

In Loving Memory

John Quilleon | Veronica Moyer | Nathaniel Waiters | Marjorie Vining | Betty Patca | Leonard Stefanisko | Audrey Guyer
 Anna Dimitrijevic | Theresa Harris | Lizzie Armstrong | Donald Harding | Katherine McKnight | Maxine McNeilly

KNOX News



Welcome New Team Members

First Name	Last Name	Description
Shirley	Miller	Registered Clinical Nurse
Candice	Thomas	Certified Nursing Assistant
Samantha	Pascual	Dining Room Wait Staff
KeishaLe	Taylor	Environmental Services Technician
Charles A.	Andrus	Licensed Practical Nurse
Jeanine M.	Baker	Certified Nursing Assistant
Mary J.	Bauman	Certified Nursing Assistant
Kemar	Green	Dining Room Wait Staff
Ishmecka L.	Johnson	Licensed Practical Nurse
Kelsey A.	Korfhage	Certified Nursing Assistant
Jackisha	Weston	Certified Nursing Assistant
Leegerald	Wimbush	Dining Room Wait Staff

Team Member of the Month



Martha Valle

Team Member of the Month for MARCH 2017 is: MARTHA VALLE, Dining Room Assistant Coordinator in the Crystal Café.

Martha exemplifies the BayCare values on a daily basis. She is very friendly and respectful, always putting the residents' needs first. Martha goes out of her way to provide residents with what they like, contributing to a great dining experience. She works quietly and very efficiently, and gets the job done always with a smile. As a great team player, Martha helps others out when needed. Many times, she takes full responsibility of the Crystal Café and does an outstanding job. Martha is loved by residents and respected by team members.

Let's all congratulate Martha for a job well done!

Happy St. Patrick's Day!

Top of the morning!
Happy St. Patrick's Day!



I am writing this article from Tallahassee, FL. I am here to testify at the House HealthCare Appropriations Subcommittee. Last year, the Governor authorized a consulting company, Navigant, to come up with a new and improved way of calculating our Medicaid rate. Unfortunately, what they came up with has money going from high quality, higher cost facilities (like JKV) to lower quality nursing homes. There is nothing in the method that links the extra money to helping the nursing home provide better quality care. In other words, they can simply pocket the windfall. We stand to lose \$200,000 in the first year and \$600,000 each year after. LeadingAge Florida has introduced a new method that is much more equitable, and we are asking for that calculation to be considered.

administration. If you have paid an entrance fee, you are entitled to use a portion of your payments to John Knox as a tax deduction.

The canopies have finally arrived and they make the campus look fresh! The Construction Department is currently working on six apartments for new move-ins. They are always busy, and Marketing keeps them going. The Med Center is getting a new ice machine and therefore a little freshening up in the first floor dining room.

We will continue the presentation of the different departments each month at my coffee. This is an effort to help residents get to know team members as well as services offered and vice versa. February featured the Facilities department, come and see who is on for March! Coffee in March is on the 16th.

It is tax time again and the medical tax deduction forms are available at the front desk and in



We have a new residents "Meet the Staff" program that takes place about quarterly. All new residents are invited to meet the

people that will help them out face to face (housekeeping, facilities, coordinators, etc.). If any of you would like to go through that program either again or for the first time, please call Susan Johnson at 632-2422 and let her know.

Thank you for being the wonderful residents you are and for the opportunity to serve you.



Sincerely, **Lisa Lyons**,
Executive Director



MISSION STATEMENT

QUALITY – St. Joseph's John Knox Village is a Franciscan sponsored not-for-profit life care community that exists for the primary purpose of preserving the highest physical, emotional and spiritual quality of life of its residents. We are guided by compassion and respect for every individual's dignity and worth.

COMMITMENT – In fulfilling our mission, we have a commitment to our employees. We endeavor to make just and ethical decisions and to provide equal opportunity for employment, development and advancement. We will foster a sense of unity and teamwork and encourage the free expression of ideas.

RESPONSIBILITY – We recognize the responsibility inherent in the lifetime commitment to our residents to provide for their future security by practicing sound financial management.

OUR MISSION – We also believe that our concern and commitment extends to the community in which we live, work and serve. We practice good citizenship – cooperate with religious, charitable and educational groups in encouraging civic improvements, better health and education and in promoting human rights and social justice.

VALUES

DIGNITY — We believe in the dignity of the person, as one who is created by God.

REVERENCE — We believe in reverence for human life because it is a gift from God.

ACCEPTANCE — We believe in acceptance of every person who is associated with us.

COMPASSION — We believe in compassion that enables us to care for each person and to service those whom we minister.

HOSPITALITY — We believe in a hospitality that creates a welcoming, hopeful atmosphere.

Compliance Line, 1-877-OUR-DUTY (687-3889)

Highlights

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Bombs Away!

“You’re the bomb!” | “I sure bombed that exam.”
“He was bombed out of his skull.”

English is a versatile language. Who would ever have thought that it would be a compliment to have someone say to you, “You’re the bomb!” Who would ever have associated being intoxicated with the word “bomb?” If the origin of the word is of interest, a great article is available on Google: “Lexical Investigations: Bomb.” I discovered this just after finishing this article. In the 16th century, the word signified “a buzzing or booming sound.” However it has evolved, the first association we make when we hear the word “bomb” is one of war where bombs are used to devastating effect. The most significant weapon of WWII that ended the war, the devastating bombs Little Boy and Fat Boy dropped on Hiroshima and Nagasaki, were made right here in the United States in Oakridge, Tennessee (known then as Clinton Engineering Works, in 1949 it was re-named Oakridge, a city with such nicknames as “The Atomic City” and “The Secret City.”) It was one of three highly secret locales chosen by General Leslie Groves for the production of the atomic bombs. All civilian inhabitants were forced to evacuate their homes to make way for the 75,000 British, Canadian, and American employees who worked there from 1942–1945.

What does that have to do with the quiet, peaceful lives we live here? Well, tucked back in H building lives Allie Archer,

known by everyone as Chris. You’ll see her in the Gift Nook every Friday afternoon. She worked at Oakridge, designated as Y-12, a highly restricted area, for several months in 1945 during the time when the bombs were being completed and then dropped on Hiroshima and Nagasaki. She was there when General Groves spoke to the employees after the bombs were dropped.

Were she and her colleagues aware of the work being done? No. The security at Oakridge was so tight that none of the employees had an inkling of the work being done. Security was so tight that not even Eleanor Roosevelt was allowed in. “We had no idea as to what was going on,” Chris said. “No one was allowed to say anything at all. We were scared to talk, and were constantly being watched.” Every single shred of paper put in the wastebaskets was totally destroyed at the end of the day. Oddly, despite the intense security and secretiveness in the workplace, getting hired to work there was a breeze. “No background check was done,” Chris told me. “They just trusted that what we told them was true.” If you applied, you were hired, and THEN the intense grilling began. New hires were shown several films about the various types of sabotage. Her life and the lives of the newly hired were scoured down to nearly the second they took their



first breath. Once approved, they underwent weeks of intense training before they could actually start their work. Chris said she found it an enjoyable job, if somewhat intimidating. She was dating at the time, and her boyfriend, a college student, encouraged her to continue college and get her degree. She did eventually: her MRS.

Three years later Chris became an insurance agent for Aetna, a job she held for 40 years. It probably means nothing, but one wonders if, having spent several months in close proximity to a couple of atomic bombs, she might have felt the insurance field safer and more appropriate. Moving over to Aetna led her to move to Florida, notably Miami and Tampa. She may have moved away from real bombs, but some of her cases for Aetna involved the Mafia. Bombs of another sort? At least she was insured.

Submitted by Susan Harrison, JKV Resident

What’s New in Food Service this Month?

March is National Nutrition Month, so here at John Knox Village we will be implementing a theme of “Nutrition for a Better Tomorrow.” We won’t just focus on food and nutrition. We will also include other components of health and wellness.

We are going to kick off the month with a pancake breakfast that will include whole wheat pancakes and turkey bacon; we’ll play a game of Simon Says, and stress balls will be passed around. During the month of March, we will be conducting a fruit and vegetable challenge. During the challenge, you keep track of the number of servings of fruits and/or vegetables that you eat each day and receive one point for every serving that you eat with the prize at the end of the month for the person who accumulated the most points. .



We will also have four weeks dedicated to nutrition with each week having a new theme. Week 1 will be “Physical,” Week 2 will be “Community,” Week 3 will be “Environmental,” and Week 4 will be “Well-being.”

Physical week

We encourage you to take a look at John Knox Village event calendar for the month of March. We have plenty of physical activities that you can participate in including yoga, circuit training, Tai Chi, shuffleboard, Wii Bowling and Wii Golf. We will also have a presentation on the benefits of walking and exercising.

Community week

We will be conducting a food drive.

Environmental week

We will set out on a nature walk along with a brief lecture on making the environment a better place.

Well-being week

We will discuss a handout on sleep hygiene as well as bringing all three initiatives together to promote overall health.

Fruits and Vegetables for the Month of March

- 1 Canistel** (Egg Fruit) — a glowing yellow, waxy skinned fruit with a pulp that has a consistency of a hard-boiled egg yolk. While highly favored in the tropics, it is seldom grown in the US.
- 2 Tamarillo** — an egg-shaped edible fruit native to Central and South America
- 3 Feijoa** — also called the pineapple guava, is an egg-shaped fruit with a lime-green skin, and is native to South America
- 4 Red banana**
- 5 Kiwano Melon**
- 6 Guava**
- 7 Green Onions & Leeks**
- 8 Grapefruit**





March Birthdays

Mildred Buchwald	March 1	William Taylor.....	March 14
Herbert Stanbro	March 1	Marie Ciarlone	March 14
Deborah Adkins.....	March 1	Joseph (Richard) Clary	March 16
Carole Flagg.....	March 3	Migdalia Rodriguez.....	March 16
Frederick Holler	March 3	Donald Murray	March 17
Loretta Hardy	March 3	Willie Longoria	March 18
Susan Howard	March 4	Jean Pawliczek	March 19
Donna Keffeler	March 1	Gerard Wehle.....	March 20
Marion Swain	March 4	Margaret Lima.....	March 22
Eleanor Wehle	March 5	Doris Gebhardt	March 25
Christine Barrett	March 6	Marcella Cornett.....	March 26
Katherine Suveges.....	March 7	Luis Alarcon.....	March 26
Gladys Burchette.....	March 9	Betty Crow	March 27
Lois Glover.....	March 11	Janet Maxwell	March 27
Margaret Shelton.....	March 12	Allie (Chris) Archer.....	March 28
George King.....	March 14	Harold Morris.....	March 29
Susan Vastine.....	March 14	Lucia Uglialoro	March 30

Jeanne Clark B-206

Jeanne was born in Gainesville, Florida, and recently moved from Sarasota, Florida. She has two children, five grandchildren, and seven great grandchildren. Jeanne is proud of her family and enjoys playing bridge, painting, and reading. She is a Florida native, a Gator fan, and a very private person. Jeanne looks forward to her new life here at John Knox Village and participating in playing bridge and painting activities.

William "Bill" Gandy H-204

Bill was born in Birmingham, Alabama and has lived in Florida for 42 years. He has two children; his son lives in Tampa and his daughter lives in Columbus, Ohio. He also has 5 grandchildren and 3 great grandchildren. Bill is proud of his successful children and his career as a Pastoral Counselor. He enjoys reading, computer, and meeting new friends. Bill is excited about moving to John Knox and participating in water aerobics, exercise with physical therapy, and enjoying our activities.

Joseph Schuette D-101

Joseph was born in Racine, Wisconsin. He has lived in Florida for 60 years and comes to us recently from Tampa, Florida. Joseph has 2 daughters, 4 grandchildren, 7 great grandchildren and 1 great, great grandchild. Joseph is very proud of being an awesome golf player and a business owner. Joseph is very friendly and looks forward to his new life here at John Knox Village participating in trips and activities.



Sally Duato.....511-A
Jeanne Clark..... B-206
William "Bill" Gandy.....H-204
Joseph Schuette D-101

Honeymoon or Curse?

I expected my first few days as a new John Knox resident to be full, exciting, and slightly mysterious. I never dreamed they would be so dramatic and "unprecedented" (big media word) in the Village's history, according to several administrative personnel.

My family moved me in January 4 and by January 5, I was ready to start settling in, to begin unpacking boxes, and deciding where pictures should be hung. I loved my little apartment, and residents and staff, from CNAs to directors, had greeted me warmly. I knew this was a friendly place where I would be safe and not have to worry about my new home's financial stability or the disastrous maintenance problems I witnessed where I lived before. This was "gonna" feel like a honeymoon.

Who would have guessed that a squirrel living on Fletcher Avenue would shatter my serenity by eating through an electric wire and completely dismantling service for several blocks including the JKV campus? Luckily, the weather was cool for January and it happened early morning so we could do without air conditioning for a while. Still, computers, televisions, refrigerators, lights and everything electric went out in the tower where I live and in the

midrise buildings. Generators did service some elevators and vital functions in the med center.

By Thursday, my second full day, most electricity was restored and I was assured that all would be well again soon. However, as I stood inside my apartment door ready to leave for lunch, I heard a large blast and the words "Residents, please stay in your apartment, a water main has broken." "How could this affect me?" I wondered. The honeymoon phase was still in full swing. But then I looked down and saw water gushing under the door. I rang for help as the flood, and me, moved faster and further into my living room until I was almost to the outside wall of my apartment. In what seemed like forever but was actually only a few minutes, I was rescued and brought to the lounge area where I, along with other resident who were affected, were offered food, drink, blankets, comfort and compassion. Again, I heard that nothing like this had ever happened at John Knox before, and I began to wonder if I had brought the "curse of the goat" here after it was finally dispelled when the Chicago Cubs, my hometown team, won the World Series last November. Of course, I told myself that's a fantasy. The strange occurrences will soon stop so don't dwell on that old wives' tale that says events

happen in threes. On the third day, a Friday, the dishwasher on my floor stopped working.

Of course, this story has a happy ending. The staff was wonderful and very accommodating. Electricity was restored as quickly as possible, and the dishwasher was back into commission within hours. The aftermath of the deluge was more complicated. Most of my boxes were wet and had to be unpacked immediately. David and Orlando from Maintenance worked with me until we finished very late into the afternoon. I did receive an unexpected benefit: I was completely unpacked by the second full day in my apartment. I know staff worked with other residents affected by the water, moving furniture and drying up apartments and hallways until all was secure and safe again.

Neither Honeymoon nor Curse truly describe my first three days. But Caring and Helpfulness do. I received a big amount of those from staff, and that continues until today, February 9, my thirty-fourth day. But here's what's wonderful about living here: those words also describe my fellow residents... in spades. One of my new friends says she includes the fact that she lives in this genuinely friendly place, safely and comfortably, in her daily gratitude list. I second that.

Submitted by Lydia Lombardo, JKV Resident

John Knox Wellness Program 2017

You will be given a Well-being tracker sheet. This program rewards you based on your participation. You will be in charge of keeping track of your own personal well-being. On the tracker sheet, you will be able to keep track of how many different wellness activities you participate in each month. Each activity is worth one point. At the end of each month, turn in your Well-Beeing tracker sheet to the Front Desk, where they will add the points up. Prizes will be given out once you reach a specific point tier.



Bee-ing Active:

- Fitness with Therapy class
- Walking Club or walking for 30 min. daily
- Swimming / Aqua Aerobics Class
- Using the exercise equipment
- Tai Chi
- Yoga
- Dancing



Bee-ing Social:

- Cocktail Socials
- Breakfast, lunch or dinner with friends
- Outings
- Activities such as: Card games, Bingo, Wii Games, Rummikub, Phase 10 and Bunko
- Quality time with friends and family
- Volunteer at John Knox
- Blue Notes Band Tuesday Night

Bee-ing Grateful:

Reminding yourself of what you have to be grateful for and recording your gratefulness each day helps to cement how thankful you are. It doesn't matter how difficult your life is at the moment, there is always something to be thankful for, some shining light of gratitude. Finding that will help you deal with the other parts of life.

Bee-ing Mindful:

- OLLI Classes
- Reading
- Mind games
- Brain Fit Class
- Healthy Food Choices
- Understanding your medicines
- Clutter free living environment

Bee-ing Spiritual:

- Meditation
- Bible Study
- Mass, vespers, or morning prayer



If you are interested in participating, please call Laurie Ferguson at 632-2407.

2017 Winter/Spring OLLI-USF Classes at John Knox Village

“Beginning Bridge: the Card Game for Everyone”

(Jim Young)

Time: 2:30 p.m. to 4:00 p.m.

Where: Crossroads Village Center 2nd floor

When: Mondays – March 6, March 13, March 20, March 27, April 3, April 10, April 17, April 24



“The Many Faces of Terrorism”

(Mike Pheneger)

Time: 10:00 a.m. to 12:00 p.m.

Where: Crystal Dining Room

When: Tuesdays – March 21, March 28, April 4, April 11, April 18, April 25

“Advanced Investing”

(Rudy Fernandez)

Time: 1:30 p.m. to 3:00 p.m.

Where: Crystal Dining Room

When: Thursdays – March 16 & March 23



“Staying Safe Online For Seniors”

(Ciera Lovitt)

Time: 10:00 a.m. to 1:00 p.m.

Where: Crystal Dining Room

When: Friday – April 7

Attention JKV Residents!

Would you like to show off your new home to your friends outside of John Knox Village? How about throwing a Housewarming Block Party Event here at your place? We will help you host by providing wine and cheese. You may want to do it together with another resident. So invite your friends and show off your new home!

Please contact Melisa J. in Marketing if you are interested. Let's have some fun mingling with new and old friends.

REFER A FRIEND

Friendly reminder!

Refer a friend or family member to John Knox Village and reap the benefits!

For details, see the Marketing Department.

JK Employee Christmas Fund March 2017

3 months down — 9 months to go!

Hi All, Two months have passed by in 2017 for your contributions to be paid to the

JK Employee Christmas Fund. Are you up to date?

Remember, you can make your contribution monthly, quarterly, semi-annual or annually. All contributions must be in by November 30, 2017.

If you are new to John Knox: this fund replaces daily tipping to the employees that serve you on a daily basis both personally and behind the scenes.

The recommended contribution is one dollar per day for each JK resident. Without question I know I receive that much service from happy employees.

Just drop your contribution in the brown Residents Box mounted on the column of the Front Desk.

Remember, at our age, Christmas will be here before we know it

*Sincerely, Al Tolley,
Assistant Treasurer 2017*



St. Patrick's Day



Three-leaf Clover



Four-leaf Clover



Saint Patrick's Day Facts

- St. Patrick's Day is a celebration of Irish pride and heritage. Saint Patrick was a British-born priest and former slave who is known for converting the Irish to Christianity and chasing the snakes out of the country. He died on March 17, in the year 461 and was mostly forgotten. St. Patrick used the three-leaf shamrock to explain the Trinity to non-Christians. The leaves stood for the Father, Son, and Holy Spirit.
- Approximately 5.5 million pints of Irish Guinness stout are consumed on an average day. On St. Patrick's Day, nearly 13 million are consumed.
- Wearing the shamrock, a three-leaf clover is a St. Patrick's Day tradition. The official three-leaf clover is known scientifically as *Trifolium dubium* however clovers can also have more leaves. Four-leaf clovers are said to be lucky, however the odds of finding one are about 1 to 10,000.

Social Media Corner



<https://www.facebook.com/StJosephsJohnKnoxTampaBay>

We are connecting with our residents, families and the outside community through Facebook, YouTube, Instagram and our website. Keep up-to-date on the latest news and events happening at John Knox Village. See photos of residents enjoying fun activities. Please "LIKE" our page. We are now at 282 Likes.



YouTube Channel: St. Joseph's John Knox Tampa

See our newest commercial which initially aired November 2016 as well as video testimonials from residents on Tampa Bay's Morning Blend on ABC News on our YouTube channel. Please subscribe.



Website: www.stjosephsjohnknox.org

Access floor plans, activity calendars, events and current menus in independent, assisted living and the Med Center skilled nursing. You can request a tour or information from us on our site.



We have a **VIRTUAL TOUR** link available on our website to virtually experience all areas of our campus from Independent Living (Village), Assisted Living (Tower), to the MedCenter (Rehab and Long Term Skilled Nursing). See all the amenities we offer here!

Click on the **LIFESTYLE** tab to view our newest ABC commercial. Hover over **EXPERIENCE JOHN KNOX** and click on **TESTIMONIALS** and watch the resident interviews on Tampa Bay's Morning Blend on the ABC News station.



Instagram: St. Joseph's John Knox Tampa

Stay Connected!

Piano Lessons at JKV

Residents: If you are interested in taking piano lessons, please call Jean Mosher at 813-977-0782.

- Piano Instruction
- Musicianship Skills
- Music Theory
- Fundamentals of Music



Pastoral Care

Vespers Speakers for March | Sundays, 5:30 pm | In the Chapel

March 5.....Rabbi Ron Goldberg

March 12.....Rob Vanesco — Radius Church

March 19.....Father Andrew Heyer — Saint Clements Episcopal Church

March 26.....Rev. Steven Light-Sojourner — Presbyterian Church

Movie with the Chaplains for the Lenten Season

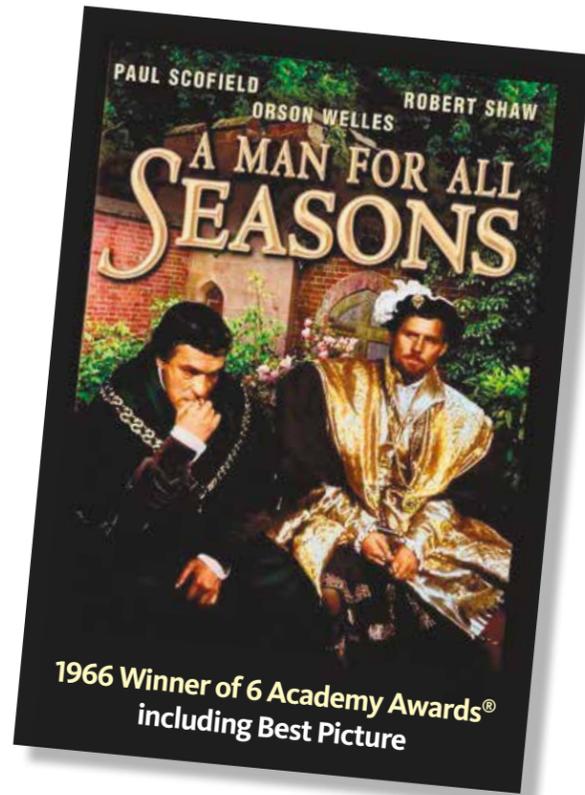
When Tuesday, March 21

Time..... 2:00 p.m.

Where Movie Room

When Henry VIII seeks approval from the English aristocracy to divorce his wife and marry a commoner, Anne Boleyn, Sir Thomas More finds himself caught between a murderous king and the powerful Roman Catholic Church. Best Picture, Best Actor and Best Director.

Come join the chaplains for movie and discussion.
1966 – Rated G – 2hr



Ash Wednesday Services

Distribution of Ashes at all Services

8:30 a.m. .. Mass — in the Chapel

10:00 a.m. Mass — Med center, 2nd floor

2:00 p.m. .. Communion Service — A/L 3rd floor

3:00 p.m. .. Ecumenical Ash Wednesday Worship — in the Chapel

Ash Wednesday, March 1, marks the first day of the 40 days of Lent. This time is dedicated to reflection, prayer and fasting in preparation for Easter. During Ash Wednesday services, Christians are marked on the forehead with a cross of ashes as a sign of penitence and a remembrance of their mortality.



Stations of the Cross

When Fridays

Time..... 3:00 p.m.

Where Chapel of Faith,
Hope and Love

Dates: March 3

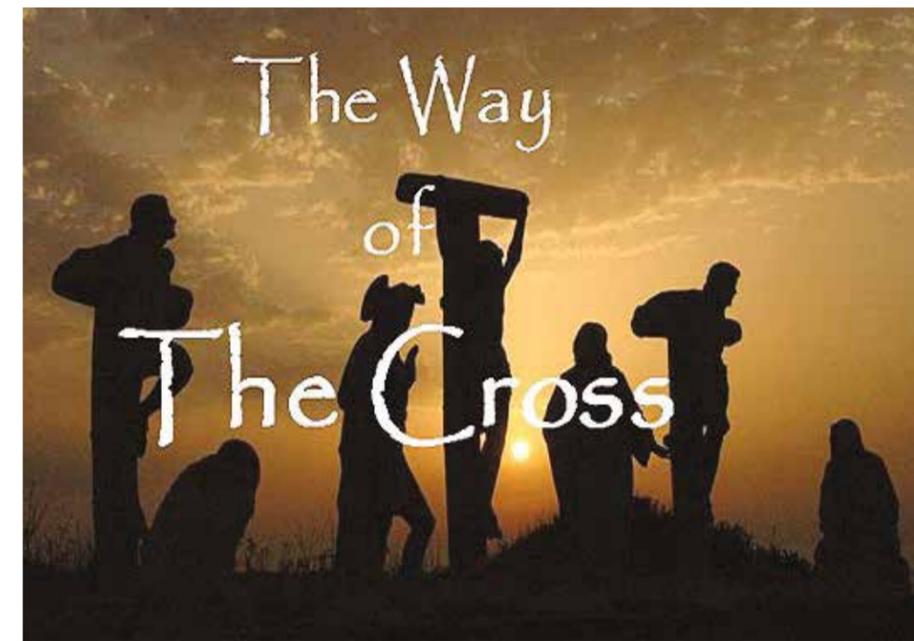
March 10

March 17

March 24

March 31

ALL ARE
WELCOME



Congratulations to Jessica Stephens, JKV Team Member of the Year for 2016!

Jessica started working for John Knox on May 11, 2015 as Receptionist for the main Front Desk. She was nominated for Team Member of the Month seven months later, and selected by the JKV Reward & Recognition Committee as our April 2016 Team Member of the Month. Jessica is always smiling and is extremely courteous, kind, and helpful when interacting with our residents and team members. She is always willing to help when the need arises. Residents constantly testify of Jessica's excellent

performance to her supervisors; she has proved herself to be an asset to this community. Congratulate Jessica, our 2016 Team Member of the Year!



Jessica Stephens



Jessica received her JKV 2016 Team Member of the Year Award from Dwight Hamilton, Front Desk Supervisor and Lisa Lyons, Executive Director.