



JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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651 S.W. Sixth Street
Pompano Beach, FL 33060

JKV Honors 16 Silver Angels With One Philosophy: To Love



For its 12th consecutive year, John Knox Village was honored to celebrate the selfless volunteerism of this area's Silver Angels.

Awards Celebrate True Humanitarian Spirit

Rob Seitz
Gazette Contributor

Frequent John Knox Village freelancer Marty Lee and then-Marketing Director Bob Milanovich created John Knox Village's Silver Angels Awards Dinner and Ceremony 12 years ago to honor the area's selfless seniors who quietly go about their mission of humanitarian work.

Recently, 16 humanitarians representing an even dozen houses of worship, were recognized for their true sense of charity in their dedication to a cause or need and have aided others with their time, talents and efforts.

Through his tremendous involvement within the greater community, JKV's Spiritual Life Director Rev. Darryl Powell emceed the event, personalizing the ceremony in his own unique manner.

During the dinner, JKV President and CEO Gerry Stryker explained that the awards honor unsung heroes in the greater community, as well as noted that more than half of the

Village's residents volunteer their time and talents, so the awards are a reflection of the public-spirit that is a hallmark of the JKV community dedication.

"The Silver Angel Awards were created to recognize those who you normally would not hear about," Stryker said. "They are people who do not seek glory, who do not look for attention or ask for credit. They are like Nike...They just do it. Ours is a better community thanks to these folks."

The following are this past year's Silver Angels:

DeeDee And Steve Utz: Calvary Chapel

Steve and DeeDee Utz have attended Calvary Chapel since 1998. They serve faithfully each and every week in a number of different ministries. Both DeeDee and Steve serve as Parkinson's ministers to help people suffering with this disease. As both are cancer survivors, they help the Cancer Care ministry, where they are able to help others with the same comfort God has comforted them.

They are huge supporters of Operation Christmas Child to deliver needed supplies to children all around the world. Dee-Dee has also volunteered in local hospitals.

See "Silver Angels" On Page 2

Presidents Who Have Served

We Honor Our Commanders-In-Chief On Feb. 17

'Ask Not What Your Country Can Do For You, Ask What You Can Do For Your Country.'

— John F. Kennedy

Nona Cree Smith
Gazette Contributor

In these troubled and turmoiled times, it is fascinating to learn that out of the 45 men who have become president of the United States, 29 have served in the military in different ranks and capacities. From the American Revolution, the Civil War to the World Wars, Korea and Vietnam, many of them fought and saw combat, while some served in important positions without seeing active duty. Of them all, President Theodore Roosevelt is the only one to have been distinguished with the Medal of Honor, the United States' most prestigious military honor. At the same time, many warriors earned medals and awards for leadership and bravery – even the Nobel Peace Prize.

President Ronald Reagan joined the military, but his poor eyesight precluded combat, so he served stateside by raising money with war bonds and morale with his heroic movies. Franklin D. Roosevelt was unable to serve in the military, as he had contracted polio and spent most of his time in a wheelchair, however, he led the United States through the Great Depression and World War II and expanded the powers of the government with the New Deal. Several of our most recent presidents including Bill Clinton, Barack Obama and Donald Trump did not serve in the military, and yet all became our nation's commanders-in-chief.

See "Presidents Who Served" On Page 3



Portrait of George Washington by Charles Willson Peale. Image source: Wikimedia Commons.

'For It Is In Giving That We Receive' – St. Francis Of Assisi

From "Silver Angels" On Page 1

Bettye Grant: First Baptist Church Of Ft. Lauderdale

Every Sunday, Bettye is in the lobby, at the front door, in the auditorium; basically around the church, welcoming, hugging and sharing the love of Christ with guests to First Baptist Church of Ft. Lauderdale.

Bettye's service to her Lord and Savior doesn't stop on Sunday. During the week, she is active in Women's Prison Ministry, on the local and federal level. She collects and brings clothing to the local clothing bank. Bettye is a "noticer," looking for people who need an encouraging word, helping widows and single moms, visiting those who are shut-in and confined to nursing homes and asking her family and others to join with her in caring for others.

Cyle Morpeth: First Presbyterian Church Of Pompano

In 2009, Cyle Morpeth joined the staff of the First Presbyterian Church as a part-time volunteer coordinator. In the ensuing 10 years, she has become the heart and soul of the congregational outreach.

While "managing" the membership of The Pink Church is part of her job description, she consistently infuses each contact with care and concern. Her sense of teamwork is consistently displayed in her willingness to roll up her sleeves and do whatever needs to be done: Cleaning chandeliers, laundering tablecloths, de-waxing candelabras, and cooking for fellowship dinners, bake sales and weekly staff meetings.

Cyle has the "heart of a servant" with a spontaneous smile and always a kind word.

Darlene Wrona: New Presbyterian Church

Darlene is a go-getter and has faithfully volunteered for many years as receptionist two mornings per week and has served as Concert Series Coordinator: In charge of selling tickets, arranging seating for groups attending the concerts, meeting and greeting these groups, and lots of organization with computers.

MaryAnn And Albert Marcantonio: St. Gabriel Catholic Church

MaryAnn and Albert Marcantonio have taken on lots of initiatives and volunteer their services for the good of the St. Gabriel parish community.

Married more than 50 years, they set a wonderful example for all at St. Gabriel's with their eager volunteerism in the past and their desire to do so in the future.

Linda And Graham Taylor: St. Martin Episcopal Church

Graham and Linda Taylor have been tireless in their support of St. Martin Episcopal Church. They have planned and executed gourmet dinner/fund-raisers, international brunches, animal blessings and much more. Hospitality is their by-word and they have enlivened so many gatherings. Linda has served on the Vestry Governing Council, Altar Guild, and is the star of the Flower Guild.

Graham has clerked for the Vestry and serves as photographer covering church events. Both Linda and Graham have served as greeters and ushers at St. Martin for many years.

Dr. Harvey And Myra Saff: Temple Shalom

Dr. Saff and his wife Myra have been married for 65 years. They moved from New York to Pompano



Silver Angel Bettye Grant (seated front center) from First Baptist Church of Ft. Lauderdale is joined by admirers from her church community during the 12th Annual Silver Angels Awards at John Knox Village.

Beach in 1957, where Dr. Saff established his practice in podiatry and foot surgery.

Myra taught at Northwest Elementary School until she joined Harvey in his practice. Dr. and Mrs. Saff are founding members of Temple Shalom in 1959 and have been active members ever since. Dr. Saff has served as president and is currently the treasurer.

Michele Souter: Kadampa Meditation Center

Michele has been a student in Ft. Lauderdale's Kadampa Meditation Center's Teacher Training Program for over 10 years. She volunteers regularly for the Center's front desk and open hours. Michelle also teaches classes on a consistent basis, and spiritually supports members of the community.

Maria Feliciano: St. Henry Catholic Church

Maria Feliciano offers her time and energy in a variety of volunteer positions at St. Henry Catholic Church. She regularly serves as an Extraordinary Minister of Holy Communion, altar server and lector during masses.

She also offers her time and skills to volunteer in the church and participates as a member of the Church Pastoral Council, and a dedicated member of the St. Henry 50th Anniversary Committee. Maria has regular visits to the homebound, which provides companionship and the opportunity to receive Communion for those unable to attend mass. Finally, Maria assists with St. Henry's food drive ministry by collecting and dropping off food donations to Our Father's Soup Kitchen in Pompano Beach.

Dr. Arthur Kanev: The Sanctuary Church

Dr. Arthur Kanev is a kind and compassionate person who serves with integrity and purpose. He oversees much of the ground care, planting of flowers and plants, mulching, etc. Arthur hires unemployed individuals to assist in this project and pays them from his own funds.

Arthur is also involved in feeding the homeless, not only for The Sanctuary Church, but for All Saints Soup Kitchen and several other programs. He partners with several ministries to help the homeless community with clothing and food across our tri-county area.

Finally, Arthur volunteers and works with Wayne Barton Ministries and the Broward Sheriff's office to distribute 5,000 turkeys and additional food to provide a warm and delicious Thanksgiving meal to those in need.

Diana Annis: Shepherd Of The Coast Lutheran Church

Diana Annis served in both parochial and public school settings as a media specialist, until her recent retirement, and now serves faithfully as the volunteer librarian for Shepherd of the Coast Christian School. Diana diligently opens the eyes of students to the wonderful world of literature and makes the library an exciting place to be.

Diana also serves on the School Ministry team and in the Lutheran Women's Missionary League Chapter, which supports missions and ministries throughout the world.

Ildefonso "Ilde" Gonzalez-Rivera: St. Nicholas Episcopal Church

In September 2016, St. Nicholas Episcopal Church launched a mobile feeding ministry, dubbed the Holy Grill, to benefit the homeless and working poor. The Holy Grill is a fully-licensed food trailer, which is towed to various sites throughout Pompano Beach to provide the homeless and working poor with hot, spirit-lifting meals.

Ildefonso Gonzalez-Rivera, better known to his church family as "Ilde," has volunteered with the Holy Grill from the beginning of this ministry.

Ilde also has been scheduling volunteers and towing the food trailer himself multiple times each week. The mobile feeding ministry might have folded if Ilde had not stepped forward to help in so many valuable ways.

Further, Ilde has also assumed responsibility for the church's Senior Farm Stand, ensuring that not only elderly parishioners, but also elderly in the wider community, can receive, without charge, fresh vegetables and canned goods to stretch their "fixed-income budgets" and avoid food insecurity.

Who Are Silver Angels?

The Silver Angels awards program began in 2008 as part of John Knox Village's 40th Anniversary celebration. Residents of John Knox Village recognize the importance of volunteerism in daily life – nearly 50 percent of Village residents regularly volunteer their time and talents within JKV or in the greater community. The Silver Angels program was a way to recognize those valued seniors who live outside John Knox Village for their dedication to a cause.

Now in its 12th year, the commemorative celebration allows local churches, temples and spiritual communities the opportunity to reward their exemplary senior volunteers who have selflessly aided others with their time, talents and efforts. The event acknowledges people who quietly go about their good works in a true sense of humanitarian charity.



John Knox Village President/CEO with Silver Angels Graham and Linda Taylor and JKV Spiritual Life Director Darryl Powell.

'Believe You Can And You're Halfway There' – Theodore Roosevelt

From "Presidents Who Served" On Page 1

George Washington

George Washington, also called the "Father of His Country," was an American general and commander-in-chief of the colonial armies which defeated the British during the American Revolution. He became the first president of the United States. No one played a more critical role in the founding of the American Republic than President Washington, who was involved not only in military matters but also in the issues of governing and formulating what would become the American Constitution and the Bill of Rights. Originally observed as Washington's Birthday, this year's Presidents' Day is celebrated on Monday, Feb. 17.



Ulysses S. Grant. Image source: Brady-Handy Photograph Collection, Library of Congress.

Ulysses S. Grant

Ulysses S. Grant, our 18th president, served as a general and commander of the Union armies during the American Civil War. A graduate of West Point, he first served in the Mexican-American war before going on to claim victory over Gen. Robert E. Lee, bringing an end to the Civil War and a win for Abraham Lincoln's Emancipation Proclamation. Although he did not serve in the military, Lincoln was an aggressively activist commander in chief, with the help of Grant, used every power to assure a victory in the Civil War and end slavery in the United States.

Theodore Roosevelt

Theodore Roosevelt was a rising young Republican politician when he unexpectedly became the 26th President after the assassination of William McKinley. Before his presidency, Roosevelt was a colonel in the First U.S. Volunteer Cavalry, known as the "Rough Riders." Fighting in Cuba, Roosevelt led the Rough Riders in a brave charge in the Battle of San Juan; he returned home as one of the war's most visible heroes. He won a Nobel Peace Prize for his negotiations to end the Russo-Japanese War and spearheaded the beginning of construction on the Panama Canal.

Harry S. Truman

Harry S. Truman became the 33rd, and was the only U.S. president, to serve on the battlefield during WWI. He was first rejected by the U.S. Military Academy because of his poor eyesight but secretly memorized the eye chart. He passed the eye test and mustered into the Missouri National Guard. In 1917, he was sworn into the regular army before being sent to France. Capt. Truman's excellent training helped him serve with distinction in the Vosges, Saint-Mihiel and Meuse-Argonne campaigns.

At the death of Franklin Delano Roosevelt, Truman became president and presided over the end of WWII.



General Dwight D. Eisenhower in 1945. Image source: Wikimedia Commons.

Dwight D. Eisenhower

Before his election as the 34th president of the United States, Dwight David "Ike" Eisenhower served as an army general in WWI, and as the Supreme Allied Commander in WWII. Eisenhower is especially well-remembered for having commanded the massive joint Allied forces during the invasion of Normandy, also known as D-Day. Bringing to the presidency his prestige as commanding general of the victorious forces in Europe, Eisenhower also obtained a truce in Korea and worked incessantly during his two presidential terms to ease the tensions of the Cold War.

John F. Kennedy

Our 35th president, John F. Kennedy was recognized as a war hero. He first tried to join the United States Army Officer Candidate School in 1940 but was disqualified on medical grounds owing to his chronic lower back problems. He spent months with grueling exercises to straighten his back and joined the U.S. Naval Reserve in September 1941. During his years of active service, Kennedy served in the Pacific Theatre, where he commanded two patrol torpedo boats. During one of his patrols in the Solomon Islands, his PT-109 boat was cut in half after a collision with the Japanese destroyer Amagiri. He managed to survive and to help other seamen to safety. He retired from the Navy Reserve with an honorable discharge with the rank of lieutenant. His military career earned him the Navy and Marine Corps Medals and the Purple Heart.

George H. W. Bush

Our 41st president embodied "the stuff" of which heroes are made. George H. W. Bush's role in WWII was one of the most dangerous. He enlisted in the U.S. Navy's flight training program directly after graduating high school, as a Seaman 2nd Class. He was commissioned an ensign and served as a pilot aboard the U.S.S. San Jacinto, flying Grumman Avenger bombers with the 3rd and 5th Fleets.

Bush showed his leadership qualities as the head of a three-man torpedo bomber crew when his plane ran into trouble after anti-aircraft fire forced them to make an emergency water landing. They were rescued by a destroyer minutes after the sea crash and Bush helped make sure each crew member was safe.

On Sept. 2, 1944, Bush's plane was hit by an-



John F. Kennedy in 1942. Image source: Alamy.

ti-aircraft fire during a bombing run on the Japanese island of Chichi Jima. Bush managed to drop his four 500-pound bombs on the target, a radio facility, before he bailed out over the ocean, though not before hitting his head on the plane's tail and ripping part of his parachute. His troubles continued once in the sea where jelly fish stung him, and he managed to swallow too much seawater. Feeling ill and in pain he swam to a life raft and remained afloat until submarine U.S.S. Finback eventually rescued him.

A genuine war hero, Bush was awarded the Distinguished Flying Cross and three Air Medals. He was discharged in September 1945 with the rank of lieutenant. After a long and distinguished career as a politician and in public service, he was sworn in as president Jan. 20, 1989.

Author's Note: There are many more presidents who served in the military and it wasn't easy to choose who to mention. Next February, we will write more on presidential bravery!

A Presidential Love Story For The Ages

Married For 73 years, And Still Said "I Love You" Every Night

Since February celebrates both Presidents' Day and Valentine's Day, here is a story of great love between President George H. W. and First Lady Barbara Bush.

George and Barbara reportedly first met at a dance held at the Round Hill Club in Greenwich, CT in 1941, while on Christmas vacation. Barbara went to Ashley Hall boarding school in South Carolina at the time, while George attended Phillips Academy in Massachusetts.

To the young people, still in their teens, it seemed to be attraction at first sight. The pair managed to meet up again at another dance on the next night and realized their initial attraction could be real love, and so began a long-distance relationship, well documented in letters:

"I love you, precious, with all my heart and to know that you love me means my life. How often I have thought about the immeasurable joy that will be ours someday," George wrote to Barbara on the day their engagement announcement appeared in the paper. "Goodnite, my beautiful. Every time I say beautiful, you about kill me, but you'll have to accept it."

As the war was raging in Europe and brought to the shores of the United States when the Japanese attacked Pearl Harbor, George enlisted as soon as he turned 18 and trained as a Navy torpedo bomber pilot. He named three of his planes after his lady love: Barbara, Barbara II, and Barbara III. The couple continued writing their love letters, although the mail could be sporadic.

George's plane was shot down on Sept. 2, 1944. He was rescued from the sea by an American submarine, but Barbara didn't hear from him for what must have been an agonizing month. He eventually returned to the states on leave in late December 1944, and they wed shortly after, on Jan. 6, 1945.

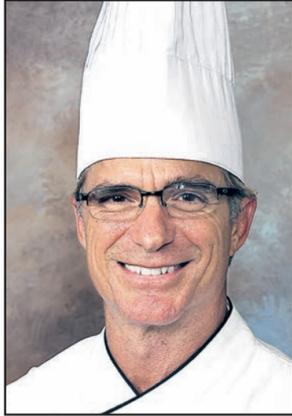
Once reunited and married they never gave up on each other, through joyous and tragic times, the ups and downs of political life and the honors of the presidency. George and Barbara enjoyed a fulfilling 73 years of marriage and was one of the greatest love stories in our presidents' histories.



Barbara and George H.W. Bush married on Jan. 6, 1945, and until their recent deaths, enjoyed 73 years of marriage. Image source: Wikimedia Commons.

In Good Taste: Tropics Grille Black Bean Recipe Just A Start At New JKV Aquatic Complex

Rob Seitz
Gazette Contributor



*John Knox Village
Executive Chef Mark Gullusci*

Construction on John Knox Village's exciting new \$7.6 million Aquatic Complex is well underway and behind the scenes Executive Chef Mark Gullusci is working as hard as the brick and mortar folks working on the construction site.

He has already begun culinary developmental work on the menu for JKV's newest dining venue—the Tropics Grille—an open-air sports bar and grille to be located in

the heart of the new complex.

Along with the Tropics Grille, the complex will thrill residents and guests alike with its resort-style pool, four-lane, 25-meter long lap pool, an additional 60-seat indoor restaurant, a Jacuzzi, fire pit and two each of pickleball and bocce ball courts.

Chef Mark has been testing the accompanying recipe for residents regularly on the JKV dining rooms menu to rave reviews.

With its basic, fresh aromatics, like onions, bell peppers and garlic, Chef Mark's featured black bean soup tastes remarkably fresh. Cumin adds a slightly Cuban taste and Chef Mark recommends adding some ham as a base for a nice smoky flavor to the soup.



The Tropics Grille will be opening this Autumn.



A bowl of Tropics Grille black bean soup is a hearty meal in itself.

Enjoy this recipe now, and then come join us in the fall for the Aquatic Complex Grand Opening Celebration.

Tropics Grille Black Bean Soup Yield: 8-10 bowls

- *Dry black beans 4 cups, soak 24 hours in cool water. Canned may be used, 4 cans (15 ounces, drained and rinsed)*
- *1 tbsp. blended oil (75% canola 25% olive)*
 - *1 cup chopped onions*
 - *1 cup chopped bell pepper*
 - *1 tbsp. minced garlic*
 - *4 cups chicken broth*
- *1 cup diced pancetta, pork belly or bacon*
- *½ tsp. ground black pepper*
 - *1 tbsp. cumin*
 - *½ tsp. granulated garlic*
 - *½ tsp. granulated onion*
- *2 tbsp. ham base (optional, this adds a nice smoky flavor)*

- *Fresh cilantro for garnish*
- *Sour cream for garnish*
- *½ cup finely chopped red onions, for garnish*

Method Of Preparation:

Heat oil in a large soup kettle or pot. Add your pork product and cook until brown and crispy, add onions, peppers and garlic, saute for 5 minutes. Add chicken broth, bring to a boil. If using dry beans, they may be added at this point before liquid is boiling, strain from soaking liquid first. If using canned beans, add after liquid is boiling.

Add seasonings and base. If using dry beans, you must simmer for 30 minutes, or so, until beans are tender. Once all ingredients are in and beans are tender, remove 3 cups of soup and puree, add back to soup pot, this will thicken soup. If the soup is not thick enough, you may puree more soup. If the soup is too thick, adjust with more chicken broth.

Once desired thickness is achieved, serve in a bowl, place a dollop of sour cream in center of bowl and place some chopped red onions and cilantro on top of the sour cream.

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Book Review

I, Eliza Hamilton

By: Susan Holloway Scott

Donna DeLeo Bruno
Gazette Contributor

An enlightening and well-researched work of historical fiction, "I, Eliza Hamilton," successfully combines

romance and American history.

In 1777, Eliza Schuyler was in her early twenties when she was first attracted to Lt. Col. Alexander Hamilton, George Washington's aide-de-camp, on whom the general greatly depended. It would be two years before they met again after Hamilton had made his reputation as a hero in numerous battles, decorated for his "bravery, daring and resourcefulness."

In addition to his clever wit and fluency in French, the young Eliza found him dashing and handsome, although Hamilton felt unworthy of her since he had not come from a respected family. Her aunt encouraged the relationship, but it took little effort as the two were smitten with each other from the beginning.

Their romance blossomed and their commitment tested through the long years of the war against the British, during which Hamilton was a dutiful officer in the Continental Army and was a credit to his leader Washington. In his military capacity, Hamilton would courageously fight in many battles, before they were finally able to wed in 1780.

The Marriage Of Alexander And Eliza

During their marriage, Eliza would be challenged in more ways than she could have imagined which is the primary focus of this novel. First, she would have to tolerate the long and frequent absences due to his

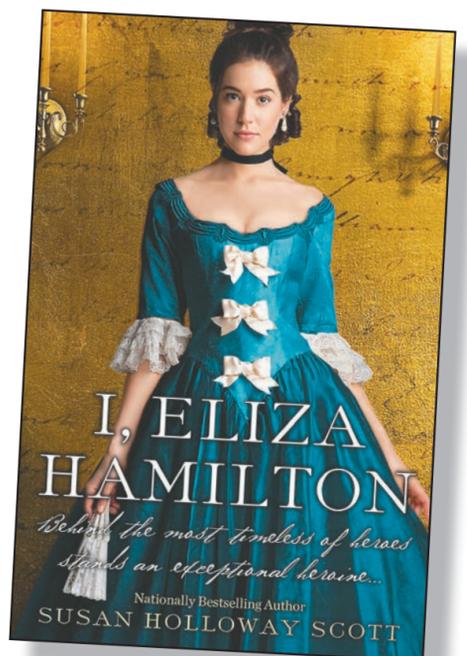
military duties. In addition, her husband was blunt and outspoken about what he perceived as errors by others in the government so that he made many enemies. As a result, she would often find it necessary to curb his bitterness and resentment and to calm his impetuosity to strike back.

Although dismayed by many of her husband's decisions and the ensuing consequences, Eliza remained always the dutiful wife who accepted him unconditionally and made few demands. She not only loved him deeply, but also admired his intelligence and dedication to his country. She yearned for the day when he would leave the military and become a lawyer with a more regular life as a family man. Though he did for a time as their family eventually grew to eight children, he was lured back to serving his government drafting new policies, becoming the founder of the first Bank of New York, elected to the NY state assembly, and serving in the Constitutional Convention.

All these positions did not allow him time to earn a decent living from his law practice, so that money was also a problem with which Eliza was constantly faced.

Historical Background

There is much more to this story – so many historical details about our government's beginning and those who formed it; the battles fought; the intense political rivalries; the tragedies of miscarriage and loss of children at very early ages; executions for treason; the struggle of Washington's army desperate, threadbare, injured, ragged, frozen, ill, without food or shoes or proper equipment, deserting left and right after months without pay. When one reads the dire plight of that original army, one realizes how miraculous their victory actually was, and how Washington and Hamilton were the two most responsible for its success. While the author uses this as background, she delves deeply into the main characters and portrays them so that we see them as very real people caught up in the drama of their times.



The reader can only admire Eliza Hamilton for her strength, her wisdom, her steadfastness through pain, hardship, and even betrayal. She lived to age 97 – many years after the loss of her beloved husband – and dedicated the years after his passing to maintaining her husband's memory for posterity.

This is a very good book about an indomitable woman who believed so much in her husband's brilliance and sacrifices for his country.

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

Join Us In February For These John Knox Village Events

Join Us For "The Art of Village Living" Monday, February 10 and 24 at 1 p.m. in The Woodlands Life Enrichment Center



Anne Goldberg, "The Savvy Senior" and Dr. Larry Siegel, MA, AASECT, CSE present "The Art of Village Living," a special edition eight-week series exclusively at JKV. Classes are one hour long and will be on the second and fourth Monday of the month. The series runs through April. With their engaging style, Anne and Larry will cover topics ranging from brain health to sex after 60. Reservations required.

Call (954) 783-4040 to reserve your place for one or both of these dates.

Celebrate Black History Month And Meet Legendary Opera Soprano And Civil Rights Activist Grace Bumbry



This month, The ArtSage Alliance celebrates Black History Month with a multi-day presentation (Feb. 10 - 14) "Into the Future with Courage and Grace," a diverse series of events honoring special guest: Grace Bumbry, legendary African-American opera star and civil rights trailblazer. A complete listing of events, times and venues is contained on page 8 of *The Gazette*.

Join us for one or more of these events. Call (954) 783-4040 for reservations.

French Manicures & Macarons on Tuesday, February 18 at 10:30 a.m. Meet in the Cassels Tower Party Room

February's lifestyle theme at John Knox Village is Vive La France, to that end join us for a morning of pampering and pastries à la française during our "French Manicures & Macarons Spa Day."

This will be a relaxing morning with delightful French macarons to snack on while getting your manicure from the staff of JKV's Rejuvenate Spa. Meet in the Cassels Tower Party Room at John Knox Village. Call (954) 871-2655 to reserve your place.

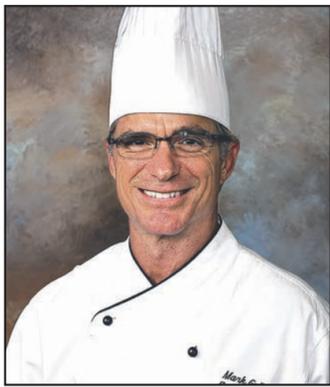


Be Our Guest at The French Horn Collective Tuesday, February 18 at 2 p.m. in the John Knox Village Centre Auditorium

French Horn Collective band leader Vincent Raffard unites an international collective of talented musicians to bring a unique concert experience to JKV. This quartet will perform a fusion of Gypsy Jazz, Traditional Jazz, French Standards, Hot Swing and original compositions. Raffard has performed in Paris and in the U.S., regularly in Miami. No doubt you'll hear tracks from his first album, "Celestin." Call (954) 783-4040 to RSVP.



Get a Taste of John Knox Village Thursday, February 20 at 11:30 a.m. in the Lakeside Dining Room



Join John Knox Village's Executive Chef Mark Gullusci for a delightful lunch with a choice of: Blue Crab & Corn Roasted Grouper -or- Char-Grilled Filet Mignon. Find out why John Knox Village is so popular. See renderings and floor plans for the coming Westlake expansion. Meet some of the fantastic people who call JKV home. Get answers to your important questions.

RSVPs are required. Call the John Knox Village Marketing Department at (954) 871-2655 to reserve your place.

Join Us for a Mardi Gras Party Tuesday, February 25 at 4 p.m. in the John Knox Village Centre Auditorium



Can't make it to the French Quarter? Enjoy a Mardi Gras Party – JKV Style. Join us for traditional Big Easy treats, music and cocktails.

Get a taste of the good life our residents enjoy in this Fat Tuesday-themed party. Dress for the occasion and enjoy Mardi Gras with fellow guests and JKV residents. Join in the camaraderie at the John Knox Village Centre Auditorium.

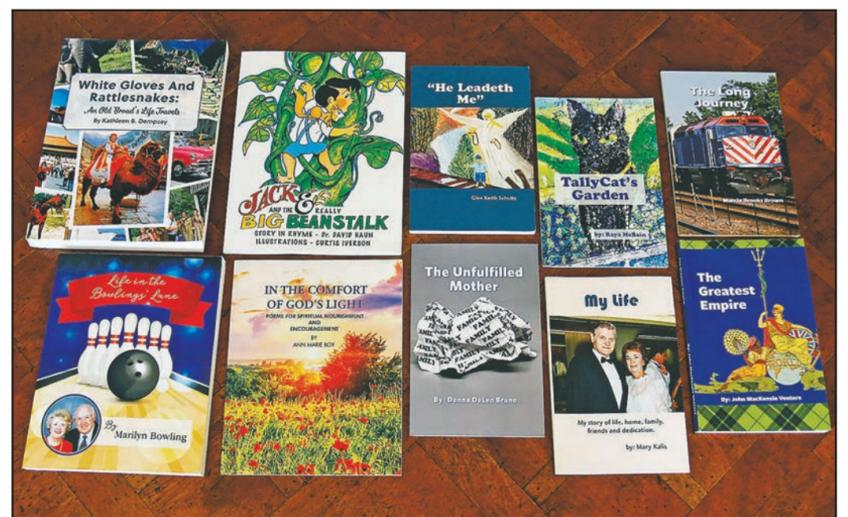
Call (954) 783-4040 to make your reservations to Mardi Gras.

Have You Ever Wanted To Write Your Autobiography? Learn How to Publish Your Life Story by Joining the Silver Scribes: Thursday, February 27 at 10 a.m. in the Village Towers Party Room

Join our group of Silver Scribes – senior authors who are publishing their literary works. Have you ever wanted to write your autobiography, but have no idea how to prepare the book and get it printed? Join our Silver Scribes and we'll take over the technical publishing of your life story. You, too, can write your own book and get it published. Meet in the Village Towers Party Room at John Knox Village at 10 a.m. To reserve your place, call (954) 783-4040.

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Books written by senior authors and published through the Silver Scribes.



Crossword Puzzle Of The Month

ACROSS

1. Game fish
5. Gr. Mars
9. Sheep's cry
12. Voucher
13. Jaguarundi's color phase
14. Compass direction
15. Otary (2 words)
17. Girl Scouts of America (abbr.)
18. Handwriting on the wall
19. Broad structural basin
21. Old Gr. coin
24. Baptist font
27. Political action committee (abbr.)
30. Dayak people
32. Cost-of-living

DOWN

1. Before common era (abbr.)
2. King of Israel
3. Father
4. Office worker's skill
5. Bronze Roman money
6. Cereal grain or grass
7. Part of QED
8. Amer. shrub
9. Electric unit
10. Able-bodied seaman (abbr.)
11. Literary collection
16. Account entry
20. Resin
22. Fetish
23. Eucharist spoon
25. Lamb
26. Death rattle

27. External covering
28. High (pref.)
29. Wary
31. Tiber tributary
35. Arena
38. Comparative ending
42. Triangular topsail
44. Perch
46. Water (Fr.)
48. Growl
49. Old heating apparatus
50. Civil Aeronautics Board (abbr.)
51. Five-franc piece
53. Compass direction
54. Detective
55. Brother of Shem

Answers On Page 10.



JOHN KNOX VILLAGE

It's 3 p.m.

Close friends are coming over soon for cards.

Your grandchildren just left
after a delightful lunch at the bistro with you.

Tomorrow is your weekly round of golf.

Just the way you imagined life would be.



where possibility *plays*

(954) 871-2655 | jkvgrows.com



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 resided at 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.

Taste the Life at John Knox Village

Relax, get inspired, have some fun—and let your inner foodie loose at John Knox Village.

You'll always find friends at the Village who are ready to enjoy the rich Arts & Culture of the local scene!

You're invited to a special luncheon

PLEASE JOIN US FEB. 20 AT 11:30 A.M. to feast on Executive Chef Mark Gullusci's culinary creations.

Luncheon Menu

Salad Course

Arugula and Frisee with Pear, Pancetta, Crottin De Chavignol (Goat Cheeses), and Fruit Vinaigrette

Choice of Two Entrées

Blue Crab & Corn Roasted Grouper

Wild Mushroom & Asparagus Risotto, Red Wine Butter

Or

Char-Grilled Filet Mignon

Cauliflower-Parsnip Brown Butter Puree, Mushroom Ragout, Charred Broccolini

Dessert

Panna Cotta Mango Shortbread

IN ADDITION to enjoying a delectable lunch, you will:

- Find out why **John Knox Village** is so popular
- See renderings and floor plans for the coming Westlake expansion
- Meet some of the fantastic people who call **JKV** home
- Get answers to your important questions
- Learn about preserving your assets and pricing on existing homes

Tables will fill quickly.

Please call (954) 871-2655 today so we know whether to roast a grouper or grill a filet mignon for you.

TO JOIN US PLEASE CALL (954) 783-4040



A Conversation with Grace Bumbry, Legendary African-American Opera Star and Civil Rights Trailblazer.

ArtSage Alliance (VAS/NSU/ JKV) with Broward County Community in Honor of Black History Month

Tuesday, Feb. 11, 2020

2 – 3:30 p.m.

John Knox Village Centre Auditorium



Join us for a morning of pampering and pastries à la française.

French Manicures & Macarons Spa Day

Tuesday, Feb. 18, 2020

10:30 a.m. – 12:30 p.m. with Rejuvenate Spa.

Party Room at Cassels Tower

John Knox Village



Enjoy a Mardi Gras Party – JKV Style! Can't make it to the French Quarter? Join us for traditional Big Easy treats and cocktails!

JKV Mardi Gras Happy Hour Celebration

Tuesday, Feb. 25, 2020

4 – 6 p.m.

John Knox Village Centre Auditorium

johnknoxvillage.com | jkvgrows.com

John Knox Village, 651 SW 6th Street, Pompano Beach



Enjoy Music, Art And Dance At These Area Events In February



February 10 - 14
Black History Month Celebrates Operatic Legend Grace Bumbry: Ms. Bumbry Will Appear at Various Venues in South Florida
 Call (954) 783-4040
 See the story below for information.

February 12
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 \$65

February 18
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
 7:45 p.m. Tickets from \$50

February 22
John Fogerty:
Performing His Credence Clearwater Revival Hits 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 \$49.50

February 29
Symphony of the Americas: Featuring Lisanne Lyons Jazz Trio
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 p.m. Tickets from \$20

February 29 & March 1
Miami City Ballet: Firebird
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
 Sat. at 7:30 p.m. & Sun. at 2 p.m.
 Tickets from \$30

Now Exhibiting In The Pompano Beach Cultural Center

- Vantage Point by Ya La'ford: Unique Installation Process Encourages Exploration of Geometric Forms - And -
- Thought Patterns by Lori Arbel. Open Tues. through Fri. 10 a.m – 6 p.m., Sat. 10 a.m. – 4 p.m., closed Sun. and Mon.

Sudoku

Answers On Page 10.

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

4			6	9				2
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ArtSage Alliance Celebrates Black History Month

Honored Guest African-American Opera Star And Civil Rights Activist Grace Bumbry

Marty Lee
 Gazette Contributor

This month, The ArtSage Alliance and the Broward County community celebrate Black History

Month with a multi-day presentation “*Into the Future with Courage and Grace*,” a diverse series of events honoring yesterday and inspiring tomorrow. February’s special guest of honor will be Grace Bumbry, legendary African-American opera star and civil rights trailblazer. Plan to attend one or more events on Ms. Bumbry’s schedule.

Conversation With Grace: Feb. 10

On Monday, Feb. 10 at 1 p.m. the VAS Cultural Arts Enrichment Series, with sponsorship by JKV, presents: “*A Conversation with Grace Bumbry*,” which will include an interview, discussion and Q&A. Bobby Henry Sr., publisher of Broward County’s oldest and largest African-American owned newspaper, *The Westside Gazette*, will be the ambassador and moderator. The “*Conversation with Grace*” will be held at Dillard High School in Ft. Lauderdale. RSVP for complimentary admission to Willie@VenetianArtsSociety.org.

The program will include a video introduction to Ms. Bumbry, an interview and discussion with the students. The topic will center around how the youth of today can “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout history” and effect positive change.



Grace Bumbry enjoyed a singing career spanning more than 50 years to critical acclaim like: “National treasure, spectacular, spiritual and magnificent,” to name a few.



White House photo of President Barack Obama and First Lady Michelle Obama with Kennedy Center Honorees in the Blue Room of the White House, Dec. 6, 2009. From left; First Lady Michelle Obama, Mel Brooks, Dave Brubeck, Grace Bumbry, Robert De Niro, Bruce Springsteen, and President Barack Obama. Image source: Wikimedia Commons.

JKV Invites You To Meet Grace Bumbry

The program will then come to the JKV Centre Auditorium on Tuesday, Feb. 11 at 2 p.m. for a reprise of “*A Conversation with Grace Bumbry*,” including an interview, discussion and Q&A. While the Monday event at Dillard High School will focus on the students, this Tuesday presentation will focus more on participation for the general audience.

Next At NSU Art Museum

On Wednesday, Feb. 12 at 6 p.m. VAS presents “*Up Close & Personal*,” a tribute to the life and career of Grace Bumbry. The presentation will be joined by David Lee Brewer, international tenor, voice teacher, coach, agent and producer. Ms. Bumbry will be presented as a “2020 VAS Icon of the Arts Honoree.” The tribute will begin at 6 p.m. with a wine and hors d’oeuvres reception presented by JKV with the program to follow. You are invited to stay after the program for champagne and dessert to meet Ms. Bumbry.

The event will take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd., Ft. Lauderdale, FL 33301. Tickets are valued at \$60, however a limited number of complimentary tickets are available through the JKV Marketing Department. Call (954) 783-4040 for reservations.

Lift Every Voice And Sing

Join us on Thursday, Feb. 13 at 6 p.m. at Nova Southeastern University’s Miniachi Performing Arts Center for a musical tour de force: “*Lift Every Voice and Sing...a Concert Celebration*,” honoring Ms. Bumbry. Among the many performing artists will be the National Award-Winning Dillard High School

Jazz Ensemble; Historic Mount Olive Baptist Church Choir; Dr. Richard Todd Payne, baritone; Alexander Star, Emmy Nominated Hip Hop artist & writer; Lee-sa Richards, international Jazz/Blues/R&B sensation; and Felix Spengler on piano.

Also featured will be Nilda Comas, a master sculptor, who has been commissioned to create an historic statue of Mary McLeod Bethune for the U.S. Capitol; the NSU Black Student Union; an NSU Student Visual Art Exhibition; NSU Student Dramatic Reading; and NSU Student Dance (hip hop). The program starts at 6 p.m. with a wine and hors d’oeuvres reception presented by JKV. Remain after to program to meet all the artists and enjoy champagne and dessert.

Tickets are valued at \$60, however a limited number of complimentary tickets are available through the John Knox Village Marketing Department. Call (954) 783-4040 for reservations.

Ms. Bumbry At FAU In Boca Raton

Ms. Bumbry will conclude her memorable visit to South Florida on Friday, Feb. 14 at 11 a.m. with a master class for aspiring young singers on the Florida Atlantic University campus in Boca Raton. You may RSVP for complimentary admission to Willie@VenetianArtsSociety.org.

The ArtSage Alliance is a cultural arts partnership forged between John Knox Village, The Venetian Arts Society and Nova Southeastern University. Periodically throughout the year the ArtSage Alliance brings important arts figures and other icons to the greater community.

The Doctor Is In

Who Was St. Valentine And What Is Love?

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Claudius to embrace the Christian faith. Claudius would not, and though he liked Valentine, he condemned him to death. Valentine died on Feb. 14, 269.

Before he died, Valentine wrote a note to the judge's (Asterius's) daughter signed "from your Valentine," said to have inspired today's romantic missives. Many churches, especially in Italy, are dedicated to him.

Family Theory And Love

Dr. Murray Bowen, the noted family theorist with whom I studied, added much to our thinking about relationships and what makes them tick. That theory was so useful to me and many others in my practice, that it is, for the most part, what I base my writing on. My first book, "Extraordinary Relationships" is yes, about relationships. Bowen believed that too long, we had let emotions rule our thinking in psychiatry. "If it feels good, do it." Even to the now-popular point of planning our life courses according to emotions: "Follow your joy." Bowen believed this to be an immature way of thinking and planning. He believed we might be making many mistakes in this way. His goal was to make a science out of a psychiatry, that in the fifties, if it continued in the way it was going—Freudian wanderings—would never make it. Psychiatry was making a big mistake by basing so much of its theorizing on feelings, he thought.

A more mature way of going about relationships, set out in Bowen family systems theory, advocates a science of love based upon thinking and reflection as well as feelings. It might have three important stages: **1. Attraction; 2. Thinking, reflection, observation; 3. Commitment.**

Let's look at these three briefly.

1. Attraction Stage

Attraction is that wild, zany initial time which brings two people together in romantic love. There

would be no love without this stage, and no stage one without feelings. Who can explain it? How do two people find out that they are destined to spend their lives together. What makes for that attraction? These and many other questions still stand out there, waiting for science to explore and shed light.

2. Thinking, Reflection, Observation

Of course, two people are attracted by emotion and without it they won't get together. The attraction phase is an emotional happening. But after that, how do they make the relationship work long term? Can love survive on the basis of emotions alone? We have all heard it said that marriage is hard work. Emotions, then, so evanescent, impulsive and more akin to the child's way of life than adult process, probably won't hack it in the long term.

As the two become more secure about the relationship, endorphins kick in. These hormones are more calming and reassuring, so life gets more back to normal, whatever that may be for them.

3. Family Theory And Committed Love

What is love? Quoting from "Extraordinary Relationships:" "Love is an interesting word. People think they know what they mean by it. But there comes a problem in defining and understanding what is being conveyed. It is one of the most ambiguous, yet emotionally loaded, words in our language. We load it with personal life experience and emotional patterns.

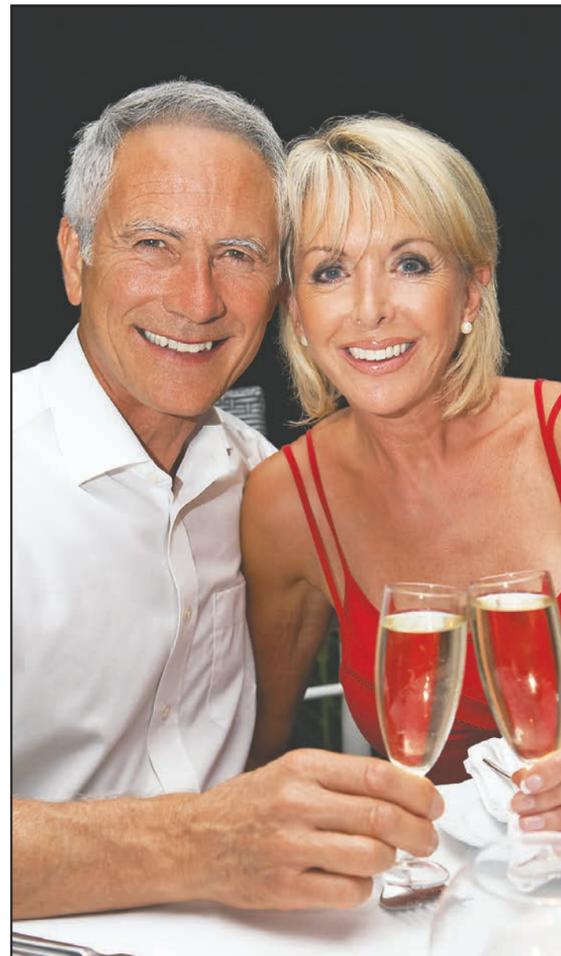
"Love is used as a reason to stay together and a lack of love a reason to terminate a relationship. This line of reasoning is used more often by people living their lives more based on emotions than on principle—emotionally immature people."

Actually, research shows that if people stay together over a period where they have fewer positive feelings, within five years, the feelings come back and the relationship most often endures.

"For relationships to get out of the roller coaster of ups and downs so often experienced, thinking as well as feelings will have to become a more prominent part of the picture than is average. If people who are intensely attracted to each other could stop short of engaging in sexual contact (which intensifies the feelings, making good decisions less likely) and revel in the delights of a separate, open and equal friendship for a protracted period, it is probable that those relationships would have more chance for long-term success. We might begin to see the divorce rate decrease.

"Under those conditions, people would have more chance to explore guiding principles in a thoughtful way. Then they could learn whether it is possible to think independently in the company of the other and see if a long-term friendship, upon which all solid relationships must be based, is possible.

"It would be possible to see if the emotional system about to be developed would be to the mutual advantage of the two selves for further life develop-



From initial attraction through long-term commitment, true love is a journey we all hope to experience.

ment and high functioning."

So, what is love? Here is where I come out:

Notwithstanding the comfort and excitement that togetherness can bring, perhaps the highest form of loving over time is simply to maintain a separateness that focuses on being the best self one can be, while:

- **Defining self to the other at appropriate times in ways that can be heard.**
- **Remaining in calm, thoughtful, meaningful contact with the other.**
- **Accepting and making room for the efforts of the other at being the best he or she can be over time.**

A shorter way of saying all this might be: Being there for each other in the most mature way possible.

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.

web JohnKnoxVillage.com
JohnKnoxVillage

Amazing Flying Jewels: Florida's Hummingbirds

The Smallest Migrating Bird Can Travel Alone For Up To 500 Miles At A Time



Nona Cree Smith
Gazette Contributor

At this time of year in Florida, when the skies are a brilliant blue and the humidity is not too high, those beautiful bright little jewels – hum-

mingbirds – dart among our flame vines, jasmine and tropical flowers dense and sweet with nectar.

We call them our Florida jewels because their feathers are iridescent with shades of emerald green, sapphire blue and deep ruby red, and the colors flash and sparkle in the sunlight.

If we are quiet and patient, they will come close to us and hover for a second or two. Hummingbirds are the only creatures that can fly forwards, backwards, sideways and upside down. And they will delight with an acrobatic performance.

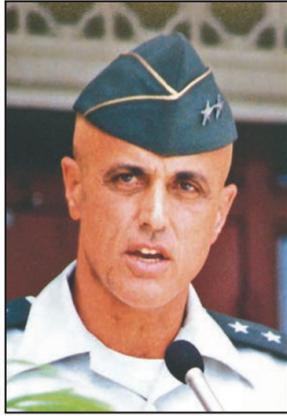
Their wings can flap as many as 80 times per second, and their tiny hearts beat up to 1,200 times every minute. Some hummingbirds are as tiny as two inches from beak to tail, but our Florida hummingbirds are relatively large almost three inches from head to tail.

Hummingbirds build intricate ball-shaped nests constructed of spiderwebs plant parts and covered with bits of lichen, so their nest is difficult to see. They typically lay two tiny eggs about a third of an inch long.

Mother sits on the nest for two to three hours at a time, taking little breaks to feed and exercise. The babies hatch after 14 to 16 days, or longer if the weather is cool. After the eggs hatch the tiny birds are up and flying when they are about 20 days old, but mother will continue to help them in their first few weeks, showing them choice hunting locations for bugs and for gathering nectar.

Words Of Love And Thanks From A Son To His Father

Burn Loeffke
Gazette Contributor



Burn Loeffke

Every year I receive a Christmas letter from my son, Marc. I feel his words are as powerful for Valentine's Day as they are for any other holiday of the year. I would like to share his words with *The Gazette* readers.

Dear Dad,

"Recently I've been thinking about the power of will and how to create a good life and a better world. I was thinking about the cross you would wear around your neck, and the story of me tugging on it and saying "You're a Jesus man." After I said that, you thought for a long time about what it means to be a Jesus man and how to live up to that title.

For a while I considered being a Jesus man was about how to best ensure a path to heaven, or how to measure the worth of a life by how well one can emulate Jesus's example. A Jesus man represented the ultimate test of judgment,

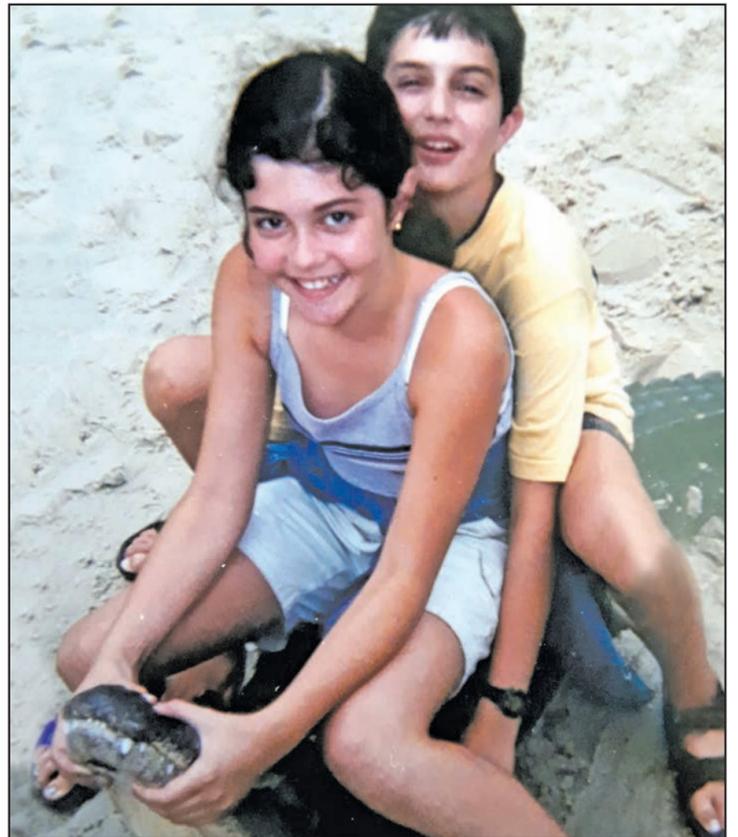
something to live up to. If you fell short of that example, then that was something to ask forgiveness for.

My understanding of being a Jesus man has changed now, and it has lost all worry about failing to live up to his example. I no longer believe that adherence to his teachings provides any change in our state after death one way or another, or that there's much to worry about for what comes after this life. Rather than focus on the afterlife, I instead see the incredible gift that Jesus gave for the simple yet powerful truths on how to enrich one's life.

Jesus boiled down all the rules and commandments to a simple message of overwhelming love: To love thy God, and love thy neighbor as thyself. With such an incredibly powerful spiritual and ideological base, anybody, no matter their position in this world, can have access to grace in their lifetime. The lesson may take different forms depending on a person's situation, but the core message is so strong and so powerful that it can transcend specifics and be held as a universal truth.

The story of being a Jesus man is something that's given me much to think about and has meant different things to me at different times in my life. I suspect it will continue to shift as I grow older, as I imagine it has for you too. Thank you Dad for guiding me along the path and holding close the simplest and most beautiful lesson of all, that of unconditional Jesus-like love."

Love, Marc



Burn's children, Kristina and Marc in a photo from about 25 years ago.

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

February Events At NSU Art Museum Fort Lauderdale

Jessica Graves
Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM
FORT LAUDERDALE

Plan a visit to enjoy the exhibitions at the NSU Art Museum Fort Lauderdale. Museum hours are Sunday: Noon - 5 p.m., Tuesday-Saturday: 11 a.m. - 5 p.m. and closed on Mondays.

Events take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd. Space is limited for the events listed. Advance reservations are required. To reserve your spot, email: moareservations@moafl.org or call (954) 262-0258.

Free First Thursdays Starry Nights, Presented by AutoNation: Thurs., Feb. 6 from 4 to 8 p.m.

Enjoy NSU Art Museum Fort Lauderdale's exhibitions, 2-for-1 drinks in the Museum Café and hands-on art projects. Free admission.

Art of Wine & Food: "Romance In France," Thurs., Feb. 6 from 6 to 8 p.m.

Join Serge Kulenovic from Gerard Bertrand as he takes you to France for some romance with wines. Sample five French wines for Valentine's Day with small bites served to pair with each wine.

Arrive at 5:30 p.m. for a tour featuring highlights of the exhibition "I Paint My Reality: Surrealism in Latin America." Presented by Darcy J Beeman, CFP, Edward Jones.

RSVP online or call (954) 262-0258. \$40 per person; \$30 for members at the Patron level and above. Limited seating, advance paid reservations required.

Creativity Exploration: "Love Letters," Sat., Feb. 8 from Noon to 1:30 p.m.

Learn ways of creating mail art and craft a beautiful message to send to a loved one near or far. Sessions are designed to expand participants' sense of well-being and perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation. The workshop is led by educator Lark Keeler, a specialist in mindfulness education.

"Creativity Exploration" is sponsored by the Charles P. Ferro Foundation.

Limited space. Advance reservations required. \$10 museum members and **John Knox Village residents**; \$15 non-members.

"When Is a Banana Art?" Lecture by Bonnie Clearwater Sat., Feb. 8 at 2 p.m.

NSU Art Museum Director and Chief Curator Bonnie Clearwater will discuss the work of artist Maurizio Cattelan who created a sensation at Art Basel Miami Beach 2019 with his provocative display of a banana adhered to the wall with duct tape. Free for Museum members and **John Knox Village residents**.

Second Sunday Film Series: TBD Sun., Feb. 9 at 1:30 p.m. Tour And 2:30 p.m. Film

Join NSU Art Museum and David Posnack JCC for a Sunday afternoon of art and film. Enjoy a guided tour of the Museum's new exhibition, "Happy!" at 1:30 p.m., followed by a screening of the film (title to be announced) at 2:30 p.m. The Museum and Cafe open at noon.

Film: \$9 for Museum members and **John Knox Village residents**; \$11 non-members. Film and tour: Museum members and **John Knox Village residents** tour free; \$22 for non-members.

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



On Saturday, Feb. 8, NSU Art Museum Director and Chief Curator Bonnie Clearwater will discuss the work of artist Maurizio Cattelan, who created a sensation at Art Basel Miami Beach 2019 with his provocative display of a banana adhered to the wall with duct tape.

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

B	A	S	S	A	R	E	S	M	A	A	
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2	7	6	1	4	9	5	8	3

The Art Of Living Longer: Learn To Love Yourself

Anne Goldberg
Gazette Contributor



Anne Goldberg, the Savvy Senior

Happy February to all you Savvy Seniors. This month we celebrate Valentine's Day, and the media bombards us with ads featuring people of every age, every walk of life, celebrating their love. We are encouraged to show those closest to us just how much we love them. For some, it's a welcome call to action, for others, it's a whole lot of pressure, and for others it can be depressing. How do you celebrate love when you're alone?

Whether you are single or the love of your life is no longer with you, how do you successfully get through this day that seems dedicated to romance you don't have?

What Is Love?

Love can be defined as feeling connected, attached and happy with someone. It is about treating others with the kind of respect they deserve because you see them through the lens of tenderness and compassion. We are taught to feel this for others, but how many of you feel it for yourself? How many of you are in love with yourself?

For me, self-love has been a journey that began six years ago when I read Anita Moorjani's book, "Dying to Be Me." In it, she describes her experience with stage four lymphoma. Her body was riddled with it and she was in a deep coma. During that time, she had a near-death experience from which she returned knowing that her cancer was gone. Sounds crazy right? The thing is, it was gone. She knew it, but none of the doctors believed her, so she allowed them to perform invasive and painful testing so they would be convinced, as she already was, that she was cancer-free.

She attributes her full and complete healing to this near-death experience that showed her that nothing is real except love and that suffering happens when we

are disconnected from it. Her most important take-away is that the most essential love is self-love, and that no one can truly deeply, honestly, authentically and unconditionally love another until we have those feelings for ourselves.

Love Thyself

Reading her book shook my soul. Love myself the way I love others? That was a huge leap for me. Taking the time to nurture myself, have patience with myself and forgive myself for the ways in which I knew I fell short was not how I lived. And I was not the anomaly. There is a human tendency towards negative thinking that had me, and most humans, feeling somehow less than worthy or deficient in some way. We will demonstrate compassion for others, yet still hold onto self-doubt and self-criticism. And that, my dear friends, is not love.

My Own Journey

Over the past six years, I've learned that the love I give to others is tempered by the quality, amount and depth of love I hold for myself. And as I have become kinder and more loving towards myself, my relationships have deepened and blossomed. My overall mood is better and I find I have more patience for myself and others. Focusing on self-love has made me happier, more confident and less lonely.

Be a Savvy Senior. Make Valentine's Day special by romancing and falling in love with yourself. Take time to recognize your gifts and talents. See yourself through the eyes of those who love you. Know that self-love heals at the deepest levels and loving yourself is a prescription for a happier, healthier you.



Be a Savvy Senior and see yourself through the eyes of those who love you.

Anne Goldberg, *The Savvy Senior*, has a mission to help seniors know they are old enough to have a past and young enough to have a future. Her vision is to create an army of senior volunteers bringing their wisdom and experience back to the community. She helps seniors live into their future with vitality by teaching them how to use computers, with conferences and workshops on "The Art of Living Longer," with decluttering & organizing, and with "Tell Your Story Videos," preserving the stories and wisdom of your life for future generations. Visit: www.SavvySeniorServices.com

Join Us For "The Art of Village Living," a special 8-week series exclusively at JKV. Your guides will be Anne Goldberg, "The Savvy Senior" and Dr. Larry Siegel, MA, AASECT, CSE. See page 5 of The Gazette for details and reservations.



JOHN KNOX VILLAGE
A LIFE PLAN COMMUNITY

No MOPPING
No TOILET BRUSHING
No WINDOW CLEANING

Sweep away the daily drudgery of house maintenance, take part in award-winning lifestyle programming and know your health needs are taken care of.

Because John Knox Village takes care of everything, residents can be world-class travelers, not stay-at-home worriers.

Join us Thursday, Feb. 20th

On **Thursday, February 20th** find out how John Knox Village residents spend their stress-free days and nights enjoying exciting new chapters of their lives. You will also enjoy a **"Taste Of The Life"** at John Knox Village, when award-winning Executive Chef Mark Gullusci creates a Five Star lunch especially for you.

RSVP today at (954) 783-4040



651 SW 6th Street
Pompano Beach, FL 33060

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Brain Health: Friends Are Sweeter Than Sugar

Positive Steps To Creating A Happier You

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Gazette Contributor



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For Valentine’s Day, skip the candy and have lunch with a friend. As far as our brains are concerned, love is the best medicine and friends are sweeter than sugar. Eye contact, fun, listening, sharing, smiles, touch and trust forge strong social bonds that promote long lives and healthy brains.

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 combined: Chronic social isolation, now considered the biggest public health problem in America.

Don’t Isolate, Get Involved

A major 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 promotes chronic, low-grade inflammation that 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.

In a study sponsored by the AARP, researchers from the University of Michigan surveyed a group of about 2,000 Americans ages 50 to 80. More than a third of seniors in the poll said they felt a lack of companionship at least some of the time, and 27 percent said they sometimes or often felt isolated; most



John Knox Village offers incredible opportunities to socialize and participate, as Heritage Tower residents Jed and Sandy Sprague can attest.

of the people who said they lacked companionship also felt isolated, and vice versa.

If you are looking to make some new friends, participate in the arts. Regular visits to museums, art galleries, the theater, concerts and exhibitions are linked to a longer life, according to an analysis of data from more than 6,000 adults ages 50-plus in England over a 12-year period. The English Longitudinal Study of Aging findings also stress the importance of watching live performances (arts activities).

Sing, Dance, Write

Even better, try some active participation in the arts through singing, dancing, acting or writing. Screen-based activities with television, movies, and computers or smartphones are more likely to promote loneliness than combat it.

Either as an audience member or artist, the shared experience of participating in the arts gives you something interesting to talk about with your friends, and even make new friends. This activity boosts your brain’s energy level, making memory and other routine tasks more efficient.

At John Knox Village, opportunities abound for rewarding engagement with other people and the arts.

For Valentine’s Day, be a good friend to yourself—and your brain—and enjoy the gift of togetherness.

John Knox Village is the only Life-Plan Retirement Community in Florida to offer Phyllis’ exclusive Train Your Brain® workshop. Call (954) 783-4040 for information on upcoming Train Your Brain® workshops.

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

The Featured Harbor I Apartment Home

Great One-Bedroom Floorplan With A Choice Of Locations

Take advantage of substantial savings on the Harbor I apartment home, now available with a choice of two locations: From convenient mid-rise apartment living at East Lake, overlooking beautiful Lake Maggie, or enjoy stunning panoramic views from the 17-story Cassels Tower. You’ll savor a truly carefree lifestyle. Enjoy many of the award-winning lifestyle activities available to you both on campus and in the greater community, while JKV takes care of your home environment. All maintenance inside and out is included, plus you will have the peace-of-mind of the Life-Plan security that every resident at John Knox Village enjoys.

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

The Harbor I Apartment Home Features:

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

Master Suite

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

Bright, Spacious Interior

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

As a JKV resident, you’ll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and much more. Call the Marketing Department at (954) 783-4040 for more information.

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The Harbor I offers more than 1,000 square feet of beauty and convenience.

