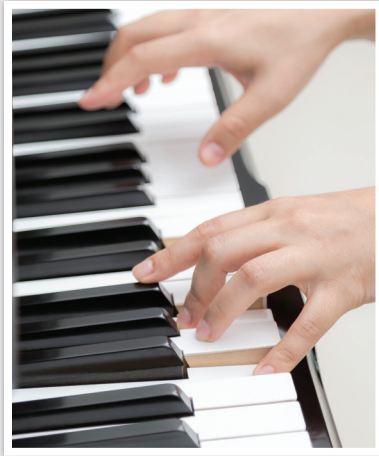


## In Loving Memory

Eleanor Wehle  
Isle Davison  
Mamie Paolilio  
Ronald Nellist  
Anita Thornton



## 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

### 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



**Tianna Saathoff**

The Team Member of the Month Committee is happy to announce the selected Team Member of the Month for **June 2017** is: **Tianna Saathoff**, Wait Staff at the Skylight Dining Room.

Tianna tunes with our JKV residents in a very special way and always works with a smile. She know the residents and assists them with decision making for their meals. You will often see her helping residents with their orders, taking care of big functions in the Private Dining Room, and helping out her fellow team members during peak hours. Tianna is an excellent team player; she has volunteered in her free time to help with special events for team members, cheerfully participates in JKV fun events representing her department, and is considered a great asset for the Food Services team!

**Let’s all congratulate Tianna for a job well done!**

You can congratulate Tianna directly to her e-mail at [Tianna.Saathoff@baycare.org](mailto:Tianna.Saathoff@baycare.org).

# KNOX News



## Mrs. Wigly and the Dead Woman in Her Sewing Room

This is a sorta kinda true story of an unusual event that took place in early 2017 at John Knox Village. Names have been changed for the protection and peace of mind of everyone. Let us begin:

Once upon a time—oops, this is a **true** story. Sort of...

Once you get used to all the hallways bending hither and yon that lead you to your own apartment or to one of the many destinations that host all sorts of activities here at John Knox Village, you can walk the halls without having to concentrate. You can let your thoughts ramble along ticking off the errands you succeeded in doing, or reminding yourself of the favor you are going to do for someone later in the day. It’s easy; no problem; no big need to think about where you are going. Unless, that is, you happen to glance up and see a security guard at your door.

Such happened to Mrs. Wigly late one fine morning. Eager to get inside her apartment, she was taken aback by a security guard standing at her door.

“Is this your apartment?” the guard asked.

“Well, yes,” said Mrs. Wigly.

“What is your name,” the guard asked. Without waiting for a reply, she ordered the puzzled Mrs Wigly not to go in.

One does not order Mrs. Wigly around without good reason, so she demanded: “Why not?”

“Because I am waiting for backup,” the guard answered. “So just wait.”

Mrs. Wigly is not the most patient of folks, so she waited for about 5 seconds and declared then and there that she was going to enter her apartment. Now. And she did. The guard was not pleased and reminded our puzzled resident that back up would soon be there. But Mrs. Wigly was already inside and heading for her spare bedroom, the sewing room, tossing over her shoulder the understandable query: “This is MY apartment. What are YOU doing here?”

“You didn’t turn your tag,” the guard said following in quick time. “So I reported it and came to check on you.” Mrs. Wigly looked around her sewing room. Everything

was where she had left it, including the quilt she had spread over the futon and on top of a hassock laden with various piles of sewing material in hopes the quilt would finish the job the dryer hadn’t. Mrs Wigly noticed the security guard staring hard at the quilt with a worried and fearful expression. The guard pointed at a spot on the hassock. Mrs. Wigly stared at the spot and went to pick something up.

*continued on bottom of page 2*

### Highlights

From the Executive Director ..... pg. 2  
Employee Christmas Fund 2017 ..... pg. 4  
Eat Right for Your Brain Health..... pg. 6

Happy Birthday..... pg. 9  
Summer Movie with the Chaplains ..... pg. 9  
Operation Brown Bag..... pg. 10  
Pastoral Care ..... pg. 11

## From the Executive Director

The massage clinic is open and ready for customers in their new location near the pool. The area is beautiful and serene, much more conducive to relaxation!

Update on the Medicaid reimbursement change: the change to the reimbursement model (PPS) has been delayed for a year. A task force will be created to review the model and provide recommendations to the legislature. It could get a bit more complicated than that, but in general terms, it appears we've won for this year, and exactly as we expected, we'll need to continue working on this in the interim.

Other news from Tallahassee is that the Office of Insurance Regulation (OIR) is trying to change the Florida 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 did not pass this year, but we expect to see them again next year. A task force will be working on this issue as well.

Please reach out to David Borchik or Jeanine Milano with any food issues, whether it be service or food; they are anxious to know the issues you are having in either of the dining rooms. David has some changes planned, and he will be talking with the Food Committee as well as speaking at my coffee. Thanks for your continued patience!

June 1 marks the beginning of hurricane season. JKV residence buildings are designed and built to safely withstand high winds. However, as our Florida storms are often very unpredictable, some precautions are in order. Regardless of the status of hurricane or tornado watches, if there is a tornado warning in the immediate area, take a blanket and pillow with you out into the hallway, so that you will be safe from flying glass should a window be affected by the winds.

JKV Management Team, in conjunction with the Hillsborough County Emergency Management Office, will make the decision whether or not to move everyone to the safe areas. The Director of Facilities, Med Center Administrator, and the Executive Director will direct and supervise all hurricane preparedness procedures. JKV staff will be available to assist in the process.

Since safe areas are limited in space and creature comforts, it would be wise to consider alternate safe

area locations, such as at the home of friends or relatives who do not live in an evacuation zone. **This should be planned well in advance of the storm**, and your plan communicated to, and on file, at the Front Desk. If you do in fact plan to leave the premises, **be sure to fill out a Leave of Absence form at the Front Desk.**

Since sheltering could last several days, you should plan what specifically you will need during that time, and make sure it is readily available to you throughout hurricane season.

Remember that JKV staff and volunteers will do all they can in an emergency to assure the safety of our residents, but it is ultimately up to each person to make sure he or she has done everything possible to prepare for an emergency in advance. **We cannot accommodate residents who choose not to follow sheltering recommendations.**

If you have needs that cannot be met in our designated safe areas, you must complete and submit a

"Special Needs" application to the Hillsborough County Emergency Operations Office. If you are accepted as a designated individual, they will be in contact with you.

The primary sheltering safe area is the Skylight Dining Room in the Tower, and the secondary safe area is the Crystal Dining Room in the Village area. These two areas are fully protected by retractable storm shutters. Residents will be assisted as necessary to the Skylight Dining Room.

The Skylight Dining Room has emergency generator power available for kitchen lights and food refrigeration. Both safe areas have temporary emergency lighting, and in the case of an extended period without power, will be equipped with portable generators for lights, tools, fans, radios, etc. Neither area has power for air conditioning. Please review your Resident Handbook for more details on severe storm procedures.

Let's hope and pray that we have another quiet year for storms.

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. There was no coffee in May; 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

### Continued from page 1

"NO!" cried the guard. She pointed at the quilt which barely hid a head of curly brown hair and a face with red streaks running all the way down the woman's neck. A bloodied head can scare anyone, but not our indomitable Mrs. Wigly. She reached down and lifted the woman's bloodied head up and turned, saying, "This is just a wig on a wig holder that my granddaughter colored with streaks of red." But the guard had fled, and our Mrs. Wigly never did see her again. Ever. In fact, the guard, utterly wiggled out, has not been seen anywhere since.

You can still walk the halls in peace; you can still let your thoughts mosey along their own path. No headless woman roams the corridors, but our security team does, day in and day out, keeping intact the peace and well-being of us all.

If you have an inquiring mind and the skills of a detective, you may one day discover who the Indomitable Mrs. Wigly is. In the meantime, let me assure you she is alive and well, her goodness and kindness ever present, and her wig holder functioning quite well.

by **Susan Harrison**, JKV Resident



## What's New In Food Service This Month?

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

### This Month's Specials

- Wednesday, June 7 : Stir Fry Night
- Wednesday, June 14: Pasta Night
- Wednesday, June 21 : Stir Fry Night
- Wednesday, June 28: Surf and Turf Night

By popular vote at the Food Committee meeting, we will have Stir Fry Night twice this month.

*\*Remember, we have Culinary Open Forum every Wednesday at 2:00 p.m. in the Skylight Dining Room. If you have questions, comments, or concerns about the food, kitchen, or service, this is the right time and place to share and ask.*

### Father's Day Brunch — June 18 Reservations Strongly Encouraged!



## Employee Christmas Fund 2017

Thank you for your contributions to the John Knox Employee Christmas Fund. Your contributions have amounted to approximately 26 percent of our 2017 goal. We have six months left to meet our goal.

As you are aware, John Knox has a "NO TIPPING" policy. Your contribution of one dollar per day per person or two dollars per day for a couple makes possible an alternative gift at Christmastime. I know you agree that our employees are friendly, efficient, and knowledgeable. Let's show them how much we really appreciate them by contributing to the Employee Christmas Fund. Just deposit your contribution in the Residents Association Box located on the column on the right side of the Front Desk. Your contribution is not tax deductible.

Thanks much,

**Al Tolley**, Assistant Treasurer



## Hello Everyone and Welcome New JKV Residents,

We are in the midst of the heat once again, and it is also the beginning of hurricane season. I just want to remind you of a few important things.

**Be prepared-** when it comes to hurricane season, we should always be prepared for the worst. Make sure you have enough medication to last up to two weeks. If you have special needs such as oxygen use, insulin dependent diabetic, use a C-PAP or Bi-PAP machine at bedtime, please contact the Special Needs shelter to set up use of their evacuation accommodations. We do have applications available at the John Knox Home Health Office. If you are unsure of this need, we will be glad to assist you in finding the answer.

**Hydrate-** this little word is very important. As we age, we are not as sensitive to the heat, and some may not even feel that the temperature is in the 90s. That is why it is so important to remember that when you are outside walking, shopping, sitting, gardening, or spending any time in the heat. PLEASE-PLEASE make sure to hydrate yourself with a refreshing glass of water. Water is the only natural way to rehydrate your body. I know there are times when you think "Oh I wasn't out in the heat for very long." That does not matter. Our body is designed with a natural coolant and that is sweat. Our body needs water to do its everyday functions. Around this time of year, there is an increase in visits to the Emergency Room in all age groups for dehydration.

To properly hydrate your body you will need to drink, not sip, 6-8 ounces of water at one time. I do suggest speaking with your physician about any restrictions that may apply to you personally.

If you have any questions about anything mentioned in the article, feel free to contact the Home Health Office at 813-632-2383. We will gladly assist you.

Let's have a safe, well hydrated summer!

As Always Love from **Sara Moyer**, LPN and the entire Home Health Team

## 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-Being 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.**



## 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!

## Apple Academy Presents: Eat Right for Your Brain Health

By: Kaylin Duncan, RD, LD

It is common knowledge as adults get older, their cognitive function declines. Researchers have started finding that key nutrients like “antioxidants, phytochemicals, and B vitamins” are showing “great promise in promoting brain health.” By eating a healthy diet full of “fruits, vegetables, whole grains, legumes, and fish,” cognitive function can improve. This is the start of a new wave of research.

Research has found that eating healthy fats like olive oil and nuts also helps to improve cognitive abilities, according to a clinical trial conducted in Spain. The specifics of the exact nutritional mechanism have not been identified. More research is needed. A study from June 2015 published in *Frontiers in Aging Neuroscience* revealed how ideal the Mediterranean diet was for maintaining cognitive function. The study concluded that nutrients such as “omega-3 fatty acids, antioxidants, and phytochemicals- especially resveratrol (found in red wine)” were beneficial for brain health. These compounds are found in “fruits, vegetables, whole

grains, red wine, and some fish” — all components of the Mediterranean diet.

B vitamins like folate, B12, and B6 are also vital for brain health. Folate drives energy production in the brain and in the production of the genetic materials: DNA



and RNA. If someone is folate deficient, then the ability to repair DNA is inhibited, and neurons (nerve cells found in the brain and spine) are more susceptible to damage. This was thought to be a reason for cognitive decline. This reasoning is supported by “a cohort study of 1,000 seniors,” concluding that those with higher levels of folate consumption had the lowest rate of Alzheimer’s disease.”

Another cohort study of 1,779 people found that those deficient in vitamin B12 were at increased rates of dementia. Vitamin “B12 is only found in animal products and fortified foods.” After 50 years of age, the ability for the human body to absorb vitamin B12 declines. If you are a vegan or above the age of 50, then it is recommended by the National Institutes of Health to take vitamin B12 supplements.

A research group in Oxford conducted a study on the effects of “folate, B12, and B6 supplementation on mild cognitive impairment.” They concluded that those in the study who received a B vitamin complex had improved cognition and executive and planning function.

Improved cognition cannot depend solely on a healthy diet. Multiple lifestyle factors effect cognition in older adults. Be sure to “maintain a healthy weight, engage in regular physical activity, and in mental stimulation such as reading, playing games, and interacting socially.”

Sources: Ruscigno M. “Brain Food for Older Adults.” *Today’s Dietitian* June 2016:22-26. Print.



- Diane Palermo..... Apt 311**
- Mamie Paolilio ..... Apt 816**
- Colonel William A. Hayward, Sr. . Apt H-101**
- Louis C. Bentley, Jr.....Apt G-107**

### Colonel William A. Hayward, Sr. H-101

Bill was born in Detroit, Michigan. He has lived in Florida for about 46 years. Bill has one son who lives in Tampa, Florida, and has four grandchildren. Bill is very proud of being a retired Lieutenant Colonel of the United States Marine Corps. He enjoys playing golf, swimming, and reading.

### Louis Bentley, Jr. G-107

Lou was born in Arlington, Massachusetts. He has lived in Florida for 29 years, and his daughter lives in Tampa, Florida. Lou is proud of being a project manager for a steel warehouse as he started out as a mail boy and worked his way up to a project manager. He enjoys singing, playing cards, golf, and bowling.

## Welcome New Team Members

First Name	Last Name	Description
Sha'Quita M.	Edwards	Certified Nursing Assistant
Elizabeth A.	Garner	Registered Nurse I
Lupi	Johnson	Cook
Nekenja	Jones	Dietary Aide
Katie E.	Moone	Registered Nurse II
Sarah	Wilde	Activities Assistant
Karen E.	Alvarez	Social Services Specialist
Chukwunonso C.	Dim	Licensed Practical Nurse
Asia	Fraser-Bolling	Licensed Practical Nurse
Andreana	Hector Tavernier	Certified Nursing Assistant
Claudette V.	Hollenback	Licensed Practical Nurse
Elucia	Jean-Pierre	Certified Nursing Assistant
Amanda N.	Mercado	Certified Nursing Assistant
Stephanie L.	Stanina	Registered Nurse II
Linda	Wiseman	Dining Room Wait Staff

## 2017 Summer OLLI-USF Classes at John Knox Village

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

## 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.

### 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!

## 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](http://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!**



Herta Goldman ..... June 1  
 Charlotte Small..... June 2  
 Doris Foxenberger ..... June 2  
 Robert Restieri..... June 2  
 Melvina Deasy ..... June 3  
 Gregory Richards..... June 3  
 Betty Brown ..... June 6  
 Ronald Seaman ..... June 7  
 Arlene Jackson..... June 7  
 Henry Beckwith ..... June 7  
 Gillian Joyce..... June 7  
 Idell Mills..... June 7  
 Vivian McCarthy..... June 10  
 Sally Duato ..... June 12  
 Anne Karceski ..... June 13  
 William Rogers..... June 14  
 Lorence Guilford..... June 15  
 Pauline Cunningham ..... June 15

Ramona Groff..... June 16  
 John Hodges ..... June 17  
 Kim Clark..... June 17  
 Gladys Hibbard ..... June 18  
 Margaret Palank..... June 18  
 Norma Hiller ..... June 19  
 Joyce Bresee..... June 20  
 Jean Scull ..... June 21  
 Martha Baudry ..... June 22  
 Sister Dolores Wehle ..... June 24  
 Wenona Marbourg ..... June 25  
 Bette Ann Young..... June 25  
 J. Michael Groff ..... June 27  
 Robert Wolf..... June 28  
 Shirley Anderson ..... June 30  
 John Petise..... June 30  
 Saul Kaplan ..... June 30

## Summer Movie with the Chaplains

**Tuesday, June 20**  
**1:30 p.m. in the Movie Room**

Come join the chaplains as we try to cool off in the summer heat with this inspiring, refreshing and fun movie. Brief discussion will follow movie.

PG 1hr. 38 min

### Cool Runnings (1993)

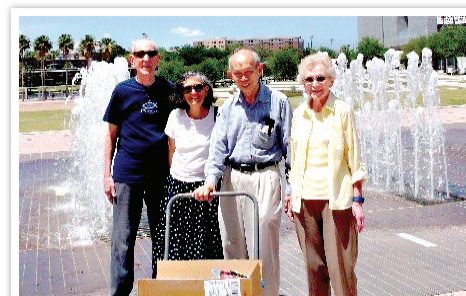
When a Jamaican sprinter is disqualified from the Olympic Games, he enlists the help of a dishonored coach to start the first Jamaican Bobsled Team.

Director: Jon Turteltaub  
 Stars: John Candy, Leon, Doug E. Doug, Rawle D. Lewis



## Operation Brown Bag — Big Success

Did you know that all the major religions in the world give special attention and concern for the poor and feeding the hungry? On Tuesday April 18, that is what took place at John Knox. Over twenty residents and staff engaged in Operation Brown Bag to serve the homeless and hungry in the Tampa Bay community. Everyone pitched in performing various tasks to make and stuff 110 brown bag lunches including peanut butter and jelly sandwiches, chips, cookies, a bottle of water and a handwritten note conveying love and encouragement. Our talented and dedicated residents completed this task in the record breaking time of 45 minutes. Not only was a lot accomplished, but we had a lot of fun besides! We all enjoyed doing something for someone else and giving a part of ourselves to others. God used us to touch others in need and we were blessed. On Wednesday April 19, nine residents and Chaplains George and Linda went to Gaslight Park in downtown Tampa to distribute the brown bag lunches and socks to the homeless and hungry. God was with us as he sent us a very friendly park guide who showed us where more homeless were located. With a cart full of brown bags some of us ventured into other areas where the homeless were, while others stayed in the park and fed the hungry there. The smiles on the faces of those whose needs were met were worth every bit of the effort. And all of us were smiling as well. For lunch, we enjoyed a wonderful time together over delicious food at the Spain Restaurant about a block away. Thanks to everyone who gave of their time and resources to make this work of God possible.



## Pastoral Care

### June Vespers Speakers

Sundays, 5:30 pm | In the Chapel

- June 4** Rev. Debbie Salinger  
N.E. United Methodist Church
- June 11** Pastor Patina Ripkey  
Temple Terrace United Methodist Church
- June 18** Fr. Andrew Heyes  
St. Clement Episcopal Church
- June 26** Lay Pastor Rob Vanesco  
Radius Church



## Beautiful Ceremonial Seder Meal

On Wednesday April 12, we had a packed house to celebrate our annual Seder meal with Rabbi Ron Goldberg. Rabbi Ron Goldberg led us in a beautiful and tasty celebration of the Seder Meal with our own Ellie Mitleider saying some of the prayers in Hebrew. The Seder is observed in remembrance of Passover and celebrates the Jew's liberation from slavery in Egypt over 3000 years ago.

