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Presidential Second Acts

Finding Their 'Inner Rembrandt' Ranks High On The List



President Dwight D. Eisenhower was a prolific artist who created more than 250 paintings during his lifetime.

Nona Smith

Gazette Contributor

On Monday the 19th, we celebrate Presidents' Day. We are aware of the highpoints of their lives as Comanders in Chief, but what do they do during and after their four or eight-year terms in office to relieve their stress? Being among the most powerful people in the world, with the responsibility for the well-being of millions of lives, is the most challenging of jobs and not for the fainthearted. To combat the stress of power and to relax, many of our presidents have taken up hobbies unrelated to their daily work. John Quincy Adams enjoyed painting, Bill Clinton played a mean saxophone and had a passion for *The New York Times*’ crossword puzzles. John Kennedy loved the sea and found peace in sailing. President Trump can often be found on the golf course. Presidents Eisenhower, Ford and Obama have also all used the fairways and putting greens to relax. Here are a few stories of our presidents who found creativity in artistry.

Ulysses S. Grant

Apart from their talents for diplomacy and organizational skills, many of our former presidents have displayed some remarkable talents and found boundless joy in painting before, during and after their terms in office. One of the most talented artists was Gen. Ulysses S. Grant, the esteemed Civil War General and 18th president. He was an excellent painter, observant with great attention to detail. His was a natural talent and it showed in his exquisite

See “Presidents” On Page 2

The Bare Necessities Of Life

Essential Lifetime Estate Planning Documents

Kaley N. Barbera, J.D., LL.M.

Gazette Contributor



Kaley N. Barbera

sing and dance to, it also sends an important message about life, and for estate planners, an important message about preparing lifetime documents for their clients. When clients come to see an estate planning attorney, they usually have one goal in mind: How to leave their assets. While this goal is paramount to estate planning, there are a few other goals of which clients should be aware. For instance, what would happen if tomorrow you were in an accident and unable to communicate with a doctor about your treatment or care? Moreover, what if from that exact same accident,

“Look for the bare necessities, the simple bare necessities, forget about your worries and your strife.” Most of us know these lyrics from Louis Armstrong’s 1968 rendition of “The Bare Necessities,” from Disney’s “The Jungle Book.” While this simple jingle is fun to

you were unable to deposit a check or sign an insurance form because you were incapacitated? All of these scenarios can create worries and strife, not only for you, but also for your loved ones. We can “forget about our worries and our strife” as the lyrics suggest, by simply executing a set of lifetime documents, which should include a Durable Power of Attorney, a Designation of Health Care Surrogate, a Living Will and a HIPAA waiver. We call these documents lifetime documents as they are essential during life, but hold no power after death.

Essential Lifetime Documents

The lifetime documents which are the bare necessities for most clients are:

- The Durable Power of Attorney
- The Designation of Health Care Surrogate
- Living Will
- HIPAA

The following is a more detailed explanation of each and its importance to your lifetime planning.

The Durable Power Of Attorney

This is a legal document that allows the client (the “principal”) to authorize another individual (the “agent” or “attorney in fact”) to act on the client’s behalf for any of their legal or financial decisions. The agent essentially steps into the shoes of the principal to handle any legal or financial concerns, which could include the signing of a document, the depositing of a check or the titling of an asset in the principal’s revocable trust.

See “Planning” On Page 4

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Artistry Is A Reflection Of Life After The Presidency

From “Presidents” On Page 1

sense of composition and color sense.

While a cadet at West Point, he completed many paintings and sketches, some of which still survive. He was modest about his talent but proud of his ability to paint, and as president spoke of the satisfaction he derived from producing something “artistic.” Grant always worked with watercolors and his works are in private collections and on display in museums.

Dwight D. Eisenhower

Another great five-star general and 34th president of the United States became a serious painter after leaving office. Dwight D. Eisenhower “daubed” while in the White House, but it was not until he was 58 years old and influenced by his good friend, fellow politician and painter, Winston Churchill, did he take up painting seriously. Once properly prodded, he devoted attention to improving his skills, working hard to get the colors true to the subjects. During his two terms in the White House, Ike created a second-floor studio and tried to paint for at least 10 minutes every day. As his work developed, it showed the gentle expressive side of a fearless man, who rose to power commanding U.S. troops to victory in World War II.

Eisenhower created more than 250 paintings during his lifetime. Most were landscapes, especially scenes of his family’s farm in Gettysburg, PA. He also painted portraits of his beloved wife Mamie, his grandchildren and even himself. His portraits of George Washington and Abraham Lincoln were impressive and skillfully rendered. His painting of Lincoln now hangs at the Eisenhower National Historic Site in Gettysburg, PA and an impressive portrait of Field Marshal Bernard (Monty) Montgomery, 1st Viscount Montgomery of Alamein, belongs to the British Embassy in Washington, D.C.

Eisenhower said of his painting of his farm, to Richard Cohen, of *The Washington Post*, “Let’s get something straight here. They would have burned this [expletive] a long time ago if I weren’t the president of the United States.”

James Earl Carter Jr.

Of all the politicians-turned-painters, our 39th president of the United States and a Nobel Peace Prize winner, Jimmy Carter is the most philanthropic artist. Most of his paintings, poems and books have benefited the Carter Center, a human rights organization which seeks to resolve conflicts, enhance freedom and improve health. Through various fundraising events, Carter’s paintings have sold for huge sums and his work continues to be a popular draw among wealthy collectors.

The humble peanut farmer took up a brush and started painting after leaving office in 1981. He developed a distinctive style and his paintings of birds, flowers and butterflies have a detailed vigor with a lovely fresh sense of color. He specializes in natural scenes, although his work can veer into the political. His book “*A Full Life: Reflections at Ninety*,” published in 2015, includes a portfolio of scenes from Carter’s life: Portraits of his parents and his wife Rosalynn, his childhood home, critical moments in his presidency and his post-presidential life, as well as a self-portrait of the artist at work in his studio. He also dabbles in woodworking – making simple furnishings, writing exquisite poetry and publishing numerous books.

Recently, an original Carter oil painting of crabapple blossoms, received a high bid of \$750,000 during a record-setting auction at the Carter Center.



A photo of Telegraph Cottage, General Eisenhower’s English headquarters and home during WWII.



A painting by President Eisenhower of that same Telegraph Cottage.

“My paintings have gotten to be pretty popular and I’ve taken a little bit more interest in painting the last few years,” President Carter said.

George W. Bush

Our 43rd president is probably the most prolific of the politician painters, as he has produced a sizeable portfolio of art since leaving office in 2009. We probably wouldn’t be able to see any of his work today, as he regarded it as a private hobby, if not for a 2013

hacker-attack by “Guccifer,” which revealed several of Bush’s paintings on the Web. After his hobby went public, he decided to show his work to the world.

President Bush began to paint in earnest after his two-term presidency was over. Like Eisenhower, Bush was inspired by Churchill. He told friends and family he found painting relaxing and that he hoped he would inspire others to try new things. Along the way, he hired an art teacher to help him with technique and told her he wanted to discover his “inner Rembrandt.” Bush has become a prolific painter, starting with the family dog, Barney, as a model. According to Bonnie Flood, the artist who taught Bush the basics of painting, that he had “real potential” as an artist. As confidence in his ability grew, he expanded into painting cats, landscapes, churches, fruit and, surprisingly, even self-portraits.

His series of world leaders included a revealing, unflattering study of Russian President Vladimir Putin. The successful art show of his portraits of veterans eventually became a book titled “*Portraits of Courage: A Commander in Chief’s Tribute to America’s Warriors*.” The book brings together 66 full-color portraits he had painted of members of the United States military.

Published in 2017, proceeds from the book are donated to the George W. Bush Institute, a policy think tank that works on veterans’ and other issues.

Americans are lucky that many of their presidents’ works have made it into the public domain, allowing them to view, read and appreciate their talents and creativity.



A painting by President George W. Bush of his late dog “Barney.”

In Good Taste: Chef Mark’s Perfect Valentine’s Day Recipe For Two

Rob Seitz
Gazette Contributor



*John Knox Village
Executive Chef Mark Gullucci*

Perfect for Valentine’s Day, this dish for two is named after the first Duke of Wellington due to his fondness of beef and mushrooms.

An ideal alternative to the Feb. 14th roast, Beef Wellington is made from the chateaubriand cut of a beef

tenderloin. The chateau is the center cut of the Wellington. These can also be done individually, but what fun is that when you can share with that someone special?

This recipe is the traditional version of the restaurant favorite, seasoned very simply, roasted to perfection and sliced on the diagonal.

Beef Wellington For Two

- 1 lb. chateaubriand (center cut tenderloin)
- Kosher salt and black pepper
- 2 tbsp. olive oil
- 2 tbsp. whole butter
- 2 cloves minced garlic
- 3 sprigs of fresh chopped thyme
- 1 lb. chopped wild mushrooms
- 1 cup red wine
- Flour for dusting
- Ready-made puff pastry
- 1 beaten egg
- 1 small onion

Method Of Preparation:

Preheat oven to 375 degrees. Season meat with olive oil, kosher salt and black pepper. Melt half the butter in a cast iron pan (if available) or a non-stick pan and sear on all sides on medium heat to get a nice golden brown crust. Set aside to cool.

In the same pan add garlic, onions, and thyme, cook for 5 minutes or until onions are soft. Add mushrooms and cook 5 more minutes, turn heat to high, add wine and reduce to a paste. Set aside to cool.

On a floured surface place the pastry and roll it out large enough to enclose the meat. Spread the mushroom mixture out down the



length of the center. Place the beef on top and brush the edges of the dough with egg wash to hold. Fold the pastry over the meat to enclose and seal edges well. Brush the Wellington with egg wash. This helps with browning and gives it a shine. Place in refrigerator and chill for 30 minutes.

Transfer the meat to a lined sheet tray seam side down and cook until pastry is golden brown and the meat is cooked to your liking: 20-25 minutes to rare, approximately 125 degree internal temperature or 30-35 minutes for medium, approximately 135-140 degree internal temperature.

Let rest for 10 minutes before slicing thick. Can be served with béarnaise sauce or a brown sauce.

Book Review

America’s First Daughter

By **Stephanie Dray and Laura Kamoie**

Donna DeLeo Bruno
Gazette Contributor

As a book of historical fiction, “America’s First Daughter,”

is one of the best I have ever read. Focusing on the life of Thomas Jefferson’s eldest daughter “Patsy” (Martha Jefferson Randolph), the authors have succeeded admirably in bringing to life this overlooked female who devoted her every effort to serving and protecting her father, both personally and politically. Theirs was an extremely close bond, possibly because they shared the early loss of Patsy’s mother and Thomas’ wife, Martha Jefferson, at age 33. Thomas was truly bereft and inconsolable, withdrawing from everyone for some time. His daughter, only a young girl herself, fearing for his sanity, steadfastly remained with him in an attempt to rouse him from a deep depression and impress upon him the fact that he still had a family and a plantation that depended upon him. If not for her ministrations and devotion to her father, he may well have succumbed to his desire to join his young wife in death.

Exceptional Historical Perspective

Numerous excerpts from Jefferson’s 18,000 letters lend credibility to the facts of that time and these historical figures, giving us insight into not only their personalities, but also the politics of the age. Most of us know only that this patriot penned our “Declaration of Independence,” served as our ambassador to France after Benjamin Franklin, owned a plantation named Monticello and became the third President of the United States of America. Some are also aware that he had a mistress in Sally Hemmings, one of his black slaves

descended from his wife Martha’s father’s relationship with one of his own slaves. So, Sally Hemmings was in reality Jefferson’s wife’s half-sister. This fact was rarely acknowledged in society, but it caused Jefferson much criticism and disdain. In newspapers and political campaigns, he was accused of hypocrisy: How could a man who wrote that “all men are created equal” own slaves who were denied their freedom? This book attempts to answer that question, but it goes far beyond in delineating the Southern customs, mores, traditions, and economic bases of the late 1700s.

Jefferson’s Complex Personality

An accurate portrayal of Thomas Jefferson, a truly noble and exceptional man, but human and flawed as well, becomes a tremendous literary achievement through the pens of these two authors. It is also a tribute to the endurance of Jefferson, with the support of his daughter Patsy, to overcome the depths of despair and survive so much adversity. This is a tale of humanity, of the fragility of human life at that time, the enormous dangers of childbirth, diphtheria, measles – all the illnesses to which the Jeffersons lose so many loved ones – mothers, pre-

cious children, and sickly babies. Portions are heart-breaking and deeply affecting as the authors weave a graceful story steeped in history. Patsy who began as a shy, inexperienced teenage girl accompanying her ambassador father to France, blossoms there, has her first taste of romance with her father’s protégé William Short, and becomes a force in her own right. But she never abandons the father who needs and relies upon her, even after she marries and becomes a mother of six.

The reader is so consummately drawn into the characters’ minds as they struggle with conflict in these turbulent times. We see Patsy often trying to reconcile her father’s abiding love for her deceased mother yet keeping Sally Hemmings as his concubine within the family homestead. You see Jefferson himself struggling with his conscience and principles as he must keep his slaves or risk financial bankruptcy. You see the contradictory situation of slaves Sally and her brother Tom brought to France where all blacks live as freemen, yet these two willingly serve their master.



In addition to making history come alive, “America’s First Daughter” is cleverly and skillfully plotted, as well as deeply moving in its wrenching portrait of a close-knit family struggling with personal grief and adversity, as well as interracial secrets. This is truly one outstanding book based on thorough research about a volatile time in our nation’s history. It takes us from the slave plantation Monticello in Virginia to Revolutionary Paris to the White House in Washington. This book provides a journey not only through the early years of our Republic, but also through the evolution of the various characters. The author Erika Robuck describes it as a “single-volume family saga that brilliantly portrays the triumphs, trials, and sins of a family,” namely the Jeffersons. I could not have described it better.

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 as part of the Senior Connection Club.

Learn How To Prepare Your Lifetime Future

From “Planning” On Page 1

Some hospitals require an agent acting under a Durable Power of Attorney to sign on behalf of the client for certain procedures. Clients should choose someone they trust to fill this role in their document.

The Designation Of Health Care Surrogate.

The Health Care Surrogate designates an individual to act as the client’s surrogate to make medical decisions for the client when they are unable to do so. If, for example, you are in a car accident and are unable to make decisions or give informed consent concerning your medical treatment, the person named in a Health Care Surrogate, usually a spouse or trusted friend or family member who understands your wishes, can make health related decisions on your behalf.

Living Will

This document sets forth your wishes pertaining to Life Prolonging Procedures such as artificial respiration and tube or IV feeding. Some individuals, if they have little or no chance of improving from a terminal or vegetative state, wish that these life prolonging procedures be withheld, and only medication for pain and comfort be administered to them. This document sets forth the client’s personal wishes, and names an individual who they wish to make the final decisions regarding whether to continue artificial support.

HIPAA

The Health Insurance Portability and Accountability Act of 1996 (“HIPAA”) and its regulations were enacted with the goal to protect against improper disclosure of a client’s medical records and other related health information. This goal, however, can prevent your family and those named in your estate planning documents from obtaining your medical information, which may lead to problems implementing your estate plan.



A visit with an estate attorney will give you guidance on the preparation of your lifetime documents and to make sure your wishes will be followed throughout your life.

Under HIPAA, medical personnel may incur substantial penalties, both financial and criminal, for improperly disclosing your medical information. Understandably, doctors and hospitals tend to interpret HIPAA conservatively making it harder for family members and loved ones to access your medical information. This issue is addressed by having an attorney prepare a document which provides advance authorization for medical entities and medical providers allowing them to disclose the protected medical information to specific classes of individuals. These classes could include an Agent named under a valid Power of Attorney, a Health Care Surrogate named under the Designation of Health Care Surrogate form, the successor Trustee named in a client’s trust, and to a guardian ad litem if one is appointed for the client at some time in the future. These individuals may need access to the client’s medical information to help make the important decisions that their various roles require.

These lifetime documents can help a client and a client’s loved ones “forget about their worries and their strife” as it relates to any

financial, legal and medical decision making. So look for the bare necessities of estate planning and make sure you have a complete and updated set of lifetime documents.

The above information was provided solely for information purposes. An estate plan for an individual may or may not contain the documents discussed. 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 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.

Save The Dates For March's ArtSage

Celebrating The JKV Golden Anniversary Jubilee



Rob Seitz
Gazette Contributor

For the second consecutive year, *Gazette* readers will be marking their March calendars for ArtSage – a week of premier performing, fine and fun art events at John Knox Village.

Fashioned after the 41-year-old Charleston, SC Spoleto Festival USA, John Knox Village’s second ArtSage week of events has lofty ambitions of becoming one of the area’s art festival go-tos. This year’s ArtSage holds even more significance, as it is also part of JKV’s year-long 50th Anniversary Jubilee Celebration.

“John Knox Village is proud to be a community mainstay for 50 years,” said Monica McAfee, Sales and Marketing Director. “We work hard every day to provide our residents and guests with some of the most meaningful lifestyle-enhancing events that fit within our commitment to the Seven Dimensions of Wellness.”

Those Seven Dimensions are: Social, Physical, Intellectual, Environmental, Emotional, Occupational and Spiritual.

“ArtSage is an extension of those Seven Dimensions, as well as fitting in perfectly with our tagline: John Knox Village – Where Possibility Plays,” said McAfee.

JKV will be bringing in an array of local and out-of-area artists working within all the genres – from music, dance and theater to even culinary arts. Kicking off March 12, ArtSage will run through March 17 with a 50th Anniversary Car, Craft and Community Village Jubilee Celebration.

Join Us March 12 - March 17

ArtSage will combine on-campus events with performances from community partners such as the Venetian Arts Society, the NSU Art Museum, the Pompano Beach Cultural Center, Gold Coast Jazz Society, the South Florida Symphony, Florida Grand Opera Young Artists and others.

On Monday, March 12, the University of Notre Dame Undertones will be performing a concert in the Auditorium beginning at 10 a.m. They are a 12-member, all-male a cappella ensemble. Admission is complimentary.

Tuesday, March 13, Ari Seth Cohen will present a non-traditional fashion show at the Pompano Beach Cultural Center starting at 6 p.m. Ari has published several successful books and film documentaries on “capturing the

sartorial savvy of the senior set...who live full creative lives.” Tickets are \$35, however there are a limited number of complimentary tickets for *Gazette* readers. Call (954) 783-4040 for reservations.

On March 14, Cohen will conduct an interview and panel discussion in the John Knox Village Centre Auditorium starting at 2 p.m. Admission is complimentary.

Then on Saturday, March 17, you are invited to “*The JKV 50th Anniversary Car, Craft and Community Village Jubilee Celebration.*” This campus-wide community celebration will feature food, fun, music and entertainment.

Members of various antique and classic car clubs will be participating in JKV’s annual Antique and Classic Car Show. More than 50 enthusiasts will bring their polished and beautiful vehicles onto the campus – some of which are nearly 100 years old. The stage is set for a good time.

Look for final, locked-down performance dates, times and locations in the March *Gazette* as well as updates online at the JKV website: www.JohnKnoxVillage.com



JKV residents and classic car owners, Dr. Paul and Sally Loree originated the first Antique Car Show.

Join Us At John Knox Village For These February Events



Married 50 Or More Years? Be Our Guests for a Wedding Vows Renewal Tuesday, Feb. 6 at 2 p.m. in The John Knox Village Centre Auditorium

As part of its Golden Anniversary Jubilee, John Knox Village will host a Wedding Vows Renewal Ceremony for all couples who have been married 50 years or more. Walk down the aisle once again, renew your vows, share a champagne toast and enjoy a first dance with us. *Call the Marketing Department at (954) 783-4040 if you would like to join the celebration.*

Join Us for a Mardi Gras Happy Hour on Tuesday, Feb. 13 at 4 p.m. in The John Knox Village Centre Auditorium

We're celebrating Mardi Gras and you are invited. The Village Mardi Gras Happy Hour will get you in the partying and dancing spirit of New Orleans. We'll hand out the Mardi Gras beads, you supply the enthusiasm for the Cajun food, Zydeco music and Louisiana drinks. The party starts at 4 p.m. *Call the Marketing Department (954) 783-4040 to let us know you plan to attend.*



Be Our Guest for an Elder Law Seminar: "Put Your House In Order" Thursday, Feb. 15 at 10 a.m. in The John Knox Village Centre Auditorium

Estate planning expert and *Gazette* columnist, Kaley N. Barbera, J.D., LL.M. will present an essential seminar of interest to every senior. Learn how to put your "legal" house in order. *Call John Knox Village at (954) 783-4040 for reservations to this essential planning seminar.*

Please Join Us at JKV's Parade of Homes Tuesday, Feb. 20 at 2 p.m. Meet in The Woodlands Lobby

Be our guest for the first of this season's Parade of Homes beginning at 2 p.m. Guests will gather in The Woodlands' lobby to register and then campus shuttles will take them on a tour of the 70-acre campus. Enjoy the tropical landscaping and swan-filled lakes of The Village, and visit 10 designer-inspired apartment and villa home models. Meet with Life Plan Counselors who will answer all your questions. Refreshments will be available throughout the tour. *Call John Knox Village at (954) 783-4040 for reservations.*



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SENIOR + CONNECTION You Are Invited on Thursday, Feb. 15 • Silver Scribes Book Class at 10 a.m. • Digital Photo Class at Noon

Have you ever wanted to publish your autobiography, novel or collection of short stories but have no idea how? All you have to do is join our Silver Scribes and do the writing. We'll take over the technical publishing of your life story. Want to learn more about your digital camera? Bring your camera with you to the photo class. Come for one class or both. Meet in the Cassels Tower Party Room at John Knox Village. *Call to reserve your place for the classes: (954) 783-4040.*

Crossword Puzzle Of The Month



- ACROSS**
1. Metrical rhythm
6. Poetic contraction
9. Choke
12. Sp. chaperon
13. Cheer
14. First-rate
15. Excess of solar year
16. Bureau of Indian Affairs (abbr.)
17. Container
18. Fr. historical provinces
20. Chemist's pot
22. Caster
24. Romanian money
27. Equal opportunity employer (abbr.)
28. Toothed formation
32. Arabian Sea gulf
34. One who is (suf.)
36. Acquired immune deficiency syndrome (abbr.)
37. Mount Sinai
39. Heir
41. Grab
42. Mex. president
44. Sleep
47. Kettledrum
52. Hardwood
53. Alabama (abbr.)
55. Ancient tribe of Britons
56. Monk
57. Abet
58. Extract of cork
59. Noun-forming (suf.)
60. Energy unit
61. Golf score
- DOWN**
1. Project
2. Copper (pref.)
3. Nipple
4. Uncanny (Scot.)
5. Irony
6. Sphere
7. Azores island
8. Gr. author
9. Worthless trifle
10. Field
11. General (abbr.)
19. Shortly
21. Fertilizer ingredient
23. Soft (Ger.)
24. Exclamation
25. Stir
26. Grandfather of Saul
29. Tenth of a sen
30. Recommended daily allowance (abbr.)
31. Asbestos (abbr.)
33. Verne's captain
35. Watercock
38. Fair
40. Heed
43. Gr. quadrennial festival
44. Couch
45. Sleep (pref.)
46. Affirmative
48. Scientific name (suf.)
49. Ice mass
50. Indigo plant
51. Queue
54. Append

Answers On Page 10.

Visit for a Day, Stay for a Lifetime!

Plan a staycation at John Knox Village.
Discover “Where Possibility Plays.” Learn first hand how our residents are united not only by age and geography, but also a deep-seated thirst for adventure and a profound desire to lead extraordinary lives.

During your Staycation you will experience John Knox Village “Red Carpet” hospitality, visit designer-inspired homes, enjoy inventive cuisine and engaging programming.

Celebrate our Golden Anniversary on select designer-ready apartment and villa homes too!

Take advantage of our **Ready...Set...Go!** Program which includes financial assistance in:

- Move Management Services
- Packing Services
- Moving Expenses
- Professional Design Services

Make your staycation reservation now!
(954) 783-4040



From Music To Ballet: Check Out These February Events

February 3
Paul Anka: Celebrating 60 Years of Hits – His Way
Au-Rene Theater at The Broward Center for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from \$37.50



February 7
The Tenors
Parker Playhouse
707 NE 8th St.
Fort Lauderdale, FL 33304
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from \$27.50

February 11
Andrea Bocelli
American Airlines Arena
601 Biscayne Blvd
Miami, FL 33132
(786) 777-1000
www.aaarena.com
7:30 p.m. Tickets from \$125

February 8 & 10
Florida Grand Opera: Salome
Au-Rene Theater 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 \$21

February 13
Willie Nelson
Pompano Beach Ampitheater
1806 Northeast 6th Street
Pompano Beach, Florida 33060
(954) 519-5500
www.theamppompano.org
7:30 p.m. Tickets from \$49.50

February 14
Gold Coast Jazz:
Amaturo Theater 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 \$27.50

February 18 & 20
Symphony of the Americas:
Amaturo Theater at The Broward Center for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
2/18 at 2 p.m. 2/20 at 7:45 p.m.
Tickets from \$20

February 25
Moscow Festival Ballet
Parker Playhouse
707 NE 8th St.
Fort Lauderdale, FL 33304
(954) 462-0222
www.browardcenter.org
2 p.m. Tickets from \$15

For other events please visit:
www.ccpompano.org
www.pompanofun.com
www.artscalendar.com
www.sunny.org
www.broward.org
www.broward.org/library
www.pompanobeachcra.com

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

Sudoku

Answers On Page 10.

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

	4		9			2		8
		2						5
3	8			7	5			1
4		3					1	7
		1						
						4		
8	7			5				9
			8					
	1		4	9			7	3

Timeless Love Story Never Gone With The Wind

One Of America’s All-Time Greatest Novels And Favorite Movies

Nona Smith
Gazette Contributor

Many people consider the saga of Scarlett O’Hara, Ashley Wilkes and Rhett Butler one of the greatest love stories in 20th Century literature. It is a story of passionate unrequited love and revenge, all set against the sweeping background of the American Civil War.

A Classic Story Of The Old South

Before the war, Georgia and other Southern states were different from the industrialized North. The Southern economy generated enormous wealth from farms and huge cotton plantations. The plantation owners were gentlemen with a code of honor to be courteous, truthful and honorable. The Southern ladies were expected to be dainty, genteel and gracious. The “Old South” antebellum lifestyle was one of ease and prosperity, catered to by a large slave population. After suffering great losses during the siege and the burning of Atlanta, this gracious lifestyle ended and was lamented to be “gone with the wind.”

“I had every detail clear in my mind before I sat down to the typewriter.” author Margaret Mitchell said.

The heroine of “*Gone with the Wind*” is Katie Scarlett O’Hara, a young, spoiled quint-essential Southern belle who possessed beauty, charm and a vivacious spirit. It is her strength under pressure that overcomes her frivolous romantic obsessions that eventually show the strength and tenacity at her core, as she survives and provides for her family after the war.

Scarlett is 16 at the beginning of the novel and thinks she is in love with Ashley Wilkes, the scion of the grand plantation at Twelve Oaks. However, Ashley, although attracted to Scarlett, is betrothed to his cousin, the too sweet, gentle Melanie. When Scarlett finds out Ashley will marry Melanie, she throws a tantrum, which is witnessed by the reprobate Rhett Butler, who finds her spirit charming.

Scarlett Was The Epitome Of Charm

The character of Scarlett O’Hara is so well written and finely detailed that reading the book’s description of her immediately conjures



Clark Gable and Vivien Leigh.

up her presence, her character and style (with a 17-inch waist) that she had to be based on a real woman. It is believed that Scarlett O’Hara in Margaret Mitchell’s novel is partly based on a historic woman who was the mother of President Theodore Roosevelt. Martha (Mittie) Bulloch Roosevelt had all the characteristics ascribed to Scarlett. She was a Southern belle who possessed great beauty, charm and spirit, although Mittie was more genteel and ladylike.

Scarlett was able to charm everyone she met, but she hid her true qualities. She was carefully brought up to be a lady, yet she hid her true character with her ladylike breeding. Under the thin veneer, Scarlett was selfish, strong-willed, vain, opportunistic, stubborn and vivacious. She put all these qualities to effective use to help her rebuild Tara, her plantation home, and to provide for herself and family after the devastation of war.

For a more accurate model, it is thought that Margaret Mitchell based Scarlett on herself. Like her heroine, Mitchell was flirtatious, irresistible to men and had gumption. Her love life was shocking for the 1920s, when, like Scarlett, she flirted and loved two men at once. One was bookish and courtly like Ashley Wilkes, the other was dashing, brash and daring, a gambler and a lady’s man called Berrien “Red” Upshaw. She married Upshaw, but the marriage only lasted a brief time. She then mar-

ried her second suitor, John Marsh, and it was his encouragement that helped her write and publish the book.

One Of America’s Greatest Stories

Margaret Mitchell was an extraordinary writer: Meticulously researching the Civil War era to make her characters believable within an exciting war saga. “*Gone with the Wind*” sold millions of copies at the height of America’s Great Depression and won the Pulitzer Prize in 1937. With more than 30 million copies sold since its publication, and translated into 27 languages, it is one of the world’s best-selling novels. Equally impressive, in 1939, the epic film broke all box office records when it premiered, and received 10 Academy Awards including: Best Picture, Best Director (Victor Fleming), Best Actress (Vivien Leigh) and Best Supporting Actress (Hattie McDaniel).

Margaret Mitchell’s sweeping tale of the fall and rise of Scarlett O’Hara and the South is an American tale of such power and resonance that the book continues to sell. Book clubs still discuss its merits and the movie continues to be shown on television, 80 years after the book was first published.

“I’ll go home. And I’ll think of some way to get him back. After all ... tomorrow is another day,” This is Scarlett’s last line in the book.

The Doctor Is In

The Value Of Work For Fulfillment And Longevity

Dr. Roberta Gilbert
Gazette Contributor



myself, “Retirement is for people who don’t love what they are doing.” Me? I will probably be working for a long time.

Get Involved To Make A Difference

A friend, whose much-loved wife is mentally clear, but physically impaired, told me the other day that he feeds her all her meals and takes her wherever she wants to go. People are amazed at his dedication. He says, smiling and full of energy, “It’s my job. We all need a job.” I agree with him. We do.

Other friends have taken responsibility for neighbors in need, such as running errands or grocery shopping. When you talk to them about this, their eyes sparkle. They obviously get a lot out of doing this “work.”

Still others show the same sparkle when you see them wheeling people in The Woodlands, JKV’s exemplary care center, to various activities. My 90+ year-old Aunt Esther pushed people in wheelchairs in the nursing home where she was a resident, until she died. You could see the energy this “work” gave her. To her it was anything but work; it had the quality of play.

Cesar Millan, the “Dog Whisperer” said, in

Some new research suggests that the longer we work, the longer we live.

I would consider this to be very significant work. It is something we all need to know about. It says that retirement, almost always put up on a pedestal, may not be all it is cracked up to be. When I start thinking about retirement, I tell

one of his TV programs, that even dogs need a job. “Taking their owners out for a walk a couple of times a day is their job. That is how they see it,” said Cesar.

Extrapolating from the new research quoted (above), I would guess that people who don’t have meaningful work to do, feel disoriented and a little lost. I know that if I am out of “work” for more than a short time, I am less than energized and may even get physically ill.

At John Knox Village it is easy for us to find meaningful volunteer “work.” How? We just call Gaile Boomhower, the new chair of the Volunteer Committee. She tells me that she is in dire need of people to answer phones, push wheelchairs and other needed tasks.

These gifts of work are greatly appreciated by others. The appreciation is where the meaning comes in. If anyone reading this is sitting in a chair dozing and depressed, I dare them to try calling Gaile, go where she sends you, do the job, and see what happens to your depression. Give to get.

Volunteer Your Time And Talents

It’s not at all hard to find meaningful, contributing “work” outside the Village, either. Local governments have volunteer departments anyone can call. An interview there will outline many opportunities to serve others.

Our favorite charities know how to place people in just the right slot, too. One of mine is the Salvation Army, partly because their many audits show their low overhead. That is because most of the work is done on a volunteer basis. In the over-55 community in Virginia where I lived before moving to JKV in Florida, many people loved ringing bells at the local superstore. How great to see one’s neighbors helping the world with food distribution, clean water, homes to live in, disaster relief and so much more, simply by ringing their bells!

Our brain is a social brain. Work is an important way that we mingle with others. When at work, we make new brain connections. We

also generate chemicals that promote happiness and fight depression, decline and physical symptoms. I say this because other research has shown that good feelings, the kind we get when we are helping others, go a long way to fend off auto-immune illnesses such as arthritis, allergies, asthma, bowel disease and many others.

It is important for those of us who want to keep our brains and bodies active and functioning. Be happy – work is an important way to fight off depression and many physical symptoms. Be socially involved in helping others – get to work. The longer we work, the longer we live.

Volunteer work may not pay much – just a more significant, meaningful, active, happier, healthier and longer life – that’s all.



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.

Love Stories Close To Home

Proof Positive There Is Always Time To Fall In Love

Love is not limited by time. For some John Knox Village residents, formerly single due to the passing of a spouse, there is a new life in love regardless of age.

Everyone enjoys a good love story particularly around Valentine’s Day, so read along.

The Durkins

Marlene and Harry Durkin found each other through the commonality of their faith. College contemporaries, they shared a South Bend, IN connection: Harry at Notre Dame, Marlene at St. Mary’s. They did not know each other at the time, but would find each other decades later.



Marlene and Harry were widowed after long and loving marriages. Both independently moved as singles to JKV. They met through their Catholic faith, fell in love and married on March 5, 2016. The Durkins are now mom and dad of 10, grandma and grandpa of 15, with one great grandchild.

The Liedtkes

Phyllis and Norm Liedtke had a long-distance introduction powered first by snail mail, then by phone and emails.

Norm was living at John Knox Village when he lost his wife in 2009. He decided to take a job in Nevada and moved on. Meanwhile,



Phyllis, also widowed, moved to John Knox Village in December 2009.

A mutual friend told Norm about a wonderful lady named Phyllis, who might enjoy corresponding with him. A three-page letter went into the mail, and that was followed by regular long-distance phone calls and daily emails.

Norm and Phyllis finally met: He flew from Nevada to Ft. Lauderdale. From that day forward, they were nearly inseparable. Norm moved back to John Knox Village and they married in November 2011. And as Phyllis says, “The honeymoon has never ended.”

The Spragues

Jed and Sandy were sweethearts in Kansas City in 1976 but got married in 1999, 23 years later. Therein lies a true love story.

Jed was a computer expert for Control Data Corporation and happened to be installing equipment at the IRS office where Sandy worked. They met, they dated, and Jed made sure his travels always included Kansas City. However, after a year, Jed was reassigned to the Northeast. His career did not afford that same opportunity to visit with Sandy.

When a year passed, Jed found himself traveling again. After much soul searching, Jed decided to rekindle his romance by surprising

(no notification whatsoever) Sandy outside the Kansas City IRS office as she left work. Excitedly, Jed’s intention was to propose to Sandy on that visit.

He waited patiently but Sandy did not appear. Fortunately, he knew the name of a co-worker of Sandy’s. What a shock it was to find out from the coworker, that Sandy had left the day before to get married.

Jed wrote a letter to Sandy telling her she had been a very important person to him, and he wanted to wish her the very best in her new life. By the time Sandy received the note from Jed, she was married and living in Coffeyville, KS. She and her husband raised three wonderful boys. Unfortunately, her husband died tragically in 1998.

After a period of mourning, Sandy’s friends encouraged her to start dating. Lo and behold through the magic of the then-new Internet of 1999, the friends found Jed’s phone number. A call rekindled the relationship and the romance.



Jed and Sandy were married at John Knox Village in 1999, so Jed’s mother Marie (a resident of JKV), could attend.

In 2016, the Spragues joined the John Knox Village community as residents, where Marie is also still living at the spry young age of 107.

This Valentine’s Day, the Durkins, Liedtkes and Spragues will observe Valentine’s Day with great affection and appreciation: Always remembering, “Where there is life, there is love.”

JKV Is Living Well With Carmel

Slow Down And Smell The Roses

“Life gives you plenty of time to do whatever you want to do if you stay in the present.”
– Deepak Chopra

Carmel Baronoff
Gazette Contributor



When you run too fast, the scenery gets blurred. It’s the downside of being in a rush. Many of us travel at warp speed. We go through the motions of living without experiencing the pleasures of being present: A beautiful day for instance. How many of us greet the morning by enjoying the colorful sunrise, breathing in the fresh air while listening to the birds sing? Being quiet, slowing down our thoughts while experiencing what’s before us, forces us to be in the moment. And living in the moment is what slows down time. It also enables us to appreciate our surroundings and experiences.

Living In The Moment

Being in the moment or the practice of mindfulness also gifts us with health benefits. When you meditate, research shows that anxiety, depression and blood pressure is often lowered. Mindfulness, in fact, is used to combat insomnia and offers relief to cancer and dementia patients. I recently interviewed Scott Rogers for an episode of “Living Well With Carmel.” He is the founder and director of the Mindfulness



and Law Program at the University of Miami. During the day I spent with him, he explained the importance of being mindful. “Mindfulness is not just about slowing down the mind and keeping it from wandering,” he told me. “It’s about awareness, to be more conscious of your surroundings.” Through him I learned to focus on the details and appreciate the experience. Most importantly enjoy with all your senses. This mindful practice will come easier in time and lead you to a steadier state physically, emotionally and mentally.

How Can You Be More Mindful?

Here are a few tips from Scott Rogers to help you get in touch with your senses so you can start living in the moment. Read a good book on the subject. Scott Rogers recommends “Mindfulness For Beginners” by Jon Kabat-Zinn, or “Real Happiness” by Sharon Salzberg. Practice with a guided recording online or via an app so you can take what you’ve read and bring it to life. Attend a training session. There are plenty of training classes and retreats that one can

participate in locally.

Take The Time To Smell The Roses

Bring mindfulness into your everyday life. Enjoy your food. Take time with savoring the taste, the texture, the smell. Take a walk into nature. Walk slowly and concentrate on the sounds all around you. Stop thinking about the past and future. Remember life is happening right now. *Live your dreams...*
Carmel

An author, chef, TV personality, nutritionist, wellness coach and trainer, **Carmel Baronoff** is hostess of a locally produced health and fitness show titled “**Living Well With Carmel.**” John Knox Village is an underwriter of the show airing nationally, as well as on local PBS stations WPBT and WLRN. It is a natural extension of John Knox Village’s commitment to expanding the Seven Dimensions of Wellness for its residents. A partnership has been forged with JKV and Carmel that includes motivational columns for The Gazette.

The Checklist: ‘Dad, You Have Not Been Sincere’ Steps To Health By Burn Loeffke ‘Warrior To Healer’

Burn Loeffke
Gazette Contributor



It was evening and our young children were evaluating me. This was a nightly ritual that they eagerly awaited. My daughter, Kristina began: “Dad, you were not sincere. You said that if Marc did not quit bother-

ing me, you would throw him out the window. He has bothered me all day long and you have not thrown him out the window.” Now it was Marc’s turn. “Dad, you always tell us to be cheerful. You have been in a bad mood all day long because you lost your keys.” How did we get the children to participate? Every time they observed me not applying a quality on the list, they earned a dollar. They watched everything I did. At the end of the day, I was poorer, but it was worth it. As a pilot, I rely on checklists. As a health provider, I rely on checklists. Ben Franklin taught me the value of a checklist for the self-evaluation of qualities. In his quest for improvement, he found it useful to evaluate his progress daily, by

means of a checklist. Every evening he would check off those attributes he felt needed improvement. He recounted that the quality of humility was a weak point of his. Whenever a week went by that he had no checkmarks by the trait of humility, he felt proud of being so humble and he had to check the ‘humility’ block again.

My Self-Evaluation Qualities:

1. Humility
2. Charity
3. Sincerity
4. Perseverance
5. Fairness
6. Moderation
7. Tranquility
8. Thoughtfulness
9. Cheerfulness
10. Gratitude

The practice of self-evaluation can be a powerful tool in creating good relationships. There are many ingredients to good health. An important one is creating positive relationships. The checklist is our gift to you for a healthier and happier 2018.

Burn Loeffke is 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 crunches, 10 minutes of stretching and then, 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.

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

I	C	T	U	S		O	F	T		G	A	G
D	U	E	N	A		R	A	H		A	C	E
E	P	A	C	T		B	I	A		U	R	N
A	R	T	O	I	S		A	I	U	D	F	I
						R	O	L	L	E		
B	A	N		E	O	E		S	E	R	R	A
A	D	E	N		N	I	K		A	I	D	S
H	O	R	E	B		S	O	N		N	A	B
				M	A	D	E	R	O			
S	N	O	O	Z	E		A	T	A	B	A	L
O	A	K		A	L	A		I	C	E	N	I
F	R	A		A	I	D		C	E	R	I	N
A	C	Y		R	A	D		E	A	G	L	E

5	4	7	9	1	6	2	3	8
1	9	2	3	4	8	7	6	5
3	8	6	2	7	5	9	4	1
4	2	3	6	8	9	5	1	7
9	5	1	7	2	4	3	8	6
7	6	8	5	3	1	4	9	2
8	7	4	1	5	3	6	2	9
2	3	9	8	6	7	1	5	4
6	1	5	4	9	2	8	7	3

2018 Resolutions For iPhone Users

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

We are now into the new year. Did you resolve to make sure your iPhone’s valuable and sometimes irreplaceable contacts, notes and most importantly photos are really backed up?

Let’s check: Apple offers a website that you can access even if you don’t have your phone. So it’s

good to know you can look up a phone number from a computer regardless of where your phone is hiding. This site also helps you to find your phone if it’s lost.

Open a computer browser and go to <https://www.icloud.com>.

Enter the email address associated with your phone’s account and password. If you don’t have a clue as to what this is, it’s time to get your resolution completed.

To find out your Apple User ID, **click on settings**, at the top will be your name. **Click on that** and on the next page you will see an email address. This is the Apple User ID; enter this information on the web site and your password. If you don’t know what your password is, **click on the button** that says forgotten password.

Apple will direct you on how to reset the password. Please write this down and remember, the new password must have a Capital letter in it.

Once you log in you are taken to a web page showing icons for photos, contacts, notes and



Back up your important iPhone information, so you will always have it available from another source.

other details. Look up a family person’s name. Do see phone numbers and address in there? This should be an exact copy of the contents of your phone. If not, it means your phone is not backing up and you should take steps to secure the data.

Go to settings, touch your name all the way at the top.

Touch the fourth group called iCloud.

Confirm that photos, contacts, calendars and notes are all showing green.

Scroll towards the bottom and look for iCloud **backup and touch it**, make sure that shows green.

Below it is: **Back up now. Touch it.** This may now take a while. Plug the phone charger into electricity and come back in an hour. Later, go back to <https://www.apple.com/itunes/> and confirm your contacts and photos are now there.

If this does not succeed, you should at least back up your phone to your computer. **Download iTunes software** from <https://www.apple.com/itunes/> and launch it. **Connect your iPhone white cable** to the phone and the computer. **Click the word trust** or allow on the phone and computer to secure the connection.

Click the icon up in the left, next to the word music that looks like a phone. Scroll down to where it says back up to this computer and put a **check mark there**. Also **check the box, encrypt iPhone backup**. Select a NEW word or set of numbers, this is a separate password and write it down.

Click back up now. iTunes may ask you to sign into your iTunes account, so that all your purchases can be backed up. The backup may take over an hour, so just relax and return in a little while.

*Maurice Scaglione is a 20-year veteran of the computer industry. He runs **Stupid Computers, LLC** (954-302-3011) offering personal computer training in home or office. He solves problems and instructs on the use of computers, Smartphones and tablets such as iPhone, Android, iPad, etc. You are welcome to send your questions to him at stupidcomputersllc@gmail.com and he will attempt to include answers in future articles.*

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New Exhibition Opening Feb. 4 At NSU Art Museum Midnight In Paris And New York: Scenes From The Fin-De-Siècle-1930



Emily McCrater
Communications and Public Relations Manager, NSU Art Museum Fort Lauderdale

NSU Art Museum Fort Lauderdale’s newest exhibition, “*Midnight in Paris and*

New York: Scenes from the fin-de-siècle-1930,” William Glackens & his contemporaries highlight a fascinating and influential period of history through paintings, prints, drawings, architectural designs and the decorative arts. The exhibition will be on view Feb. 4 – Sept. 30.

William J. Glackens (1870-1938) came of age as an artist in the 1890s, when he distinguished himself as one of America’s most celebrated illustrators. He subsequently became known as

an important and leading modernist artist for his lively, realistic depictions of modern life and an important advocate of modern art in America. The years of his creativity, 1890s-1930s, were marked by dramatic social, political and technological changes that revolutionized the character of cities around the world.

A recent gift to NSU Art Museum from Drs. Walter and Mildred Padow of three of Alfonse Mucha’s renowned art nouveau posters dating from the 1890s to 1908 was the inspiration for this fascinating exhibition.

Advertising the stars of American and French theaters, the posters reveal the lively and elegant esthetic of art nouveau, the international art movement that prevailed in New York and Paris from the 1890s-1910s and set the stage for this exhibition of scenes of life in the city from the 1890s-1930s by Glackens and his American and French contemporaries.

Works by Berenice Abbott, Eugène Atget, William Bradley, Brassaï, Daum, Edith Dimock, Émile Gallé, Glackens, Gorham Manufacturing Company, Hector Guimard, René Jacques, André Kertesz, Marie Laurencin, George Luks, Henri de Toulouse-Lautrec, Mucha, Pablo Picasso, Maurice Prendergast, John Sloan, Louis Comfort Tiffany and Édouard Vuillard contribute to the exhibition’s recreation of the ambiance, environment, and historical context of the dynamic period in which Glackens lived and worked.

The exhibition is supported by Sansom Foundation, David and Francie Horvitz Family Foundation and Northern Trust and is curated by Barbara Buhler Lynes, Ph.D., Sunny Kaufman Senior Curator.

There will be an Opening Reception Saturday, Feb. 3, 6 - 8 pm. Free for museum members, \$25 non-members. To RSVP call (954) 262-0258.



William J. Glackens. *Dancer in Blue*, c. 1905. NSU Art Museum Fort Lauderdale; gift of the Sansom Foundation.

60th Anniversary Reunion Luncheons Aboard Celebrity Reflection: Feb. 9 and March 2

Celebrate NSU Art Museum’s 60th Anniversary and connect with friends old and new. Join us aboard Celebrity Reflection in Port Everglades as we toast the past, present and future of culture in South Florida. Choice of two dates includes anniversary luncheon and more: \$150 per person. Advance reservations are required. To RSVP, call (954) 262-0258 or email moareservations@moafl.org

NSU Art Museum is conveniently located at One East Las Olas Boulevard. For a complete listing of all events and activities at NSU Art Museum, please visit www.nsuartmuseum.org or call (954) 525-5500. For membership inquiries, (954) 262-0233.



William Glackens, *Study for Music Hall Turn*, c. 1918. NSU Art Museum Fort Lauderdale; bequest of Ira D. Glackens.

Making The Connection Of Love, Companionship And Compassion

Verna Chisman
JKV Wellness Director



Verna Chisman

As part of John Knox Village’s year-long 50th Anniversary Celebration, the Village will host a Renewal of Vows Ceremony for residents and guests who have been married 50 years and longer on Feb. 6.

We have several residents who have found love and marriage after moving to JKV and residents that

were first loves but went separate ways only to reunite later in life.

On the other side, we have our couples who are now singles, due to the passing of their spouses. The friendship, care and support found in camaraderie at JKV is a valuable asset to help overcome the devastation of a loss. The Village family and friendships help each other overcome the loss.

There are many facets that contribute to our well-being and the ones we will focus on as part of this article are love, companionship and compassion.

Love Is Longevity’s Best Kept Secret

Look younger. Feel more vibrant. Boost your stamina. Live longer. Those are the promises made to us by marketing gurus about countless products from facial creams to dietary supplements, from the latest diet trend to the newest fitness fad. Psychological research, however, points us to a far greater (and less expensive) secret to longevity. It is one that is often overlooked in our efforts to follow the advice of the marketing gurus. John Lennon may just have been right when he wrote “All You Need Is Love.” Research suggests that love may be an important predictor of longevity.



Consider the fact, for example, that having strong social relationships predicts a 50 percent increased chance of longevity.

It is not just the strength of our relationships that predict longevity, however, but rather the attitude with which we engage in those relationships that predicts a longer and healthier life. While many think they need to find someone to love them, research shows that the greatest benefits for longevity and well-being come not from receiving love but rather from giving love to others.

A study by Stephanie Brown at Stony Brook University conducted with an elderly population, showed that those who engaged in helping others and supporting others ended up living longer lives. This was not the case for people who were simply recipients of care and support.

A study by Sara Konrath at the University of Michigan supports and extends Brown’s findings by showing that volunteerism predicts a longer life. Interestingly, she found that volunteerism lengthened lives only when the volunteerism was done for selfless reasons. When we sincerely wish to help others, we will reap the benefits thereof.

What Really Makes You Happy?

For one, it’s experiences. Research shows that we prefer experiences over things. People remember shared moments and experiences: Whether it was a boat ride, hiking, a musical or a visit to a museum. We remember what we did. You probably remember what you did on your last vacation much more than the gifts you received for Christmas, Hanukkah or your birthday. Even if you remember them, you probably value the experience more.

Taking this one step farther, any experience involving community service for people in need, is again going to take your sense of purpose, fulfillment and meaning to a whole other level. There is nothing more profound, humbling and meaningful than true connection with another person – allowing yourself to be vulnerable and open to others you may have otherwise judged, to giving of yourself without expecting anything in return.

Let’s stop giving people stuff. Let’s get real about what’s much more important than just another thing. People are lonely and crave connection. It’s time to give and share what we truly long for: Love.

Enjoy The JKV Lifestyle In This Jasmine Apartment Home

As a *Gazette* reader, you have the first opportunity to move into this very popular 1 bedroom and 1½ bath, Jasmine model apartment home in Heritage Tower. With 1,033 square feet of living space, this apartment includes a full complement of features including stainless steel appliances, luxury upgrades and everything the campus has to offer.

Designer Kitchen

- 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

- Walk-in closet
- Baseboard molding
- Walk-in shower
- Washer and dryer

Bright, Spacious Interior

- Crown molding option
- Frameless shower door
- Custom closet option

Enjoy The Lifestyle

As a JKV resident, you will enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Bistro, heated pool and more.

For more information call (954) 783-4040 to speak with a Life Plan Counselor, or visit the JKV website: www.JohnKnoxVillage.com, or Facebook at www.facebook.com/JohnKnoxVillage.



Guests tour model homes during the last open house. Make your plans to attend the Parade of Homes on Tuesday, Feb. 20 at 2 p.m. We will meet in The Woodlands lobby.

Heritage Tower Jasmine: 1 Bedroom / 1½ Bath, 1033 Sq. Ft.

