



Village's Life Enrichment Program Focuses on Whole Person

by Kelli Snell, Director of Life Enrichment



Life Enrichment is so appropriate for the name of this set of services from John Knox Village. Each and every program under the Life Enrichment umbrella truly is designed to enrich the lives of Village residents physically, mentally, socially and spiritually.

Fitness Program

The Village's fitness program is designed to support the overall wellness of residents. Exercise and movement have proven to be critical in seniors' overall health. The fitness program includes state-of-the-art fitness equipment in the two fitness centers on campus, two indoor pools, and one outdoor pool as well as a variety of classes and personal or semi-personal training. Together, residents and the fitness team work to achieve positive outcomes by supporting residents in becoming healthier and stronger.

Chaplaincy Program

The Village understands how important spiritual health is to overall wellbeing. There are a variety of spiritual support services to meet residents' spiritual needs. The Village chaplains minister to residents, their families and associates from every faith background including those who do not have a specific faith. The chaplains strive to serve them through a variety of resources. The chaplaincy program offers a variety of opportunities including chapel services, prayer groups, Bible studies and support groups. Village chaplains also offer pastoral care by being there just to visit in time of need.

Lifestyles Program

According to numerous studies, people with strong social connections may live longer and healthier lives. That's a major benefit in living in a retirement community! The Lifestyles program is hopping all the time with a diverse array of opportunities to socialize, learn, grow, participate, enjoy passions, get you out of your home and just plain have fun.

The Lifestyles program offers the following.

Neighborhood happenings with speakers, musicians, movies, dinner parties and more.

Lifelong Learning with Great Courses, dancing lessons, Senior Learning Network presentations, TED Talks, art classes, resident-led courses and so much more.

Large, themed events in our 24,000-square-foot Pavilion, such as concerts, picnics, circuses, New Year's Eve celebrations, luaus and many others.

Trips to various destinations around Kansas City, including the New Theater Restaurant, Steamboat Arabia, Union Station, Tea Rooms, World War I Museum, the Plaza, Truman Library, The Kauffman, area sporting events and more.

Residents often say that if you get bored at the Village, it is because you want to be. And we often say that if there is an activity, group or game you don't see available, talk to us, we'd be happy to talk about getting it started!

Salon Services

John Knox Village has nine full-service salons on campus with three of them located in independent living. Taking care of yourself and feeling pampered is all part of feeling well. A little pampering can go a long way in helping you feel great. The convenience of the Village salons is second to none. The Village stylists are highly trained and knowledgeable in today's styles and products and offer a variety of services including perms, color, manicures, pedicures and more. You can make an appointment even before you move in by calling the concierge desk.

Volunteer Program

Many say that the key to happiness is giving to others. I have heard Village residents say over and over that they believe they get more out of volunteering than those they volunteer for. The Village has a force of more than 250 volunteers. The volunteer opportunities are as diverse as those who volunteer. Volunteers support all levels of care at the Village, from helping in the Village Care Center ice cream parlor, doing office work, volunteering in the Hobby Hut, singing in the music groups, serving on committees, supporting the marketing of different Village services, volunteering for area community groups and so much more.

Concierges

The concierges have become a hub for information in the Village. There are three locations throughout our campus; Villager, Courtyard Commons, and Meadows Commons.

A Note from the Village



These last few weeks have been very busy here at the Village as we work to finalize move-in details and count down the days until you are happily settled into your new homes! My update this month includes a lot of important dates and details. If you have any questions about anything, please reach out to your move-in coordinator.

First, I hope you enjoyed your Christopher Elbow chocolates! You should have received the delivery in mid-October; if you didn't, please let me know. The chocolates are a token of our appreciation – we are so excited for you to join us here at the Village! In other move-in business:

- Details about the garage were sent out via the USPS on Oct. 18. If you haven't received your letter in the mail, please let us know.

- To help alleviate stress associated with your move, please make plans to complete your closing paperwork prior to your move-in day if you have the opportunity. Call your move-in coordinator (see below for contact information) to set up an appointment.

- We anticipate building walk-throughs will begin the week of Nov. 28. Please know our ability to allow tours of the building is contingent on its final inspection by the city of Lee's Summit. I hope to have more concrete information to share later this month.

- Please make plans to join your new neighbors for a holiday luncheon on Dec. 13. This party is being hosted by current Meadows residents. See article in this newsletter for more details.

Meet Your Move-In Coordinator

I also want to introduce you to Move-in Coordinators Cecily Cannon and Connie Taylor. The pair welcomes new residents to the Village by managing the move-in process (paperwork, contracts, keys, etc.), answering questions and being a great source of information.

Cecily Cannon, 816-251-8007 and ccannon@jkv.org



Cecily has been with the John Knox Village sales and marketing department since April 2016. She was promoted into her current role in April 2022.

Guided by the Village's mission of enriching lives and building community, Cecily said her favorite thing about her new role is being able to engage with residents and their families.

"I know that this is an exciting time and there's lots to take in, that's why I like to remind my new residents during their first weeks at the Village to take small steps to become familiar with our community, and everything else will fall into place," Cecily said.

Connie Taylor, 816-251-8003 and ctaylor@jkv.org



Connie joined John Knox Village in 1992. She is a great resource for new residents because she has worked in a variety of roles and departments throughout the organization during her 30 years with the Village.

Connie said building relationships with new residents is her favorite thing about being a move-in coordinator. "It's like working with family," she said.

One piece of advice Connie shares as she welcomes new residents to the community is to just breathe. "You may still have boxes to unpack, but it can be done a little at a time," she said. "Allow yourself time to start doing some fun things and meeting new friends."

Again, if you have any questions about your move or the Village, please do not hesitate to reach out to me or a member of our team. See you soon!

Sincerely,

Natalie Chisam

Natalie Chisam,

Manager of Sales at John Knox Village

Meadows Christmas Party Lunch

11 a.m. Tuesday, Dec. 13, The Pavilion

Even if you're not moved in quite yet, Meadows residents cordially invite you to their Holiday Luncheon.

Menu includes spinach salad, roast beef with au jus, Elena's scalloped potatoes, honey glazed carrots and carrot cake. Cost is \$17 per person, including gratuity.

Please RSVP to Omar and Bernice McKerrow by calling (816) 537-5542. Deadline is Nov 26. If you have not moved in by Dec. 13, you may pay by check, making check payable to John Knox Village. Checks can be mailed to Omar McKerrow, 500 N.W. Moore St., 2011 Meadows East, Lee's Summit, MO 64081.

Very soon, you will be walking through the bright corridors of The Meadows Expansion. In late October, construction teams installed lighting and carpet and finished painting. Outside the building, exterior details, like the installation of sidewalks and light poles, are in process and will be completed in November.

