



JOHN KNOX VILLAGE

Gazette

A Life Plan Continuing Care Retirement Community

where possibility *plays!*

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IN THIS MONTH'S ISSUE



- Meet The Silver Angels ... 2
- Chef Mark's In Good Taste Recipe 3
- "C" Life Plan Contract... 3
- Celebrating Hanukkah .. 4
- Visit Us In November 5
- What's New At JKV 6
- South Florida Events, Shows & Arts 8
- A Will, A Way 8
- The Doctor Is In 9
- VAS Performances 9
- Get The Harmonica 10



- Veterans Day At JKV ... 10
- New Apple iPhones 11
- NSU Art Museum 11
- Train Your Brain 12
- Check Out This Featured Villa Home 12

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John Knox Village of Florida, Inc.
651 S.W. Sixth Street
Pompano Beach, FL 33060

Thanks To Those Who Volunteer

Silver Angels Honored For Their Charitable Service To The Greater Community



The 2018 Silver Angels: Bottom row l to r: Alice Schmidlin, Donna Edmonds, Barbara Rowell, Barbara Rietberg, Irene Reidich and Barty Brown. Top row l to r: Rebeca M. Kutner, Phillip Rand, Carol Strandberg (accepting the award for Sandra Williams), Sheila Ramlakhan, Bob and Margy Gage, Donna Carlon, Gus and Maruja Ellis, Barb Sabin and Burn Loeffke.

"Where there is charity and wisdom, there is neither fear nor ignorance."

– Francis of Assisi

Marty Lee
Gazette Contributor

November is traditionally the month of giving thanks for our many blessings. From Veterans Day to Thanksgiving to the start of Advent, this is a month when we remember all the sacrifices and joys of camaraderie, family and friends. What better time to publicize the winners of the 2018 Silver Angel Awards presented by John Knox Village to area seniors who have given of their time, talents and efforts to help a charitable cause.

This is the 11th consecutive year of the Silver Angel Awards – originally established as an outreach to North Broward seniors who reflect the same spirit of volunteerism that residents of John Knox Village fully embrace. More than half of JKV's residents vol-

unteer in, or outside, the community in some way.

Rev. Darryl Powell, Spiritual Life Director at John Knox Village said Silver Angels are a unique group of kind-hearted and charitable people.

"A Silver Angel is a very special servant of the people and of God, who is chosen by a church, synagogue, a faith-based or charitable organization, who has just invested years of energy and love and heart and soul into living the faith they believe," Rev. Powell told *The Gazette*.

"These are the hidden people. They want to serve faithfully and be beneficial to humanity, but they do not want recognition for it. One of them said to me this year, 'I know I am receiving the award, but I look at the table of people gathered here. Every one of these folks shared in it and it wouldn't have happened if we didn't do it together.'"

The 2018 Silver Angel Award winners and their charitable précis follows on the next page.

See "Silver Angels" On Page 2

Pumpkin Pie In The Sky

An Out Of This World Thanksgiving

Nona Smith
Gazette Contributor

As we gather with family and friends

to share a warm and wonderful Thanksgiving feast, about 250 miles above us, a small group of astronauts on board the International Space Station (ISS) will be celebrating the holiday too. The menu includes variations from what we eat on Earth, but may feature traditional favorites like turkey, thermo-stabilized yams, cranberry sauce, cornbread dressing and maybe a slice of pumpkin pie for dessert.

Since many nationalities and cultures work together on the ISS, it means the holidays are full of interesting diversity with celebrations that include: Thanksgiving, Kwanzaa, Hanukkah, Christmas and Ramadan. NASA works with crew members on the types of holiday food they want to eat. The astronauts can choose from an extensive menu that celebrates the chosen holiday, yet meets established guidelines for nutrition and calories.

Space Age Meal Planning

Foods flown on space missions are researched and developed at the Space Food Systems Laboratory. Meal evaluations are coordinated with the astronauts well ahead of their space mission. During the pre-flight food evaluation, they sample a variety of foods and beverages available for the long duration space mission. The selection follows the nutritional guidelines, eye appeal, storage studies and lightweight packaging, as cans are too heavy to transport into space, NASA's food specialists plan daily menus

See "Out Of This World" On Page 4



This NASA image shows a view of the International Space Station orbiting approximately 250 miles above Earth.

What Is The Essence Of Life? To Serve Others And To Do Good. – Aristotle

From “Silver Angels” On Page 1



Monica McAfee, JKV Chief Marketing & Innovation Officer, Silver Angel Burn Loeffke, and Gerry Stryker, JKV President/CEO at the 11th Annual Silver Angel Awards Presentation.

Barb Sabin, First Presbyterian Of Ft. Lauderdale

Barb has been a member of First Presbyterian Church for 15 years and is a true woman of faith. Her gift is serving, not only at her church, but also in the community. She has aided others as chairperson and coordinator of the Family Support Mentor Team in conjunction with Hope South Florida, serving on the Pew Crew and bulletin stuffing team, and helping with the FPC John Knox Hospitality team.

Barb assists with the church’s Blood Drive, delivers pillows from the Craft Ministry to cancer patients at local hospitals and serves on the Benevolence Committee and many other committees at First Presbyterian.

Alice Schmidlin, First Baptist Of Ft. Lauderdale

Alice has been actively involved at First Baptist since her youth in many ministry areas including: Adults on Mission, an Evangelism Explosion (EE) Trainer, part of the Watchman Prayer Ministry and a faithful visitor to those confined to extended care facilities.

Alice is also an accomplished musician, involved in Bible Study Groups, and is currently the church historian.

Rebeca M. Kutner, St. Henry Catholic Church

Rebeca is an outstanding Religious Education Instructor, teaching children how to pray and participate in public worship. She oversees the Spanish edition of the parish bulletin for Spanish worship services. She is one of the readers and leaders of the Hispanic population. Outside, she visits the sick and elderly, bringing them healing words. Until recently, Rebeca went to John Knox Village the first Friday of every month to help in the worship there for Catholics. In summary, Rebeca spends her time and talents in the service of others.

Barbara Rietberg, St. Gabriel Catholic Church

Barbara is always open to meeting and talking with current and new parishioners. She is kind and understanding. She provides spiritual direction for some parishioners, has a centering group prayer meeting and oversees a monthly grandparent prayer service.

Donna Edmonds, First Presbyterian Of Pompano Beach

For 30 years, Donna has served the faith community of the Pink Church with the heart of a servant. As both an Elder and Deacon, she served on committees ranging from Christian Education for Children to the Church Nominating Committee. For the past decade, Donna has been involved with the Sanctuary Guild to care and preserve the centerpiece of the church home: The Sanctuary.

Donna’s service extends beyond the Pink Church as a member of P.E.O., a philanthropic and educational organization focused on bringing women opportunities for higher education.

Phillip Rand, St. Martin’s Episcopal Church

An active parishioner, Phillip has provided countless hours of entertainment to nearby residents through the St. Martin’s Bingo Ministry. He has introduced St. Martin’s as a church

home to many and provided needed funding for other ministry goals. Phillip also serves at the Altar in various capacities: Scheduling persons to serve at the Altar for Sunday Services and training them for their liturgical duties. His winning personality and humor draw others together in friendship.

Margy & Bob Gage, New Presbyterian Church

This husband and wife team are the first smiling faces parishioners see, as greeters, every Sunday morning. They care about

each person and show that care by visiting the sick, hospitalized and infirm. They are the first ones “on the scene” to help someone who is down and out, offering scripture reading, prayer and encouragement.

The Gages offer countless hours of thankless, behind the scenes work, and never want to be recognized for their efforts. In learning about their Silver Angel Awards, the Gages said they should not be the ones given this award, “there are so many volunteers.”

Sandra Williams, Kadampa Meditation Center

An active member of the Kadampa Meditation Center community for many years, Sandra is always full of energy and eager to help out. She has been described as having a big smile for everyone and is one of the Center’s most regular volunteers, as well as the bookstore manager. She embodies the spirit and activities of a Silver Angel.

Barbara Rowell, All Saints Episcopal Church

Barbara is described as a deeply spiritual person with the heart of a pastor. She is a prayer partner and takes communion to those unable to visit the church. A devoted parishioner, Barbara is also a resident at John Knox Village, where she leads and assists at worship services. She has a wonderful gift of healing and has prayed for and laid hands on many in need. Barbara has been a spiritual mentor to many.

Maruja & Gus Ellis, Florida Coast Church

Maruja and Gus live simply and serve graciously, often ministering to the neediest in society, such as children in Avondale or residents in a rescue mission. They arrive at Florida Coast Church early and stay late to do the set-up and take down for services.

The Ellises are willing to perform every task that needs to be done without hesitation and without any expectation of reward, and that is the essence of a Silver Angel.

Sheila Ramlakhan, The Sanctuary Church

In the words of her congregation, Sheila is the definition of a servant in many capacities including as a Deacon and participating as an Elder on the Session Board. She recently organized a luncheon/tea earlier this year that included worship and great fellowship.

Several times each year. Sheila and her family prepare a fundraiser luncheon. All proceeds go to the Deacons’ Account to help with outreach needs, both within and outside the congregation. Her ambition is to work towards opening a halfway house for young women in need: To educate each lady in life skills, nutrition, financial management and the value of developing a spiritual faith.

Bernard “Burn” Loeffke, Helping Others Today (H.O.T.)

As a soldier, a statesman and a humanitarian, Bernard “Burn” Loeffke has lived a life of truly selfless service. A 1957 graduate of West Point, Burn served in the Army, retiring in 1992 with the rank of Major General.

As a diplomat, he served on the National Security Council staff in the White House and participated in the Strategic Arms Limitation Talks. After leaving public service, he returned to school to earn his medical degree.

As a humanitarian, Burn employed his medical skills on relief missions to the world’s most daunting areas, including: Bosnia, Haiti, Iraq, Kenya, Niger, Darfur, Sudan, Central America and the Amazon jungles. Burn and his children, Marc and Kristina, maintain a not-for-profit initiative and website: “Helping Others Today” – to inspire support for worthwhile causes.

Barty Brown, St. Mark The Evangelist Episcopal Church

Beginning at the age of 15, Barty held an affinity for theater and performance and had later served his country in the Army Medical Core for a year or so. However, Barty had maintained a distinct passion for the arts and entertainment which would later manifest into a successful and fruitful 40-plus year career performing on various cruise lines and ships.

Barty is a long-time and generous supportive member of St. Mark’s Episcopal Church and is a charismatically brilliant entertainer with a love for making individuals smile.



The group from St. Mark The Evangelist Episcopal Church in attendance for the presentation to (bottom right) Barty Brown, who is also a frequent entertainer at JKV, as a 2018 Silver Angel.

Irene Reidich, Temple Sholom

Irene Reidich’s family moved to Pompano Beach in 1934. Back then, the Conservative Jewish congregation was known as the “Pompano Jewish Circle.” In 1956, the congregation was renamed “Temple Sholom.” Irene’s father was the first President of Temple Sholom.

In 1977, Irene was selected as President of the Temple, making her the first woman president of the congregation. Temple Sholom is a Conservative Jewish congregation with an egalitarian outlook on spiritual life and congregational leadership. Irene is also an active member of the Pompano Historical Society and is, in general, deeply involved in life in the greater Ft. Lauderdale community.

Donna Carlon, Shepherd Of The Coast Lutheran Church

As a member of Shepherd of Coast Lutheran Church, Donna heads up “Our Shepherd’s Hands,” the church’s homeless feeding ministry. She coordinates the food purchases, cooking and preparation to feed up to 200 meals to the homeless and underprivileged in the local community each month.

In addition to her work with “Our Shepherd’s Hands,” Donna also volunteers with “Lydia’s Fellowship,” which manages the Thrift Shop that donates over \$20,000 to charities in the local community each year.

Donna also is responsible for the hospitality ministry on Sunday mornings. In all of this, Donna seeks not her own glory but rather simply to serve those around her.

Congratulations from John Knox Village to the 2018 Silver Angels.

In Good Taste: There's No Meat Between These Buns, We Swear

Rob Seitz

Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

Who says eating your veggies can't also be fun? Certainly not Mark Gullusci, Executive Chef at John Knox Village, South Florida's premier Life Plan Retirement Community in Pompano Beach.

In Chef Mark's ongoing pursuit to lighten and liven up the daily menu for his nearly 1,000-strong residents, he has been recently offering a John Knox house-made veggie burger to rave reviews.

"There was a cry for some meatless alternatives on the menu and our veggie burger became that perfect answer," Chef Mark told *The Gazette*.



John Knox Village House-Made Veggie Burgers:

- 2 cups baby portabella mushrooms sliced and sautéed
- 2 cups cooked black beans, rinsed
 - 1 cup minced broccoli
 - ½ cup diced red onions
 - 3 large eggs lightly beaten
 - ¾ cup panko bread crumbs
- 1 tbsp. Montreal Steak Seasoning
- 1 tbsp. Worcestershire sauce
 - 2 tbsp. minced garlic
- ¾ cup grated parmesan cheese
- 1 cup cooked quinoa (optional)

Method Of Preparation:

1. Once mushrooms are cooled, chop them or pulse in food processor.
2. In a bowl add beans and mash with a potato masher or pulse in a food processor. Add mushrooms, broccoli, garlic, onion, Worcestershire and steak seasoning. Mix well.
3. Add eggs, cheese, and bread crumbs, mix well, cover for 1 hour in refrigerator.
4. Form into patties, heat 2 tbsp. blended oil and gently place patties in pan, don't overload pan, as you will need to turn over after 4 minutes over medium high heat. Veggie burgers should have a brown crust on both sides.
5. Place on your choice of bun and trim with your favorite toppings.

Try Chef Mark's recipe for yourself or plan a visit to John Knox Village. Call (954) 783-4040 to arrange a tour.

'C' The New Life Care Options At John Knox Village

Rob Seitz

Gazette Contributor

In any given month, John Knox Village residents can take part in more than 300 scheduled, and impromptu activities, that help nourish their bodies, souls and spirits.

Along with such a plethora of lifestyle options, JKV offers several Life Plan choices including two new "Type C Life Care Plans."

These agreements, described below, allow prospective residents to make the choice that will work best for them. Each agreement has a varying fee schedule, refund option and health care provision.

Here is a summary of each and, upon request, each agreement is available in its entirety for review:

Type A - Declining Balance – Life Plan Agreement

This agreement has an Entrance Fee and Monthly Service Fee that is based on the size of home selected. It also provides unlimited future health care needs with admission to Assisted Living or Skilled Nursing. The Monthly Service Fee provides numerous services and the peace of mind in knowing there is a plan for future care.



With a Type C Contract, residents enjoy the full schedule of events available throughout John Knox Village with additional outings to area concerts, exhibitions and attractions.

Type A – 50% Refundable – Life Plan Agreement

This is similar to the Type A Declining Balance agreement, except it has a higher Entrance Fee. This allows the opportunity to preserve a portion of the Entrance Fee that will be refunded to a person's estate. A refund of the investment will be returned to a person, or to their estate, upon re-occupancy of the home or similar home or two years after their death, whichever comes first.

Type C - Declining Balance – Standard Agreement

The Type C Declining Balance provides the same services as the Type A agreements with the exception of the health care benefit. The

Type C resident will pay for the Assisted Living or Skilled Nursing care services as needed. They will be charged the prevailing rate for either of these services with a 10 percent discount.

Type C – 50% Refundable – Standard Agreement

This is similar to the Declining Balance agreement except it has a higher Entrance Fee, which allows the opportunity for a person to preserve a portion of the Entrance Fee that will be refunded to their estate. A refund of their investment will be returned to them or to their estate upon re-occupancy of their home or a similar home or two years after their death, whichever comes first. Assisted Living or Skilled Nursing care services are paid for as needed. They will be charged the prevailing rate for either of these services with a 10 percent discount.

For more information about these life care contract options please call the John Knox Village Marketing Department at (954) 783-4040.



JKV residents enjoy an evening stroll along Pompano Beach.

For Some, Out Of This World Holiday Experiences Abound

From “Out Of This World” On Page 1

that include breakfast, lunch, dinner and snacks so the “food crew” must be creative on menu planning to prevent “meal boredom” for the astronauts. Packaged for ease of use and storage in low gravity, the food and drink pouches are also supplemented with natural-form items such as nuts, granola bars and cookies.

A Year Of Celebrations In Space

Former American astronaut Scott Kelly holds the distinction of spending every American holiday (except St. Patrick’s Day) in space. His last mission on board the ISS kept him in orbit for 340 days as part of a study to better understand how the human body adapts for long low gravity durations in space, in anticipation of human travel to Mars and beyond. The important part of the experiment included the “twin study” as Scott has an identical twin, Mark Kelly, also a former astronaut. Researchers made comparisons of the two men throughout the year to see if Scott had any significant changes in his physical make-up all the way down to the genetic level. They were interested to see how much of Scott’s metabolism, cardiovascular capacity, bone structure and more changed after a year in space. His twin brother, with almost an identical genetic profile, was used as a control subject for comparisons.

In his book “*Endurance: A Year in Space*,” Kelly said of his space mission, “The days are pretty routine and time passes at an unusual pace. The ISS circles the world every 90 minutes, so with a busy daily schedule of scientific experiments, chores and exercise, one of the most enjoyable things to do is watch the Earth go slowly by.”

The crew breaks from the daily work

routine around the important holiday celebrations long enough to exchange greetings and share a toast of juice from a drinking pouch. On Thanksgiving in 2015, Scott and the crew celebrated with turkey cold cuts, Russian mashed potatoes with onions, yams, corn and cranberry apple dessert.

That year’s Christmas menu included turkey, cornbread stuffing, gingerbread cookies and hot cocoa. During his mission, Scott even snacked on freshly harvested “space” grown red romaine lettuce, a part of the “veggie” experiment to grow vegetables, fruit and flowers in microgravity. It was one small bite for a man, one giant leap to food sustainability.

Every few months a supply ship visits ISS bringing a variety of necessities from Earth. They are highly anticipated by the crew, as it means they will receive much needed gear, research experiments, packages of food, water, air, spare parts, tools, and best of all, a bounty of fresh fruit and vegetables, which will be eaten with relish.

Time Passages – The Days Move Too Fast

There are so many country specific holidays on Earth, like Columbus Day in the United States, that tend to be ignored with just a verbal acknowledgement on ISS.



NASA photo of American astronaut Scott Kelly celebrating Christmas aboard the ISS. Kelly spent 340 days in space between March 27, 2015 and March 1, 2016.

With crews from the United States, Russia, and several other countries, there are too many national holidays to celebrate each one. There is one exception, “New Year’s Eve is a bigger holiday than Christmas on the space station, because it’s celebrated by all nations on the same day,” Kelly said. He remembers looking down to Earth and seeing a progression of tiny sparkling lights from fireworks displays as it became midnight on Earth. New Year’s Eve gave everyone on board 16 opportunities to toast and say “Happy New Year,” as the space station orbited around our planet.

Happy Thanksgiving to everyone, especially the extraordinary men and women who live and have lived aboard the International Space Station.

Celebrating Hanukkah The Festival Of Lights

Nona Smith
Gazette Contributor

This year Hanukkah falls on Dec. 2 and for eight days Jewish families will gather to celebrate. The word “Hanukkah” means “dedication,” but also shares the same linguistic root as the word “educate.” An older alternate spelling for the celebration is Chanukah. Sitting down to a Hanukkah meal with family and friends is, as significant a part of the celebration, as lighting the menorah candles which celebrate the triumph of light over darkness, spirituality and a strong communal spirit.

A Short History Of Hanukkah

Hanukkah, also known as the Festival of Lights, commemorates the triumph of the Jews over their oppressors. More than 2,000 years ago, Israel was a part of the Syrian-Greek Empire. During the occupation by the Hellenistic-Syrians, King Antiochus Epiphanes desecrated the temple in Jerusalem and prohibited the practice of Jewish worship. The Scrolls of the Law were burned. Jewish dietary laws were prohibited, and Jews were forced to acknowledge pagan Greek gods.

According to legend, in 165 B.C.E. (Before the Common Era), the Maccabees, a Jewish rebel army, fought victorious battles over the Syrians. They recaptured and rededicated the Holy Temple in Jerusalem. The Maccabees found enough consecrated oil inside the temple to light its eternal flame for a single day, but mysteriously the lamp burned for eight days. This is why Hanukkah is an eight-day holiday and also called the Hanukkah miracle.

The Hanukkah menorah has nine candle holders, one for each night, plus one for the “shamash,” the candle used to light all the others. The lighting of the candles is a family affair, often carefully done by children. The candles are placed from right to left, then lit from left to right. The new candle is always lit first. When all the candles are lit, it’s a brilliant reminder that the holiday is a celebration of how light can lead through dark periods and the importance of religious freedom.

The Hanukkah Feast

The Hanukkah meal is an essential part of the celebration and the dishes are prepared in a traditional manner. The most popular way to prepare Hanukkah dishes is to fry them in oil, as a homage to the miracle that inspired the annual celebration. The holiday’s culinary menu includes potato pancakes (latkes) served with apple sauce and sour cream, and jelly doughnuts known as “sufganiyot.” Regional differences have introduced a variety of additional delicious fried foods. Jews in Greece eat deep-fried dough soaked in honey known as “loukoumades,” Russians cook buckwheat flapjacks, and in Spain the observants fry fritters called “bunuelos.”



The four-sided spinning top called a dreidel, is a traditional children’s game piece played during the Hanukkah celebration.

Gifts and Games

After the evening meal and storytelling, the children receive gifts and gelt (chocolate coins wrapped in gold foil) and play a game with a dreidel. The four-sided spinning top has a different Hebrew letter on each side: Nun, Gimel, Hay and Shin. In Hebrew, the letters form the initials of the Hanukkah message, “A great miracle happened there” (referring to Hanukkah’s everlasting oil).

To play the dreidel game, each player starts out with the same amount of money (or candy gelt) and they lose or gain depending on which letter turns up when they spin the top. Each letter dictates an action, for instance, if the dreidel shows the Hey symbol, the player gets half of the kitty. If it’s the symbol for Shin, then that player must put gelt into the pot, and so on.

A World-Wide Celebration

Communities all over the world celebrate Hanukkah and erect large menorahs as part of the celebrations to shine with bright lights.

Locally John Knox Village, the Life Plan Continuing Care Retirement Community in Pompano Beach, erects a large menorah and residents gather each night for the lighting to celebrate the eight-day festival. On the first night, Dec. 2, at 5:30 p.m., the festivities begin and will include prayers, the lighting of the menorah, and musical performances by John Knox Village singing groups: The Note-ables and The Villagers, led by musical director Elaine McNamara. Plans call for latkes with apple sauce or sour cream and cider to be served the first night.

All are invited to join the candle lighting each of the eight evenings. Look for more information at www.johnknoxvillage.com or call the Marketing Department at (954) 783-4040.



John and Diane Dalsimer light the menorah during the John Knox Village Hanukkah celebration.

Join Us At John Knox Village For These November Events



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

“Put Your Legal House In Order” Lunch and Learn on Thursday, Nov. 8 at 10:30 a.m. Meet in the Village Centre Auditorium

Learn important tips on avoiding probate, as well as other recommendations for your legal affairs from Kaley Barbera, trust and elder law attorney, estate planning expert and John Knox Village *Gazette* columnist. Then tour several designer-inspired model apartment homes, followed by a delicious lunch prepared by Executive Chef Mark Gullusci.

Call the Marketing Department (954) 783-4040 for reservations.

Join Us for a Veterans Day Ceremony Sunday, Nov. 11 at 11 a.m. in the Village Centre Auditorium

Whether you are a veteran or wish to attend a ceremony honoring our servicemen and women, you are invited to attend the John Knox Village Veterans Day Ceremony at 11 a.m. in the Village Centre Auditorium. Join more than 150 veterans who are residents at John Knox Village. All veterans in attendance will be recognized and receive a pin in gratitude for their service. *Veterans from the greater community can be honored similarly by calling the Marketing Office to reserve your spot at (954) 783-4040.*



Be Our Guest for a Lunch and Learn on Tuesday, Nov. 13 at 10:30 a.m. Meet in The Woodlands Life Enrichment Center

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. Indulge in a complimentary lunch and guided tour of our tropically landscaped campus and newly renovated designer-inspired model apartment homes. Meet Village residents who will be happy to answer all your questions.

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

JKV & Venetian Arts Society Present The Negroni's Trio on Wednesday, Nov. 14 at 6 p.m. at the Gallery of Amazing Things

John Knox Village and the Venetian Arts Society present a Café Salon with international jazz ensemble, The Negroni's Trio. Arrive at 6 p.m. for a wine and cheese reception followed by the performance at 7 p.m. The Café Salon will be held at the *Gallery of Amazing Things, 481 S. Federal Hwy., Dania Beach, FL 33004*. A limited number of complimentary tickets will be available.

Call the JKV Marketing Department for reservations (954) 783-4040.



Learn How to Publish Your Memoirs on Thursday, Nov. 29

- Silver Scribes Book Class at 11 a.m.
- Digital Photo Class at 1 p.m.

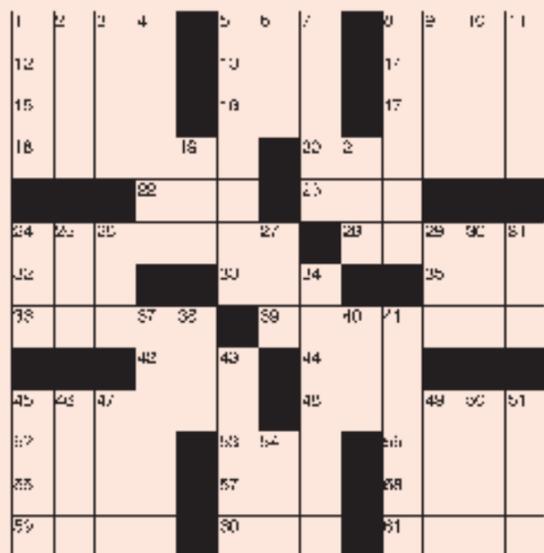
Join our group of Silver Scribes – budding authors who are publishing their literary works. Have you ever wanted to write your autobiography or short stories, but have no idea how to prepare the book, design the cover and get it printed? Join our Silver Scribes and we'll take over the technical publishing of your life story. Want to learn about your digital camera? Bring your camera with you. Meet in the Cassels Tower Party Room at John Knox Village. *Call to reserve your place for the classes (954) 783-4040.*



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Crossword Puzzle Of The Month



ACROSS

- Fr. month
- Sinbad's bird
- S. Afr. dialect
- Forest ox
- Fiddler crab genus
- Scientific name (suf.)
- Sacred image
- Daughters of the American Revolution (abbr.)
- Gain
- Tenant
- Attic
- Sound perception
- Office of Economic Development (abbr.)
- One of the Seven Hills of Rome
- Joint part

DOWN

- Father of Jehoshaphat
- Science class
- Presidential nickname
- Stair post
- Fire basket (torch)
- Month abbr.
- Last Queen of Spain
- Wading bird
- Suitcase
- Firstborn of Benjamin
- Yale student
- Design
- Elbe tributary
- Female ruff
- Death (pref.)
- Eucalyptus secretion
- Row
- Starch (pref.)

DOWN

- Metal suit
- Quality (suf.)
- Ger. landscape painter
- Jap.-Amer.
- Waste growth
- Wood sorrel
- Load
- Fencing guard position
- City in Judah
- Rhine tributary
- Penitential season
- Belonging to (suf.)
- At the age of (Lat.)
- Foremost part
- Honshu bay
- Stomach
- Resin
- Nose (pref.)

DOWN

- Laconian clan group
- Ensnare
- Type size
- Ditchside fortification
- Shelter
- Alfonso's queen
- Salt pond
- Wing (pref.)
- Brother of Cain
- Blue star
- Olive genus
- Same (Lat.)
- Secretary (abbr.)
- Male noble
- Pasture

Answers On Page 11.

IT'S TIME TO 'C'

What's New!

AT JOHN KNOX VILLAGE!



ENTRANCE FEES
STARTING AT
\$46,500!*

**This pricing is for Type C Contract Only*

JOHN KNOX VILLAGE NOW OFFERS A TYPE 'C' FEE-FOR-SERVICE LIFE PLAN CONTINUING CARE CONTRACT.*

With a much lower Entrance Fee—starting at **\$46,500**, Type 'C' contract residents enjoy priority and guaranteed admission to JKV's Assisted Living, as well as Short-Term and Long-Term Rehabilitation and Skilled Nursing centers. *John Knox Village* is the perfect springboard for wherever life takes you. Experience life on your terms.



TYPE C STANDARD

- Enjoy the lifestyle options that John Knox Village residents enjoy.
- Pay Assisted Living or Skilled Nursing care services as needed (Fee for Service).
- Pay the prevailing rate for either of these services with a 10% discount.



TYPE C 50% REFUNDABLE

- Preserve half of your Entrance Fee that will be refunded to your estate (Higher entrance fee than the Type C Standard Agreement).
- Pay Assisted Living or Skilled Nursing care services as needed (Fee for Service).
- Pay the prevailing rate for either of these services with a 10% discount.

Learn more during a
2-Day, 1-Night Complimentary Staycation or tour
John Knox Village with one of our friendly Consultants.



JOHN KNOX VILLAGE

A Life Plan Community • Pompano Beach • Where Possibility Plays

To Learn More Info Contact
(954) 783-4040

651 SW 6th Street
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web JohnKnoxVillage.com
JohnKnoxVillage

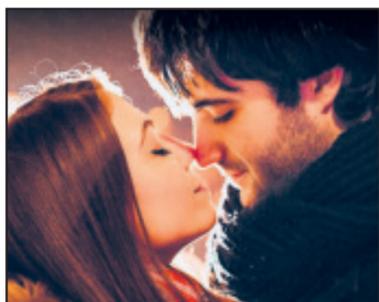
John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village 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 in 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.

From Theatre to Opera to Classics: Check Out This Month's Events

November 11
Miss ARC Broward: A Pageant to Empower Young Women with Disabilities
 Parker Playhouse
 707 NE 8th St.
 Fort Lauderdale, FL 33304
 (954) 462-0222
 www.browardcenter.org
 3 p.m. Tickets \$15

November 18
Stephen Stills & Judy Collins
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
 7 p.m. Tickets from \$45

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



November 20 – December 2
The King And I
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
 Eves. & Mat. Tickets from \$35

November 15 & 17
Florida Grand Opera
La Boheme:
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
 7:30 p.m. Tickets from \$21

November 28
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

Sudoku

Answers On Page 11.

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

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

Where There's A Will, There's A Way

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



Kaley N. Barbera

We have all heard of this common phrase, "where there's a will, there's a way." Most of us understand this to mean that if one really wants to do something, then one can. Or more simply put, if you put your mind to it, then anything is possible.

Aretha Franklin

Aretha is the most recent star to pass away without a Last Will and Testament and her four sons recently filed court documents in Michigan naming themselves as interested parties. Since there was no Will, there was no one designated to manage or represent the estate, therefore it will be up to the probate Court to determine who will be the executor of her estate although it appears that all interested parties are in agreement to nominate her niece. This would have been much easier, had Aretha prepared a Will.

All parties appear to be getting along right now, but this could change easily as there are many unanswered questions pertaining to the future of Aretha's legacy that will fall upon the executor.

For example: **a) How will Aretha's royalties be managed? b) Should Aretha's songs be allowed in commercials? or c) Should her image be licensed to sell products?**

All of this could have been predetermined by Aretha, herself, via testamentary documents such as a Will or Trust.

Prince

Many of us know all about this pop legend's failure to create a Will. To date, the heirs have not received any assets from the estate based on the lengthy probate and estate settlement process.

Abraham Lincoln

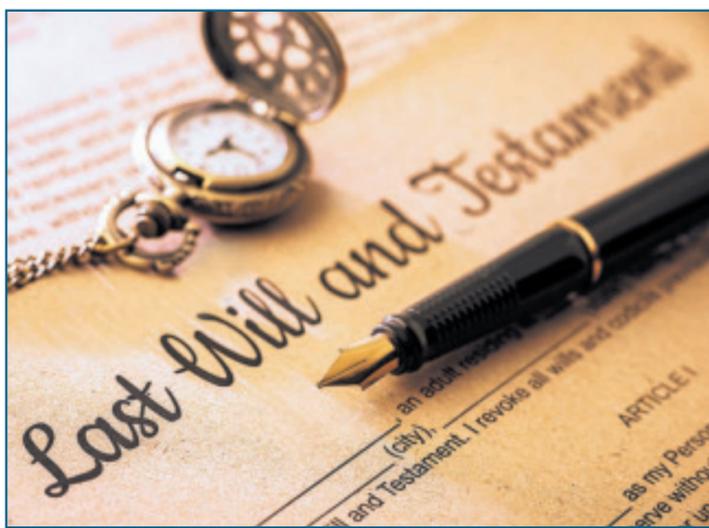
The 16th U.S. president died without a Will. After significant legal proceedings, his assets were eventually divided into equal shares and distributed to his widow and two sons. A happy ending to the story in this case, but all too often we see legal battles play out over lack of planning between beneficiaries of even the smallest estates.

Howard Hughes

The 70-year-old billionaire had no descendants or immediate family when he died. Since he had no Will, the courts ended up splitting his billion-dollar estate after lengthy legal proceedings among 22 cousins, with large sums going to the Howard Hughes Medical Institute.

Amy Winehouse

Amy was only 27 when she died. She was not married and had no children at the time of



her death and did not have a Will. Therefore, her \$4.66 million estate was inherited by her parents. However, it was a well-known fact that Amy did not have a good relationship with them. This is a sad result that could have been avoided.

All of us, even the rich and famous, need proper estate planning to avoid the delays, expenses and unwanted results of dying without a Will or Trust. For additional information regarding this article or to ask questions to this writer that will be addressed in future articles in *The Gazette*, please submit all questions to Kaley Barbera, Esq. at Kaley@snyderlawpa.com.

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 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.

web JohnKnoxVillage.com

[JohnKnoxVillage](http://JohnKnoxVillage.com)

My interpretation of this phrase is a bit different based on my occupation as an estate planning attorney, because for me if a client has a Will (Last Will and Testament) then they have a way (a way to organize and better determine their estate).

By not having a Will, they essentially do not have a way as they lose all control of who ultimately manages and benefits from their estate. Most states have intestacy laws in place which predetermine the order of distribution of one's estate if you pass away without a Will. Florida Statute §732.101 defines an "intestate estate" as any part of the estate of a decedent not effectively disposed of by Will which shall pass to the decedent's heirs as prescribed in this code. The Florida code then describes the order of individuals who would stand to inherit should the decedent pass away without a Will. The problem with this being that there may be individuals who you never wanted to inherit your estate and if you pass away and have no spouse or descendants then your estate could go to a plethora of individuals who may or may not have been a part of your life. You lose the control of determining your legacy and who manages that legacy. The most common offenders (to follow) of not having estate planning documents happen to be famous names and faces we all know too well. These individuals would have greatly benefited from planning as their estates have had to deal with legal battles or difficult decisions regarding royalties, intellectual property rights and a number of other tough decisions, most of which could have been avoided with proper planning.

The Doctor Is In

Get Intellectual With This Wellness Dimension

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

ideas were: Reading, Physical Exercise, New Learning, Nutritional Help and Proper Sleep.

This month we look at four more ideas that make a lot of sense to me, though they are not as well researched. Here they are.

Relationships

In the family field, we have not been as diligent to publish our ideas as we might have, but some of us have seen years and years of soft “proof” in the consulting room. Here is what I mean. When our relationships are going well, we begin to function better. The brain acts like it is set free. People become more creative, having new ideas that benefit them. They follow through on their ideas better, seeming to have more energy. They

are less automatically, or emotionally driven, going more on principle and logic. Their relationships work better, so they have a lot less anxiety dragging them down.

The relationships most important to attend to, are those in our family, nuclear (the family we have created) and extended (the family we were born into). The better those do, the better all in the family, and our brains do. Bowen family systems theory tells us much about how to approach and tend to relationships over the long term. I think that if we all had perfect family relationships, our brains and bodies would encounter far less, if any, disease.

Of course, no one has these perfect relationships. For example, sometimes children cut us off, or treat us downright badly or with neglect. So what do we do about the important connections that are not going as expected or as we would like? We can stop being upset about them, making conscious attempts to focus on what is pleasant or rewarding when they intrude into our thinking. We can make attempts, from time to time, to be in touch, so as to avoid complete cutoff, which carries a load of symptoms. We can substitute cut off family relationships with friends. And we can be thankful and more appropriately focused on the relationships that are going well within our family and friendship circles.

Happy Chemistry

Here I refer to the pleasant feelings we talked about a couple of issues ago (on physical wellness). Anything that promotes physical wellness will promote brain health, I am sure. So, having good times, listening to good music, such as the concerts readily available here at John Knox, being with



good friends, and whatever we can do to get the good chemistry going, will benefit brain health. “Happy hormones” make sure that we function at our best and also keep illness away, brain illness or ailments in other parts of the body, as well.

The Rut

I just bad-mouthed “the rut” above, but on the other hand, there is something to be said for it. Yes, staying in a chronic rut is not a good thing, but some days we are just not up to a challenge. Maybe we are over tired or have a bug, or have lost a significant person. These events need to be respected. Maybe my crossword or sudoku is all I can do for today. Then, the friendly routine becomes a welcome friend. As my dad said once, when I asked him how he ever got along without my mom after she died, “You just put one foot in front of the other.”

Putting Them All Together

All these ideas can be combined when one is in a retirement situation where what we don’t want to do is taken care of, and many opportunities for challenge and stimulation of the brain and rest of the body, good nutrition, and so much more are provided, as they are at John Knox Village. Many of the activities benefit us, not only physically, but also intellectually and emotionally. We have much for which to be thankful.

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.



Maintaining a happy family is a valued asset in Intellectual Wellness.

VAS Concerts Hitting All The Right Notes This Holiday Season

Marty Lee
Gazette Contributor

Now is the time many of us peruse the upcoming theater and concert schedules to make our holiday and winter music and performance entertainment plans.

You will want to include the entertainment tastings from Ft. Lauderdale’s Venetian Arts Society (VAS). These salon performances are scheduled for more intimate settings and allow you to get up close and personal with the artists.

VAS Executive Director William Riddle told *The Gazette* that VAS has formed a partnership with Nova Southeastern University (NSU) and John Knox Village (JKV) named *The ArtSage Alliance*: A multi-generational/multi-cultural fine arts program. “The goal is to synthesize the total artistic, social and educational experience and to enrich the individual lives of all in our community,” Riddle said. “The presentations evoke the vibrancy, energy and sheer productivity that result when people of all ages come together, to create a world-class artist series to further unify our community.” The events generally begin with a one-hour pre-concert reception at 6 p.m. followed by the performance. Here are some of the upcoming concerts you’ll want to consider.

The Negroni’s Trio, International Jazz Ensemble

Wednesday, Nov. 14, at 6 p.m.

Weiner Museum of Decorative Arts (Gallery of Amazing Things)
481 S. Federal Hwy., Dania Beach, FL 33004
VAS/JKV \$35 General Public \$50

Christmas In The Village

Saturday, Dec. 15, at 6 p.m. with Broadway Singing Star Kimilee Bryant, and Stacie Haneline on piano. The JKV Choristers, The Stradivarius String Quartet and harpist Esther Underhay will also perform.

John Knox Village Centre Auditorium
651 SW. 6th St., Pompano Beach, FL 33060
VAS/JKV \$35 General Public \$50



The Negroni’s Trio performs on Nov. 14 at the Weiner Museum of Decorative Arts.

Katreese Barnes, Pianist, Singer, Composer

Friday, Feb. 1, 2019, at 6 p.m.

Nova Southeastern University
Performance Theater/Don Taft University Center
3301 College Ave., Ft. Lauderdale, FL 33314
VAS/ JKV \$35 General Public \$50

Borisevich Duo (Nikita Borisevich, Violin, and Margarita Loukachkina, Piano)

Tuesday, March 19, 2019 at 6 p.m.

Pompano Beach Cultural Center
50 W. Atlantic Blvd., Pompano Beach, FL 33060
VAS/ JKV \$35 General Public \$50

A limited number of tickets will be available through the John Knox Village Marketing Department. Call (954) 783-4040 for reservations.

The Harmonica. Get the Harmonica!

How Music Can Change The Mood...And The World

Burn Loeffke
Gazette Contributor



РАССАДКА
на заседании 22 ноября 1977 года
US SALT Seating Chart
US Mission
Tuesday, November 22, 1977
11:00 AM

Lt. Colonel Johnson	СМОЛН В.В.
Colonel Loeffke	ЧУЖИКИН В.С.
Mr. Killham	НАРДОВ В.П.
Captain Pray	СЫКИН А.Н.
Ambassador Earle	СЕНЕЧОВ В.С.
Mr. Rodzianko	БРАТЧУКОВ А.В.
Minister Perez	БЕЛЕУКОВ И.И.
Captain Kramer	ПАВЛИЧЕНКО В.П.
Dr. McNeill	БЕКЕТОВ И.О.
Mr. Nickels	

The 1977 SALT Talks seating chart from Burn Loeffke's archives.

During this season of Thanksgiving, we give recognition to the many forums that provide us the opportunity to meet and exchange views in a peaceful way.

The story for this month highlights a forum that was created to reduce the possibility of nuclear incidents.

It was another tense week at the Strategic Arms Limitation talks in 1977. We were at the Russian Embassy in Geneva, Switzerland seated at a long table – the Russians on one side and the U.S. on the other (see seating chart). I was a Colonel representing the U.S. Army. Opposite me, was a Russian Army Colonel. On my left, was a U.S. Air Force officer from the Strategic Air Command. Opposite him, was a Soviet Air Force Colonel. To my right, was a CIA representative. Opposite him, was a Russian KGB officer. We were at one of our weekly meetings. The topic was violations of the treaty. We were accusing the Russians, and the Russians were accusing us. Voices started getting louder.

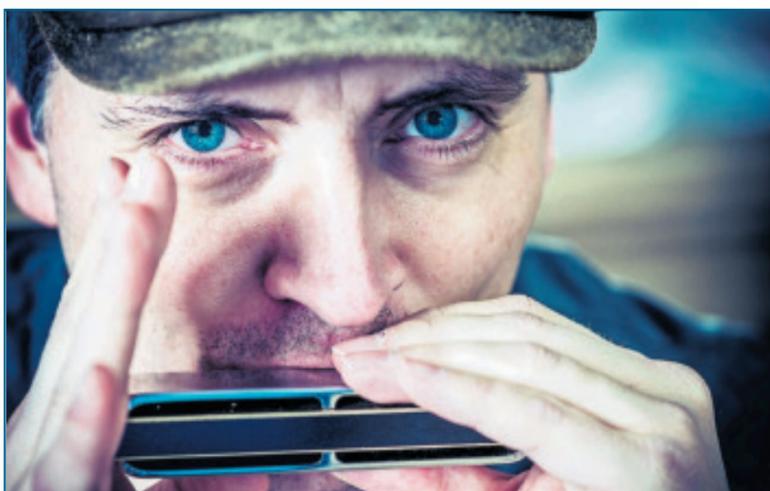
Emotions win. We are told that we are more than 90 percent emotional. When emotions take over, we have trouble listening and accepting other views. We had reached that point and now...

Music Makes History

It was time for the harmonica. A senior U.S. military officer took out his harmonica and started to play a popular Russian tune. Within seconds, the faces that scowled had turned into smiles. We clapped and sang together. We took a 15-minute break and toasted to friendship with glasses full of vodka.

We were a little less sober, but much more accepting of each other's views.

Besides resolving arguments, music has four added benefits:



Burn Loeffke recalls how a simple harmonica accompaniment soothed frayed tempers, and got adversaries speaking in friendly tones.

- Happy music increases solutions to problems.
- Dopamine is released and helps with mood, like a mild cocaine reaction.
- Immunoglobulin A increases, thus decreasing anxiety and blood pressure.
- Lullabies at bedtime induce sleep.

In this period of Thanksgiving, let's remember Abraham Lincoln's quote: "I destroy my enemies by making them my friends." Let's also not forget our family and friends and those who help us.

Bottom line: When tempers rise, sing and drink a glass of vodka.

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 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.

Honor Those Who Served: Nov 11

This Veterans Day Marks 100th Anniversary Of The End Of World War I

Marty Lee
Gazette Contributor

Fighting ended in World War I, with an armistice, or temporary cessation of hostilities, between the Allied nations and Germany on the 11th hour of the 11th day of the 11th month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

In November 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

A Century Of Remembrance

In the 100 years since the end of hostilities in World War I, Nov. 11 has found a permanent place on the United States calendar as Veterans Day. This is the day we honor all Americans who have served their country's military in time of war and peace.

While those original veterans of the First World War are now relegated to our national memory, John Knox Village is honored to count among our residents, some 150 veterans who served in all branches of the military.

Their service will be saluted at 11 a.m. on Sunday Nov. 11 in the John Knox Village Centre Auditorium. All veterans are invited to attend this solemn ceremony. Spiritual Life Director Rev. Darryl Powell will preside and JKV musical talents, under the leadership of Elaine McNamara, will perform patriotic songs. Veterans are invited to call (954) 783-4040 to reserve your spot.



Left photo: Mae Schweter, Sergeant U.S. Army WAC: 1942 - 1945. Right photo: Mae Schweter with Kit Frazer, a Gold Star Wife, during last year's Veterans Day Celebration held at JKV.



Left photo: John Knox Village Board of Directors Chairman Paul Simpson with JKV resident Denny Inouye. Right photo: Kazuo Denis Inouye, Staff Sergeant U.S. Army: 1946 - 1949.

The Latest And Greatest From Apple

Is It Time To Upgrade Your Apple Smartphone? Consider The Options

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

In September, Apple introduced the expected yearly updates to the iPhone line-up and launched the Apple Watch Series 4.

This watch is interesting for seniors, because it has cellular capabilities. The watch will dial 911 or the SOS number of your choosing, if you are not moving for a set amount of time. You will need to add a monthly

cell plan from your provider, usually costing \$10, and it uses the same phone number as your iPhone.

In a non-emergency situation, the watch acts as a cell phone on your wrist. You can always dial for help with your Apple Watch Series 4. Bear in mind, like the Dick Tracy comic strips, you actually bring the watch up to your mouth and talk into it and hear the other person on your wrist. Of course, you can also pair it with Bluetooth headphones.

Apple is specifically marketing to older Americans with this device. The watch is approved by the FDA and has an electrocardiogram feature. If you press and hold the crown for 30 seconds, the device will record heart rate information and save it for you. You can then provide your doctor a history.

The New Apple iPhones

Last year's iPhone X, the smaller model SE and all model 6s are discontinued.

They are replaced with new models using the Roman number X to designate that they are model 10s. The letter S is added on two of them and R on the third. The Max is 6.5 inches, the S: 5.8 inches and the R: 6.1 inches.

The familiar round home button has been removed in all models. It is replaced with Apple's faster Face Recognition technology.

They offer a dual SIM card that contains unique information for that phone, so you can

have two telephone numbers in one device.

All are water resistant, so don't worry if they fall in the sink or the pool for a few minutes.

They all include the new Apple computer chip called the A12 Bionic.

They all include the Apple headphones in the box that now plug into the lightning power port. If, by chance, you have a Bose noise cancelling headset or any other older headset, they sell a \$10 adapter, since the standard 3.5 mm phone jack is also gone and replaced with a lighting port for power or audio.

Adapters Add Capabilities

An adapter is available to power the phone and to listen to headphones at the same time.

Separately, an adapter is available to take the SD memory chip from your standard camera and import all your photos for sharing.

The XS Max offers the largest screen and is great if you have vision issues and need more real estate to see icons. It starts at \$1,100 and is available in 64/256/512 mb storage options.

The iPhone XS has a modest-sized screen that fits in pockets and purses and starts at \$999: Same memory configuration as the Max.

What makes these phones different, other than speed, is the dual camera on the back. Apple claims this is the best camera they have ever made; that it goes beyond the other capabilities of previous models.

The third model, called Model XR, should also be available now. The least expensive model in the new line-up, starting at \$749, the XR has a single camera on the back, hence the cost savings. Its memory configuration is 64/128/256 mb.

All models have the option to use an eSIM



iPhone XS and iPhone XS Max. Apple Image.

for dual phone numbers. Currently this only works in 10 countries. Unique only to the China market will be a XS Max with two real SIM slots as eSIM is not supported in China.

Search For Previous Model Values

This is a great time to consider the older Model 7s starting at \$449 and the 8s starting at \$599. Both are still available and offer a great price-point value if you do not need to own the latest and the greatest.

One last thing, Google the term "Apple Certified Refurbished." On this Apple web page, many of Apple's open box products are available at a savings (EX: Same model 7 for \$379). It's a cost savings with no downside. The iPhone comes with the same warranty as new, but at a lower price.

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 and will attempt to include answers in future articles.

Artful Afternoons At The Museum

Fascinating Presentations At NSU Art Museum Fort Lauderdale



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

NSU Art Museum Fort Lauderdale has the perfect way to get your daily dose of culture

and break your afternoon routine.

Tea And Opera: 2:30 – 4:30 p.m.

On Nov. 7, enjoy a traditional afternoon tea, followed by a concert by Florida Grand Opera Studio Artists who will perform songs on the theme "Love in Paris." On Feb. 13, 2019, enjoy opera inspired by Mexican Modernists, including Frida Kahlo.

Tea And Art History: 2:30 – 4:30 p.m.

Attend Tea and Art History at the Museum and enjoy traditional English tea, tasty treats, and lively and informative lectures by noted scholar and author, Barbara Buhler Lynes, Ph.D., NSU Art Museum Sunny Kaufman Senior Curator, who brings great artists and art movements to life during these popular afternoon programs, which take place from 2:30 to 4:30 p.m.

"Learning about art is a great way to enrich your life, and I invite everyone to join me during the coming months as we explore some of the world's most fascinating artists," notes Lynes.

The "Tea And Art History" gatherings are scheduled for next year. On Jan. 17, 2019, you can join Dr. Lynes as she discusses revolutionary artists of the 20th Century – George Braque, Paul Cezanne and Pablo Picasso – revolutionaries who charted new paths and created a new visual language.

On April 17, the topic will be NSU Art Museum's world-renowned COBRA art collection featuring works by avant-garde European artists who resisted World War II.

NSU Art Museum Fort Lauderdale is located at 1 East Las Olas Blvd. For details and a complete list of programs, visit nsuartmuseum.org/events or call (954) 525-5500.



Pierre-Auguste Renoir, Portrait of Jean, 1897, oil on canvas, The Museum of Fine Arts, Houston, Gift of Isaac and Agnes Cullen Arnold, 68.55

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

M	A	R	S		R	O	C		T	A	A	L
A	V	C	A		U	C	A		I	D	A	E
I	C	C	N		D	A	R		E	A	R	N
L	E	S	S	E	E		G	A	R	R	E	T
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V	I	M	I	N	A	L		T	E	N	O	N
A	S	A			L	A	B		A	B	E	
N	E	W	E	L		C	H	E	S	S	E	I
			S	E	P		E	N	A			
A	V	O	C	E	T		V	A	L	I	S	E
B	E	L	A		E	L	I		I	D	E	A
E	C	E	R		R	E	E		N	E	C	R
L	A	A	P		O	A	R		A	M	Y	L

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

Listen Up, Your Brain Is Speaking

Monthly Tip To Building Brain Wealth

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

speech after a stroke.

Speech Is A Whole Brain Workout

Why is speech such a big deal for the brain? A few reasons include:

- *Respiration and speech have to be integrated.*
- *Large areas of the brain have to work together, so it is a whole-brain workout.*
- *More muscle engagement is required for speech than for any other motor output (physical activity).*

The speech center of the brain is named after the 19th Century French doctor Paul Broca, who discovered it while working with stroke patients. Over the past 200 years, Broca's area, located in the left frontal lobe, has proven to be a cornerstone of brain function, working closely with the listening center of the brain, the Wernicke's area (located nearby, in the left temporal lobe).

Using your voice, and listening to other people's voices, are the most important forms

of social engagement, providing health benefits as well. Social isolation, now considered the number one public health problem in America, cuts the brain off from this vital flow of listening and speaking. Subtle changes in the tone and sound of speech may reveal important aspects of someone's health status.

Socialization Is Key To Brain Health

The toxic trio of smoking, sitting, and sugar are frequently vilified as health hazards, but when it comes to brain health, there's one thing worse than these three hazards combined: Chronic social isolation.

A 2015 study by the University of Connecticut found that "isolation is a major source of psychosocial stress and is associated with an increased prevalence of vascular and neurological diseases." Loneliness undermines three major biological systems, including the immune system, that protect and support brain health.

Conversely, prosocial hormones such as oxytocin and serotonin reduce inflammation and pain. A recent study by AARP found a link between social engagement and brain health for seniors; unfortunately, 40 percent of adults over 40 say they lack social connections.

In addition to listening and speaking, eye contact, fun, sharing, smiles, touch, and trust forge strong social bonds that boost health.

Here's what our brains have to say: Love is the best medicine and friends are sweeter than sugar. For brain health, the best advice boils down to use it or lose it. Avoid long periods of time in front of a TV, computer or book where there is no social interaction.

Some great ways to exercise your vocal equipment include:



Get together in a reading group for discussions about a contemporary book that inspires thought-provoking interactions.

- *Acting or play reading*
- *Discussing books or ideas in a group*
- *Interpersonal mentoring or volunteer work*
- *Learning a new language in a class*
- *Public speaking*
- *Singing or chanting*

None of this brain work requires you to work up a sweat, so it is a perfect complement to walking and other physical activity. Get busy.

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) 784-4040.

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's website: www.brainwealth.org

For Those Who Prefer Single-Story Living, The Cypress Garden Villa Is A Perfect 1 Bedroom, 1 1/2 Bath Choice

If you are accustomed to single-story living and might like to do a little gardening outside your patio, then the Cypress Garden Villa home is a perfect choice. Your location is convenient to everything JKV has to offer – all just a short walk along the tree-lined paths which surround Lake Maggie. Plan to tour this Cypress Garden Villa home, experience the special ambiance of the Village and then enjoy a complimentary meal in John Knox Village's Palm Bistro.

Nautilus Model 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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Experience the convenience of single-story living in the featured Cypress Garden Villa.

The Cypress Garden Villa
1 Bedroom / 1.5 Bath
988 Sq. Ft.

