start mixing. Add milk and the butter until you get a mix of batter that is a bit thick, like Crème anglaise (light custard sauce like). It cannot be as thick as pancake batter.

Add the vanilla, sugar and the beer and keep mixing. If you have a hand blender you can use it to make the batter smooth. After mixing thoroughly, the key is to let the batter rest. A few hours would be fine. overnight in the fridge would be ideal.



To make the crepes use a non-stick pan between 8 to 12 inches in size. The pan cannot be too hot or too cold. Add a bit of oil to the bottom of the pan and pour in some batter. It needs to be a fine layer and the crepe will cook quickly.

Flip the crepe to cook the other side. Place the crepe on a plate, sprinkle sugar on it and roll it.

Save the extras for desserts later, or for breakfast in the morning.



Take Joy in Being Part of the Story.

Making Tax Smart Charitable Gifts



Bailey Moroney

Making tax-smart charitable gifts involves strategic planning to maximize your contributions to charitable causes, while also optimizing your tax benefits.

Here are some ways to make tax-efficient charitable gifts:

Contribute Appreciated Assets:

Donating appreciated assets, such as stocks, can be economical and tax efficient. You can avoid capital gains taxes on the appreciation, and the benefit of a charitable deduction based on the mean market value of the assets on the date of the donation.

Donor-Advised Funds (DAFs):

Consider contributing to support the JKV Foundation from your DAF.

Qualified Charitable

Distributions (QCDs): If you're over 70½ and have an Individual Retirement Account (IRA), you can make tax-free distributions (up to a certain limit) directly to a qualified charity. These distributions count toward your Required Minimum Distribution (RMD), but aren't included in your taxable income.

Charitable Gift Annuities

(CGAs): Like Charitable Remainder Trusts, CGAs involve donating assets to a charity in exchange for a fixed income stream for life. You receive a tax deduction for the charitable portion of the gift, and a portion of your income is tax-free. John Knox Village Foundation offers CGAs.

Consult a Tax Professional: Tax laws can be complex, and they change over time. Consult with a qualified tax advisor or accountant to ensure you're making the most tax-efficient charitable gifts based on your individual financial situation.

To discuss a gift to the John Knox Village Foundation, please call 954-784-4757.

-Bailey Moroney, Foundation Director
954-784-4757 • bmoroney@jkvfl.com

Gentle Reminder Regarding Patriotic Protocol

The words to our National Anthem and the design of our U.S. Flag have changed frequently through our country's soon-to-be 248-year history, as has the protocol for behavior during the singing of the anthem or the presentation of the flag during ceremonies.

When the U.S. National Anthem was first recognized by law in 1931, there was no prescription regarding behavior during its playing.

That law was first revised in 1942, and most recently in 2008. The law now states that when the anthem is played with the flag displayed, all present should stand at attention; non-military service folks should face the flag with the right hand over their heart; members of the Armed Forces and veterans who are not in

Continued on page 25



JKV's Readies For Busy Hurricane Season

Village Removes Stress, Prep Work, When Storms Approach

By Rob Seitz, Village Voice Editor



Kirsten Whiting

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

Hurricane season 2024 began June 1st, runs through Nov. 30 and researchers at Colorado State University are predicting the Atlantic hurricane season will produce the most named storms on record—with a best guess of 23 named storms.

CSU Researchers said: "Current El Nino conditions are likely to transition to La Nina conditions this summer-fall, leading to hurricane-favorable wind shear conditions."

They continued: "A warmer-than-normal tropical Atlantic provides a more conducive dynamic and thermodynamic environment for hurricane formation and intensification. This forecast is of above-normal confidence for an early April outlook."

By comparison to the 23 named-storm estimate for this year, the Atlantic basin saw 20 named storms in 2023, which



JKV Director of Risk Management, Kirsten Whiting, held a series of hurricane preparedness meetings for residents in the Cultural Arts Center.

ranked fourth for the most-named storms in a year since 1950, according to the National Oceanic and Atmospheric Administration (NOAA).

Seven storms were hurricanes and three intensified to major hurricanes, including Hurricane Idalia, which struck southwest Florida claiming the lives of 12 and causing \$3.6 billion in damages.

At JKV, Residents are fortunate to have a dedicated team of staff helping them prepare for the storms, staying with them during the storms and working on campus recovery afterward.

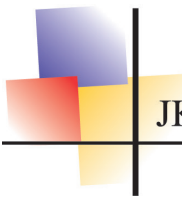
"The Village is already busy preparing for another season," Kirsten Whiting told The Village Voice. "We distribute Resident

Hurricane Relocation Survey forms, which lets us know whether they will be staying on campus through storms."

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

To help residents prepare for the season, Ms. Whiting conducted a series of one-hour hurricane preparedness meetings for them, which this year included new residents living in the recently completed Westlake apartment buildings.

Continued on page 25



Enjoying The Dog Days Of Summer



Mark Levey
President Resident Senate

Here we are mid-year after a beautiful winter and spring. We saw the grand opening of Westlake, bringing us new neighbors and amenities. A great big welcome to all the new Residents who have joined us this year all over the campus.

We are heading into the dog days of summer, but that won't stop us here at JKV as we continue to take advantage of all the activities planned by our Life Enrichment team and the abundance of opportunities to enjoy living in South Florida.

Do you know the origin of the phrase "Dog Days of Summer?" According to the Collins dictionary, it is the "hot period of the summer reckoned in ancient times from the helical rising of Sirius the dog star who rises and sets with the sun."

On behalf of Ken, myself, and our shitzu Grigio, remember to keep our four-legged friends cool and comfortable when we take them for their walks and playdates in our Wellness Park.

Thinking about the summer months and those leading to the fall, I'm reminded of the song "Secret O' Life," by James Taylor.

He wrote these meaningful lyrics when he was only 29 years old.

"The secret of life is enjoying the

*passage of time
Any fool can do it
There ain't nothing
to it*

*The secret of love
is in opening up your
heart*

*It's okay to feel
afraid*

*But don't let that
stand in your way*

*Now the thing
about time is that time
isn't really real*

*It's just your point
of view*

*How does it feel for
you?"*

As we continue through this year's events, please join me in remembering the optimistic message of Irving Berlin's often-recorded song "Blue Skies:"

*"Blue skies smiling at me
Nothing but blue skies do I see,*



Resident Senate President Mark Levey (R), Ken McAlice and Grigio enjoy the "Dog Days of Summer."

*Noticing the days hurrying by
Blue days
All of them gone
Nothing but blue skies
From now on"*

*Have a terrific summer,
-Mark Levey*

The Pet Project

Pets & People Together Forever



Village Towers resident Jane Schonagel, with her dog Jazz, attended a pet social and presentation in the Village Centre Auditorium from the Pet Project Legacy Program. The Wilton Manors-based charity group's program is designed to provide for the long-term and permanent care of pets when a pet owner passes away. At that difficult time, the volunteer group takes the pet into the Pet Legacy Program so that a suitable home can be found. For those who were unable to attend and want more information contact the Legacy Program at 954-568-5678.

New Coffee And Wine Bar Brews A Sweet Grand Opening



Cassels Tower resident Bruce Voelkel looks dapper in his black tuxedo and honorary BV's apron.

The vibrancy of John Knox Village shines through with award-winning lifelong learning programs, top-shelf entertainment, world-class amenities and some of the most giving residents—of their time and their money.

Never was resident generosity on greater display than during a ribbon-cutting ceremony for the Village's newest crown jewel—BV's French Press & Wine Bar—so named for seven-year Cassels Tower resident Bruce Voelkel.

Dapper in his black tuxedo, white shirt and red bow tie, Mr. Voelkel got a laugh from the crowd of nearly 200 after he told them:

"When I found out there was going to be a French Press Coffee Bar—and I love coffee—I contacted Mark [Dobosz, Executive Director of JKV's Foundation] and I said, 'How can I get the naming rights, how can I get the naming rights.'

"And, so happily, I decided to name it BV's because it sounds classy."

Initially, BV's will be serving coffee in the mornings, along with breakfast treats. The operation expanded in June to serving wine later in the day.



Cutting the ribbon to open BV's French Press and Wine Bar are (L-R): Mark Dobosz, Foundation Executive Director, Clark Rechkemmer, Foundation Board President, Sal Barbera, CEO, Lance Sanson VP of Dining Services and Steve Turk, founder of Biscayne Coffee.

In an added philanthropic twist, BV's will be serving Biscayne Bay Coffee, a Miami-based company... "founded with a giving spirit and a big idea: To enjoy delicious coffee roasted in Miami, while helping save Biscayne Bay and the animals that live there," according to its website.

Biscayne Bay Coffee donates 10 percent of all its sales to help preserve Biscayne Bay.

"BV's will come to serve as a central meeting place within JKV where residents can come together to socialize, unwind, and enjoy each other's company," said JKV Foundation Executive Director Mark Dobosz. "Overall, BV's French Press & Wine Bar will play a significant role in enhancing the overall experience and quality of life for the residents of JKV."

A retired elementary school principal, Mr. Voelkel gives of his time as well, volunteering for the community's most vulnerable in a

home of Elders at The Woodlands, one of two skilled nursing centers on campus.

Additionally, he has been a volunteer usher at the Broward Center of the Performing Arts in Ft. Lauderdale, since its 1991 opening of Phantom of the Opera. Mr. Voelkel is also a long-time volunteer at Holy Cross Hospital.

"He is one of the most compassionate individuals I have ever met," said Clark Rechkemmer, chair of the JKV Foundation. "We are deeply grateful to Bruce for his very generous gift to the entire community."

As he cut the ceremonial ribbon using the obligatory oversized gold-painted scissors, Mr. Voelkel said, "let them eat croissants," and the rest is delicious history in the making.

JKV CFO Named *Finalist Of The Year*

Village's Financial Standing Is Strong, Thanks To Diligent Efforts

By Kim Morgan, Village Voice Contributor



Doug Folsom, finalist for CFO of the Year, (second from right) is shown at the South Florida Business Journal's ceremony with (left to right) Gail Sutton-Pauling, JKV VP of Hospitality, CEO Dr. Salvatore Barbera, and daughter Daniela Folsom. (Photo by Joel Fistick South Florida Business Journal)

For financial measures put in place at John Knox Village after the COVID-19 pandemic, as well as during construction and after completion of its \$120 million Westlake apartment building project, Chief Financial Officer Doug Folsom was named one of 19 finalists by *South Florida Business Journal* for CFO of the Year.

Now in its 17th year, the CFO Awards highlight the growing importance of financial executives: For their innovative leadership, contributions to the overall strategic business plan and impact on their company's bottom line, as the publication stated.

As was written in *SFBJ* the day after the ceremony: "Their [CFO's] timeless role of overseeing finances and fiscal operations were heightened as companies

sought to re-establish themselves through the [COVID-19] recovery. This year, as with the past several years, CFOs were central to that mission."

In the Nonprofit Organization Category, for which JKV was entered, Carlos G. Molina, CFO of United Way, Miami was named the winner that evening.

JKV's Executive Team nominated the Boston native, who has been CFO since 2023, and been at the forefront of the growth and expansion of JKV while keeping a close eye on the Village's financial steadiness.

"The Continuing Care Retirement Community industry is facing a tough time with bond covenants," Mr. Folsom told *The Village Voice*. "Here at John Knox Village, we have been fiscally stable and in

no way pose any threat to violating bond covenants due to recent reorganization of operations with a focus on cost efficiency while being mindful stewards of the residents' money in day-to-day operations."

In addition, 2024 is a milestone year for JKV with the aforementioned opening of the Westlake luxury building holding two towers with 147 state-of-the-art apartment homes. The move-ins started in February and Westlake will have 125 homes occupied by July 15, a year ahead of schedule.

Mr. Folsom received his Bachelor of Business Administration degree, with a minor in Finance, from Northeastern University. His work history includes stints as Controller and General Manager at Marriott, Hilton and Sheraton hotels and Regional Director of Finance at Lifestance Continuing Care Retirement Communities in Delray Beach, FL.

He is fortunate in his career to have several mentors who have taught him the importance of listening.

"It is about the team, not me, and to make sure they feel supported," he said. "When it gets tough, it's important to jump in and help any way you can. Stay present and don't vanish."

Mr. Folsom's number one tip for proteges is to not get stuck in the weeds. He advises: "Looking at situations from 30,000 feet above to get a sense of clarity and purpose."

If Mr. Folsom ever had the opportunity for a second career, he said it would involve work to benefit the ocean. "I'd become an Ocean Conservationist, as I love the water and all marine life," he said.

Holy Cross Honors Cassels Tower Resident For 65 Years Of *Selfless Work*



Carmel Provencal is shown standing outside Holy Cross Hospital in 1960.

It may be no coincidence that Carmel Provencal arrived in Ft. Lauderdale from Michigan on the same day in 1959 as a group of Sisters of Mercy from Pittsburgh.

When the 17-year Cassels Tower resident, now 97, first met them that summer, the sisters wore black wool habits.

She told the women she was a seamstress and could make them white cotton habits that would feel cooler in the Florida heat. She sewed three habits each for the 10 sisters.

"That was quite a number," said Ms. Provencal, "especially with all those pleats."

Over the years, she has stitched countless items for the hospital, including knit caps and blankets for babies, bags that attach to walkers, mats for surgical instruments in the operating room, and quilts for patients in palliative care and hospice.

Holy Cross recently honored Provencal for 65 years of volunteering, mostly as a seamstress. The hospital said she had logged 45,360 hours over the years. Holy Cross is a member of Trinity Health.

Ms. Provencal said that she has actually sewed for the hospital



Cassels Tower resident Carmel Provencal (second from left) was honored for being a volunteer at Holy Cross Hospital for 65 years. She is shown here (L-r) with Holy Cross Mission Leader Mary Carter Warren, D. Min.; CEO Mark Doyle and Volunteer Services Manager Chrissy Turner.

for about 60 years, since she has slowed down in recent years and her hands don't give her the ability to do as much work as she used to. But she was thrilled with the recent recognition.

"I am so glad that this has come to the surface, what I have done in the past," she said. "I really feel rewarded."

She also worked in other areas as a member of the hospital auxiliary, including the front desk, gift shop and auxiliary office. She was also a Mercy Associate for about 15 years. Mercy Associates partner with the Sisters of Mercy to share in their

spiritual life and service to others.

Over the years, she has stitched countless items for the hospital, including knit caps and blankets for babies, bags that attach to walkers, mats for surgical instruments in the operating room, and quilts for patients in palliative care and hospice.

"Carmel embodies the core values of Holy Cross," said Mark Doyle, president and CEO of Holy Cross Health.

He presented Ms. Provencal with a plaque and flowers at a celebration for her during National Volunteer Month. "She is an integral part of Holy Cross and a true treasure to us," Doyle said. "Over the years, she has touched the lives of so many here at Holy Cross and in our community."

—Courtesy of Valerie Schremp Hahn, Catholic Health World

Amenity-Filled *Westlake* Adds

By Rob Seitz, Village Voice Editor



Area artist Fay Osgood leads the first-ever Paint 'N Sip event for residents in the Westlake Art Studio.

At the brisk pace of six move-ins per week, John Knox Village's latest crown jewel—its \$120 million Westlake apartment building—is filling fast with new residents.

"While pre-sales for Westlake went very well, ever since we received our CO (Certificate of Occupancy) in December of 2023, prospects can now walk through Westlake and see it is a beautiful new living option offered by John Knox Village," said Kim Ali, JKV's Vice President of Sales.

Within Westlake, prospects have the option of moving into an apartment in the 15-story Vue or The Terrace, standing at 11 floors.

The conjoined buildings offer sun-drenched open-air designs with floor-to-ceiling windows, many overlooking JKV's expanded waterways of Lake Maggie and Rex Foster Lake.

"As beautiful as the Westlake apartments are, and they are,

prospective residents are just as 'wowed' by our amenities," Mrs. Ali told the Village Voice.

Available to all JKV residents, some of the most popular amenities in the building include:

- A 2,200-square-foot terrace located on the fourth floor of

The Terrace apartment building, with two over-sized barbecue grills, a counter and seating by the grill for preparing, serving and eating, additional seating for socializing and beautiful flora in planters throughout, as well as a putting green.

- A well-lit Library and reading area with couches and armchairs for relaxing while enjoying a favorite thriller, bestseller, classic, fiction or non-fiction.

- The Fitness Studio with a complete dumbbell set, treadmill, stationary bike, and elliptical trainer machine.

- The bistro-styled Westlake Eatery.

- A 33-seat state-of-the-art high-tech projection theatre.

- The Club Room, which seats 34, is ideal for social events as well as resident meetings.

- The Technology Learning



A 2,200 square-foot terrace is located on the fourth floor of The Terrace apartment building, with two over-sized barbecue grills and much more.

To JKV's *Total Package*



Under the guidance of coach Sara Rogers, residents participated in a performance arts sampler class in the new Westlake Theatre.

Center seats 17. It serves as headquarters for JKV's dedicated full-time technology support team member, who assists residents with all their tech questions, issues and concerns five days a week. JKV is one of only a handful of Life-Plan Continuing Care Retirement Communities in the U.S. providing such a service. (See story on Jason Cook, JKV's Technology Engagement Coordinator, moving into the Technology Learning Center at Westlake on Page 21 of this *Village Voice*).

- A 20-seat Art Studio, with full-size and tabletop easels.
- The Virtual Reality Room.
- Sacred Space.
- Classroom-style Learning Center with three wide-screen monitors and seating for 12.
- The Music Room provides an acoustic space for resident musical groups and seats 28.
- Two floors of covered parking.

Front-desk Concierges in the

lobbies of both The Vue and The Terrace welcome residents, family members and guests. Offices for the Life Enrichment team, Transportation and Security, as well as Resident Services, are all housed on the first floor.

"Combine these new

amenities with our other comforts and conveniences and prospects touring the campus quickly see why so many people call John Knox Village home," said Mrs. Ali.



Located immediately to the left as you walk in the Main Entrance, the Westlake Library is light, airy, well-lit and roomy.



Clark Rechkemmer

As members of the John Knox Village community, we cherish the vibrant and supportive environment that enriches our lives every day. Together, we can ensure the continuity and enhancement of the vital services and programs that make our community truly special. We are reaching out to you to seek your philanthropic support for initiatives that significantly impact our lives.

Transportation and Mobility Services

One of the essential services at JKV is our transportation and mobility program. This service allows us to maintain our independence and stay

active by providing convenient transportation around campus and off-campus. Whether it's attending events, visiting doctors, or simply running errands, reliable transportation ensures that we remain connected and engaged. Your generous support will help us maintain and expand this critical service, ensuring that everyone can move freely and comfortably.

Socialization and Community Engagement

Reducing isolation and fostering social connections are at the heart of our mission. Our monthly social hours, birthday parties, and Life Enrichment events and performances bring joy and companionship into our lives. These gatherings create opportunities to meet new friends, celebrate milestones, and participate in activities that enhance our well-being. With your contributions, we can continue to offer a wide range of engaging events that keep our community vibrant and inclusive.

Benevolence Program

The Benevolence Program provides lifetime security and peace of mind to our residents. It ensures that those who experience

financial difficulties can continue to enjoy all the benefits of living at John Knox Village without worry. Your donations to this program offer a lifeline to those in need, guaranteeing that no one is left behind and that everyone can continue to call our community home.

Your Impact

Your philanthropic support directly enhances our quality of life at JKV. Every donation, no matter the size, makes a difference. By contributing, you help sustain and grow the programs that bring comfort, joy, and security to our community.

We invite you to join us in supporting these essential services and programs. Together, we can make a lasting impact and ensure that John Knox Village remains a wonderful place to live for all. Donations can be sent to the JKV Foundation – 6th Floor Forum or online at <https://johnknoxvillage.com/foundation/donation/>

Thank you for your generosity and commitment to our community.

*–Clark Rechkemmer
Board President, JKV Foundation
and Fellow Resident*



Life Enrichment Coordinator Jacquee Thompson and Westlake resident Barbara Waldschmidt bookend members of the Nara Bollywood Studio in the Cultural Arts Center, in an Indian dance lesson. It was part of the campus happy hours that are partly funded by the JKV Foundation.

Taking Common Action For Common Good



Rev. Rachael Gallagher
JKV Spiritual Life Director

in the world at large. Sadly, we've seen this play out on the news and on social media all too often. However, we can choose to actively engage that diversity toward positive ends, and that is one major goal of Spiritual Life at JKV.

Interfaith collaboration, which means when people of different beliefs/faiths come together, is an important part of the fabric of Spiritual Life at John Knox Village. Interfaith collaboration leads to respect for identities, mutually inspiring relationships, and a commitment to the common good. When meaningful interfaith collaboration happens there is less polarization, and our community is stronger and more resilient.

Interfaith collaboration can take many different forms, and Spiritual Life at JKV plans and provides all types of interfaith collaboration every month.

We have hosted events framed around interfaith dialogue, interfaith-based action, and interfaith-based outreach—like when people of diverse faiths educate about religious beliefs, such as teaching oth-

ers about religion.

These examples of interfaith cooperation at JKV have taken many forms over the years, including Chai with the Chaplains, the annual Interfaith Day of Reflection organized by our Resident Spiritual Life Advisory Group, and most recently, a series on film and spirituality, led by Westlake resident Robin Tuthill.

Our goals as we plan these events are to promote understanding between different religions to increase acceptance and tolerance. We strive to create a space for the expression of participants' lived faith lives, and through that expression, to foster interfaith encounters that lead to JKV being a community of awareness and respect as well as inspiration.

Keep an eye out for future conversations, activities, and opportunities to recognize areas of both commonality and difference and to build bridges across differences, bringing people together to build relationships, learn about each other, and take part in common action for the common good.

—Rachael Gallagher



Residents experienced an evening of enchanting melodies from the Choristers, The Villagers and The Village Chimers playing and singing to the theme: "Those Were The Days." They were led by Musical Director Birgit Djupedal Fioravante, pianist Carolyn Morgan and featured Jeff Kaye on trumpet and Mark Schubert on percussion.

LIVING WELL CORNER

A Time To Stretch



Erik Nenortas, CTRS, CPT



You have heard that regular stretching is good, important, and necessary for your overall physical fitness. Well, it is true!

Stretching exercises are indeed an especially important part of a balanced fitness program.

What is stretching? Stretching is a form of physical exercise in which a specific muscle is flexed or stretched to improve the muscle's elasticity, while achieving comfortable muscle movement.

It has proven to be extremely useful for both injury prevention and injury treatment. Stretching is also a significant part of senior fitness, as it may offset the effects of normal decline in the flexibility of joints, thus aiding one to remain independent, keep active and stay flexible.

Stretching can increase range of motion, improve muscle development, reduce injury, warm up the muscles and even improve one's posture

The term "flexibility" refers to the range of motion through which a body joint can be flexed or extended and the ease with which this is accomplished.

Stretching can increase range of motion, improve muscle development, reduce injury, warm up the muscles and even improve one's posture. The flow of blood to a muscle will increase with each stretch. This then provides the

muscle with an oxygen supply as well as proper nutrients.

Stretching is also especially useful for alleviating pain; therefore, it is commonly used in Yoga and Pilates.

When is the best time to stretch? To prepare for exercise, the best policy is to begin with dynamic stretches. This is a light activity that raises your heart rate while stretching your muscles for an exercise program.

Examples of dynamic stretches are marching in place, shoulder rotations and arm raises. Then

after completing exercise, cool down and hold static stretches for 20-30 seconds.

Unlike dynamic stretching, which involves active movement that pushes you through a full range of motion, static stretching involves simply extending your muscle to the end of its range of motion, then holding it at this position. Static stretching should

only be used at the end of your workout, where it will help you cool down and improve flexibility.

Examples of static stretches are arm/shoulder stretch, hamstring stretch, and triceps stretch. Be careful as pre-workout static stretching may increase your risk of injuries.

Where can I stretch in the Fitness Studio? There is plenty of space designated for stretching. The Fitness Studio offers two stretch tables, ballet bars and a stretch cage. A Fitness Professional can assist you if needed.

A gentle stretch fitness class is also offered weekly on Monday's at 2 p.m. in the Fitness Studio. This is a wonderful class for those who enjoy having Fitness Professional instruction while exercising with other residents.

Now that you have learned some more about stretching, be sure to incorporate it into your fitness program. Your body will enjoy your efforts in maintaining its flexibility and keeping active.

*—Erik V. Nenortas
JKV Fitness Manager*

NUTRITION NOTES

Staying Hydrated During The Endless Summer



Rachel Graham

According to the *Journal of the American Geriatrics Society*, dehydration is the most common fluid and electrolyte disorder in the elderly with a prevalence of 20 to 40 percent.

Dehydration affects many people over the age of 65 due to a decreased sense of thirst, fear of being incontinent, swallowing difficulties and gastrointestinal disorders just to name a few.

As we get older, our body water content decreases by 15 percent between the ages of 20 and 80, increasing the risk for, and consequences of, dehydration.

Water needs vary from day to day and from person to person. However, the general rule of thumb is you should be drinking at least six to eight cups, or 48 to 64 fluid ounces of fluids per day.

If you do not like drinking plain water try unsweetened ice tea or sugar-free lemonade, made with water, or eating water-based foods like soups, watermelon and celery.

Sometimes, masked by the aging body, symptoms of dehydration can be overlooked. Symptoms of dehydration include dry mouth, little or no urine, sunken eyes, lethargy, low blood pressure, dry skin and rapid heart rate.

If you suspect that you might be dehydrated, try drinking small, frequent amounts of fluid such as water. And remember, always

contact your doctor if your symptoms do not improve.

Some tips to help prevent dehydration include the following:

Drink small amounts of fluids throughout the day, rather than drinking large amounts all at once.

Avoid coffee, alcohol and high-protein drinks because they have a diuretic effect.

Fear of incontinence can diminish your urge to drink voluntarily.



Therefore, try drinking more during the day and limit drinking before bed.

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



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Donations received during the months of April through May 2024

To John Knox Village Employee Scholarship Fund

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Guia Jansen
Thomas Keenan
Inspiration Press
Norma Jenkins
Richmond "Lee" Knowles
Paul Loree
Mack MacVicar
In Memory of Bob Stewart
Rose Milanovich
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Transportation & Mobility Fund

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If we have inadvertently left your name off our list, please notify the Foundation office at 954-784-4786.

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.

JKV's "IT" Guy Is Movin' On Up

Enjoying New Office, Learning Center, In Westlake

By Jason Cook, Village Voice Contributor

While many people think I am too young to know from the popular sitcom "The Jeffersons," or its theme song lyrics "Movin' on Up to the East Side," but that little ditty was actually what I was singing in my head after moving into my new office at Westlake.

The recent opening of Westlake has been an exhilarating journey for current and new residents, as well as staff at John Knox Village.

In my role as the Technology Engagement Coordinator, I am extremely excited about the new building and all its cutting-edge amenities, among which is a dedicated Technology Learning Center.

One of the highlights of the TLC is my office, where I offer complimentary tech assistance to our residents daily from 10 a.m. to 3 p.m., as well as in the lobbies of two other buildings. (See a story on the many Westlake amenities, including the TLC, on Page 14 of this *Village Voice*).

Whether residents need help navigating their mobile devices or mastering those devices for optimal use, I am here to lend them a hand.

As far as my research on the subject has shown, JKV is only one of a small number of Life-Plan Continuing Care Retirement Communities around the country to offer this type and level of technological support.

I thank the Administration all the time for having the foresight to offer such a benefit for its nearly 1,000 residents. This is just another excellent example of the Village leading the senior living industry with innovative benefits for its residents.

Now, back to the TLC. It features a fully equipped computer lab, housing both Windows and Apple computers. This space serves as the hub for the various classes I conduct, including a comprehensive four-week course covering Windows and Apple operating systems.

In addition to computer profi-



Jason Cook, JKV's Technology Engagement Coordinator, is enjoying his new Technology Learning Center.

ciency classes, I organize sessions on smartphones, tablets, our community's Hotwire cable system, and our exclusive community application, JKVConnect.

Through JKVConnect, residents can effortlessly sign up for the plethora of events happening on our campus and access vital information about JKV.

Excitingly, we are also launching a Virtual Reality room. This innovative addition will offer an array of immersive experiences, from virtual tours of iconic landmarks like the Eiffel Tower to exhilarating adventures such as virtual rock climbing. Imagine grasping the virtual wall with controllers in hand as you ascend a digital cliff. Much like the JKV tagline, the Virtual Reality room will truly be "Where Possibilities Play."

At JKV, we are committed to providing our residents not just with an incredible place to live, but a Village in which they can thrive, learn, and experience the latest in technology and recreation.

The Westlake building and its

state-of-the-art amenities are a testament to this commitment, and I could not be more thrilled to be a part of it.

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.

5 Free Apps Worth Downloading

Available On iPhone & Android Devices

By Yael Fishman, Village Voice Contributor



Yael Fishman
Digital Marketing Coordinator

Most of us rely on our smartphones and tablets to keep us connected to the world and our loved ones throughout the day, but are you taking full advantage of all that your phone can do for you? Apps on our mobile devices make it so easy to use technology to make our lives easier. You do not have to be tech-savvy to reap their benefits.

We have curated five of the best apps for older adults to help them save money, stay organized, and improve overall well-being.

Plus, these are all free and most are available on both iPhone and Android devices.

Some apps you may have never heard of, and a few old familiars with secret features you never knew they had.

Google Maps—Remember Where You Parked

You may already have Google Maps downloaded on your mobile device, but did you know it can help you remember where you parked? If you allow Google Maps to access your Motion and Fitness Activity and use the app to navigate somewhere, once you arrive



at the bottom, you can turn on “Know Where You Parked.” Even without enabling access to your activity, you can also open the app, touch the blue dot showing your location, and tap “Set as parking location” to keep a pin on the map where you left your car.

Medisafe—Manage Your Medications

Many of us need to take medication to manage our health. If that includes taking multiple medications or doses throughout the day, it can become overwhelming to track what we need to take and what we have already taken. The Medisafe app helps you avoid missing a dose and even allows you to manage a loved one’s medications. You can also enable an optional feature that notifies someone you trust if you miss a dose. The app can also notify you of potentially harmful drug interactions, remind you of upcoming appointments, and let you know when it’s time to order refills.



Hopper—Get The Best Deals On Travel

Everyone loves a great deal on travel, and Hopper finds the best deals from sites across the web. You can browse hotels, flights, and car rentals. What makes this app especially helpful is getting notified when prices drop and features like Price Prediction and Price Freeze, enabling you to lock in the price if you need more time to plan your trip.



Hunched—The Posture Guardian For Your Digital Well-being

In this tech-driven world, many of us are “hunched” over our mobile devices throughout the day without any thought to how it may be physically affecting us. Developed by a chiropractor who noticed an increasing number of headaches in his patients from poor neck posture when looking down at our devices, the app will help you avoid “text neck” by alerting you to raise your device and correct your posture. Available on iPhone.



Magnifying Glass + Flashlight—Like Your Readers, But Better

You’re sitting in a restaurant and wondering, why is the print on this menu so tiny? (Thank you ambient lighting, you’re not helping.) Not a problem. This app enables you to turn on the magnifier that will auto-focus the text. You’ll also be able to zoom in and out as needed. It is also helpful for reading pill bottles and small numbers like the serial number from the back of devices.



Technology is ever-changing and keeps bringing us new ways to enhance our well-being, connectedness, and lifestyle.

At John Knox Village, we strive to inspire our residents to embrace technology with all its benefits and to never stop learning. JKV’s Technology Coordinator, Jason Cook, provides ongoing classes, workshops, and one-on-one education to JKV residents each week.

SAVE THE DATE

Third Annual Aging Greatly Symposium, Nov. 7

'A Movement To Change The Narrative On Aging'

John Knox Village and the JKV Foundation will present the third annual Aging Greatly Symposium on Thursday, Nov. 7 in the Cultural Arts Center.

Aging Greatly is a movement to change the narrative on aging, and will feature a caregiver expert speaker and a recognized gerontologist. A Meet the Speakers session will be held at the conclusion of the four-hour symposium.

Keynote speakers will be Brenda Avadian, president of the Caregivers Voice and Dr. Corinne Auman, president of Choice Care Navigators.

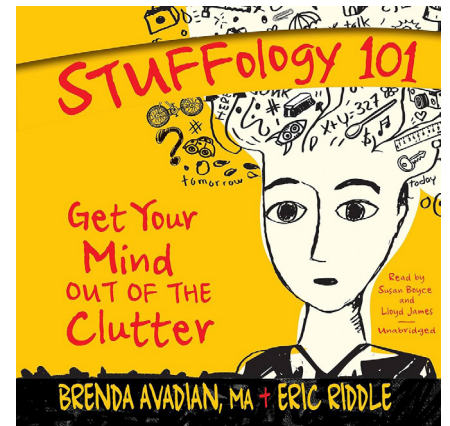


Ms. Avadian, M.A.

Ms. Avadian, M.A., is the president of The Caregiver's Voice, bringing family and professional caregivers knowledge, hope and joy since 1998.

She is a caregiver expert speaker at state and national conferences. The author of nine books, Ms. Avadian's career includes university professor, executive coach, keynoter, corporate strategy consultant and caregiver.

She also serves as a STUFFologist at STUFFology 101, where she advises people on how to declutter, while helping elders prepare to downsize. Born and raised in Milwaukee, WI, Ms. Avadian resides in rural Los Angeles County, CA, and frequently hikes in the Angeles National Forest.



Dr. Corinne Auman

Dr. Auman is a recognized gerontologist with over 20 years of experience working directly with older adults and their families and the author of Keenagers: Telling a New Story about Aging.

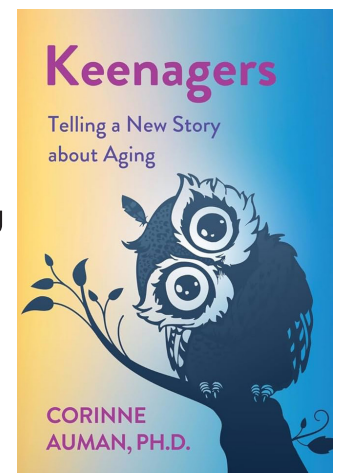
She is a Nationally Certified Guardian, Certified Senior Advisor, and an Advanced Professional member of the Aging LifeCare Association. She received her Ph.D. from North Carolina State University, where she studied developmental psychology with a specialty in adulthood and aging.

Dr. Auman speaks to audiences about aging in America and the real-world impact of age bias.

As a gerontologist with a profound commitment to making a difference, Dr. Auman continues to champion the cause of older adults and their families. Her multifaceted approach, encompassing caregiving, education, activism, and authorship, positions her as a true advocate for a new narrative around aging.

Topics to be discussed include:

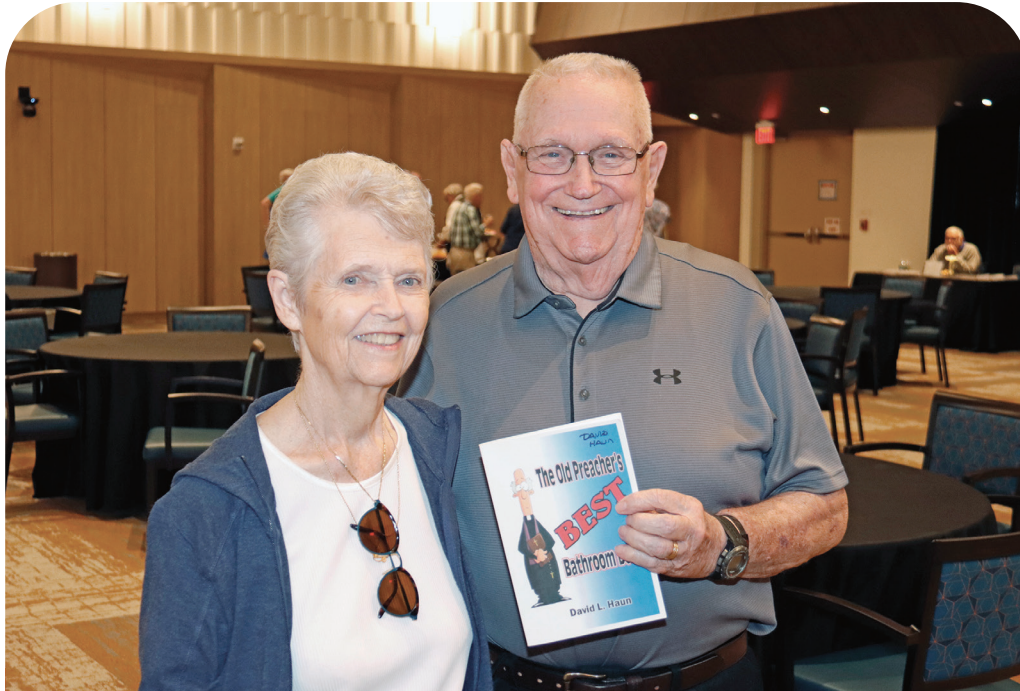
- Changing the Narrative of the Caregivers' Voice
- Keenagers: Telling a New Story about Aging



JKV Resident Authors Seven Books

David Haun Fulfills A Lifetime Goal During His 20 Years At JKV

By Marty Lee, Village Voice Contributor



Heritage Tower residents Twylah and David Haun with David's book, "The Old Preacher's Best Bathroom Book."

David Haun and his wife Twylah are longtime John Knox Village residents. Having been one of the first couples who moved into the then-new Heritage Tower apartment building in 2003, the Hauns have been active in community life.

During their more than 20 years of residency, they have served on committees, volunteered their time and talents in Village services, and have pursued their lifelong goals.

Prior to moving to JKV, they lived in Wilton Manors for 35 years. Most of those years they worked—Twylah as a teacher and David a pastor. Twylah's mother, Marie was living at KV, so they moved as soon as they were age qualified and have loved their involvement in the life of JKV.

During his years at the Village, David had an unfulfilled goal. He wanted to become a published author. He told the *Village Voice*,

that ever since he was a little boy, he had wanted to write.

"My mother and I used to sit on a swing, when I was in first or second grade, we'd make up stories, we'd make up poems," David said. For all the many years after sitting with his mom on that swing, David still wanted to author books, "But never thought I would have the ability to publish until I moved to John Knox." Writing and publishing his own books was David's dream and goal in life.

The Opportunity To Fulfill A Dream

"The possibility of the dream coming to life presented itself one day in the lobby of Heritage Tower," he said. "A notice of an invitation to residents to write down their dreams and fasten them to the wall.

I wrote my dream – that I might

write and publish five books before I died.

"Shortly after that I saw that Marty Lee [contributing writer and photographer at JKV] was offering to help residents publish their life story through a class called 'Silver Scribes.' Marty said if we'd write it, he will put it together and get it published on Amazon.

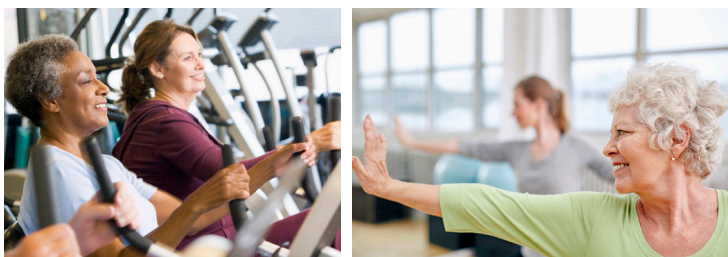
"I asked Marty if he would help me publish a children's story. He said he would—but I'd have to find an artist. So, I prayed for one, and in a matter of days I met Curtis Iverson, living right here at John Knox Village and discovered he was an artist. Those chance meetings led to the creation and publication of my first book, "Jack and the Really Big Beanstalk."

"After Jack was published, I had two other children's stories, and didn't know how to get them published. Then my daughters called and said, 'Dad, you write the stories and get the illustrations [for the two children's books] and we'll get them published on Amazon.'"

Now with his daughters' assistance, David has embraced his goal, and to date, has published seven books.

David's writing ambition is an example of the creative opportunities offered at the Village. Whether your aspiration is painting, music, writing, stained glass, woodworking or any other artistic endeavor, JKV has the time and place for you to refine the creations of your dreams.

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.

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SNF1258096

Mid-year Reflections From the CEO

Continued from page 3

communication strategies every day. Our goal is to ensure that all residents receive timely and accurate information about events, updates, and important announcements.

Along with our partnership with the Resident Senate and committees, we appreciate your patience and feedback.

Thank you for being an integral part of our community and for your unwavering support and participation. Together, we will continue to build on our accomplishments and seize the opportunities that each new day brings.

Gentle Reminder Regarding Patriotic Protocol

Continued from page 8

uniform MAY give the military salute; and members of the Armed Forces and veterans who are in uniform SHOULD render the military salute.

If no flag is displayed, those present should face the music source.

The U.S. Flag has officially been modified 27 times since 1777.

The current protocols regarding behavior during the raising, lowering, passing, and Pledge of Allegiance to our flag basically follow the same prescriptions as those presented above for our U.S. National Anthem.

We have many ceremonies at JKV that include the National Anthem and/or the Pledge of Allegiance. It is my hope that during those occasions, those who are able will:

- a. Stand at attention, facing the flag or music if no flag is present.
- b. Non-veterans will place their right hand over their hearts.
- c. Veterans will render the military salute.

JKV's Readies For Busy Hurricane Season

Continued from page 9

JKV also has Resident Senators and their Alternates ready and able to assist in every area as well. Resident Senators and those Staff members assigned to each apartment building will meet prior to each storm, to allow for questions and concerns.

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

Regardless JKV will remain diligent.

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

–Kirsten Whiting, JKV Risk Manager

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
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		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 10am Return 11:30am Village Towers Lakeside Villas		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



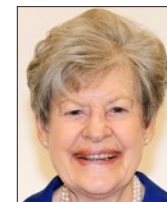
Robert Miller



Marisol Simon



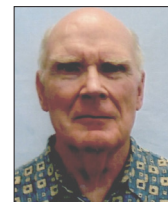
Pete Audet
Past President



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 Foundation Director Bailey Moroney).....	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
WESTLAKE FRONT DESK.....	954-546-6057
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: Pete Audet.....	VT 613
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
Finance: 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 And Java

**Tuesday, July 23 at 7 p.m.
in the CAC**



The Jazz and Java Series, presented by the Gold Coast Jazz Society, invites music enthusiasts and history buffs alike to embark on a captivating journey through the evolution of jazz. "Jazz Meets Rock 'N Roll" explores the electrifying collision of two iconic genres.

There will be fiery guitar solos, pulsating rhythms and dynamic improvisation.

Reservations must be made by Thursday, July 18 at 3 p.m. Any cancellation received after July 18 will be charged a \$5 No-Show Fee.

JKV Resident Free
Village Arts Circle Free
Funded by JKV Foundation

**Call the Life Enrichment
Department for more information
at 954-783-4039.**



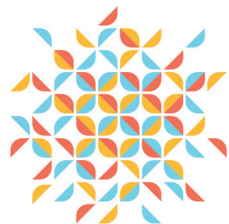
Our Mission Statement:

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.com