

In Loving Memory

Mary Hicks | William Bailey | Charlie Jones
Alice Sweeney | Dr. Ralph Tennant



Have Email?

Have email? To receive email reminders of Trips and Activities, please go to the Front Desk and provide your email address in the Activities Book.

If you are interested in taking part in a Research Study, please provide your email address in the Activities Book. Thanks!

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)



JKV Team Member of the Month



Laura Rouco, RN in the Med Center, LTC Unit 2nd Floor

The Team Member of the Month Committee is happy to announce the selected Team Member of the Month for November 2017 is: Laura Rouco, RN in the Med Center, LTC Unit 2nd Floor.

Laura portrays the BayCare values to everyone she meets. She is kind, compassionate, trustworthy, and is dedicated and devoted to make JKV a better place for our patients. Laura likes to learn and has progressed in her education while working at JKV. She always goes above and beyond in her will to help others. Laura is an excellent nurse, and a great team player!

Let’s all congratulate Laura for a job well done!

You can congratulate Laura directly via e-mail at Laura.Rouco@baycare.org.

KNOXNews



Bang the Drum Slowly

Emmylou Harris adored her dad. In her eyes he hung the moon and lit the stars. He fought in World War II. After his death years later she wrote a song in tribute to him: “Bang the Drum Slowly,” which has now become in the eyes of many the most beautiful WWII song ever written.

In November we reflect on all the men and women who gave their lives for our country, and our world in the several wars in which our citizens so bravely fought and died. We are here because of the ungainly ragtag armies of the American Revolution and the Civil War. We remember the boys of World War I and those who after Pearl Harbor dropped what they were doing and enlisted, often without even asking their parents first. We think of the men who died in Korea. We remember Vietnam, the war which finally made us think hard about those sent to fight and to be ever grateful to all who wear the uniform no matter where they go or what they do, and to thank them. We think of all the men who slogged through muddy fields and bone dry deserts hungry and wounded but who still moved on rescuing and preserving inch by inch, life by life the lands of the free, the homes of the brave. We think of those who flew the dragons of the sky to clear the air for songs of liberty. We think of sailors who strode the mighty seas so that we could frolic and cavort, leap and dance in the waves. We think of

the women at home who in unprecedented numbers marched to munition factories to arm these brave men; the 350,000 women who enlisted and supported our troops overseas; the women of the Red Cross who built hospitals overseas, or who here at home created packages to send our soldiers.

We remember. We give thanks.

Outside of Washington, DC, is Arlington Cemetery. Its citizens lie in silent testimony to the need to preserve and defend that which we hold so dear: the United States of America, the land of the free and the home of the brave.

We think. We pray.

Thank you to those here in our community of St. Joseph John Knox who fought during wars for freedom or, while not on the battlefield, put your shoulder to the wheel and worked for liberty here at home or abroad.

“Gone now is the day and gone the sun
There is peace tonight all over Arlington...”
— Emmylou Harris, “Bang the Drum Slowly”

Submitted by Susan Harrison, JKV resident

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From the Executive Director

As I re-read what I wrote last month, I realize we were right in the throes of preparations for the hurricane. Now, as I reflect on the last 30 days, I am so thankful for our good fortune during the hurricane. We never lost power. I was sure we would, and believe me, I was never so happy to be wrong in my life! My sincere appreciation to all of our staff who went out of their way to make sure our residents felt safe and secure. It was really more than that; it was just family taking care of family. I am proud to work for an organization that has such high standards.

It has been a crazy month around here as right after the hurricane, five surveyors from the Agency for Health Care Administration (AHCA) came to do their annual survey. They are required to come annually and have a three-month window on either side of a year. Usually (at least during the last 11 years), they come in the very last month, but this year they were two months early! We strive to be survey-ready every



day of the year, but we all know we are on high alert when we are in our "window". I am happy to report that we are definitely survey ready every day! The Med Center team did a fabulous job and they left with only two tags, both of which

were minor and not related to patient care. Kudos to the team in the Med Center, and the food service, housekeeping and maintenance staff that support them! We celebrated with them at the Fall Family Festival in late October.

Since there were some tragedies on the other side of the state during the hurricane, Governor Rick Scott has imposed a rule that all nursing homes and assisted living facilities must have generators to keep the air cooled to an ambient 80 degrees, along with enough fuel to last for 96 hours. The current rule is that all critical care outlets, refrigeration and life safety be generated for 72 hours. We must be compliant with this rule in 60 days or we will be fined \$1,000 per day per facility. Well, it is impossible to

get that kind of work done in 60 days, so we are applying for a variance to not comply with the period. My thoughts are that it is the right thing to do, we just need more time.

This may be repetitive, but we still have not heard from our auditor with the State of Florida Office of Insurance Regulation. He was here in August for three weeks, working on the triennial audit. They are still not ready to give me an exit report, so when I get it, I will give you an update. Nothing surprising came up in the audit; I will report any issues and they will be posted in the main lobby document case.

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. We celebrated the Social Services department in October; come and see who is on for November!

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

*Sincerely, Lisa Lyons,
Executive Director*



November and Things To Remember

The air has a chill, the new moon aglow and here we are in November of 2017. First of all, thank you to each of you for making the flu shot process a huge success.

As we reflect on the things that we are thankful for, I can list so many that a forest of trees would be needed to provide the paper. November holds so many memories and days of recognition such as, the end of hurricane season, (I don't know about you but that makes me thankful), Veteran's Day, National Alzheimer's Month, American Diabetes Association Month, and so on.

But out of all of these there is one that every person who is a Medicare recipient needs to know and that is that it is Open Enrollment time for Medicare. I just want to give you some pointers to assist you or try to lead you in the right direction.

I know it can be very overwhelming, and all the help you can get is rewarding.

First, please make sure to do your homework if you plan to change your current plan. It is important to find out whether your current physician is still on the plan you are selecting or staying with since the new elections won't start until January 2018. Even though that doctor may be on the plan in 2017 does not mean they will continue to be in 2018.

Please research the plan and the benefits that would be awarded to you and make sure it meets your healthcare needs. If you need more assistance in your decision you can call 1-800-Medicare to see which plans are available in this area and use that information to gather information unique to you and your needs.

Medicare D which is the pharmacy plan falls under the same advice. Your local pharmacist may be able to help you by providing a list of plans that cover specific medications that not all plans cover. Open enrollment ends on December 7, 2017. By now most of you should

have received your booklet from Medicare showing updates for 2018.

You can also visit the website at CMS.gov for more information. I hope that this brief note helps you glide through this process smoothly and that everyone has a very Thankful November.

With Love,

*Sara Moyer, LPN and the entire
Home Health Team*

JKV Flea Market News

As of November 2017 the Flea Market will be open only on Mondays 10am-2pm.

Thank you for your continued support. Happy shopping and happy holidays!



***Be Healthy,
Wealthy, and Wise***

***But most of
all be Thankful
for all things!***

Employee Christmas Fund 2017

You now have only 29 days to make your annual gift to the John Knox Employee Christmas Fund. Santa has been window shopping and is anxious to distribute the GIFTS you have given all year. We plan to break the goal of \$55,000 we raised last year. Are you up to date?

The money raised in this fund is distributed to our employees each December. It replaces the age old idea of tipping which is nonexistent at John Knox. Let's imagine you are on a trip at a resort. You leave a tip for the maid, the food service in the restaurant or for room service, for the taxi, etc. At John Knox you also receive maintenance and laundry service without tipping.

If you need to make additional GIFTS this year just drop your check in the RESIDENTS' ASSOCIATION box attached to the Front Desk. Make your check payable to John Knox Employee Christmas Fund. The Grinch told me your gift is not tax deductible.

We wish you a safe and enjoyable Thanksgiving Holiday.

Sincerely,

Al Tolley, Assistant Treasurer



After the Storm

Funny, the air felt the same
the day before the storm as the day after the storm.
Same fat hovering clouds, same softly whirring wind.
Not usual for my tropic city.
My outlook over the pond appeared untouched at first;
but as I neared, a fragrance enveloped me
from the many strewn, broken pine branches.
The bunches of little orange fish flitted back and forth,
the hefty orange one breaking water now and then, as usual.
The bougainvillea on the terrace across the pond
continued telling its blazing purple story.
Only the unpowered water which bubbled
over the rocks in the pond was silent. So silent.
A reminder.

*Submitted by Lydia Lombardo, JKV Resident
October 12, 2017*

Walk to End Alzheimer's

St. Joseph's John Knox Village Assisted Living is participating and fundraising for the Alzheimer's Association.

There are two events:

What: Third Annual Walk to End Alzheimer's Mini Walk

When: Saturday, November 11 at 9:30 a.m.

Where: John Knox Village, Pond Area

What: Walk to End Alzheimer's – sponsored by Alzheimer's Association

When: Saturday, November 18. Bus from John Knox Lobby leaves at 8:00 a.m.

Where: Amalie Arena, Tampa, FL. Walk starts at 9:30 a.m.

Look for flyers around JKV announcing events related to bringing awareness to Alzheimer's disease. **All Donations Are Welcome!** If you'd like to make a donation to help end Alzheimer's, you may write a check to the Alzheimer's Association and give it to Michele Capurso, Director of Assisted Living.



AARP Smart Driving Course at John Knox Village

Refresh your driving skills and SAVE ON YOUR AUTO INSURANCE with the AARP SMART DRIVER COURSE!

You will learn:

- Defensive driving techniques
- Proven safety strategies
- New traffic laws and rules of the road

Plus, there are no tests to pass. You simply sign up and learn. Upon completion you could receive a multi-year discount on your car insurance.

Dates & Times: Friday, November 17, 2017

Location: 9:00 a.m. to 3:30 p.m.
Activities Room 3rd Floor B-Building

Cost: \$15.00 for AARP members
\$20.00 for non-members

Payment to AARP; check or money order preferred. AARP members must present membership card. All participants must present driver's license.

To register and for more information please call the Marketing Department at (813) 977-6361





- Henry DiStefano..... B-215
- Mitsuko & Richard Plunkett..... B-310
- Robert McDowell Apt 1112
- Richard & Joan Beeman..... K-205
- Joan Mayo J-115
- Barbara P. Vann D-204
- William & Betty Bailey Apt 315
- Hazel Wood..... Apt 608
- Marvin Jones, Sr..... Apt 626
- Betty Whirley Apt 318
- Mary Morrissey Apt 517
- Johnnie Mones D-101

Richard & Joan Beeman K-205

Richard was born in Kansas City. He worked as a computer systems analyst; he enjoys photography and reading. Richard has traveled to 16 different countries and so has a great sense of the human interest aspect of world affairs.

Joan was born in Brunswick, Maine. She enjoyed being a Pediatric Registered Nurse and worked at USF Health Center; Joan also volunteered as a parish nurse for 12 years. She enjoys reading and gardening.

Henry DiStefano B-215

Henry was born in Tampa, Florida and has lived here for 83 years. As a teacher he's very proud of achieving a BS in Education, graduating from the University of Tampa, also being the President of the Lyons Club. Henry enjoys playing golf, watching sports and gardening.

Joan Mayo J-115

Joan Mayo was born in Sylvester, Georgia and has lived in Tampa, Florida for 75 years. Joan has two daughters. Joan is very proud of her daughters and enjoys gardening, reading and volunteering.

Robert McDowell Apt 1112

Robert was born in Dallas, Texas. Robert is proud of achieving his Bachelor of Science at the University of Tampa and enjoys playing golf, bowling, and watching sports.

Johnnie Mones D-101

Johnnie was born in Tampa, Florida. She has two sons. Johnnie is very proud of her sons and their achievements. Johnnie enjoys her crossword puzzles and reading.

Richard & Mitsuko Plunkett B-310

Richard was born in Philadelphia, Pennsylvania. Richard is very proud of being a marine corporal and of his marriage to his wife Mitsuko. He enjoys fishing, reading, and surfing the internet.

Mitsuko was born in Japan and has lived in Florida for many years. She enjoys being a homemaker, gardening, sewing, reading, and listening to music. Mitsuko is very proud of her 40 years of marriage with her husband Richard.

Barbara Vann D-204

Barbara Vann was born in Ridgewood, New Jersey; her sister Susan lives here at John Knox. Barbara worked as an executive secretary, enjoys reading, Bible study and volunteering.

Happy Thanksgiving!



We will begin accepting reservations starting November 1. Please call (813) 632-2322 or sign up with a coordinator.

Thanksgiving Day Buffet

Skylight Dining Room | 11:00 a.m. – 2:00 p.m.

****Reservations Required****

Guest: \$15.99, IL Resident \$12.99, AL Resident \$8.99

Thanksgiving Day Meal

Crystal Dining Room | 11:00 a.m. – 2:00 p.m.

****NO Reservations Required****

A la carte pricing

*Remember we have the produce co-op every Thursday. Sign up by Wednesday in the Crystal Café or Skylight Dining Room. \$20 per box, \$10 per half box. For every box purchased one box is donated. As of now, 3,000 pounds of produce has been donated to Our Lady of Guadalupe! Help us reach our goal of 5,000 pounds!

Welcome New Team Members

FIRST NAME	LAST NAME	POSITION
Marie	Cooper	Director, Nursing Services
Mutiu	Gbadegesin	Licensed Practical Nurse
Melissa	Jacques	Licensed Practical Nurse
Janet	Lowe-Craney	Certified Nursing Assistant
Mackenzie	Marsh	Certified Nursing Assistant
Minsook	Park	Registered Nurse II
Latesha	Askins	Registered Nurse
Rodrigo	Capurro	Licensed Practical Nurse
Luann	Ligon	Social Services Specialist
Heady D.	Marrero	Registered Nurse II
Daisia V.	Parrilla	Certified Nursing Assistant
Hannah K.	Sura	Licensed Practical Nurse
Xavier	Gaskew	Dietary Aide
Rose	Warren	Certified Nursing Assistant



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.



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 over 300 Likes!



YouTube Channel: St. Joseph's John Knox Tampa

See our commercials and 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!



November Birthdays

Beryl Rosen	November 1	Susan Jordan	November 16
Chung Chu	November 1	Lois Williams	November 17
Joan Parkhurst	November 1	Julie Blackmer	November 17
Margaret Hurst	November 2	Eula Drummond	November 19
Margaret Cox	November 3	Bernita Schnetzer	November 19
Sr. Mariellen Blaser	November 3	Lennie McKinley	November 20
Clara Cooper	November 3	Irva Barbour	November 20
Ronald Stiens	November 5	Sarah Renn	November 21
Rose Leitheiser	November 5	Thelma Hollister	November 21
Carolyn Frye	November 5	Ava Justice	November 22
Patricia Cook	November 6	Henry DiStefano	November 22
Claudia Behr	November 8	Lillian McFadden	November 22
Hilda Royal	November 8	Estella Thorp	November 23
Garcia De Caceres	November 8	Sally McLaughlin	November 24
Ann Bayer	November 9	James Fesmire	November 24
Linda King	November 9	Amada Rizzo	November 24
Aileen Lewis	November 10	Betty Baise	November 25
Dorothy James	November 11	Nancy Neher	November 26
Giles Armstrong	November 12	Hazel Wood	November 26
Roger Sturdevant	November 12	Phyllis Bearss	November 26
William (Bill) Howard	November 12	Dewey Harris	November 26
Patricia VanCleve	November 12	Loma Booth	November 27
Joan Mayo	November 15	Anna Ford	November 27
Rosario Ciccarello	November 15	Arie Brannan	November 28
Dorothy Chance	November 15	Thomas Vann	November 30

What's New In Food Service This Month?

This Month's Specials

Wednesday, November 1.....Surf and Turf Night
 Wednesday, November 8, 15, 22 & 29Fine Dining Night
 Friday, November 10, 17 & 24.....International Night

Come join us for our November Specials in the Skylight Dining Room from 4:00 p.m. to 6:00 p.m.



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!

If you are interested, please contact Melisa J. in Marketing at (813) 632-2330.

Pastoral Care

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

- Nov. 5** Rev. Robert Shaw
Temple Terrace Presbyterian
- Nov. 12** Fr. Jerry Stadel
St. Andrew Episcopal Church
- Nov. 19** Rev. Steven Light
Sojourner Presbyterian Church
- Nov. 26** Rabbi Ron Goldberg



Community Service Project: Operation Brown Bag

Tuesday, November 28, 2:00 p.m. in the PDR

Join together with the Chaplains to prepare Brown Bags for the homeless and hungry. Come and pack a homemade brown bag lunch to nourish someone in need. Each lunch will be packed with all the traditional items: sandwich, chips, cookies, water and a handwritten note.

All materials will be provided in part to the generous donations of our residents and food services.



Annual John Knox Memorial Service

Wednesday, November 8, 2017 | 2:00 p.m. | In the Chapel of Faith, Hope and Love

Join us as we remember all those who have died from September 1, 2016 – October 15, 2017. Come and honor friends and family. All are welcome and invited. Refreshments will be served following the service. If you have any questions please call Pastoral Care at 632-2396 or 632-2443.

Annual Pet Blessing was Memorable

On Wednesday, October 4, fall was in the air with a cool refreshing breeze. It was a perfect day to bless our pets in honor of Saint Francis. The blessing took place in the Prayer Garden. The pets present were all dogs: Puppe (owner-Elizabeth Krider), Lady Buster (owner-Phillip Leigh) and Lola (owner-Jean Willis's granddaughter).

Each pet was called by name and then sprinkled with holy water by chaplains George and Linda

to bless them. They all seemed to enjoy the sprinkle of holy water. A blessing was also said for those pets not able to be there. The pet owners present participated in the service. Sr. Dolores Wehle and Robert Gomez also enjoyed being there.

The service provided an opportunity to give thanks to our furry family members and to ask for God's continued blessings upon them.



Local Mission Trip Opportunity

When: Wednesday, November 29, 2017, 11:00 a.m.

Where: Meet in the Lobby

Cost: Free transportation. You will be responsible for the cost of your lunch.

Pastoral Care is journeying to Gaslight Park in Tampa to feed the homeless. We will be handing out lunches made on Tuesday November 28, at Operation Brown Bag by JKV residents and staff. Come experience being the hands of Christ for those often ignored. After we bless their tummies, we will head for lunch at a restaurant. Interested in going? Please sign up at the front desk. Any questions call Pastoral Care at 632-2396.

