

VOICE



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There's No Place Like Home For The Holidays

The 70 acres of John Knox Village are beautiful year-round but seem even more so during the holidays. Here's hoping you had a chance to stroll the campus and see our Winter Wonderland.





JOHN KNOX
VILLAGE

Where possibility plays

Celebrating Our Amazing 2024 Accomplishments

With 2024 wrapped up, I cannot help but feel a warm sense of pride and gratitude as I reflect on everything we've achieved together at John Knox Village this past year.

It's been a fantastic journey, and I'm excited to share some of the highlights that really showcase our community's spirit and dedication.

One of our proudest moments was the successful opening of Westlake. It wasn't just about adding 147 new apartments; it was about creating a vibrant, welcoming space for all residents, their families and friends to enjoy.

We opened on time and within budget. Through the persistent and hard work of our Sales and Move-In Teams, Westlake is nearly 100 percent occupied, allowing us to pay back our bonds, saving the Village millions of dollars. The positive feedback from residents during this opening has been heartwarming, and it reassures us that we're on the right track.

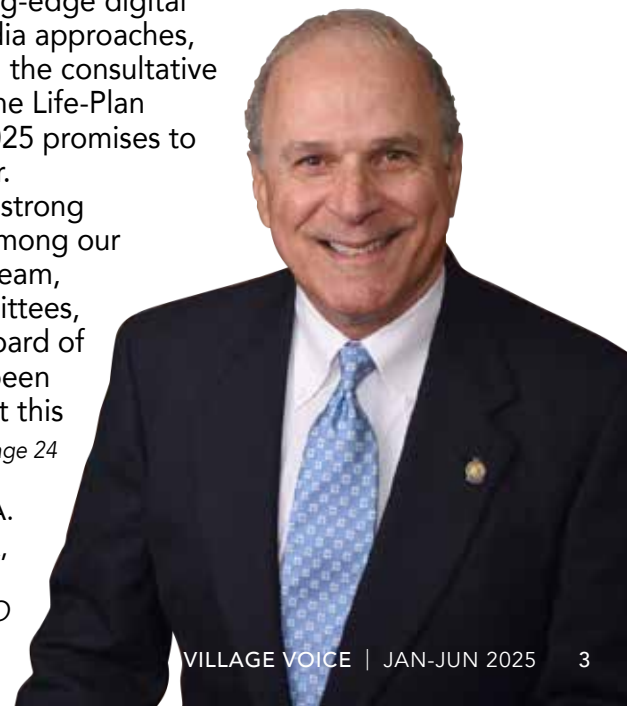
While much of the Sales Team's focus had, rightfully, been on filling Westlake, to their credit they never lost sight of selling our Legacy Residences—Cassels Tower, East Lake, Heritage Tower, Village Towers, and the three Villa neighborhoods—with great success.

With their "All-for-One, One-for-All" spirit, their center of attention for this year will be selling the entire Village. With a strategic and aggressive Marketing plan in place, encompassing traditional advertising with creative, cutting-edge digital and social media approaches, combined with the consultative sales style of the Life-Plan Counselors, 2025 promises to be a great year.

Developing strong relationships among our management team, resident committees, and the JKV Board of Directors has been a true highlight this

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



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

(Photograph by Andrew Rugge-Copyright Perkins Eastman)

ON THE COVER

The Village was bustling with activity near the end of the year. Shown clockwise from top left are: The Plant Operations Team representing Jamaica as part of the Holiday Parade entry; Lizzy Audet, Pete and Karen Audet's three-year-old Bichon Frise Shih-Tzu was selected Cover Girl for the JKV 2025 Pets of the Village Calendar. Calendars are available for \$12 and can be purchased at the Life Enrichment Desk at Westlake Monday through Friday from 10 a.m.-noon and 1-3 p.m. or by calling Heather Marks at 954-783-4039. The Sales and Marketing Teams represented the U.S.A. for the 38th Annual Holiday Parade, and the all-female Brazilian Voices wowed residents attending the Cultural Arts Center with their unique mix of voices and original arrangements.

VOICE *Discover*

What's Inside?

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JKV Board of Director Dirk DeJong (second from left) put on his Sample McDougald House VIP stocking cap to participate with his Classic Buick Riviera convertible and members from the historic landmark.

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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.

John Knox Village At "BBB" Rating

Fitch Ratings has affirmed the ratings on revenue bonds issued by the city of Pompano Beach, on behalf of John Knox Village (JKV) at "BBB."

Fitch has also affirmed JKV's Issuer Default Rating (IDR) at "BBB" and removed the ratings from Under Criteria Observation (UCO). The Rating Outlook is Stable.

The affirmation of the "BBB" ratings reflects JKV's strong market position as a single campus, life-

Fitch's forward look shows JKV sustaining the improved performance as cash-to-debt adjusted incrementally improves to levels more consistent with rating level and capital spending remains at about depreciation.

The bonds are secured by a gross revenue pledge and a security interest in certain mortgaged property of the obligated group (OG), which is the vast majority of the consolidated

of JKV's SNF beds are used for short-term rehab stays.

JKV also benefits from being the only Type 'A', full continuum LPC in its primary market area (PMA) of Pompano Beach. While the majority of JKV's residents originate from the PMA, in the last year, just over a quarter of entering residents came from outside the PMA, which Fitch views as a credit positive, underscoring JKV's strong service offerings and demand characteristics and South Florida as a draw for retirees.

JKV's nearest LPC competitors are outside the Pompano Beach market at about 12 miles away. While there is competition for individual continuum service lines such as SNF and AL, Fitch believes JKV's investments in these service lines and physical plant have kept it very competitive.

JKV has raised its entrance fee and monthly service fee regularly and has an ongoing waitlist, which further supports the strong revenue defensibility assessment. JKV's weighted average entrance fees are approximately \$285,000, which is affordable compared to typical home prices in Broward County and to the average net assets of JKV's entering residents.

With over 800 IL units in service, JKV is able to offer a wide range of lifestyle choices and price points, with entrance fees ranging from \$190,000 to \$700,000. Further support for the strong revenue defensibility assessment comes from JKV's ability to build and fill Westlake well ahead of schedule, as the majority of Westlake units were priced above \$400,000.

After a long history of thin

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JKV has a history of sound demand, a diversity of product offerings and price points with the range of entrance fees affordable relative to local home prices and average resident net worth, and a measure of geographic diversity among entering residents.

plan community (LPC) and its midrange operating risk, with an improving trend in operating performance.

In 2024, JKV completed the construction, reached stabilized occupancy and paid down the short-term debt for Westlake, its 147 independent living (IL) apartment expansion. The \$121 million final cost for the project came in under budget by \$5.7 million and JKV reached stabilized occupancy in about four months, over 18 months ahead of schedule.

Management set an accelerated fill-up goal and that target has been part of a larger strategic focus on an improved performance since a new CEO started about three years ago. JKV's leverage metrics remain elevated for the rating due to the permanent debt for Westlake, and cash-to-adjusted debt will remain light even after the paydown of the short-term project debt.

entity's assets and revenues.

JKV has a history of sound demand, a diversity of product offerings and price points with the range of entrance fees affordable relative to local home prices and average resident net worth, and a measure of geographic diversity among entering residents. Over the last five years, IL Unit (ILU) occupancy has averaged 92 percent, assisted living (AL) occupancy has averaged 74 percent and skilled nursing facility (SNF) occupancy has averaged 85 percent.

Occupancy has recovered in AL and SNF after pandemic-related declines. Through the first six months of 2024, AL and SNF occupancy averaged, 74 percent and 90 percent, respectively. The improved SNF occupancy reflects, in part, an effort by JKV to increase the diversity of hospital referral sources for short-term rehab stays. Generally, about half

Bringing The Honor To John Knox Village

By Mark Brown, Heritage Tower Resident

D.C. Flight Provides



When Cassels Tower resident Dave Bayer stepped off the airplane at Ft. Lauderdale airport on Oct. 26, he didn't exactly blend into the crowd. More than a thousand people, including a busload of John Knox Village residents, had gathered to greet him and 70 other military veterans returning from an



Bob Atkins (L) and Dave Bayer, in Ft. Lauderdale Airport, returning from their Honor Flight.

Honor Flight to Washington, D.C. The moment the veterans exited the secured area inside the terminal, a wild celebration broke out.

Dave first made his way through two columns of uniformed police officers, military personnel and firefighters who saluted him as he passed by. A live D.J. serenaded him and the other veterans with patriotic music, while the crowd cheered and applauded them, many holding signs reading "Thank You For Your Service." Two booming water cannons doused the plane they had just arrived on in a dramatic water salute.

It was the kind of welcome home

ceremony that Dave and so many other military veterans living at JKV never received when they came back from serving their country decades ago. The honor may be 60 or 70 years overdue now, but it is still greatly appreciated by the veterans like Dave who are finally getting the recognition they deserve.

Dave spent 22 years in the Navy, including 16 years at sea. He served either as Captain or second in command on five different ships for 10 of those years. His service included several months patrolling the South China Sea during the Korean War and three years in the Gulf of Tonkin during the Vietnam war. He retired from the Navy in 1975 with the rank of Captain.

Dave, 92, finally got his moment in the sun through a program known as Honor Flight. Under this program, veterans from across the country are flown to Washington, D.C. for a day of visiting the memorials which were built to honor their service and sacrifice.

They are taken around the city in luxury buses to visit major monuments such as the World War II, Korean, Vietnam and Iwo Jima memorials, and to watch the changing of the guard at Arlington National Cemetery.

The veterans receive first-class treatment all the way, including police escorts to speed them to their destinations. And of course there is the spectacular ceremony waiting for them at the airport when they return home, where they are greeted like celebrities and honored with the respect they have earned.

The Honor Flight program started in 2005 and now operates out of 125 airport hubs around the country, including 10 in Florida. So far more than 300,000 veterans have taken Honor Flights. Flights

out of Fort Lauderdale started in 2013.

Because it's such a long and exhausting day, it is suggested that participants ride in "Honorchairs" pushed by "Guardians" who escort every veteran on each flight. In many cases the guardians are a son or daughter who gets to share in the occasion with their parent. Dave's guardian was his son Sonny.

Dave is not the only resident who has taken an Honor Flight. Don Lampe, 96, is one of just a handful of World War II vets still living at the Village. Don was just 17 when he was drafted right after he finished high school in 1945. "I didn't want to march in the Army so I joined the Navy instead," he told the *Village Voice*. "I decided I'd rather swim than crawl through the mud."

After completing his basic training, Don was assigned to the U.S.S. *Rupertus*, a destroyer, where he spent 17 months patrolling the China Sea and around Southeast

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Along with enjoying his Honor Flight, Northeast Garden Villa resident Don Lampe was guest speaker during JKV's Veterans Day Ceremony in November.

Overdue Recognition

Continued from page 6

Asia. As the newest member of the crew, he was given the worst assignment on the ship. He had to stand next to the heavy artillery guns and pick up the spent shells every time they were fired to make sure they had detonated. He was given no protective ear covering and suffered severe hearing loss as a result of his service.

Don took his Honor Flight out of Cincinnati about 10 years ago, accompanied by his oldest daughter Jill. His children had read about the Honor Flight program and they persuaded him to go. He was glad he did.

"The people at both ends were fantastic," Don said. "The send-off was unbelievable. It was kind of nice to get some recognition."

Westlake resident Russ Robinson, 94, had just completed his first year at a professional training institute when he was drafted. The fighting was still pretty serious in Korea, so he enlisted in the Air Force. "I thought it would be safer than the Army," he said.



Russ Robinson in front of the Washington Monument during his Honor Flight.

Unfortunately, the Air Force didn't see it that way. They sent Russ to Lowry AFB for remote control turret system training, then to Langley AFB for flight training school. He was one of only two members of his class assigned to a B-26 bomber, where he served as a gunner stationed in the remote-control turret in the rear of the plane.

Russ flew 55-night combat missions over Korea. "We were bombing, shooting, strafing whatever lights we could see," Russ said. "But they were shooting back at us."

He did such a good job that the Air Force asked him to fly another 55 combat missions after he took a break. He politely declined and switched into a different position in the Special Services.

Russ took his Honor Flight out of West Palm Beach about five years ago. He didn't want to go at first because he had put his military experience behind him and wasn't

ready to relive it. "I finally decided why not. I had never really talked to anyone about my military service. I felt so ashamed that no one ever asked me about it."

Once he got on the plane and started talking to the other veterans he loosened up. "I'm glad I went," he said. "It was worth it. Seeing all the signs thanking me for my service, the band, the spectacular water salute, I was just blown away by all of it."

Village Towers resident Farrell Patrick, 91, took a different path to his military career. He knew from the time he was a young man that he wanted to attend the U.S. Military Academy at West Point and be an Army officer. He received his appointment in 1951 and served 23 years in the Army. He was promoted to full Colonel in the Signal Corps.

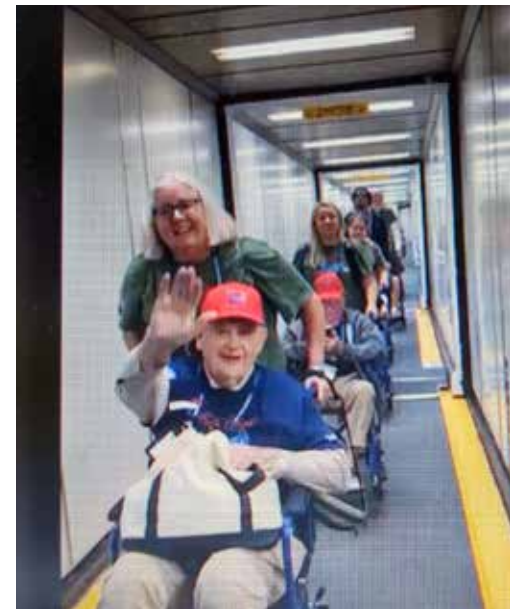
"It's very unusual for a technical officer to be promoted to full Colonel," he said.

The Korean War was over by the time he graduated but he did serve one tour of duty in Vietnam, where he was part of a

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Westlake resident Russ Robinson while serving in the Air Force.



Village Towers resident Farrell Patrick on his Honor Flight to Washington, D.C.

JKV's IT Guy Breaks Down *The Big 3* Top Tech Issues Facing Residents

By: Jason Cook, Village Voice Contributor



JKV's Information Technology Engagement Coordinator Jason Cook assists Cassels Tower resident Benita Ferrara with a technology issue.

Let's talk about the Big 3.

The top three issues I face when helping John Knox Village residents are some of the same issues affecting everyone. So, if you do not have a Technology Engagement Coordinator at your disposal like our residents, then you might want to pay attention to the top 3 issues I am confronted with here and ways to fix or prevent them.

Easily the most common technology problem residents have is a password not working. This is very understandable if you consider that most of the things you do online involve a username and password.

My primary advice for this is to have a password book which can be purchased on Amazon for as low as \$3.99. This book allows you to write down—in alphabetical order—what the website is, your username and your password. I also have a rule I stick to when it comes to passwords. A frequently asked question is can I use the same password and for this I break the websites down into two main categories: Financial or not. If it is a website that I do not have a credit card or bank associated to I allow myself to reuse a password but if the website is tied to a credit card or bank then I give it a unique strong

password.

The second most frequent problem I encounter is the mobile device having "a mind of its own," whereby things randomly move or disappear.

What I have found is that a majority of the time this is caused by people not understanding how the phone works. There is a sizable percentage of

residents who think that if the screen is not illuminated that the phone is shut down and they will not receive any communications. As a result, they are putting the mobile devices in their pockets or purses while it is still on the homepage.

This is causing most of those problems. When the phone is not locked and is put away it could bounce around and have buttons pressed inadvertently. This is the same idea as the butt call, where your phone accidentally calls someone when you put it away.

Even holding the phone when the screen is on could cause issues if you have your thumb or another finger on the screen pressing and holding buttons.

The easiest solution is when you are done with the phone or tablet press the power button once quickly to put the device to sleep, still allowing it to receive various types of communications, but making sure you don't accidentally do things to give your phone "a mind of its own."

The third most common reason for a resident visiting me is to learn how to use a website online.

JKV provides a website for the residents to get all the information

they need in the community, from event sign-ups, to Dining specials, Security notices and Resident Senate meeting minutes.

I also offer classes on how to be safer online, how to order an Uber or Lyft driver, how to order through Instacart and Amazon, write with Chat GPT assistance and recently I began teaching residents how to use new parking payment systems, since most places now use an app instead of a machine and cash.

Many doctors are using online portals now to manage their patients, so I also help people getting signed up to sites like Trinity Health's MyChart to help facilitate visiting medical professionals.

Residents will frequently take advantage of their daily free tech help to practice using these sites one-on-one.

So, as the times and technologies change, JKV residents can stay on top of it with the help of their own Technology Engagement Coordinator, me.

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.

A Pet-Welcoming Village

The Culture of Pet Ownership at JKV



Cassels Tower residents Bonnie Lurie (seated) and Linda Cardillo with Leo.

JKV Is Pet-Welcoming

At John Knox Village, we embrace that pet ownership is a joy. While some retirement communities allow pets with strict size restrictions, JKV understands that from the smallest Maltese and Yorkies to the larger Labradors, Golden Retrievers and German Shepherds, our pets are cherished family members. That is why JKV is not only pet accepting, but PET-WELCOMING. It's part of the Village's DNA.

The value of pet ownership is such a vital part of JKV that in 2016, with input from residents, administration and the JKV Foundation, plans were implemented to construct the Wellness Park, aka the Dog Park: "A Place Where People and Pets Can Be Unleashed."

Resident-Driven Initiative

Heritage Tower resident Tom McKay was Chairman of the Wellness Park Fundraising Committee in the mid-2010s. McKay said at that time, "Many residents have worked for a number of years to bring this much-needed park to our campus. They have been disappointed in the past when it did not materialize, but this time we will make it a reality."

And reality it became. The Wellness Park's location was



Lakeside Villa resident Reed Brown with his two mixed breed terriers Lola and Sadie



Lakeside Villa resident Bea Wilbur with Leo.

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



Village Towers resident Jane Schonagel shown with Jazzy.

earmarked for a 1/3-acre site east of The Woodlands and adjacent to the Heritage Tower Circle.

At Long Last: The Dog Park Opens

During the Nov. 30, 2016 grand opening and dedication, Frederick Tanne, Chairman of the ASPCA (American Society for the

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A Warm Hello From Your Incoming Resident Senate President



Fred Schieferstein
Incoming *President Resident Senate*

Hello friends and neighbors. My name is Fred Schieferstein, and I am honored to serve as the incoming President of the John Knox Village Resident Senate. Having lived here since

March 2021, I've come to deeply appreciate the vibrancy, kindness, and sense of community that make this place unique.

Before retiring, I dedicated over 33 years to education as a teacher and mentor to countless students. In addition to my time in the classroom, I was proud to advocate for my peers as a union delegate and as a representative of the New York State Teachers Retirement System.

These experiences taught me the importance of collaboration, advocacy, and creating a supportive environment—principles I intend to bring to my role as Senate President.

As I step into this leadership

position, I aim to ensure that every voice in our community is heard and valued. Whether it's addressing concerns, fostering new initiatives, or celebrating our shared experiences, I believe in working together to keep John Knox Village a place we're all proud to call home.

The 2025 Executive Leadership team looks forward to engaging with all stakeholders in the days and months ahead. Together, we can continue to build on our community's strong foundation and make the most of this wonderful chapter in our lives.

Warm regards,

—Fred Schieferstein



Mark Levey, outgoing *Resident Senate President (L)*, passed the ceremonial gavel to incoming President Fred Schieferstein during the December Resident Senate Meeting for All Residents held in the Cultural Arts Center.



The new slate of Resident Senate Officers for 2025 was installed during the December Resident Senate Meeting for All Residents held in the Cultural Arts Center. They are (L-R): Sarah Crew, Secretary; Nancy Logue, Treasurer; David Barnett, Vice President and Fred Schieferstein, President.

Enchanting Evening Of Fine Food And Friendship

On a delightfully comfortable evening, the Westlake fourth-floor Terrace rooftop glowed softly under twinkling lights as residents gathered for a captivating culinary experience.

Ulas Gungor, John Knox Village's esteemed Food & Beverage Director and Class II Sommelier, welcomed everyone with charm, his passion for wine and food palpable, and what was to become a memorable French wine and steak au poivre dinner.

With Glades Grill Chef Sam Burns expertly grilling New York Strip Steak—cut Manhattan style—Ulas uncorked bottles (and bottles) of Chateau Magnol Haut-Medoc 2020 described as, "a dry red wine, harmonious, well-balanced, full, fine and elegant, with ripe tannins that provide structure and depth:"

The wine was a perfect

complement to the sizzling steak au poivre. Each bite of the tender meat, paired with crisp asparagus and buttery potatoes, was a delight.

Dinner was followed by a decadent white and dark Chocolate Mousse with raspberry topping and another Ulas specialty—the Cacao

Dream cocktail. See the recipe below.

Ulas Gungor pours his decadent after-dinner dessert "Cacao Dream" cocktail as part of his French-themed steak and wine dinner.



JKV's Food & Beverage Director and Class II Sommelier Ulas Gungor discusses the wines he will be pouring as part of his French-themed wine and steak dinner. Resident Carol Penn looks and listens.

Ulas' Cacao Dream Cocktail Recipe

Along with ice, into a cocktail shaker place 1 jigger each:

- Crème de Cacao
- Bailey's
- Vanilla Vodka
- Kahlua

Shake, pour into a favorite glass, and sprinkle cocoa powder on top of Cacao Dream Cocktail.



The steak au poivre, grilled asparagus and roasted potatoes need only two things...a fork and knife.



Resident Tom Johnston cuts into his steak au poivre as part of JKV's recent French Wine & Steak Dinner on the fourth-floor Terrace patio grill at Westlake.



Glades Grill Chef Sam Burns expertly grills the New York Strip Steaks enjoyed by all during the recent French Wine and Steak dinner on Westlake's fourth-floor Terrace patio grill.

We Don't Know Them All JKV HONORED RESIDENT

In a special ceremony held Veterans Day, Nov. 11th, John Knox Village honored all known resident-veterans. If you are not included, but wish to be added to a follow-up listing in an upcoming Village Voice, please

email Communications Manager Rob Seitz at rseitz@jkvfl.com with the following information:
Your name, military branch and rank.
Thank you...We are free because you were brave.



First	Last	Branch	Rank	First	Last	Branch	Rank
Adams	John "Jack"	U.S. Marine Corps	Sergeant	Collins	Phillip	U.S. Navy	J.O.
Allen	Steven	U.S. Air Force	Sgt	Cortina	Angel	U.S. Army	Captain
Allison	William	U.S. Navy	Aircraft Electrician 2-Class E-5	Cuddeback	Robert L.	U.S. Air Force	Lt. Col.
Arch	Allan	U.S. Navy	Lt (jg)	Culler	Larry	U.S. Air Force	Captain
Ashkenzai	Albert	Israeli Army	Sgt	Cunningham	Stanley/Bruce	U.S. Coast Guard	VM-2
Atkins	Robert	U.S. Army	E-5	Curren	Donald/Tim	U.S. Army Reserve	SP 4 Field Artillery
Aubanel	Chris	U.S. Army	Non-commissioned Officer	Davidson	Robert G	U.S. Army	Sergeant
Audet	Pierre "Pete"	U.S. Army	Captain	Dixon	James	U.S. Air Force	Colonel
Ault	Ronald	U.S. Army	Captain	Donahue	Richard F. Jr.	U.S. Army	Specialist 4th Class
Baggett	Leland-Lee	U.S. Army	2nd Lieutenant	Dorman	Michael	U.S. Navy	Lietenant Colonel
Bagush	Stanley	U.S. Air Force	Airman 1st Class	Dunn	Dustin	U.S. Coast Guard	E5, 2nd Class Petty Officer
Baker	Milton	U.S. Navy	Commander	Farnsworth	Philip R.	U.S. Coast Guard	CPO
Bayer	David	U.S. Navy	Captain	Featherstone	Dr. Michael	U.S. Army	Specialist 4th Class
Bednarek	Frederic J.	U.S. Navy	Petty Officer 2nd Class PH2	Feliz	Normando	D.R. Navy	Naval Rank Army Major
Bentz	Leo	U.S. Army	Private 1st Class	Felski	Jerry	U.S. Army	Spec-4
Blagg	Terry	U.S. Army	Specialist 5th Class E-5	Flynn	C. Ray	U.S. Air Force	Colonel
Brandon	Russell	U.S. Navy	3-Class Petty-Supply Division	Forsgren	Keith	U.S. Army	Specialist Five E-5
Burgess	Bruce	U.S. Navy	Lt. Comander	Franklin	Samuel E.	U.S. Army	Captain
Burnside	Janet	U.S. Army	Captain	Fulton	Allan	U.S.A.F. Navy	Midship/Captain
Burton	Robert	U.S. Army	E-5	Fulwood	Samuel	U.S. Air Force	Airman First Class
Callaway	Rusty	U.S. Air Force	Sgt	Furlano	John	U.S. Army	Corporal
Calvet	Russell	U.S. Army	SP-4	Garneret	Ronald	U.S. Army	PFC
Chappell	E. Hugh	U.S. Navy	Lt (jg)	Gill	James C.	U.S. Army	Spec 5
Claiborne	Ross	U.S. Army	Pvt Infantry 3rd Army	Gilman	Howard "Gil"	U.S. Air Force	Airman
Cogswell	Clark	U.S. Army Corp of Eng.		Hardy	Dana	U.S. Army	Specialist E-5
Cohen	Philip	U.S. Army	PFC	Harris	Donald		
Cole	Peter	U.S. Navy	Chief Petty Officer	Hayes	Terry/Scooter	U.S. Army	PFC
Collier	Robert	U.S. Army Medical	1st Special Forces	Heklar	John	U.S. Army	Sergeant E6

But We Owe Them All

VETERANS NOV. 11

First	Last	Branch	Rank	First	Last	Branch	Rank
Hoover	Todd	U.S. Air Force	Ts gl	Oberlin	Emerson	U.S. Army	Specialis 4th Class
Hunziker	Charles	U.S. Navy	YNT3 - Yeoman 3rd Class	Oliva	John	U.S. Air Force	Captain
Inouye	K Denny	U.S. Army	Staff Sergeant	Onoprienko	James	U.S. Air Force	Lieutenant Colonel
Jenkins	Alexander	U.S. Navy	Lieutenant JG	Owens	Robert	U.S. Army	Private First Class
Jodion	Peter	U.S. Air Force	Sergeant	Padget	John	U.S. Army	E-5
Johnson	Herbert	U.S. Air Force		Padley	Joan F.	U.S. Army	1st Lieutenant
Johnson	John C	U.S. Army	1st Lieutenant	Patrick	Farrell G.	U.S. Army	Colonel
Johnston	Thomas	National Guard	SP-4	Pearson	Nels "Ray"	U.S. Army	Sergeant
Johnston, Jr.	William G.	U.S. Army	Major	Perkins	Frank	U.S. Army	Corporal
Jones	Clyde "Bill"	U.S. Navy	Lieutenant Commander	Peterson	Howell	U.S. Army	SSGT E-6
Jurgens	Kenneth	U.S. Army	Major	Raab	Theodore	U.S. Army	Lt.
Kalpakjian	Garo	U.S. Coast Guard	SN Seaman	Rahilly	Patrick	U.S. Army	PFC-E-3
Kamp	James	U.S. Army	SPE-5	Rechkemmer	Clark	U.S. Army	SP-5
Kartrude	Faye	U.S. Air Force Nurse	1st Lieutenant	Rodriguez	Jorge	U.S. Army	Corporal
Kearney	Henry	U.S. Marine	Lance Corporal	Romanelli	John	U.S. Army	Sp 4th Class
Keenan	Thomas	U.S. Army	Corporal	Rooney	Richard	U.S. Army	PFC
Kelly	Robert	U.S. Air Force		Ross	Paul	U.S. Army	1st Lieutenant
Kennedy	Gerry	NY Army Natl. Guard	SP-5	Rouutt	Freda	U.S. Air Force	Staff Sergeant E-5
Kent	John	U.S. Navy	Lt	Ryan	John "Jack"	U.S. Army	1st Lieutenant
Kessell	Samuel	U.S. Coast Guard		Sapp	Samuel/Larry	U.S. Army	E-5
Kilmer	Nelson	U.S. Air Force	Airman 1st Class	Seibert	David R.	U.S. Army	1st Lieutenant
Kleingartner	Elmer "Fred"	U.S. Navy	Lt. Commander	Seifer	Ronald	U.S. Air Force	E-4
Kline	Daniel	U.S. Navy	HM-2	Shamberger	James	U.S. Army	Lt
Koppang	Allen	U.S. Army	SP-5	Shapiro	David	U.S. Army	SPC 5
Korn	George	U.S. Navy	Seaman	Shulman	Frank	U.S. Army	Private First Class
Kramer	Robert	U.S. Army	1st Lietanant	Siegel	Harold	U.S. Army	Captain
Kuehn	Robert "Bob"	U.S. Air Force	Staff Sergeant	Siegel	Judd	U.S. Army	PFC
Lampe	Donald	U.S. Nacy	Seaman 1st Class	Smith	Paul	U.S. Army	LTC
Latko	Frank	U.S. Navy		Somers	David	U.S. Army	Corporal
Lawrence	Eddie	U.S. Coast Guard	Chief Petty Officer	Sorrels	Eugene	U.S. Air Force	Sergeant
Lembeck	Robert	U.S. Navy	DK-3	Souza	Herbert	U.S. Air Force	AIC
Leyden	John	U.S. Army	Private First Class	Spears	William	U.S. Army	
Liedtke	Norm	U.S. Navy	Lieutenant JG	Speirs	Edward	U.S. Navy	Lt. Commander
Loeffke	Bernard	U.S. Army	General	Sprague	Jed	U.S. Air Force	Staff Sergeant
Logue	Ken	U.S. Air Force	2nd Lt	Sullivan	William	U.S. Army	Colonel
Loree	Paul	U.S. Army	Captain Medical Corps	Sutton	Audrey	U.S. Army	LTC
Mach	Richard	U.S. Navy		Terzich	Joel	U.S. Army	Corporal
MacVicar	Mack	U.S. Army	Master Sergeant	Thompson	John	U.S. Army Security	Specialist 6
Mandt	John	U.S. Marine Corps	Corporal	Thompson	Ronald	U.S. Marines	Private First Class
McBean	Bruce	U.S. Air Force	Staff Sergeant	Thomson	David	U.S. Army	Private First Class
McDowell	Thomas	U.S. Navy	Lieutenant	Timmins	Larry	Army Reserve	E-7
McEwen	Charles	Army Reserve	Captain	Torres	Jose E.	U.S. Air Force	Staff Sergeant
Medina	Guillermo	U.S. Army	SP-4			National Guard	
Mellet	Richard	U.S. Army	Corps of Engineers, Lt. Colonel	Tuthill	Robin C.	U.S. Air Force	E-5
Meltz	Barry		GM-15	Ulrich	Steven	U.S. Navy	Non-commissioned Officer
Menter	Martin	U.S. Air Force	Airman 1st Class, Weather	Vaughn	John	U.S. Army	Corporal
Meola	Ralph	U.S. Navy	PO 3	Vikmanis	Valdis	U.S. Army Reserves	E-5
Meyer	James	U.S. Army	Corporal Medical Corps	Wakeman	Joe	U.S. Navy	Seaman 2nd Class
Meyersburg	Ronald	U.S. Army Reserves	E-6	Waldschmidt	Steven	U.S. Marines	Corporal
Michel	Ronald	U.S. Navy	Lieutenant	Wall	Stephen	U.S. Army	SP-3
Miller	August	U.S. Navy	Lt. Commander	Wallach	Edward	U.S. Army	SP-4
Miller	Robert	U.S. Army	Captain	Walsh	James	U.S. Army	Private First Class
Milner	Martin	National Guard	SP-4	Webb	Ronald	U.S. Navy	Yroman
Moore	C. Eugene	U.S. Navy	LCPR	Webb	William	U.S. Army	SP-5
Morrison	Abigail "Gail"	U.S. Air Force	Lieutenant	Williams	Don	U.S. Navy	E-4
Murphy, Jr.	James "Russ"	U.S. Air Force	Captain	Woodham	James (Tom)	U.S. Army	Captain
Nace	David	U.S. Army	E-5	Young	Harold	U.S. Navy	
Nazzaro	William "Bill"	U.S. Army	PFC	Zanoff	Frederick	MD. National Guard	Sergeant E-5
Noon	Patrick	U.S. Navy		Zeiber	William A.	U.S. Army	1st Lieutenant
O'Flaherty	Daniel	U.S. Army	E-5	Zilly	Charles E.	U.S. Navy	Yeoman 2nd Class

Honoring All Who Served

**THANK YOU
VETERANS**

JKV's 38th Annual Holiday Parade

The 38th version of one of John Knox Village's most anticipated and beloved annual events—the Holiday Parade—took residents, family, friends and staff around the world!

With tireless behind-the-scenes work from the Production and Life Enrichment teams, the "Biggest

Little Parade," went off without a hitch—except for the hitch holding the Isings Travel horse-drawn carriage and South Garden Villa resident Beth Shires.

This year's theme was "Holidays Around the World," and Village departments created wonderful entries all vying for the prestigious

"Best in Parade," trophy and year-long first-place bragging rights.

Here is a list of participating groups:

- BSO motorcycle units
- Local politicians and Board Member Dirk DeJong's Classic Car with Sample McDougald House dignitaries



The Plant Operations Team represented Jamaica.



Healthcare Team Members from Gardens West represented Mexico.



The 'A' with Team Members from the Administration, Human Resources, Corporate Compliance, Risk Management, Resident Relations and the Foundation represented Ireland.



Sales & Marketing Team Members' represented the Parade's Holidays Around the World theme.

Went Around The World

- Dillard High School Marching Band
- The A Team, representing Ireland
- Dining—France
- Sales and Marketing—USA
- Healthcare—Mexico
- Plant Operations—Jamaica
- Isings Travel

- JKV Choirs
- MODS (Museum of Discovery and Science) STEMobile
- Rejuvenate Salon and Spa
- Pompano Beach High School JROTC Honor Guard
- Deerfield Beach High School JROTC
- Pompano Beach Fire Rescue

- Innovation Charter School
 - Variety Entertainers—Stilt Walkers
 - Pompano Fire Museum’s Antique Fire Truck, with special guest Santa Claus
- Photos from the Parade can be found on JKVConnect under the Photos, Video & Publication tab.



, Seaside Cove and The Woodlands



Sacre Bleu!!! Team Members of the NexDine Dining Services Team represented France.



represented the USA for the theme.



JKV Board of Director Dirk DeJong (second from left) put on his Sample McDougald House VIP stocking cap to participate with his Classic Buick Riviera convertible and members from the historic landmark.

Take Joy in Being Part of the Story.

Sharing Joy In The New Year



Bailey Moroney
Foundation Director

One of the most rewarding ways I find joy is through giving. If you share this feeling, then the holiday season may be your favorite time of year too, as it is filled with the spirit of generosity.

Whether knitting cozy blankets for my family, creating cherished memories by hosting my annual holiday party, or supporting charitable causes that have influenced my life, each gesture gives me a sense of joy and purpose.

The holiday season reminds us of what we are grateful for and inspires us to share that with others.

As 2024 is now behind us, many people find themselves longing for the joy and generosity that the holiday season brings. But we can overcome the post-holiday blues and adopt strategies to embrace the spirit of giving year-round.

Acts of Kindness

At John Knox Village, we value our supportive community, which our residents actively help to

foster. It's easy to show kindness at any time through simple yet meaningful gestures. For instance, consider exploring the resident directory on JKVConnect and calling a friend or new resident you haven't met yet. Simple acts, such as holding the door open for someone, assisting with packages, or sitting down with a fellow resident at an event, can brighten someone's day. Personally, I have been touched by the thoughtful handwritten cards I've received from our residents. I hang them up in my office as a daily reminder of the kindness within our community. You never know how an act of kindness, no matter how big or small, can positively impact another person

Acts of Time

There are countless ways for residents to stay engaged while supporting the causes and passions that mean so much to them. Joining a Senate committee can be a great opportunity to have a voice in guiding decisions, or you might consider starting or leading a club focused on a personal interest, whether a support group or a hobby. Volunteering your time can be incredibly rewarding, as Sages, volunteers in our healthcare facilities, know. They make a meaningful impact on the lives of our elders every day.

The John Knox Village Foundation invites residents to share their talents and time by serving on our Board of Directors when positions become available. We're excited to welcome three new residents to the Foundation

Board in 2025, who will contribute their expertise to continue enhancing the JKV community through the Foundation.

Acts of Giving

The end of the year and the holiday season are inspiring times for donors to uplift organizations that are meaningful to them, particularly with the opportunity to make tax-advantaged contributions. While these contributions are important and incredibly generous, it's essential to recognize that your ongoing support throughout the year empowers your favorite nonprofits to create a lasting impact and drive change. You can support your favorite nonprofit organizations like the John Knox Village Foundation year-round through recurring monthly contributions of any amount.

As we embark on a year of generosity through time, gestures, and philanthropy, I encourage you to look around the Village and see where you feel your kindness, along with the support of the John Knox Village Foundation, can make the greatest impact. Please feel free to call me at 954-784-4757 or email me at bmoroney@jkvfl.com to share how you express generosity and what truly matters to you. I am always seeking new ways to align our community's passions with our donors' generosity to create meaningful change at John Knox Village.

—Bailey Moroney
954-784-4757
bmoroney@jkvfl.com

JKV Names Rev. Dr. Freeman New Spiritual Life Leader



Rev. Dr. Norman Freeman Jr.
JKV Spiritual Life Director

John Knox Village is pleased to introduce Rev. Dr. Norman Freeman, Jr, a compassionate and experienced faith leader who brings over 20 years of pastoral care, spiritual development and counseling expertise to his new role as Spiritual Life Leader at John Knox Village, beginning Tuesday, Dec. 10.

With a strong background in supporting individuals and families through grief, illness, and life transitions, Norman is deeply committed to offering emotional and spiritual guidance.

Throughout his career, Norman has provided visionary leadership, fostered partnerships with local

organizations, and founded the Acts Community Development Corporation to address community needs.

A graduate of Ashland Theological Seminary with a Doctor of Ministry degree in Leadership, Norman is dedicated to creating a compassionate and healing environment for all. We are excited to see the continued growth and positive impact Norman will bring to our community.

Dr. Freeman's office will be located in the Spiritual Life Office on the first floor of Westlake. He can be contacted at 954-784-4748 and his email address is nfreeman@jkvfl.com



Along with beautiful roses, the renovated Rose Garden includes the Butterfly Boy statue and Furman Clock, which remembers long-time JKV supporter Frank Furman.



2025
A New Year, A New You
at
Rejuvenate Salon & Spa

Winter Warm-Up :: Heated stones used in conjunction with the therapist's hands to penetrate deep into the muscles. Anyone who is experiencing muscle tension, pain, insomnia, or stress will benefit from a warm stone massage.

New Skin Resolution :: The perfect facial treatment to start your year off right! Enjoy a relaxing spa facial that soothes and heals the skin.

Vitamin Recharge Manicure :: High-five for soft hands! This wonderful experience includes a sugar scrub, mud masque and massage butter made with Vitamin C to recharge, relax and radiate your skin.

Call for an appointment
Cassels Tower 954-783-4013
Woodlands 954-247-5817



REJUVENATE
salon and spa

Interfaith Thanksgiving Service

Brings Village Together

The inclusivity of John Knox Village was never more evident than during the recent Interfaith Thanksgiving Service. Led by South Garden Villa resident Jane Middleton, a Bishop, those in attendance sang inspirational songs and heard residents and team members describe their various faiths.

Vincent Zito provided a Catholic perspective; Erik Nenortas (Buddhist); Stephanie Morgenstern (Jewish); Jay Shah (Hindu); and Ann Archard (Protestant).

Music was performed by pianist Christine Simpson and singer Peter Flyzik.

It was a joyous celebration that beautifully showcased how, despite some differences, we have much in common.



Jane Middleton, a Bishop, led the recent Interfaith Thanksgiving Service.



Westlake resident Vincent Zito provided a Catholic perspective at the Interfaith Service.



Fitness Manager Erik Nenortas offered up his point of view on Buddhism.



Stephanie Morgenstern recited a Jewish prayer.



Lakeside Villa resident Ann Archard gave attendees of the Interfaith Thanksgiving Service a Protestant perspective.



Village Towers resident Jay Shah had some thoughts on Hinduism.

In Case You Missed It...

There always seems to be something fun, enlightening, educational and entertaining taking place at John Knox Village...and we have the pictures to prove it...In Case You Missed It...



Residents and Team Members alike came out to support the fund-raising Pinwheel Planting Ceremony, which raised much-needed funds for the Alzheimer's Association-Southeast Florida Chapter.



Lakeside Villa resident Christopher Carnick had the CAC crowd in stitches with his comedy set during the Resident-Staff Talent Show.



Sacred Blue, residents enjoyed a delicious French meal at the Escargot Bistro dinner outing put on by the Life Enrichment Department.

A Pet-Welcoming Village

Continued from page 9

Prevention of Cruelty of Animals), the nation's largest anti-cruelty-to-animals organization, was the keynote speaker.

The \$86,000 project was resident-driven, from conception to construction. In his comments, Tanne spoke to the importance of pets and wellness.

In his remarks, McKay said during the dedication, that as "JKV moves to include wellness in all that we do here, having an outdoor space for people and their

pets to gather and play is a natural addition to our campus."

The Wellness Park's Amenities

The Wellness Park includes plenty of open space for pets to socialize, play ball and run to their hearts' content. The fenced area also includes water fountains on two levels: One for residents and the other at pet height. Plenty of outdoor patio furniture allows Residents and friends to meet daily

for conversation while their pups enjoy their own "Dog Park."

As JKV Village Voice contributor, Yael Fishman recently wrote, "One of the most rewarding aspects of having a pet is all they do for our emotional well-being. Pets love us so fully and unconditionally that the bond created between pets and their owners is unlike any other. They hold us in the highest esteem and see us as the best version of ourselves. Who wouldn't love that?"

Donations received from June to November 2024

To John Knox Village Foundation Benevolent Endowment Fund

Cason Trust
Fred & Irene Michel Charitable Trust
Joanna Bratt
Larry Hardham
Phyllis Miller
Robert Jardin

Capital Campaign Fund

Beverly Cardinal

Chapel Endowment Fund

Fred & Irene Michel Charitable Trust

Employee Scholarship Fund

Barbara Shankweiler
Beth Hand
Carol Redd
*In Memory of Dale Sheldon,
Peggy Joyce Barber, Frank Shulman,
Beverly Cardinal, and Kazuo Inouye*
Cason Trust
Clark Rechkemmer
David Haun
Doreen Haynie
Bruce & Jane Burgess
Guia Jansen
Laura & Terry Knight
Lee Knowles
Mack MacVicar
Mark Olson
Norma Jenkins
Paul Loree
Lee Knowles
Rose Milanovich
Shirley Phillips
In Memory of Mrs. Joy Ford
Theresa Claire

Environmental Enhancement Fund

Richard Aronowitz & Kevin Soyt
*In Honor of Don Williams
80th birthday*

Foundation Unrestricted Fund

Anne Swoboda
Barbara Shankweiler
Beth Hand
Bruce McBean

Clark Rechkemmer
In Memory of John Mahoney
Dana & Elizabeth Hardy
David Heger
Dennis Fitch
*In Memory of Frank Shulman
and John Mahoney*
Dorothy & John Romanelli
*In Memory of Raymond Sarik
and John Mahoney*
Elizabeth Swanson
Fred Schieferstein & Ken Shanahan
Helen Simon
Jacquie Anselmo
James Meyer
Joe and Paula Dziminski
Joyce Cuddy
Judy Houston
Karen & Pete Audet
In Memory of John Mahoney
Leo Bentz
Margaret Gerloff
Diane & John Dalsimer
In Memory of Mickey Cohen
Neil Burmeister and Robert Romano
Paul Loree
Peggy Golden
Reed Brown
Rose Milanovich
Suzanne Nemetz
Thomas Hampton
Tom McKay

Healthcare Enhancements Fund

Beverly Cardinal
Lee Knowles
Theresa Claire

Intellectual Enhancements Fund

Elaine Re
Gloria Chekanow
Theresa Claire
Thomas Hampton

Intellectual Enhancements Fund For The Village Arts Circle

Ada Kadin
Andrea Hipskind
Anne McVeigh
Barbara Hirschhorn

Barbara Morningstar and Michael
Featherstone
Barbara Shankweiler
Beth Hand
Bill & Judy Sullivan
Jan Mallow
Carol Frei
Carol Kitson
Carol Redd
Carole Antilla
Clark Rechkemmer
Constance Shank
Daneen Manalac
David & Jackie Bayer
David Eccleston
David Barnett
David and Nancy Voneida
Denise Snuszka
Dora Davis
Doris Christian
Dorothy Krause
Dorothy Romanelli
Bruce and Jane Burgess
Elizabeth Cobb
Felicia Saunders
Mitzi Doumar
Frances Martin
Fred Schieferstein & Ken Shanahan
Gail Klevay
George Clark
Gloria Chekanow
Helen Calvit & Rhonda Wardlaw
Jane Hart
Jane Middleton
Jay Shah
Jeannette Jordan
Karen Atkins
Laura & Terry Knight
Lawrence Culler
Linda Daly
Marcia Ellington
Marge Gibbons-Kilroy
Marianne Jackson
Mark Levey & Ken McAlice
Mary Fehrenbach
Mary Louise Morley
Milton & Judy Baker
Maria & Terry Blagg
Nancy Patrick
Patricia Petrocelli

Continued on page 21

Donations To The Village

Continued from page 20

Rachael Pope
Reed Brown
Richard Huitema
Robert & Bonita Miller
Ron Webb
Russ Robinson
Terry Colli
Theresa Claire
Thomas Keenan
Tom McKay
Vincent Zito

Resident Assistance & Inouye Support Fund

Carol Kitson
James Ambrose
Janet Hunt
Mark Brown
Richard Aronowitz & Kevin Soyt
In Memory of Mickey Cohen and in honor of Tom Peterson's 80th birthday

Resident Music Endowment Fund

Amy Barrow

Spiritual Enhancements Fund

Anne Swoboda

Staff Professional Training Fund

Gail Klevay
Rose Milanovich

Transportation & Mobility Fund

Bruce Voelkel
David Heger
Donald Patriss
Fred Schieferstein
Robert Kelly

Physical Enhancements Fund

David Haun
Samuel Profeta

If a JKV resident's HIPA preferences, submitted to the JKV Corporate Compliance Officer, indicate that they do not wish their name to be listed in JKV Media, the JKV Foundation will respect this and exclude their name from this donor recognition list. The JKV Foundation values residents' privacy preferences and appreciates all donations.



Brenda Avadian, with The Caregiver's Voice, discussed "Changing the Narrative on Aging Greatly as a Caregiver," during the Foundation-sponsored Aging Greatly symposium.



The JKV Foundation's Aging Greatly keynote speaker was Dr. Corinne Auman, who is president of Choice Care Navigators and discussed "Keenagers: Telling a New Story about Aging," during the November event.



Students and their teachers from Broward Children's Center performed holiday songs that blended music, movement and creativity. For 53 years, Pompano Beach-based Broward Children's Center has provided medical, educational, therapeutic, recreational, daily living and advocacy services for infants, children and young adults with special health care needs.

Bringing The Honor To John Knox Village

D.C. Flight Provides Overdue Recognition

Continued from page 7

battalion which helped construct the telephone system for the country. After receiving an advanced degree at American University, he taught computer science in the Army for 11 years. He also served two tours in the Pentagon.

Farrell was accompanied on his Honor Flight by his daughter Nancy. His son John, who is also a West Point graduate, tagged along with them on the tour. He said the most exciting part of his trip was seeing the police and fire departments on every overpass with their lights flashing in honor of his bus. He choked up when he boarded the plane and was handed a packet of letters written by grade school students, wishing him a happy trip and congratulating him on his service. "The whole thing was very well arranged," he said, "It was a long day but very impressive."

Other JKV veterans who have taken an Honor Flight include the highly decorated Major General Bernard "Burn" Loeffke, who served in combat for four years in Vietnam and later served as the commanding general of the U.S. Army South, as well as David Thomson and David Somers.

Another JKV veteran who is deeply involved with the Honor Flight program is Westlake resident Bob Atkins. After attending college for a few years Bob took a job in the flight test division at Grumman Aircraft on Long Island. He was drafted the following year. He knew he was headed to Vietnam so he joined the Army Aviation Corps.

"I decided I'd rather fly over them than walk through the jungle," he said. Bob attended helicopter training school in Alabama and was assigned as the crew chief on a rescue and recovery helicopter in Vietnam during 1967-68.

"We had just one mission," Bob

said, "to rescue the crew if a U.S. helicopter went down. We would sit on the outskirts of the combat zones. If a U.S. helicopter went down, we went in immediately to rescue the crew. Sometimes we got air support and sometimes we didn't. We'd go in anyway because there were lives on the line."

As crew chief, Bob was responsible for all maintenance to keep his helicopter in the air at all times. It wasn't unusual for him to return to base in a helicopter with bullet holes through the tail boom or even a rotor blade. Ignoring Army protocols, Bob would use heavy duct tape to patch the holes and secure the rotors.

"We were never down for more than one day," he said. In addition to his maintenance responsibilities, Bob also manned one of the two machine guns on board from his open-door seat on the helicopter.

Bob's return home from Vietnam was a nightmare. When his plane landed in California, the soldiers on board were told to change into civilian clothes and not wear their uniforms off the plane so they wouldn't be recognized. It didn't work.

"People could tell we were soldiers because we were still wearing our combat boots. We had rocks thrown at us. People spit at us, they called us names. It was terrible and completely unexpected," he said.

To this day Bob has only spoken publicly about his military experience a couple of times, including last year when he was the featured speaker at the JKV Memorial Day Ceremony. One of the benefits of serving was the G.I. Bill, which paid for Bob to finish his college education and enabled him to embark on a successful and rewarding career.

Bob first heard about the Honor Flight program from a friend about

eight years ago. At that time the program was only open to World War II and Korean War veterans, so Bob volunteered to become a Guardian.

He took his first flight on a plane with 140 veterans on board—70 WWII veterans and 70 Vietnam veterans serving as Guardians—and he was hooked. He served as a Guardian three more times until he turned 72, which is the age limit for Guardians.

"I decided I have to keep doing this," he said. He volunteered to do anything he could for the program. He's been on almost every Honor Flight out of Ft. Lauderdale since then. He is not eligible to push an Honorchair, so he focuses on logistics, such as fundraising and speaking to community groups and schools.

He also serves as a bus captain on the trips, briefing the veterans, making sure they are comfortable and get everything they need, and most of all, making sure that no one gets left behind.

"It's very rewarding to me because I get to meet a lot of veterans and be with them all day," Bob said. "It's a lot of fun and at the same time very meaningful for all of the volunteers as well as the veterans."

Bob is working hard to recruit JKV veterans to take an Honor Flight. There are four flights a year out of Ft. Lauderdale, two each in the spring and fall. He already has five JKV veterans signed up for flights next spring.

If anyone is interested in taking an Honor Flight or just learning more about how they can support the program, they can contact Bob at 203-521-2090 or by email at TheFaucetGuy@gmail.com.

This is Bob's way of giving back to veterans and he would love to hear from you.

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.



Celebrating Our Amazing 2024 Accomplishments

Continued from page 3

These Collaborations have led to the boosting of both resident satisfaction and trust in our administration.

It's incredible to see how working together brings such positive changes in our community. This year, we took our commitment to safety even more seriously, especially during hurricane season.

By staying organized and in direct contact with our West Coast partners, we were ready for anything. Knowing that we could offer help to others in need made our community even stronger.

I'm also thrilled to share that JKV is now ranked among the top five single-site Continuing Care Retirement Communities (CCRCs). This recognition reflects the hard work and dedication of our entire team, ensuring our residents receive the best care possible.

Additionally, we received a favorable rating from Fitch, marking a significant turnaround in our financial stability. (See full story on Page 5).

In fact, over the past two years, we've posted our best financial results in JKV's history—what an accomplishment.

On the operational front, we had a smooth transition in our Housekeeping department with Xendella, which led to even more benefits for our residents.

Our commitment to quality service is evident throughout our community, from our front desk staff to our EMTs and Security. Plus, enhancing our staff training has improved security while keeping the focus on hospitality.

I'm proud to say that our Emergency Medical Technicians (EMT) program rolled out successfully this year. This initiative ensures that we're well-prepared to respond quickly to any medical needs, making our community a safer place for everyone.

From the Renovations team, approximately 75 units were spruced up, and we kicked off several exciting projects that enhanced our community's appearance and functionality. Some highlights include

the completed Rose Garden project and getting design and permitting underway for Village Towers.

On the NexDine Dining Services front, we were fortunate to welcome a new Campus Vice President of Dining & Hospitality Greg Girard, as well as Food & Beverage Director Ulas Gungor respectfully. Their fresh ideas and focus on management training have already made a big impact, including a remarkable 40 percent increase in catering revenue. Speaking of catering, our culinary scene has truly come alive.

We revamped our wine menu, enjoyed fun wine and cocktail classes, and hosted special dinner events, which have been a hit among residents.

The opening of BV's French Press and Wine Bar and the Westlake Eatery brought even more dining options, and we loved receiving such positive feedback on our new staff and menu enhancements.

In our kitchens, we made a commitment to fresh food by creating all salad dressings from scratch, providing nutritional information for every menu item on JKVConnect. Our Dining Committee played a huge role in shaping these new initiatives, and we've enjoyed seeing our residents engage and share their insights. Looking towards the future, we've got even more exciting projects in the pipeline.

The design and permitting for the Gardens West and East Lake projects have started, and we're gearing up for the East Lake project as well. The renovation of The Woodlands' kitchens has begun, and we've worked hard to meet our budgeted financial targets.

On the healthcare front, here are some noteworthy accomplishments:

- The team has worked hard to consistently maintain a 95-plus occupancy percentage in The Woodlands and Seaside Cove.
- Overtime has been reduced from 5.5 percent in January to 2.7 percent in October
- Added additional health care plans for Managed Care (United Health Care and Aetna)

- Medicare Reimbursement increased to \$600-plus per day
 - Healthcare revenue margins improved year-to-date
 - Received CMS (Centers for Medicare & Medicaid Services) stars from 3 to 4 overall star-rating
 - Guide Minilik Belay won LeadingAge Southeast Emerging Leader Award
 - Jennifer Etienne earned her CORE certification for Assisted Living
 - David Rhodes, MDS (Medical Data Systems) Coordinator, became RAC Certified (Resident Assessment Coordinator)
 - Increased management presence on the weekends in The Woodlands and Seaside Cove with Manager On-duty Program
 - Kitchen Replacement Project progressing nicely throughout The Woodlands
 - Gardens West Renovation
 - Home Health Medicare License obtained, opening our Home Health Agency to another revenue stream
 - Passed the Community Health Accreditation Partner (CHAP) survey
 - AHCA Skilled Nursing Facility survey "good" with 6 deficiencies—the state average is 12
 - Jennifer Stevens, VP of Healthcare, obtained her preceptor certification: Will now have an Administrator In Training
 - Educating residents through Coffee Chats with our Community Engagement & Business Development Manager Kellie Camp Thomas and a wealth of local medical professionals and resources.
- In wrapping up, 2024 has been a remarkable year for JKV, filled with milestones that reflect our unwavering commitment to enhancing our residents' lives. It truly takes a village, and I want to extend my heartfelt thanks to our passionate staff, engaged residents, and our supportive board for making all of this possible.

Here's to continuing our amazing journey together in the coming years!

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

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



700 SW 4th Street, Pompano Beach, FL 33060

SNF1258096

Fitch Affirms John Knox Village At "BBB" Rating

Continued from page 5

operations, JKV operating performance has improved, with the operating ratio remaining below 100 percent over the last 18 months, after it averaged 109.9 percent in the prior five years. The improvement reflects a multi-pronged effort to contain costs, improve efficiencies, and grow sales.

As a result, in 2023, resident service revenue grew 6.4 percent, while total operating expenses grew by only 2.8 percent. The operating ratio was 96.6 percent in 2023, down from 107 percent in 2022, and the net operating margin improved to 10.7 percent from a negative 0.2 percent.

The improved performance carried over into 2024, and Fitch expects JKV to be able to sustain the performance given the additional revenues from the Westlake apartments, which reached stabilized occupancy in July 2024.

Additionally, management continues to implement strategic initiatives to improve performance. In 2024, this included adding additional insurance payors in its SNF, bringing over its highly rated IL dining program into the SNF, and adding dialysis contracts for higher daily reimbursement rates.

Over the last five years, Capex spending (money to upgrade fixed, physical or nonconsumable assets) averaged a high 436.6 percent of depreciation, reflecting the Westlake project. Westlake included the construction of a 15-story tower and an 11-story tower and the creation of a waterway connecting a newly constructed lake to an existing lake.

With the completion of Westlake, Fitch does not expect any major projects on the JKV campus. Capex is expected to be around depreciation. JKV plans to use the remaining \$5.7 million in unused Westlake funds for IL upgrades and the refurbishing of the Village Towers.

Capital spending is expected to be near depreciation. With Westlake completed, Fitch expects no major capital projects at JKV nor any sizable debt issuances. The base case shows gradual improvement to JKV's liquidity and leverage metrics and balance sheet accretion as the capex spending normalizes and cash remains steady.

MADS coverage is expected to stabilize at just above 2x. Fitch's stress scenario uses a liquidity stress specific to JKV's asset allocation and separate operational and entrance fee stresses. The stress scenario shows JKV's cash-to-debt levels thin for the rating level early in the stress but then steadily improving to levels more consistent with the rating in the latter years of the stress case.

DCOH remains well above asymmetric risk of 200 days in the stress case and so is neutral to the rating outcome.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHURCH SERVICE	CORAL RIDGE MALL WALMART SUPERSTORE ALDI	PUBLIX	WALMART SUPERSTORE POMPANO MARKET	TRADER JOE'S PNC BANK WALGREENS	PUBLIX
RESERVATION REQUIRED	RESERVATION REQUIRED	ONE TRIP ONLY	RESERVATION REQUIRED	RESERVATION REQUIRED	ONE TRIP ONLY
1st Presbyterian (Pink)	CORAL RIDGE MALL	Depart 8:30am Return 9:30am Heritage Tower Northeast Villas East Lake Westlake	WALMART SUPER STORE	TRADER JOE'S	Depart 8:30am Return 9:30am Cassels Tower South Gardens
10am	10:30am - 1pm 1st Mon. of Month		3rd Wed. of Month 9am - 11:30am	2nd Thurs. of Month 10am - 12:30pm	
Coral Ridge Presbyterian	WALMART SUPERSTORE	Depart 10am Return 11:30am Village Towers Lakeside Villas	POMPANO MARKETPLACE AND PLAZA	OFFICE DEPOT NORDSTROM RACK	
10am	1st Mon. of Month 1pm - 3pm		4th Wed. of Month 9:30am - 12pm	PNC BANK	Depart 10am Return 11:30am Village Towers Lakeside Villas
St. Coleman	ALDI	Depart 12pm Return 1:30pm Cassels Tower South Gardens	PUBLIX WALMART MARKET DOLLAR STORE ROSS DRESS FOR LESS JO-ANN FABRICS MARSHALLS TD BANK CHASE BANK BEALLS	CHASE BANK BANK of AMERICA, CVS, UPS, DOLLAR TREE	
10am	10:30am - 12pm 2nd Mon. of Month			WALGREENS PHARMACY	Depart 12am Return 1:30pm Heritage Tower East Lake Northeast Villas Westlake
Church of Christ				1st Thurs. of Month 10am - 11:30am	
10am					

Copies are available at the front desk of Village Towers, Heritage Tower, East Lake, Westlake, & Cassels Tower. Please make reservations through JKVConnect or the front desk Ambassador at the Towers. This does not encompass a comprehensive listing of businesses at each location and the provided information should be utilized as a reference. 11/24

— 2025 JKV SENATE EXECUTIVE COMMITTEE —

— Senate Officers —



Fred Schieferstein
President



David Barnett
Vice President



Sarah Crew
Secretary



Nancy Logue
Treasurer

— Committee Chairs —



Dick Huitema
Communications & Technology



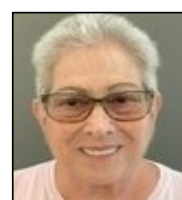
Ellen Isaacs
Dining Services



Ken Shanahan
Finance



Elizabeth Cobb
Health Services



Bonnie Lurie
Hospitality & Plant Operations



Marisol Simon
Legislative

— Resident Board Members —



Jane Burgess
Library



Vincent Zito
Life Enrichment



Bob Miller
Long-Range Planning



Richard Aronowitz



Tom McDowell



Clark Rechkemmer



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 CURIOSITY 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: Fred Schieferstein	HT 817
Vice President: David Barnett	WL 1304
Secretary: Sarah Crew	VT 422
Treasurer: Nancy Logue	SG 558
Resident Board Member: Richard Aronowitz	WL 1201
Resident Board Member: Tom McDowell	HT 718
Resident Board Member: Clark Rechkemmer	WL 1503
<i>Committee Chairs:</i>	
Communications & Technology: Dick Huitema	WL 411
Dining Services: Ellen Isaacs	SG 604
Finance: Ken Shanahan	HT 817
Health Services: Elizabeth Cobb	EL 110
Hospitality & Plant Operations: Bonnie Lurie	CT 1206
Legislative: Marisol Simon	VT 918
Library: Jane Burgess	WL 407
Life Enrichment: Vincent Zito	WL 1406
Long Range Planning: Bob Miller	WL 1301

JKV Broadway Series:
"Speak Easy"



**Tuesday, March 18 at 7 p.m.
in the CAC**

"Speak Easy!" is a celebration of the music made famous during America's Prohibition (1920-1933) starring award-winning vocalist Carole J. Bufford. With classics from the Great American songbook made famous by the likes of Sophie Tucker, Al Jolson, Bessie Smith, Louis Armstrong, Annette Hanshaw, and more, this musical extravaganza travels back to a time where flappers, vamps and sheiks were shimmying in gin joints as a whirl of great social and political change happened all around them. "It turns out that the great Sophie Tucker was not, in fact, the last of the Red Hot Mamas. That title now can be claimed by Ms. Carole Bufford." – The Wall Street Journal

JKV Residents \$25
Village Arts Circle \$20
Non-Residents \$30

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

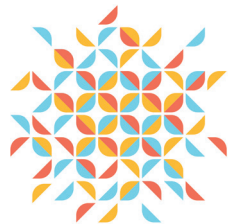


Our Mission Statement:

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**

