

In Loving Memory

Fredrick Holler | Winifred Crites | Jerome Tomasello | Luana Perez
Dorothy O'Neal | Mary Iacino | Dr. Clinton Hackney

Welcome New Team Members

First Name	Last Name	Description
Krystal R.	Hughey	Dining Room Wait Staff
Kizzie	Johnson	Dining Room Wait Staff
Anita M.	Moore	Certified Nursing Assistant
Fabiola E.	Uriona	Certified Nursing Assistant
Sara Anne	Williams	Certified Nursing Assistant
Tierra S.	Witherspoon	Dining Room Wait Staff
Caroline M.	Towne	Move In Coordinator
Kenora	Finney	Certified Nursing Assistant
Heather	Fort	Certified Nursing Assistant
Felicia	Mullis	Certified Nursing Assistant
Rebecca S.	Townsend	Certified Nursing Assistant
Louina	Vilce	Certified Nursing Assistant

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



Linda Scrofani

The Team Member of the Month Committee is happy to announce the selected Team Member of the Month for MAY 2017 is: **Linda Scrofani**, Chaplain at JKV Pastoral Care.

Linda recently celebrated 25 years as a team member. Her colleagues describe her as the kindest, most compassionate team member and caregiver one could hope to work with; she gives 100% of herself to everything she does. Linda is completely dedicated to her patients, and sees to every detail when preparing for Mass, or other pastoral care services; her devotion to greeting, encouraging and ministering to the residents at JKV is remarkable. Linda is a model of consistency, faithfulness, and the BayCare values.

Let's all congratulate Linda for a job well done! (You can congratulate Linda directly to her e-mail at linda.scrofani@baycare.org.)

KNOX News

A Quiet Kind of Beauty

There is a moment in Tchaikovsky's Serenade for Strings when the music of the violins becomes almost unbearably beautiful taking over the mind and the soul. There is a moment when, approaching Iquazu Falls, Argentina, the nearly unbearable beauty of light and water and rainbows of the endless falls seizes the eyes and the soul. In the canyons of the desert, or in the deep mystical green of the redwood forest, there are moments of exquisite loveliness that forbid the use of words, that demand obeisance to the silence of the heart. In the vast wild and wonderful universe where our small planet spins surrounded by meteors and dying stars, we are nearly drowned in beauty.

And then there is reality. In the universe of our 24 hour days of adventure and fun, of quiet reflection, as well as the boredom of ordinariness, few of us are aware of the tiny little moments of kindness in our lives. Enmeshed in politics, interpersonal arguments and frustrations, the pressures of deadlines, the ennui of everyday life as we age and our world shrinks, we can so easily miss the tiny symphonies of kindness that people create, the sweet silent song of a giving heart.

Darlene Clossey, daughter of Beryl Rosen, is known to many residents as the creator of the very attractive and sometimes quite entertaining decoration of the common area in F building. Beryl Rosen and her husband, Jim, moved here in 2010, and from that time on F building's common area has become the hub of Darlene's creative spirit. Her childhood years were years of creativity inspired by her mother who gave her free reign to decorate her bedroom every year, no matter the color. Darlene learned to macramé, dressing every lampshade she could find in this artful manner. Her mom sewed and knitted and Darlene learned to do the same. Shortly after her folks moved in, Darlene took a look at the common area and saw a way to dress it up and brighten the hallway for residents. "I try to do something different every season," she said. "What I like the most is how to make it work. That, to me, is the most fun." Albert Hadley said it well: "Decorating is about creating beauty that nourishes the soul."

She changes the decorations seasonally, but when there is a dry spell, such as January, Darlene can create fascinating gems. One which is a favorite of many residents is the Teddy Bear picnic. Another is the interactive spring display where residents have to find hidden things: a



caterpillar or a butterfly, for example. Not too long ago there was a crazy hat day for the employees and residents. Those hats were quite creative. They were made by Darlene.

Darlene is the type of person who doesn't limit her generosity. Although she comes to help her mom, she is well known for being available when a need arises. I asked her what kind of things she does and without a moment's hesitation she replied, "Whatever is asked of me."

In this wild wonderful universe of ours where inanimate objects toss and tumble, shine or sparkle, there are those individuals on our planet who, like violets, blossom in a quiet kind of beauty: the givers. From her mother Darlene absorbed the beautiful gift of being a giver, of meeting a need wherever it occurs.

Submitted by
Susan Harrison, JKV resident

Highlights

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Memorial Day Facts and Trivia

When was Memorial Day first celebrated? Memorial Day was first celebrated on May 30, 1868. It was observed by placing flowers on the graves of Union and Confederate soldiers during the first national celebration. Gen. James Garfield made a speech at Arlington National Cemetery, after which around 5,000 participants helped to decorate the graves of the more than 20,000 Union and Confederate soldiers who were buried there.

Why is Memorial Day celebrated on May 30? Three years after the Civil War ended, on May 5, 1868, the head of the Grand Army of the Republic (GAR) established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared that Decoration Day should be observed on May 30. This date was chosen because flowers would be in bloom all over the country.

More Memorial Day Trivia:

- Memorial Day is a day of remembrance of those who have died serving our country.
- On Memorial Day, the flag should be at half-staff until noon only, then raised to the top of the staff.
- Red Poppies are recognized as the Memorial Day flower.
- “Taps” is often played at ceremonies on Memorial Day.
- Memorial Day was first called “Decoration Day” because of the practice of decorating soldier’s graves with flowers.
- New York was the first state to officially recognize Memorial Day.
- Flowers and flags are the two most popular items people use to remember soldiers.
- The south refused to honor the dead on Memorial Day until after World War I when the meaning of Memorial Day changed from honoring civil war dead to honoring Americans who died fighting in any war.
- Memorial Day was declared a federal holiday in 1971.

From the Executive Director

Spring is truly in the air and the campus is blooming beautifully!

Last month I wrote about the change in the Medicaid rate setting. At that time, Chair Jason Brodeur of the House HealthCare Appropriations Subcommittee decided to shelve the current proposed process. Since then, Florida Health Care Association (which represents the mostly for-profit organizations) has come up with their own version of this flawed plan because many nursing homes that are their members stand to benefit tremendously from the change. I was back in Tallahassee at the beginning of April to testify at the Senate Appropriations Committee meeting against this plan. Their budget passed with the plan in place. In order to pass a budget by the end of April, the House and the Senate will have to reconcile their differences during conference. We will be putting pressure on the House to stick to their initial rejection of this plan through a letter writing campaign. Thanks for your help! Nothing

is over until the “white hanky” is dropped at the end of the session... More to come!

Other news from Tallahassee is that the Office of Insurance Regulation (OIR) is trying to change the FL statute 651, which governs Continuous Care Retirement Communities (CCRCs). The changes in this proposal are not good for any of the CCRCs in the state of Florida. It includes a rule to have actuarial studies (costly) done every year, more reporting to the OIR, and having the state hold a reserve fund for refundable contracts. Residents would be paying an additional 2% to this fund. Most CCRCs are non-profit, and the money they make goes back into running the business. Increased costs would only be covered by increased monthly service fees. This re-write would make it extremely difficult for new companies to enter the business in Florida. LeadingAge members visited over 45 legislators to ask them not to vote for this, and many of them agreed that it was

too much to rush through this year. These bills have not been heard in committee, and it may not pass this year, but we wait and see...

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. April featured the administrative assistants and there is no coffee in May, as I will be on vacation for two and half weeks. Come and see who is on for June!

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



Sincerely, **Lisa Lyons**,
Executive Director



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

Apple Academy Presents: Healthy Tips When Eating a Salad

Hello everybody! For the month of May, we are going to discuss tips and tricks to turn yourself into a healthy salad connoisseur. Last month we had a discussion at our wellness luncheon and talked about different ways to improve your salad habits. I thought I would share the secrets of creating a healthy salad.



- Replace iceberg lettuce with baby spinach or dark greens. Spinach is packed with essential vitamins, minerals, nutrients, protein, fiber, and can also help lower cholesterol. And when it comes to leafy greens, the darker they are the more nutritious they are.
- Make sure you have a protein source. Protein helps build muscle, aids in digestion, balances hormones naturally, and also turns your salad into a meal. Some good protein sources you could add to your salad include nuts, beans, eggs, and diced ham or turkey.
- Go light on the dressing. Too much dressing can turn a healthy salad into a high calorie meal. Always go with the healthy oil based dressings like Italian or vinaigrettes. Blue Cheese, Ranch, and Thousand Island are the dressings with the most calories.
- Instead of pouring dressing on top of salad, get a sauce cup and put the dressing inside of it. As you eat the salad, you could dip each bite into the cup. This would result in using less dressing.
- Fried toppings, like croutons, and cheesy toppings add unnecessary calories to your healthy salad. To add crunch to your salad try whole wheat crackers, nuts, pita chips, toasted quinoa, and even popcorn. And if you still desire cheese, stick to a one tablespoon serving to keep your calories in check.

John Knox Employee Christmas Fund Reminder

- Did you have your apartment cleaned this month?
- Did you take a John Knox vehicle to a doctor's appointment, shopping trip, or a day trip?
- Have you needed a repair in your apartment and it was taken care of? By now you have figured out what I want to tell you about: The John Knox Employee Christmas Fund.

Last year, you donated over \$55,000, and it was shared with 358 Employees. The employee breakdown is based on regular hours worked.

The suggested donation amount for each resident is \$1.00 per day per person. If you have two people in your apartment, you pay \$2.00 per day. Your contribution is not tax deductible.

We make it easy for you to pay this at four different times per year: monthly, quarterly, semiannually or annually.

Where do you make your payment? As you face the Front Desk in the Tower, to your right you will see a brown Drop Box entitled Resident Association. Drop it in and that is it.

I think you will agree that the employees at John Knox are polite, willing to serve, and work hard to serve the residents. Remember! There is "No Tipping" during the year. Let's do our part to say "Thank You" for their service.

Sincerely, Al Tolley, Assistant Treasurer 2017



Photo taken at Residents' Association Meeting

John Knox Wellness Program 2017

You will be given a Well-beeing tracker sheet. This program rewards you based on your participation. You will be in charge of keeping track of your own personal well-beeing. 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 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
- Understanding your medicines
- Mind games
- Clutter free living environment
- Reading
- Brain Fit Class
- Healthy Food Choices

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 Spiritual:

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



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

The Florida Licensing on Wheels — Mini-FLOW

When: Tuesday, May 9

Time: 10:00 a.m. – 2:00 p.m.

Where: In the Crystal Dining Room

The Florida Licensing on Wheels (Mini - FLOW) Will be coming to John Knox Village.

By Appointment Only — Please call Marketing at 632-2331 to schedule your appointment



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!



May Vespers Speakers

Sundays, 5:30 pm | In the Chapel

May 7 Rev. J.P. Clouse

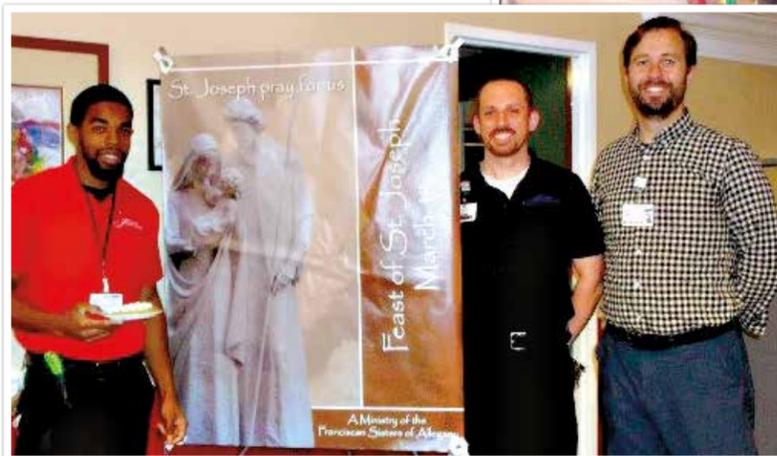
May 14 Rev. Troy Borst
— New Beginnings Christian Church

May 21 Rev. Briana Whaley — communion

May 28 Rabbi Ron Goldberg

Staff Enjoys Saint Joseph Cookie Bar

The tables were turned on staff members on Monday, March 20, when they were the ones being served! In celebration of Saint Joseph's Day, a cookie bar featuring a variety of toppings to decorate giant freshly made sugar cookies was set up in the Skylight Dining Room. Each team member decorated his or her own cookie to satisfy their individual taste buds. Many thanks to the Food Services Staff for providing everything to make this yummy event possible. The team members really enjoyed this creative and delicious treat.



Francis & Elva Currie..... E-107
Susan (Sue) Jordan.....H-209
Dolores Griffith..... D-104
Lorraine Rogers..... A-212
Florence Barnes..... 507
Ana Elliott.....902
Velma Jean Hudson.....605
Mary Louise Goins..... 411A

Dolores "Dee" Griffith — D-104

Dolores was born in Bethel Route 1, Ohio. She has lived in Tampa, Florida for 25 years. Dolores has one daughter who lives in Tampa, Florida, and a grand cat named Jake. Dolores is proud of her daughter and her daughter's achievements. Dolores enjoys playing board games and loves to read.

Susan "Sue" Jordan — H-209

Susan was born in Mineola, New York, and recently moved from Garden City, New York. She is proudest of completing her thesis for her Ph.D. She enjoyed being a teacher and seeing her students' accomplishments. Susan loves reading, sewing, games, knitting, crocheting, and cooking.

Lorraine Rogers — A-212

Lorraine was born in Oklahoma City, Oklahoma. She has lived in Tampa, Florida for about 17 years. Lorraine has two children; her son lives in Tampa and her daughter lives in California. Lorraine has

three grandchildren and three great grandchildren. Lorraine is proud of raising two remarkable children and having travelled to 58 countries. Lorraine is also proud of her achievement as the Teacher of the Year at South Area Education Center. She enjoys playing bridge and book clubs.

Francis and Elva Currie — E-107

Francis and Elva were born in Orlando, Florida. They met each other in 1951 and have been married for 63 years. Francis and Elva have two sons who both live in Tampa, Florida. They also have three grandchildren and six great grandchildren.

Francis is extremely proud of being a chief of three aerospace fuel laboratories in the Air Force Department of Defense. Francis still continue to work as a chemist today.

Elva is proud of raising a successful family, being chairwoman for the 1983 Bazaar at RAF Mildren Hall, and owning a gift shop. She enjoys studying genealogy.





May Birthdays

Robert DonnerMay 3	William McArthur.....May 17
Bobby CarlisleMay 4	Robert GomezMay 18
Juanita ParimoreMay 4	Elsie FoleyMay 20
Adalaide (Julie) CateMay 5	Rose CantrellMay 20
Virginia FatchMay 8	Herbert MooreMay 20
Joanne SippelMay 8	Walter Kaczmarek.....May 21
Charles Hagedorn.....May 8	Shirley ParkerMay 21
Larry HoffmanMay 9	George PaskMay 23
Barbara Baucom.....May 10	Catherine BarjaMay 23
Patricia Kooker.....May 10	Roger DierkesMay 24
Pauline Cole.....May 11	Marguerite MasinoMay 26
Ramon Valdes.....May 12	Kathy White.....May 26
Charlotte Tennant.....May 13	Billie Padgett.....May 27
Patricia McCracken.....May 13	Joyce DuboisMay 31
Lucien BoutinMay 15	David BusciglioMay 31

2017 Summer OLLI-USF Classes at John Knox Village

Basic Chinese for Fun — *Jingping Du*

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

Where: Crystal Dining Room

When: Tuesdays – May 16, May 23, May 30, June 6

Novel Ideas: A Look at Popular Fictions — *Susan Harrison*

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

Where: Activities Room

When: Tuesdays – May 23, May 30, June 6, June 13, June 20, June 27

Life Story Writing 1 — *Susan Maesen*

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

Where: Activities Room

When: Wednesdays – May 17, May 24, May 31, June 7, June 14, June 21

Staying Safe Online For Seniors — *Ciera Lovitt*

Time: 10:00 a.m. to 12:30 p.m.

Where: Crystal Dining Room

When: Friday, July 28



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!

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.

The Towers of My Life

“Can you imagine that the people of Babel really thought they could build a tower reaching Heaven,” laughed Sister Virgilia, our second grade grammar school (that’s what it was called in the forties) teacher? All the kids in the class guffawed at such a silly notion; but we weren’t laughing in seventh grade when we learned about the infamous Tower of London where Sir Thomas More and Anne Boleyn waited in their dank and dark cells to be beheaded.

As high school loomed ahead, I made plans to enter our local co-ed high school where my older brother graduated. It boasted a beautiful red brick tower and a large football field where I hoped to become a cheerleader or at least sit in the bleachers and root for the team. But my parents had a different idea; they thought their imaginative but dreamy only daughter could benefit from the scholarship and structure offered at St. Patrick Academy, the all-girls Catholic high school, in Des Plaines, Illinois, my hometown, located 25 miles northwest of Chicago’s loop. St. Pat’s was also dominated by a three story tower constructed from dazzling white limestone. The

first two floors held classrooms, a gym, auditorium, lunchroom, and laboratory. The top floor housed the Sisters of Mercy, our teachers, and young women studying to become nuns. From a very hesitant beginning, I learned to love my high school. The Mercy nuns were very progressive and well-educated, and I am certain they prepared us for the Vatican II changes which occurred in the Catholic Church many years after I graduated. Gently, they nurtured my love of language and writing; and at the urging of my English teacher, Sr. Elaine, I published my first poem in an anthology of the “best high school writers of 1948.” They taught me to welcome life’s challenges, and their mottoes, “Dare to be Different” and “You Can Make a Difference,” have influenced my life. Best of all, they encouraged laughter and relationships; and I’m still in touch with classmates from my 1950 graduating class, although we lose a few of those 48 girls every year. Right before I graduated, I thought I might join the nuns I so admired, but I knew even then at 17 that I wanted to be a mom.

Armed with typing, shorthand, English skills, and a work ethic learned from my immigrant

Italian parents, I entered the business world along with most of my classmates. We were from working class families for whom college was seldom a choice. I enjoyed my work with an association for about five years until I fell in love and married my husband Vince, and indeed became...and became...and became a mom...seven times. Except for making up stories for my kids and reading to them, I retired from the scholarly world for almost 20 years, although I did enjoy the newspaper or a book when I wasn’t too tired. But the love of learning and language re-surfaced when a community college arose in our area. Knowing I regretted not attending college, my husband encouraged me to take a course to “get it out of my system.” That, of course, was his big mistake! The first few courses I took only sparked my appetite for more and eventually led me to Mundelein College, a Catholic women’s college on Chicago’s north side. And yes, its largest building where most my classes took place was a five story art deco tower built in the 1930s. The campus bordered Loyola University, which annexed it in the 1990s, and the blue waters of Lake

Michigan. If the nuns at my high school were progressive, the Sisters of Charity who ran Mundelein leaned toward liberal, and existential inquiry was encouraged and expected. It was the seventies, and an exhilarating time to be in school, when church, society, and women’s role were changing rapidly. Mundelein’s special appeal for me was their Weekend College, making it possible for me to take care of family and work 30 hours a week to help finance college education for my seven kids. The college custom-made a degree for me, combining my English and writing courses with a communication track. I published in another anthology and became editor of Mundelein’s prize-winning literary magazine. After seven and a half years, I finally earned my bachelor’s degree at 47 years old and enjoyed a satisfying business career where I created newsletters, wrote articles for trade magazines and was regularly published in local and Chicago papers. Because I also oversaw business meetings and trade shows, I traveled extensively, eventually taking my semi-retired husband with me. During the next long period of

my life, the only tower I viewed was the Eifel which caught my breath during a 2007 visit to Paris.

Fast Forward. It’s 2017, and I’m learning how to survive my “golden years” and actually living in a tower in John Knox Village in Tampa, Florida, where after years of raising kids, caring for elderly parents, and working well into our seventies, my husband and I retired. It’s been a long, exhausting, but mostly joyous journey. Sadly, I did lose Vince after 50 years of marriage. It was a great love affair with the usual ups and downs and the ability to forgive each other... often. We raised a good bunch of kids, although we certainly are not the Brady Bunch or the Waltons!

Life does throw us curve balls; and as one of those nuns used to say, “It’s not what happens in life, it’s how we react to it.” And so even though, I feel my body has betrayed me, I am grateful that I live in assisted living where my basic physical needs are taken care in a compassionate and gentle manner. Living on the seventh floor, I look down on quaint apartment buildings and lush green trees; and at night the traffic on Fletcher Avenue

with its green, red and yellow lights reminds me of a cubist Mondrian painting. As I sit here writing, the blue Florida sky and billowing clouds feel like my apartment’s backdrop. Almost every day, my power chair and I travel the beautiful grounds surrounding the retirement village, stopping often to sit in the many inviting little conversational nooks. I’m still engaged in some free-lance work, and I hope to finish my book highlighting unusual relationships by the end of next year. I’m also working on a life story for my seven children and 13 grandchildren. I relish that my children spoil me and that I am privileged to have made and enjoyed so many good friendships and a few precious and life-long lasting ones.

So now I have surveyed The Towers of My Life for you. Have you taken a look at your Towers lately?

Submitted by Lydia Lombardo, JKV resident