



JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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## The Rainbow – Nature's Most Beautiful Masterpiece

### Somewhere Over The Rainbow Bluebirds Fly

**Nona Cree Smith**  
Gazette Contributor

One of our favorite childhood movies takes us from the black and white world of Kansas to a technicolor land where the skies are blue, dreams come true, and “troubles melt like lemon drops.” That wonderful place, of course, awaits us somewhere over the rainbow. But long before Dorothy set off to see the Wizard, rainbows have captured vivid imaginations and been romanticized since the dawn of man.

The Incas believed that rainbows were a gift from the Sun god, ancient Arabians saw them as sky tapestries woven by the south wind, and both Navajo and Norse sages told stories of radiant, glowing acres of color bridging the gulf between heaven and earth. Many people see rainbows as God's covenant to Noah not to flood the Earth again.

Across the ages and cultures, rainbows have represented good luck, prosperity, renewed hope, forgiveness and foretold of magical events. Who hasn't wished to discover the fabled pot of gold at the end of the rainbow? While the treasure has yet to be found and verified, the fleeting beauty of rainbows

*Rainbows have been romanticized since the dawn of man.*



A rare double rainbow over the ocean at Punta Cana Beach in the Dominican Republic.

continues to fascinate and inspire. The ancient Greeks worshipped the Olympian gods of which Iris was personified by a rainbow. In Homer's “Iliad,” Iris relayed messages from the ruling gods, Zeus and Hera, to other gods and to mortals. According to Greek poet Hesiod, she also carried water from the River Styx, which acted as an ancient truth serum. Whoever drank the water and lies, was severely punished. Her influence lives on in such words

as “iridescence” and the beautiful Iris flower.

### The Philosophy And Science Of Rainbows' Mysteries

Unlike his fellow Greeks, Aristotle (384 - 322 BC) did not envision the goddess Iris riding a rainbow across the sky to deliver messages, he did, however, come close to discovering the science behind rainbows. Aristotle had a formidable intellect as a philosopher and scientist. He was a student of Plato, Alexander the Great's tutor and the founder of formal logic thinking. While

See “Rainbows” On Page 2

## April 22 Is Earth Day 2019

### The Important Buzz About Birds, Bees And Butterflies



A honey bee busy at work in South Florida. Marty Lee photo.

**Nona Cree Smith**  
Gazette Contributor

Earth Day and International Mother Earth Day are celebrated on April 22, to remind us that the Earth and the ecosystems that make our lives possible and sustainable should be cared for diligently and lovingly. It's a day for us all to review our “carbon” and ecological footprints and research ways we can reduce the impact of today's lifestyle on Mother Earth.

### Clean Water Is Vital To Life

In South Florida, we are fortunate to live close to the ocean and beaches, so keeping the waters and sands clean and unpolluted should be a priority.

The oceans cover about three-quarters of our home planet, and they are being compromised by rising temperatures, massive pollution and overfishing. The rubbish of the world's consumer-oriented lifestyles inexorably washes its way into our waters, choking out the oxygen,

dirtying our rivers and killing our lakes. Humanity must learn to stop using our once pristine bodies of water as a dumping ground for our garbage and sewage before it is too late.

Understanding the importance of our oceans and waterways is easy. The vast bodies of water supply most of the Earth's oxygen, billions of pounds of our food annually, millions of jobs, billions upon billions of dollars to the world economy – and let's not forget wonderful relaxing recreational opportunities.

### Every Little Bit Helps

Every man, woman and child can help in small ways that add up to significant contributions to our environmental health. We can start by choosing reusables, not single-use plastics such as drinking straws, water bottles and fast food containers. Use glass containers instead of plastic for storing food and leftovers. We should take cloth or reusable bags to the grocery and drug store and bring our own hanging bags to the dry cleaners. Next, only flush what is supposed to go in the toilet. Do not flush dental floss, human hair, wipes, contact lenses, medications and kitty litter. Those should all be disposed of with

See “Earth Day” On Page 4

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## 'Rainbows Apologize For Angry Skies' – Sylvia Voirol

From "Rainbows" On Page 1

many of his theories on rainbows were inaccurate, he did realize that light, when refracted through a drop of water or prism, separated into wavelengths causing the human eye to observe colors. His work laid the groundwork for Descartes and Newton to formulate more accurate theories.

Rene Descartes (1596–1650), the father of modern philosophy, is perhaps as famous as the "researcher of the rainbow." He is credited with proving the law of refraction or Snell's Law formulated by Willebrord Snell, which is a simple formula used to describe the relationship between refraction and the angles of incidence. It says that sunlight bends (refracts) as it enters the surface of the rain or mist and refracts the light into colors. While Aristotle claimed rainbows were formed by a reflection of sunlight off raindrops, he did not know how the individual colors were created. Sir Isaac Newton, one of the most influential mathematicians of all time, explained how. Refining the work of Descartes and Snell, Sir Isaac showed that colors would refract at different angles through the same material, raindrops or prisms. He theorized the degree of refraction was a function of the light's intensity; implying that each color of the rainbow was formed separately, yet stacked to form the arc. Initially, he described only five primary colors. Later he updated the number to seven: red, orange, yellow, blue, green, indigo, and violet.

Today the colors of the rainbow have become a celebratory emblem of tolerance. With the happy connotation of good feeling, rainbows are particularly appealing to children. They have turned up everywhere: From animated cartoons to cereal boxes, and from toys to bedding. An added bonus for children is that rainbows are beautiful and easy to draw. However, both fledgling artists and professionals often make the same mistake, arranging the colors in an order that appeals to them, instead of the correct sequence dictated by Mother Nature.

### The Natural Beauty Of The Rainbow

The element of surprise is part of every rainbow's magic, even though we can make an educated guess when one will occur. Rainbows do appear more frequently in spring and summer, because rainbows require just the right combination of bright light and rainfall at the same time, to show their brilliance.

Winter does have its celestial phenomenon, when freezing rain or snow produces circular halos or cylinders of bright radiance splashed with spectrum colors called sun dogs, but rarely a real rainbow.

Not all rainbows are created equal. Those composed of smaller raindrops tend to be faint, while large fat raindrops make the most dazzling show of colors. There can even be nighttime "bows" – al-



Noah, his family and the paired animals of the world celebrate the rainbow – signifying the end of 40 days and nights of rain.

though moonlight is a not very bright – lunar rainbows can glow in the night skies. Less brilliant than daytime rainbows, these tinted rings or corona may surround the moon when it is sufficiently bright, and it's raining.

It is said that rainbows at night are an omen of good weather. From the Old Testament, where God shows Noah a rainbow after the flood, to the Mayan tale that tells of a rainbow ending decades of fiery rain and destruction, the colorful arcs universally symbolize optimism about the future and bright sunny skies ahead.

### Rainbow Hunting

Spotting a rainbow is usually serendipity but knowing when and where to look can increase your chances of seeing one. In the morning the sun is in the east; to see a rainbow, you must be facing toward the west

where it's raining. In the late afternoon, the sun is in the western sky; after a shower or thunderstorm has already passed by, you might see a gorgeous rainbow in the east. Seeing rainbows in the late afternoon are far more frequent than those in the morning; that's why the appearance of a rainbow usually signals an improvement in the weather.

### Rainbows Everywhere

To see rainbows all you need is a drop of water and bright light. A single glistening water drop on a leaf can produce a miniature rainbow, as can dew on blades of grass, spider webs and flower petals. Sprinklers and a garden hose can transform the white sunlight into all the colors of the rainbow. Just make sure your back is to the sun or light source.

Keep your eyes open after a spring rain shower and enjoy the beauty of nature's colorful wonder.

## The Venetian Arts Café Society Presents Nicole Henry At The Weiner Museum Of Decorative Arts On April 11



Enjoy Nicole Henry in concert on April 11.

Special To  
The Gazette

The Venetian Arts Café Society presented by the Venetian Arts Society welcomes Jazz Singer Extraordinaire Nicole Henry, to WMODA (Wiener Museum of Decorative Arts) at Gallery of Amazing Things in Dania on Thursday, April 11.

The Venetian Arts Café Society is another of the innovative 21st Century concepts of experiencing the arts in socializing and challenging our intellect – all simultaneously and in a more complete fashion. The Café Society "experience" begins at 6 p.m. with a wine and hors d'oeuvres reception. Enjoy conversation with one of the most diverse and sophisticated groups of people one will find anywhere. The concert will begin at 7 p.m.

Since her debut in 2004, Nicole Henry has established herself as one of the jazz world's most acclaimed vocalists, possessing a potent combination of dynamic vocal abilities, impeccable phrasing and powerful emotional resonance.

Her passionate, soulful voice and heart-felt charisma has earned her a Soul Train Award for "Best Traditional Jazz Performance," and three Top-10 U.S. Billboard and HMV Japan jazz albums. Heralded by *The New York Times*, *Wall Street Journal*, *The Japan Times*, *El Pais*, *Jazz Times*, *Essence* and more, Ms. Henry tells real stories through peerless interpretations of repertoire from the American Songbook, classic and contemporary jazz, popular standards, blues and originals.

She has captivated audiences in over 20 countries, headlining at venues in cities including New York, Tokyo, Madrid, Moscow, Paris, Shanghai, Los Angeles, Chicago, Boston, San Francisco and Miami. Ms. Henry has also performed in more than 30 music festivals worldwide and in some of the world's most famous venues including Blue Note, Jazz at Lincoln Center, Blues Alley, Arshat Center, Feinstein's, Green Mill, Jazz St. Louis, Madrid Jazz Festival, the Regattabar and Catalina Jazz.

Nicole has earned rave reviews from the critics: "A jazz singer of pop instinct and cabaret sophistication." - Nate Chinen, *New York Times*. "[Henry] can sell a power ballad as well as Whitney, Diana and Patti." - *Jazz Times*. "She is the genuine article, the dream at last come true." - *Huffington Post*.

### Enjoy The Concert On April 11

A limited number of complimentary tickets are available through the John Knox Village Marketing Department, call (954) 783-4040 for details. Stay after the performance to enjoy champagne and dessert and to meet the artist.

The concert will take place at: **WMODA (Wiener Museum of Decorative Arts) at Gallery of Amazing Things, 481 South Federal Hwy., Dania Beach, FL 33004**

For more information on the Venetian Arts Café Society concert featuring Nicole Henry, please call (954) 709-7447 or email [Willie@VenetianArtsSociety.org](mailto:Willie@VenetianArtsSociety.org)

# In Good Taste: Chef Mark's 'Corkscrewy' Recipe's Seriously Delicious

**Rob Seitz**  
Gazette Contributor

Like all great culinary artists, John Knox Village's Executive Chef Mark Gullusci has a sense of whimsy and

drama. So it seemed natural that during a recent cooking demonstration for several dozen outside guests he chose to cook up his Cavatappi Ala Vodka recipe.

A macaroni formed in a helical tube shape, Cavatappi is the Italian word for corkscrew.

Chef Mark showed the crowd how to make the homemade ala vodka sauce and included shrimp and scallops, along with chicken for those who do not eat shellfish.

As for the drama, Chef Mark illustrated how to infuse the vodka into the dish whether by letting the alcohol burn off, which it does at 176 degrees, or by igniting with a lighter.

**NOTE: Chef Mark is highly trained and experienced in the culinary arts. This technique should only be done by experienced chefs in a professional kitchen. Do not use an open flame in your home kitchen.**

Chef Mark hopes you enjoy eating this recipe as much as he enjoys making it.

## Cavatappi With Vodka Sauce Yields 4 Servings

- 8 oz. uncooked Cavatappi pasta
- 1 tbsp. butter
- 2/3 cup finely chopped onion
- 1 garlic clove, minced
- 1 (8-oz. can tomato sauce), use a good Italian-name brand
- 4 tsp. all-purpose flour
- 1 tbsp. water
- 3/4 cup half-and-half



Chef Mark Gullusci burns off the vodka in his Cavatappi Ala Vodka. Do not use an open flame in your home kitchen.

- 1/2 cup 2% reduced-fat milk
- 2/3 cups vodka (1/3 cup for the recipe, 1/3 for the chef)
- 1/4 tsp. salt
- 1/8 tsp. ground red pepper
- 1/2 cup grated Pecorino Romano cheese
- 2 tbsp. finely chopped basil
- 1 tsp. oregano leaves
- Pinch of kosher salt
- 1 tsp. granulated sugar
- 1/2 tsp. ground black pepper
- 1/2 tsp. thyme leaves

### Method Of Preparation:

Cook pasta according to package directions. Drain. Melt butter in a medium saucepan over medium heat. Add onion and garlic; cover and cook 3 minutes or until tender. Add tomato sauce; simmer, partially covered, 8 minutes or until thick.

Combine flour and water, stirring with a whisk until smooth. Add flour mixture to pan; cook 1 minute. Add half-and-half, milk, vodka, salt, and pepper; bring to a boil. Stir in cheese. Reduce heat to low; cook 3 minutes or until cheese melts, stirring frequently.

Add pasta; toss to coat. Sprinkle with basil, oregano and thyme.

Buona mangiata.

## Book Review

# Don't Make Me Pull Over!

By: Richard Ratay

**Donna DeLeo Bruno**  
Gazette Contributor

For those who grew up in the '50s and '60s, as I did, you may remember summer car trips with dad at the wheel, mom

as his co-pilot with a Rand McNally map, and kids of various sizes vying for equal space in the back seat. In his reminiscent and nostalgic book, Richard Ratay describes such family vacations with fondness tinged with hilarity. He begins by explaining the popularity of such road trips after WWII with the birth of America's first interstate highways. By 1960, 77 percent of American families owned at least one car and the 40-hour workweek was common. More people had leisure time and discretionary income. With GIs returning home after the war, wedding bells rang and births climbed 40 percent in 1946 – continuing to rise each year until 1957.

### The Wild West Attracts Attention

Interestingly, the growth of television ownership in the '50s, sparked the popularity of TV westerns like "Wagon Train," "Gunsmoke," "Rawhide," and "Bonanza." This "Old West craze" resulted in new interest in Yosemite and The Grand Canyon. Early boomtowns like Virginia City, NV and Tombstone, AZ became overrun with "camera-toting parents and kids with cap guns," replacing the gunslingers and prospectors of old.

With growing interest in the "Wild West," entrepreneurs developed Western-themed eateries – the Bonanza chain of steakhouses, the Wagon Wheel, Ponderosa, the Chuck Wagon, and Buffalo Bill's Restaurant. Accommodations followed the trend with the Mosey-On-Inn, Happy Trails Motor Lodge, and the Wigwam Village motels with concrete teepee-shaped cabins.

On the East Coast, around 1913, the visionary Carl Fisher rallied support for a paved road that eventually became Dixie Highway, bringing visitors to the Sunshine State. In the 1960s, NASA's rocket launch site, Cape Canaveral, lured more tourists to Florida.

President Dwight D. Eisenhower's support of the Interstate Highway System made it possible for entire families to reach these destinations by car.

### The Nostalgia Of The Family Road Trip

The best parts of the book are the hilarious descriptions of some of these family trips. Although the author's father was a "car nut," who always purchased commodious Lincoln Continental Town Cars or titanic Land-Cruisers, many of the author's friends talked about being "packed like sardines." While he had air-conditioning, plush seating and hi-fi stereo, others endured "nausea-inducing hours facing backwards on thinly padded pop-up jump seats in the "way back" of their family station wagon or a cap-enclosed bed of a family pick-up truck." Another lamented how his family's Clipper camper had a propane-fueled heater in the middle of the floor, with a grate covering the register that glowed with heat in the darkened trailer – years later, he still had the waffle burns on his feet from stepping on the grate on his way to answer nature's call. Another's father hated to spend money on motel rooms, so he set up a dime-store tent and secured it to an overhanging tree limb. When a fierce storm whipped up, the limb cracked and fell, crushing the flimsy shelter. Panic set in when the youngest was missing but was found sleeping in the family car.

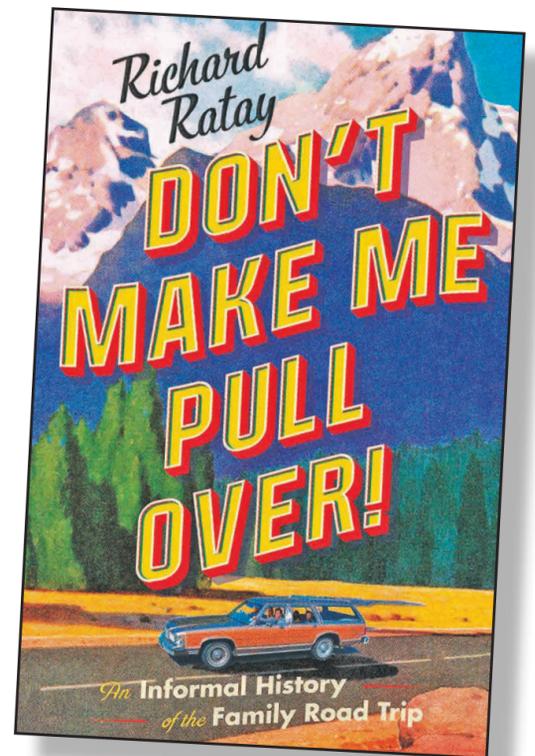
### Hurry Up, We Have To Make Time

Some of the more amusing parts include the father's insistence that they "make time" even though they were supposed to be on a leisurely vacation. For that purpose, family members would be awakened at 3 a.m. and the drowsy, disheveled "bed-heads," clutching pillows, and stuffed animals trooped zombie-like to the automobile. Since the author was the smallest, his position was stretched out on the long rear window ledge. It was the day before seatbelts, and at times, he would wave from that reclined position to an officer in a patrol car behind them.

Since dad had a heavy foot (also designed to "make time"), each kid would be assigned as a look-out to spot police cars lying in wait to catch speeders. One sibling had the left side of the highway, another the right, a third the rear. Dad ignored all pleas of hunger pangs, bathroom needs, and cramped limbs.

### Don't Make Me Pull Over!

A scene I could well visualize, is the kids getting antsy, batting each other; weary of what seemed like endless mile after mile. Mother had run out of every means of distraction – snacks, games, books and every kind of plastic toy. In an effort to control the



mutiny in the rear, dad would reach his long right arm that draped over his seat (he drove with only the left), and reach for whatever kid's limb he could grab, threatening "Don't make me pull over!" Finally, in relief, the family would spot their abode for the night – some U-Like 'Em Cabin, Kozy Kourt, or Pair-A-Dice Inn.

Also amusing would be the disagreement between mom and dad as to when "E" on the dashboard indicated a truly empty gas tank. Mom would begin drawing dad's attention to it when it was still a quarter-tank, but dad would assert that they had "plenty of fuel yet." Dad passed exit after exit, until suddenly he discovered for himself what "OUT," truly meant.

For those who enjoy nostalgia, "Don't Make Me Pull Over," is not only a "road trip across America," but also a "trip back in time."

*Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale. Donna is a member of the John Knox Village Silver Scrubbers group, guiding authors in publishing their books.*



# Join Us In April For These John Knox Village Events

**Be Our Guest to Build Your Story on Wednesday, April 3 at 10 a.m. in the Life Enrichment Center**



John Knox Village is the only Life-Care Retirement Community in Florida to offer the exclusive Train Your Brain® program: Designed to help participants boost their memory, provide additional mental motivation and illustrate how “use it or lose it” is good advice for brain fitness. Build Your Story is another step in the Train Your Brain® program, during which guests will create their own Personal Story Plan to help write their life stories. Seating is limited.

Call John Knox Village at (954) 783-4040 to RSVP.



**Meet Author Susannah Marren on Monday, April 8 at 10 a.m. in the Life Enrichment Center**

Susannah Marren, author of “A Palm Beach Wife,” knows a thing or two about Palm Beach. She has spent more than 40 “seasons” on the Island, where her parents had a home. “A Palm Beach Wife,” is a novel about Faith Harrison, who is an A-Lister with a resale store, Vintage Tales, on Worth Avenue on the tony Island of Palm Beach. Books will also be available at the event. If you want a special memento, have the author sign your book.

Call John Knox Village at (954) 783-4040 to RSVP.

**Be Our Guest for a Lunch And Learn on Wednesday, April 17 at 10:30 a.m. in the Lakeside Dining Room**



Join us for lunch and an enlightening discussion on the concept of a Life-Plan Continuing Care Retirement Community. Discover the benefits of resort-like, stress-free living, while enjoying the peace of mind of an exceptional plan for future health care needs should they arise. Enjoy a complimentary lunch and guided tour of our tropically landscaped campus and newly renovated designer-inspired model apartment homes.

Call John Knox Village at (954) 783-4040 to RSVP.



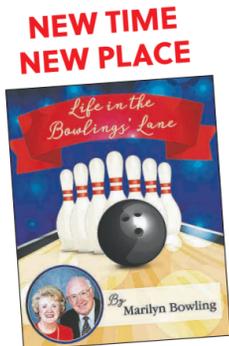
**Be Our Guest for Passover Seder on Friday, April 19 at 6 p.m. in the Lakeside Dining Room**

Outside friends and guests of John Knox Village are invited to attend a Passover Seder on April 19 (which is also Good Friday). Dinner will begin at 6 p.m. in the Lakeside Dining Room.

Join us for this traditional Jewish meal. Meet John Knox Village residents of all faiths who will join us. Whether you celebrate Passover or Good Friday, share in convivium with our community. Seating is limited.

Call John Knox Village at (954) 783-4040 to RSVP.

**Learn How to Publish Your Life Story Thursday, April 25 at 10 a.m. in the Village Towers Party Room**



Join our group of Silver Scribes – budding authors who are publishing their literary works. Have you ever wanted to write your autobiography or short stories, but have no idea how to prepare the book, design the cover and get it printed? Join our Silver Scribes and we’ll take over the technical publishing of your life story. There’s a new time and location for this month: Meet in the Village Towers Party Room at John Knox Village at 10 a.m.

Call to reserve your place (954) 783-4040.

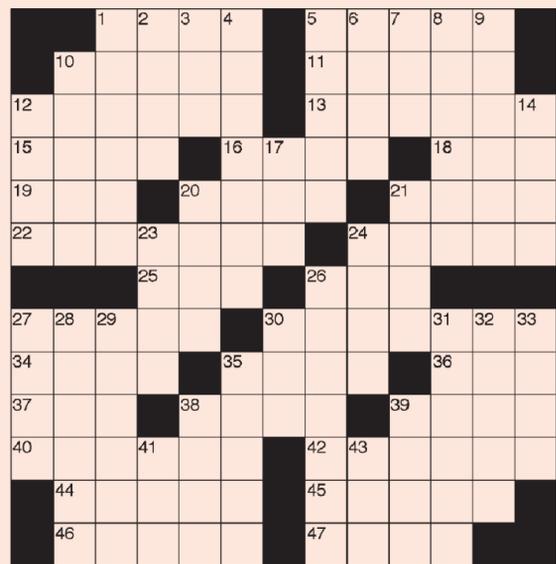
**Join Us For a Symphony of the Americas Performance & JKV-Sponsored Reception on Tuesday, April 30 at 7:15 p.m. at the Broward Center for the Performing Arts**



Long-time Concertmaster of the New York Philharmonic and acclaimed violinist, Glenn Dicterow and his wife, viola musician Karen Dreyfus will perform a new work for violin and viola with the Symphony of the Americas Orchestra.

A pre-concert informational talk and wine tasting begins at 7:15 p.m. John Knox Village, a long-time supporter of Symphony of the Americas, will be hosting the post-concert reception.

Call John Knox Village at (954) 783-4040 for information.



## Crossword Puzzle Of The Month

**ACROSS**

- 1. Post
- 5. Eyelashes
- 10. Rom. Furies
- 11. Astringent
- 12. Farewell (2 words)
- 13. Unassuming
- 15. E. Indian tanning tree
- 16. Scheme
- 18. Modernist
- 19. Civil War commander
- 20. With joy
- 21. Bluish-white metal
- 22. Ant
- 24. Hundred (pref.)
- 25. Rear
- 26. Council for Econ. Advisors (abbr.)

**DOWN**

- 27. Soap plant
- 30. Wine vessel
- 34. Dear (Ital.)
- 35. Song (Ger.)
- 36. Federal Aviation Admin. (abbr.)
- 37. Russ. community farm
- 38. Unadulterated
- 39. Fever (pref.)
- 40. Heavenly
- 42. Roam
- 44. Heath evergreen
- 45. “Fra Diavolo” composer
- 46. Silk substitute
- 47. Ogle
- 24. Principal
- 26. Axis deer
- 27. Top
- 28. First
- 29. Planetarium
- 30. Circuit (abbr.)
- 31. Once (2 words)
- 32. Pole in Gaelic games
- 33. Male noble
- 35. Rom. poet
- 38. \_\_\_\_\_ Rivera, CA
- 39. Gooseberry
- 41. Nothing
- 43. Herb of grace

Answers On Page 11.



JOHN KNOX VILLAGE

A Life Plan Community • Pompano Beach • Where Possibility Plays

# Your Possibilities are Wide Open

Go-and-do, or kick back and relax.  
Swim or socialize. Stroll or bike.  
Explore clubs and groups.  
Get artsy.

*Whatever you desire!*

Be our guest for a  
**COMPLIMENTARY 2-DAY,  
1-NIGHT STAYCATION**

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John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village have a legal obligation to treat each individual in a consistent and equally fair manner. In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents and occupants currently residing at the community have met these requirements. There may be residents and occupants that have resided the community prior to these requirements going into effect. Additionally, our ability to verify whether these requirements have been met is limited to the information we receive from various credit and screening services used.



## Simply Inspired Living

### ENJOY THE GOOD LIFE AT JOHN KNOX VILLAGE:

- One-time Entrance Fee
- Be in charge of your Life Plan
- Enjoy peace of mind
- Relieve burden from your family
- Best Long-term Care insurance policy
- All-inclusive access to innovative rehab
- All new designer residences
- Custom interiors that you pick

Take advantage of our *Ready, Set, Go* Program

**Valued up to \$5,000**

### RECEIVE FINANCIAL ASSISTANCE WITH:

- Move Management Services
- Packing/Unpacking Services
- Design Services
- And Much More



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# From Art To Jazz, Ballet And The Classics: Check Out This Month's Events

**April 5**  
**BaCA Anniversary Party**  
**The Bailey Arts Center**  
 41 NE 1st St.  
 Pompano Beach, FL 33060  
 (954) 786-7879  
 www.baileyarts.org  
 6 p.m. Free Event

**April 10**  
**Gold Coast Jazz:**  
**Carol Welsman Trio**  
**Amaturo Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 7:45 p.m. Tickets from \$55

**April 13 & 14**  
**Miami City Ballet:**  
**A Midsummer Night's Dream**  
**Au-Rene Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 4/13 at 8 p.m., 4/14 at 2 p.m. From \$29

**April 16**  
**South Florida Symphony**  
**Amaturo Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 7:30 p.m. Tickets from \$40



**April 30**  
**Symphony of the Americas: Glenn**  
**Dicterow & Karen Dreyfus**  
**Amaturo Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 Preview at 7:15 p.m. Tickets from \$50

*Events listed were current at press time, however are subject to change. Please contact each venue for the latest information.*

## Sudoku

Answers On Page 11.

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		9	4					
					5			
1	7			2		6	9	
3		1	9		2		4	5
					1	3	7	
	2							
			3	6				1
4	9							

# Picking The Right Person For The Job

**Kaley N. Barbera, J.D., LL.M.**  
 Gazette Contributor

### Help Wanted!

Seeking: An individual(s) to manage assets during incapacity, administer and distribute assets upon death, and make health care decisions, when necessary.

#### Job Description:

1. Manage assets during incapacity or during administration of estate or trust.
2. Manage family questions and beneficiary inquiries.
3. Invest assets properly.
4. Provide accountings to disgruntled beneficiaries.
5. Make medical decisions when required.
6. Provide peace of mind to decedent before death and to beneficiaries during administration.

The above "job description" is one that many individuals also known as "fiduciaries" take on for family members, including, parents, spouses, children and friends. This article will briefly explore what a fiduciary is, the roles that a fiduciary can play, and how to choose one wisely. Fiduciary selection within your estate planning documents is pivotal to

the success of the estate plan as a whole. An estate plan can go awry if a fiduciary fails to follow the terms of the Will or Trust or to uphold his or her duties.

#### 1. What Is A Fiduciary?

A fiduciary is an individual or organization who acts on behalf of another person or persons to assist in managing assets and owes to that person the duty of good faith and trust.

#### 2. What Are The Different Fiduciary Roles?

- a. Attorney-in-fact
- b. Health Care Surrogate
- c. Personal Representative
- d. Trustee

#### 3. How Should I Choose My Fiduciary?

##### a. Attorney-in-fact

The Power of Attorney is a legal document in which an individual ("the principal") authorizes a third party ("the attorney-in-fact") to act on the principal's behalf. This person should be good with finances and/or legal decisions. It is often wise to name a family member who is in the financial industry (banking or financial advisor) or who is an attorney.

##### b. Health Care Surrogate

The health care agent is a fiduciary who is given control and power over medical decisions if the principal is incapacitated. A good option here would be to name someone who you are close with that is in the medical field and is local, if possible.

##### c. Personal Representative and Trustee

The personal representative named in your Last Will and Testament and the Trustee named in your Trust, are similar in terms of their role on a large

scale so I have grouped them together here for simplicity. Each of these roles requires an individual or corporation (such as a professional personal representative or trustee) to manage the assets of the estate or trust.

Such role includes managing beneficiary expectations and communicating with them on the progress of the estate or trust administration, providing accountings to beneficiaries on assets and expenses of the estate or trust, coordinating preparation of tax returns, and distributing assets to the beneficiaries. Of course, this is an oversimplified explanation and the role of a personal representative and/or trustee can be more complicated than described, above, but in choosing an individual to fill this role, one must consider someone who is organized, who can get along well with others, who makes good decisions and who you can trust. Sometimes, individuals name professional personal representatives or trustees in order to pick an unbiased third party. This is especially common in estates with challenging beneficiaries in order to keep the peace.

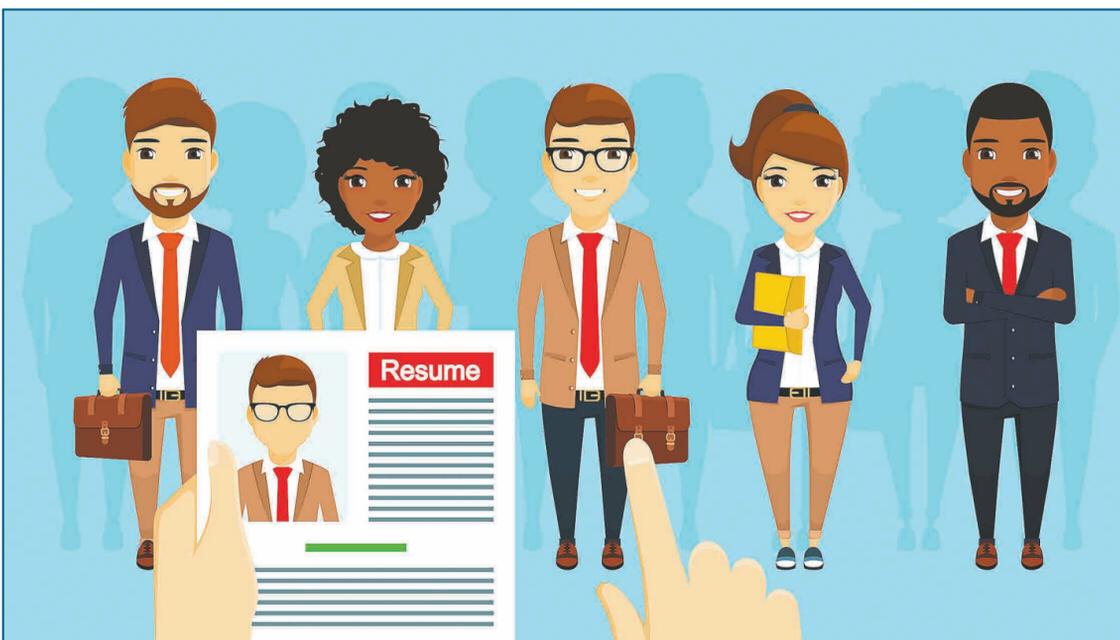
In summary, make sure you understand the various roles that these fiduciaries play so that you can choose one wisely.

*The above information was provided solely for information purposes. An estate and tax plan for an individual may or may not contain the documents or ideas discussed, above. We highly suggest that you seek the professional advice of a specialist in this field to determine the appropriate estate plan for your situation.*



**Kaley N. Barbera**

**Kaley N. Barbera** is a senior associate at the law firm of Snyder & Snyder, P.A. in Davie, FL, where she concentrates on estate planning with an emphasis on special needs planning, art succession planning focusing on how to transfer art, artifacts and collectibles in a tax efficient manner, estate administration and trust administration. She is a member of both The Florida and the New York Bar. Kaley is a graduate of the University of Miami, where she received her Bachelor's degree in English Literature and her J.D. from New York Law School. She also earned her LL.M. in estate planning from the University of Miami Law School. You can email your questions for Kaley to [Kaley@snyderlawpa.com](mailto:Kaley@snyderlawpa.com).



# The Doctor Is In

## Time Is Now For Spiritual Wellness

**Dr. Roberta Gilbert**  
Gazette Contributor



Dr. Roberta Gilbert

Now that we are on the last of the “Leaves of Wellness,” let us review them once more. They are: Social, Physical, Intellectual, Environmental, Emotional, Occupational and the last, Spiritual Wellness.

Different people probably have different ideas of what Spiritual Wellness is. Some, like Carl Jung, the great Swiss psychiatrist, might say it is being at one with

all the other spirits of the human and animal world. Others might relate Spiritual Wellness to “Mother Earth.” Hindus try to get their karma (good works) balanced to the place where they will be in a better caste or other position in the next life. Still others call Spiritual Wellness being right with God. Some, like Sigmund Freud would deny that there is such a category as Spiritual Wellness at all. Most people have a way of thinking about the subject.

### Ways I Think About Spiritual Wellness

Throughout history, there were very few cultures without religion. It could be said that there were none until communism came along and destroyed church and worship for a time. Even then, posters of the USSR’s leader were made public. The same might be said about today’s North Korea. Leaders became a kind of idol of worship for many.

Three researchers from Duke University decided to study the already published medical and other literature on the subject of how spiritual, or religious practice relates to health, both physical and mental. They found that families who go to church regularly have a significantly lower incidence of addiction. There were fewer instances of high blood pressure and several other diseases in these people. Their sexual lives were reported as more satisfying than in those couples who did not attend religious services. There were many other findings, which perhaps we will examine in another column. I found it most interesting that these findings were not always reported in the “conclusions” to the research. They had to read the whole article many times in order to find these correlations. This is perhaps the degree of anti-religious bias that our profession has developed.

Victoria Harrison, who studies biofeedback in people, noticed that some people were calmer by

the machines’ notations than others. She got curious and noticed that these calmer ones were nuns. She asked them what was going on in their heads during the study. They were praying. That led her to another study—one of watching people’s physiology (blood pressure, hand temperature and sweating) while praying. She found that some people were calmed by the practice of prayer. Others, however, actually became more upset during their prayers.

What do people do when extremely anxious, like in foxholes? They pray. I gather that prayer must work to calm most of us or the idea would have died centuries ago.

As a believer in God, I was unhappy with most of what I was being taught in my psychiatric training. Because the great father of psychotherapy, Freud, was an atheist, most psychiatrists followed in his steps. When I became aware of family systems theory, originated by Dr. Murray Bowen, I found that nothing he taught was incompatible with what was taught in the Bible. Actually, I found that most

of what family systems theory sees in people is in the Bible. Some biblical passages are very close to teachings in family theory.

But it is the goal of family systems research to bring the study of the human into the realm of science. Science just asks questions. Observation and listening give the answers.

What did I learn about spirituality? During my years investigating this branch of learning, I asked therapists about something I noticed in patients in my practice. Did people become more spiritually aware and interested as a result of their guidance in family systems theory? Almost all the therapists I talked with on the subject had noticed the same phenomenon.

### Religion And The Brain

Here’s another phenomenon I have written about for which pastors sometimes thank me. Church liturgies seem to be aligned with brain science. What I mean by that, is there are three parts of the brain.

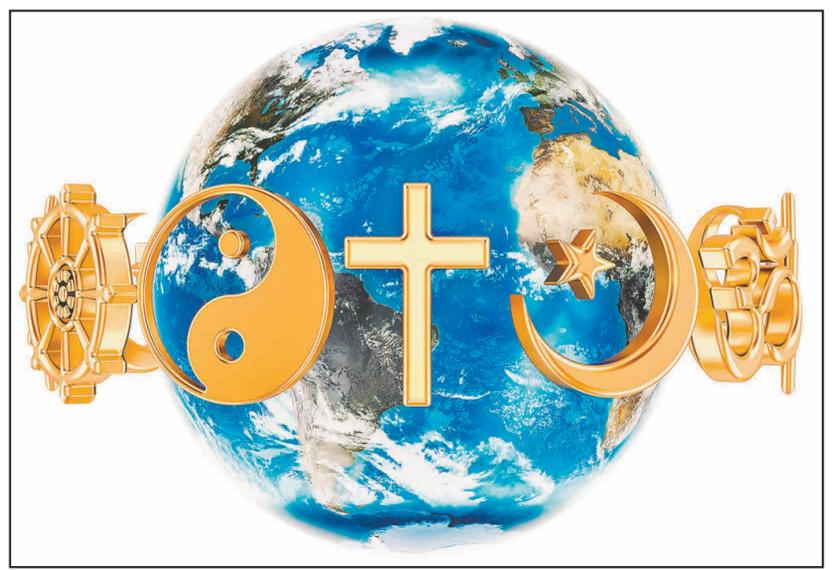
These are the hindbrain, the midbrain and the forebrain. The oldest in evolution, the hindbrain, brings the animal home time and time again—this is sometimes called the homing instinct. It’s very repetitive. This instinct center reminds me of church liturgy. It too is repetitive and there is something in us that loves it. The midbrain, connecting the fore and hindbrain, reminds me of the music in the church that we love. Mostly it’s about emotion. The neocortex, or forebrain collects logic, thinking and long-term planning. There we have the sermon for the week.

Guiding principles, so much a part of the family theory (the part that teaches us about maturity and growing up), can often be found in spiritual teaching. I have often thought that people who take their spiritual guidance seriously may not need a therapist. Well, maybe sometimes.

Why and how do family systems teachings and spirituality combine? I believe that when people get their family relationships working better, they have cleared away a lot of “trash” that may have been a stumbling block in their spiritual journey. When they get a working

relationship with their parents, or siblings, they are in a position to see God, the one who loves all of us, in a less encumbered way. The path toward Him becomes clearer.

*“Being at one with all the other spirits of the human and animal world.”*



Throughout history, there were very few cultures without religion.

*Dr. Roberta Gilbert is a psychiatrist and Distinguished Retired faculty member of the Bowen Center for the Study of the Family, (formerly Georgetown University Family Center). The John Knox Village resident is a published author of several books on the Bowen Theory, therapy and leadership, and continues to teach master classes for leaders and therapists nationally. Dr. Gilbert engages in writing, music, travel, friends and community activities.*

## Legendary African American Mezzo-Soprano and Soprano Grace Bumbry To Be Honored In May



Opera’s legendary Grace Bumbry.

Knox Village. “A Conversation with Grace Bumbry, Civil Rights Trailblazer & Legendary Opera Star,” will be an interview and discussion with Ms. Bumbry and a question and answer session will follow.

Tuesday evening, May 7 at 6 p.m., at the NSU Art Museum Fort Lauderdale, “A Tribute to Grace Bumbry, Legendary Soprano/Mezzo-Soprano and Civil Rights Trailblazer,” begins with wine and hors d’oeuvres followed by the tribute ceremony at 7 p.m. The tribute will feature videos, audio and photo slide shows, and an interactive conversation with Grace Bumbry, as well as international guests and local “opera aficionados.” Everyone in attendance will gather in the main lobby following the tribute for champagne and dessert and the rare opportunity to meet one of the greatest artists and civil rights trailblazers of the 20th century, Grace Bumbry.

On Wednesday, May 8 at 10 a.m., John Knox Village and the Broward County School System (Pompano Beach) will sponsor “A Conversation With Grace Bumbry,” at the Pompano Beach Cultural Center. This event will again feature an interview and discussion with Ms. Bumbry with a question and answer session to follow.

### Ms. Bumbry’s Event Schedule

**Monday, May 6, 1 p.m.**

**VAS Cultural Arts Enrichment Series  
“A Conversation with Grace Bumbry, Civil Rights Trailblazer & Legendary Opera Star”  
Sponsored by John Knox Village**

Dillard High School  
2501 NW 11th St.  
Fort Lauderdale, FL 33311

**Tuesday, May 7, 6 p.m.**

**“Tribute to Grace Bumbry, Legendary Soprano / Mezzo-Soprano and Civil Rights Trailblazer”**

2019 Icon of the Arts Honoree  
NSU Art Museum Fort Lauderdale  
One East Las Olas Blvd.  
Ft. Lauderdale, Florida 33301  
VAS/JKV/MOA \$35.00, General Public \$50.00

**Wednesday, May 8, 10 a.m.**

**VAS Cultural Arts Enrichment Series  
“A Conversation with Grace Bumbry, Civil Rights Trailblazer & Legendary Opera Star”**

**Sponsored by John Knox Village  
Broward County School System  
(Pompano Beach)**  
Pompano Beach Cultural Center  
50 West Atlantic Blvd.  
Pompano Beach, FL 33060  
Please RSVP. Limited Complimentary Seating.

For more information on any or all of these events, please call (954) 709-7447 or email [Willie@VenetianArtsSociety.org](mailto:Willie@VenetianArtsSociety.org)

web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
f t y JohnKnoxVillage

**Special To**  
The Gazette

Please join Venetian Arts Society (VAS) in May, as the Society pays tribute to the life and artistry of Grace Bumbry, legendary African American Mezzo-Soprano and Soprano. A series of three events will trace Ms. Bumbry’s life, career and civil rights activism.

On Monday, May 6 at 1 p.m., Ms. Bumbry will visit Dillard High School in an event sponsored by John

# 'If The First One Doesn't Open You Always Have A Second One'

**Burn Loeffke**  
Gazette Contributor



Yes, it's true, I worry about my son Marc's adventures: Especially skydiving. As a military veteran and parachutist, I should know. Parachuting is a dangerous sport, but if you are well trained and have a reserve or someone with you, it is much safer. Like everything in life, always have a plan B. In parachuting, the plan is a reserve parachute.

My son's Christmas letter to me captures the feeling:

Dear Dad,

Something that has struck me as very funny recently has been your reaction to some of my excursions with my sabbatical time. You were so worried about my safety when I was alone in the lodge in Hot Springs, when you heard about my plans being finalized for this time in New Zealand, when I told you about Erin & me planning to bike across the country, and when I mentioned that we will be going skydiving while she's here. I was a little surprised at first - after all, when you were my age you were in objectively much more dangerous conditions and had been for years by this point. While I will be skydiving with a professional strapped to my back, you were jumping (into combat) with a rifle strapped to your front.

Reflecting on your reaction, I see how much a person's tolerance for uncertainty and risk can change dramatically when it's a situation affecting someone you love rather than yourself. Even with our human self-preservation instinct, we can worry so much more for another than for ourselves. It reminds me of something Mom said to me, "Once you have a child it's like someone has pulled out a piece of your heart and you watch that part of your heart stumble & grow & eventually leave. Then your heart is always out there in the world away from you, yet you never stop feeling that connection."

I know it must be scary to think about me out here on my own outside of your protection, and I appreciate that you trust me enough to put aside your concerns and be supportive of my dreams & passions. You've trained me well to be a traveler, to be self-sufficient, and to make friends and community wherever I go. I hope that I can do the same for my children, even if my heart may groan at the thought of them getting into a fraction of the experiences that I welcomed readily for myself. Merry Christmas Dad, I love you.

-- Marc



The poster above showcases Burn Loeffke's experience as a military parachutist and humanitarian medical missionary.

*Burn Loeffke, a retired military officer, has been wounded, survived two parachute malfunctions and two helicopter crashes in combat. As a captain in his 20s, he was an Army swimming champion. As a colonel in his 40s, he participated in a military decathlon in Russia. As a general in his 50s, he ran three marathons in China. He has been an advisor to the President's Council on Physical Fitness. As a senior, he starts each day at Hollywood Beach, FL with 200 stomach crunches, 10 minutes of stretching, and with Dr. Carmen Queral, they sprint one-minute dashes with 30 seconds of rest in between. They finish with 10-20 second dashes with 10 squats in between.*

# 'The Ruth Bader Ginsburg I Know'

John Knox Village Resident Recalls His Long Friendship With The Supreme Court Justice

**Marty Lee**  
Gazette Contributor

In the January issue of *The Gazette*, Donna DeLeo Bruno reviewed the book "Ruth Bader Ginsburg," by Jane Sherron DeHart. One *Gazette* reader noted the review with great interest. You see, he was right there during the pivotal six years of Ruth's life, as both a friend and a colleague, when she was transformed from a shy civil procedure scholar into a fierce advocate for women's rights.

Frank Askin is a John Knox Village resident and retired general counsel of the ACLU. After years as a newspaper reporter for the *Bergen County (NJ) Record*, and civil rights activist, Frank decided to pursue a law degree, while still studying for his bachelor's degree. From his experience as a journalist covering the crime and court beat, Frank knew his way around legal issues. He applied to Rutgers (NJ) Law School at the age of 31 and was accepted.

## Ruth And Frank Meet In 1963

So how does Frank know Ruth Bader Ginsburg (RBG) so well? As Frank told *The Gazette*, "Ginsburg and I came to Rutgers Law School on the same day in the fall of 1963. She as a faculty member, and I as a student. She taught the first class I had in law school. I was older [than the other students] and civil procedure classes became mostly a dialogue between her and me. I graduated in the fall of 1966 and was offered a position as assistant professor of civil procedure. In those days Ruth was probably the most quiet and understated teacher you could imagine, and yet Ruth was my mentor."

Anyone who remembers the turbulent '60s understands that it was a time of change. The Vietnam War, The Draft, Civil Rights and Women's Rights were all dominating the headlines and news reports of the time.

"Through 1968, Ruth was just a quiet scholar," Frank said. "Her most notable academic achievement was a book on Swedish civil procedure written during her sabbatical there. She had never litigated anything."

As a law professor at Rutgers, Frank chaired a committee in 1967 and 1968 to increase the number of black, Latino and women students, as a total diversification of the student body.

"It was the women who flocked into the law school," he said. "The Class of 1970 had only seven women graduates. The years to follow saw an explosion of women graduates. In the Class of 1972, women constituted almost 50 percent of the graduates."

While Ruth was not highly politically oriented during her years at Rutgers, she was greatly influenced by the influx of second-career women students. She supported the minority student program and helped expand the legal clinics. This allowed the law students to assist with valuable legal advice to the impoverished, which was particularly important in a city like Newark.

Frank continued to teach alongside Ruth until she moved on to Columbia University in 1970, but their friendship and connection remained strong.

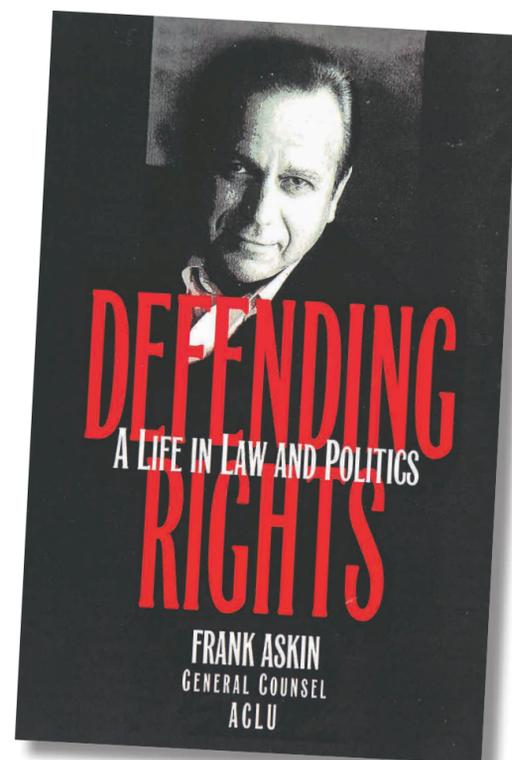
"Ruth's influence and recognition grew rapidly during the next decades," Frank said. "From academia, to a leadership role in women's rights; arguing equal rights cases in front of the Supreme Court. The Democrats were obviously noticing her. She was nominated by President Jimmy Carter in 1980 to sit on the U.S. Court of Appeals. Then in 1993 President Bill Clinton nominated Ruth Bader Ginsburg to the Supreme Court."

The rest, as Frank says, "is history."

## The Askins Are Lifelong Legal Scholars

Frank and Marilyn, his wife of 58 years, also a retired attorney, have been a social activist couple since they married. In a story entitled, "More Power To Them" in the *New Jersey Monthly*, Feb. 2003, it read: "Throughout their busy careers, which included stints in Washington, D.C., a semester in Hawaii, and Frank's two unsuccessful runs for Congress, they always found time for family...because they've always given each other space to grow."

Frank retired as general counsel for the ACLU and Marilyn, as an expert in elder law and president of the New Jersey AARP. They currently reside at John Knox Village, the Life-Plan Continuing Care Retirement Community in Pompano Beach.



In his own book, "Defending Rights, A Life In Law And Politics," Frank Askin's bio reads, "From teenage protests against McCarthyism and organizing demonstrations against racial segregation on the streets of Baltimore, to Distinguished Professor and founder of the Constitutional Litigation Clinic at Rutgers Law School and General Counsel of the ACLU, Frank Askin has spent a lifetime battling for political and civil rights in the USA."

# Smartphones To The Rescue For Hearing And Sight Impaired

**Maurice Scaglione**  
Gazette Contributor



*Maurice Scaglione*

“I can’t hear you!” If this is something you say frequently, your friends and family might reduce the number of conversations with you, as it becomes too frustrating to constantly repeat themselves.

Sadly, you may not hear conversations and miss out on the socialization. Of course, there are hearing aids that make everything just louder, but may not help at all with hearing the words spoken.

For home telephone calls, the State of Florida offers seniors home telephones with screens where the conversation from the person calling you is transcribed and you can read it. Look at [www.ftri.org](http://www.ftri.org) or call (800) 222-3448 for information.

But what do we do in a retail store when we ask, “What aisle is the soy sauce in?” What do you do at the doctor’s office when you cannot hear the medical part of the conversation? What about at dinner, where you want to hear what your fellow diners are discussing? Don’t turn inward and smile – making believe you heard what was said. Use your smartphone and an application to solve the problem.

Now seniors can follow in the footsteps of the young ones and look down at their smartphones with a real purpose: The ability to read on a screen what was just said. This way you can participate in the discussion.

Recently, applications have become available for your smartphone and tablet that can assist with live transcription of a conversation when you are out and about. In a quiet situation such as at the dinner table with a friend, you are able to read what the person is saying on your phone screen or tablet. No more missing the chat and no more shouting to your friends.

The solutions are different depending on your use of an Apple iPhone or a Google Android-based device.

On any current Android phone/tablet, such as Samsung, LG, Motorola, etc., go to the “Google Play” store and download, “Live Transcribe.” This software is free. When you want to read what someone is saying, just open the application and point to the phone. As someone speaks, you can instantly see the words. Explain to them, if needed, that you are hard of hearing and this helps you understand them better. I assure most of them will be impressed by what they see and will want to talk to you further.

“Live” transcribes the conversation and puts it in large print on your device’s screen. The less noise around you, the more accurate the text translation. If you speak a foreign language, Google allows you to add a second language. So, if you have a hard of hearing friend who speaks Spanish, Italian, or any of numerous languages, go in and change the second language in settings. Go ahead, start speaking Greek.

If you have vision issues, Google lets you change the background to white with black type or leave it on default of a black background with white lettering.

## How About A Quasi Hearing Aid?

Coming soon from Google, on Version 9 of the Android operating system, is an application called “Sound Amplifier.” It will enhance sounds around you, making audio easier to understand and will reduce noise in the background. You could also wear the wired headphones that came with your phone. You can then adjust sounds through the application.

But what if you’re deaf and cannot speak your portion of the conversation? A deaf father and son team on the Apple platform developed a \$9.99 application. Go to the app store and download, “App MyEar.”

With “MyEar,” although you do not need the wired headphone that came with your cell phone, it will help to plug it in and have the other person speak into it for better recognition.

“MyEar” on Apple gives a voice to the deaf by speaking what you type into the phone’s earpiece. This can also be broadcast aloud via Apple TV on a large screen. It gives the person an audible voice to be heard from. If you have vision issues, “MyEar” allows you to enlarge the font, through the cogs for settings, as well as change the color of the text for better clarity.

Why pay \$10 when the phone microphone does the same thing on Apple? Because, after a few minutes, the built-in microphone will stop, and you have to start the application again. “Live Transcribe” and “MyEar” let you have a continuous scroll of the conversation that is endless.

For presentations or speakers, you don’t need a sign language translator. You cast both the Android and Apple text to a large screen TV at home.

I found that using a tablet makes reading the text easier for many users. You can use an Apple iPad or an Android tablet.

Lastly, there is a free Apple application called, “Make It Big.” This is a reduced function application that lets you get someone’s attention by shaking the iPhone. It will flash the words so you can see them across the room to get attention in a large font.



*Smartphone apps can assist both the hearing and sight impaired with improved sensory perception.*

*Maurice Scaglione is a 25-year veteran of the computer industry. He runs **Stupid Computers, LLC** (954-302-3011) offering personal computer training in home or office. He resolves problems and instructs on the use of computers, smart phones and tablets such as iPhone, Android, iPad etc. You are welcome to send your questions to him at [stupidcomputersllc@gmail.com](mailto:stupidcomputersllc@gmail.com) and he will attempt to include answers in future articles.*

# NSU Art Museum Fort Lauderdale April Events

## NSU ART MUSEUM

### FORT LAUDERDALE

**Edison D. Lozada**  
Donor Relations and Annual Fund Manager, NSU Art Museum Fort Lauderdale

There’s something for everyone at Fort Lauderdale’s premier art museum. Please join us at these upcoming events in April. Space is

limited. Advance reservations are required. To reserve your spot, email: [moareservations@moafl.org](mailto:moareservations@moafl.org) or call (954) 262-0258. Unless otherwise noted, all events take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd.

**Free First Thursdays Starry Nights, Presented by AutoNation, Thursday, April 4 from 4 – 8 p.m.**

View NSU Art Museum Fort Lauderdale’s current exhibitions and enjoy 2-for-1 drinks in the Museum Café. Free admission to exhibitions and hands-on art projects for all ages.

**A Sense of Pride: Creativity Exploration LGBTQ+ Adults, Seniors and Allies Saturday, April 6 from Noon – 2 p.m.**

Note: This event takes place at Northwest Branch / Broward County Library, 1580 NE 3rd Ave., Pompano Beach, FL 33060.

All are welcome at this workshop designed to foster inclusion, acceptance and understanding. Participants will be introduced to mindfulness and positive flow state-of-mind as they create art inspired by artists who make altars to conceptualize ideas and honor loved ones. Free admission.

**Tea & Art History: Celebrating the Museum’s Distinctive Art Collection on Wednesday, April 10 Tea at 2:30 p.m. / Art History at 3:30 p.m.**

NSU Art Museum houses the largest collection of CoBrA art in America. This lecture explores the

dynamics of these major art movements in the work of Alechinsky, Corneille, Philip Guston, Asger Jorn, Willem de Kooning and Jackson Pollock, among others, and demonstrates how the art of each group became pivotal to specific developments in American and European contemporary art. \$40 per person for tea; \$35 for Members for tea. Lecture free to members; \$10 non-members.

**Art of Wine & Food: Stop and Smell the Vino Thursday, April 11 from 6 – 8 p.m.**

Sample wines from a variety of fine vineyards paired with delicious small bites. Arrive at 5:30 p.m. to enjoy a docent-led tour of the Museum’s African art on view in “Remember to React.” \$40 per person; \$30 for members at the Patron level and above. Advance paid reservations required.

**NSU Lecture Series: Law, Culture, and Context for Creative Works in Emerging Media Thursday, April 11 from 6 – 7 p.m.**

This talk by Jon M. Garon, Dean of Nova Southeastern University Shepard Broad College of Law, will explore how 3D printing, virtual and augmented reality, artificial intelligence, social media and other emerging technologies provide new media for artists to explore the limits of culture and society. Free presentation.

**Creativity Exploration: Discovering Your Direction Saturday, April 13 from Noon – 1:30 p.m.**

Explore the traditional design of a compass rose, reflect upon your “true north,” and create your own art with a working compass as you experience the benefits of creative exploration and the mind-to-body experience with art educator Lark Keeler, a specialist in mindfulness education. \$10 for Museum members; \$15 for non-members.

**Second Sunday Film Series: “Laces” Sunday, April 14: Lecture at 1:30 p.m., Film Series at 2:30 p.m.**

This Israeli film tells the story of the complicated relationship between an aging father and his adult, special-needs son whom he abandoned as a small boy. Through its portrayal of a relationship full of love, rejection and co-dependency, it illuminates and questions the importance of human life and human connection. \$9 Museum members; \$11 non-members. Film & exhibition tour: \$18 Museum members; \$22 non-members.

**For information about attending these events as a John Knox Village guest, please call (954) 783-4040.**



*Visitors to NSU Art Museum Fort Lauderdale enjoy the exhibits during Free First Thursdays Starry Nights.*

## Answers to Crossword Puzzle on Page 5 and Sudoku on Page 8.

	M	A	I	L		C	I	L	I				
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	S	O	L	O	N	G		M	O	D	E	S	T
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8	4	6	1	9	5	2	3	7
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3	6	1	9	7	2	8	4	5
9	5	4	6	8	1	3	7	2
7	2	8	5	3	4	1	6	9
5	8	7	3	4	6	9	2	1
6	1	2	7	5	9	4	8	3
4	9	3	2	1	8	7	5	6

# Spring Training For Your Brain

## Seven Tips For A Better-With-Age Brain

**Phyllis Strupp**  
Gazette Contributor



*Phyllis Strupp*

Fine wine is designed to improve with age, and so is the human brain. Over age 40, the rest of our body cannot get better with age, but our brain can, thanks to a magic trick called neuroplasticity. Neuroplasticity (the ability to change and grow) is a healthy brain's secret weapon for fighting stress and improving with age.

Choosing specific activities to train the brain and encouraging neuroplasticity is the goal. But what good does it do us to train our brain for an hour and then work against it the rest of the day? Ultimately, our lifestyle must encourage neuroplasticity to help our brain—and our personal life story—get better with age.

Make sure your lifestyle includes these seven brain-building habits as a matter of routine:

### 1. Friendships

The best way to fight stress is to have caring friends with whom you celebrate triumphs and recover from setbacks. Be a friend to have a friend.

### 2. Learning

Lifelong learning is the best way to follow the advice of "use it or lose it." Besides, it keeps you from being boring to your friends.

### 3. Movement (ABS)

Moving the body is the best way to follow the advice: "Move it or lose it." Movement is not the same as exercise, but rather it is (ABS) anything but sitting.



*Our lifestyle must encourage neuroplasticity to help our brain—and our personal life story—gets better with age.*

### 4. Relaxation

When the mind is calm, the brain's vagus nerve sends the message throughout the body that it's time to relax. Deep breathing is the best way to engage this relaxation response and fight stress-induced inflammation.

### 5. Self-Expression

Sharing your thoughts and feelings through conversation and creative activities, such as acting, art, dancing, playing a musical instrument, singing or writing, help the brain process toxic emotions as the mind gains new perspectives on troubling experiences. This reduces inflammation.

### 6. Service

Responding to the needs expressed by other people promotes the healthy integration of brain activity related to your inner and outer worlds.

### 7. Story

Our brains are built to find meaning in life through stories. Expose your mind to story-telling cultural activities, including movies, music, novels, plays and writing classes. Make sure you don't repeat the same

stories over and over; find new stories from your experiences to share your wisdom with others.

**Take a Train Your Brain workshop, offered exclusively in Florida at John Knox Village.** To learn more about spring training for a better-with-age brain: Keep an eye on the calendar listings in *The Gazette* to see when the next workshop is scheduled.

**John Knox Village is the only Life-Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. To learn more about an upcoming two-hour workshop that will identify your brain's strengths and opportunities call (954) 783-4040.**

*Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2016 book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it or lose it" based on successful outcomes from her 10 years of experience in brain coaching. Visit Phyllis' website: [www.brainwealth.org](http://www.brainwealth.org)*

## The Conch Apartment Home Is Designed For Economy And Style

Enjoy exceptional South Florida lifestyle in comfortable tropical surroundings with the Conch apartment home now available at John Knox Village. The newly redesigned Conch home is available in your choice of locations: The 17-story Cassels Tower with its panoramic views from every floor, or in the three-story East Lake building overlooking beautiful Lake Maggie. The joy of the one-bedroom and one-bath design is the carefree economy you'll savor, while still having available the same Life-Plan guarantee that every resident at John Knox Village enjoys.

Tour this Conch apartment home, experience the special ambiance of the Village and enjoy a complimentary meal in JKV's Palm Bistro.

### The Conch Apartment Home Features:

- **Stainless steel kitchen appliances:** Range, refrigerator, dishwasher and microwave
- **LED kitchen lighting**
- **Under-mount stainless steel sink w/spray faucet and disposal**
- **Quartz/granite kitchen countertops**
- **Choice of upgraded backsplashes**
- **Choice of kitchen hardware**
- **Generous cabinet selections**

### Master Suite

- **Spacious walk-in closet**
- **Baseboard molding**
- **Walk-in shower**

### Bright, Spacious Interior

- **Crown molding option**
- **Frameless shower door**
- **Custom closet option**
- **Washer and dryer**

As a JKV resident, you'll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and much more. Call (954) 783-4040 to speak with a Life-Plan Consultant today.

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*Convenient and economical, The Conch offers an affordable lifestyle.*

