

Staying Connected



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Daily E-Blast: The Village sends out an email each evening at 7 p.m. letting residents know about the next day's activities and menus, as well as updates, notices and more. **You can subscribe by calling (816) 347-2901 or emailing szeilstra@jkv.org.**



The Village also has a private website for residents to go to for policies and procedures, restaurant menus, submit a maintenance request, see the list of the day's activities, and more. It is www.jkvlife.org, and as someone who isn't a Village resident quite yet, you can still log in as "guest" and see most of the information available. (Resident directory, maintenance requests, etc. excluded.)

Get to Know The Romeos and Juliet's



New residents getting to know each other over a cup of coffee and breakfast was how it first started at The Meadows nearly five years ago. That has turned into a men's group, The Romeos, and a women's group, the Juliet's, forming and meeting every Wednesday morning for breakfast.

The groups have anywhere from 30 – 40 attend each week, including residents from throughout the Village.

Frank Colburn, resident, was one of the men who began the Romeos group.

"We have no agenda and no objective except for sharing stories, jokes and occasional jibes," Frank said. "It's important for us to make new contacts and enjoy our lives and these breakfast groups have helped."

Joan Bodenhamer, resident, started the Juliet's group.

"There is always laughter, smiling faces, hugs if you need one or just because, good food and lots of sharing," Joan said. "There is great normal ladies talk too; where did you get your hair done, do you knit, and what book are you reading."

Both groups are ready to welcome new residents to help get them acquainted with the Village family.

Tips As You Begin Downsizing



Imagine your ideal lifestyle. When you think about your future self, what's most important to you? Is your 'stuff' a big part of the picture?

As you prepare for you move to The Meadows, here are a few downsizing/rightsizing tips:

Tidy by category, not by location. One of the reasons this is done is to show you how much you really have of a particular category. This is especially true for clothes. Many of us have clothes stashed away in multiple closets for different seasons and reasons. Pull it all together. Doing this could help you put into perspective that you only have one body! This same process applies to the other categories as well and can help keep you from being overwhelmed.

The Mari Kondo method list 5 categories to sort by.

- Clothing
- Books
- Paper
- Misc. (Kitchen and garage items usually fall into this category)
- Mementos (consider digitizing your photos for safe keeping and as a space saver)

Ask yourself if it 'sparks joy.' Sometimes we hold on to things out of duty and obligation. What if you gave yourself permission to let things go? Maybe you received a gift that you were never able to use, and it just wasn't the right fit for you. Give yourself permission to appreciate the gift, to be thankful for the experience you shared when receiving it, and then let the item go.

Sincerely,

Natalie Chisam

Natalie Chisam,
Manager of Sales at John Knox Village



Work on The Meadows Expansion Moving Full Steam Ahead

Raise your hand if you can't believe it's already July! Because the rains and other acts of nature have subsided to a more manageable tempo, construction on The Meadows expansion is moving at a rapid pace.

“With crews working to install the last of the brick and siding, the outside of the building is looking great,” said Eric Scott, director of operations and development. “Meanwhile, the inside of the structure is constantly changing as crews work to create functional spaces that, with each passing week, look more and more like beautiful, new homes.”

- Crews representing nearly all the trades are on site performing their perspective duties.
- Mechanical, electrical and plumbing (MEP) rough ins are happening on the upper floors.
- Drywall is being installed on the first and second floors of the south end of the building.
- Installation of the first block retaining wall by the parking garage entrance has begun.
- The sunrooms, screen-in porches and patios are being installed.

Speaking of the indoor/outdoor rooms, The Meadows has become known for these flexible spaces. The Meadows expansion includes 28 sunrooms, 16 screened-in porches and 8 patios. Some current Meadows residents use their spaces year-round, enjoying their morning coffee, visiting with friends or using it as a quiet place to read and reflect. Others have used the spaces to create fun areas for their pets. Start thinking about how you will utilize these wonderful spaces – October will be here before we know it!



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Residents recently enjoyed a presentation by the Kansas City Royals Hall of Fame manager Jill Seib-Schaub to share some great Kansas City Royals History and several artifacts included in the Royals Hall of Fame collection.