

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

where possibility *plays!*

Gazette

Published Monthly by John Knox Village • 651 S.W. Sixth Street, Pompano Beach, Florida 33060

IN THIS MONTH'S ISSUE

Pets Of The Village 3



Cultivate A Hobby 3

Chef Mark's In Good Taste Recipe 4

Book Review 4

JKV Residents Share 5

Expansion Updates 6

Reset Your 2021 Goals 7

NSU Art Museum 7

Follow Your Dreams 8



Alzheimer's Walk 8

JKV's GroovyTek Partner 9

Focus On Happiness 9

A General's Thoughts 10

Stop The Chaos Of 2020 ... 10

Meet The Westlakers 11

Train Your Brain 12

The Featured JKV Apartment Home 12

web JohnKnoxVillage.com
f t i n JohnKnoxVillage

A New Year, A New President, A New First Lady

So much is expected of these women while so little is defined about the role.

Nona Cree Smith
Gazette Contributor

The title of President of the United States has a clearly defined role as stated in the Constitution, but no document exists for defining the duties of the First Lady, whether she is a wife, sister or daughter. This role has shifted and changed by generations of women who have served as the hostess of the White House.

The first presidential wife, Martha Washington set the tone for future generations by serving as a hostess during her husband's two terms. Through the various presidencies, the hostess role has evolved from social functions to becoming a partner and promoting their husband's agendas.

When Did The Term First Lady Originate?

There is no consensus on exactly when the term First Lady was initially used. According to the website: www.nps.gov, hosted by the National Park Service, Department of the Interior, "Americans did not start calling the president's wife the First Lady until sometime in the middle of the 19th century.

"Some people say Zachary Taylor was the first to use the term in his 1849 eulogy on the death of Dolley Madison. Others maintain that Harriet Lane, niece of President James Buchanan and official hostess for the only bachelor president, was the first First Lady. In 1860, Frank Leslie's *Illustrated Monthly* described her as, "The Lady of the White House, and by courtesy, the First Lady of the Land."

"By the 1870s, newspapers all over the country used the term in their coverage of the activities of Lucy Webb Hayes, one of the busiest and best-loved hostesses ever to preside over the White House."

Just when and where the term started is debatable, however there is no debate about the First Lady's influence, not only on her husband, but also on the nation and the world as well. Among the special causes focused on by recent First Ladies are Melania Trump's "Be Best," campaign for the overall well-being of children; Michelle Obama's "Joining Forces," calling Americans to rally around service members, veterans, and their families; Laura Bush focusing on advancing education and promoting global literacy. The following is a closer look at some of our First Ladies.



Dr. Jill Biden will become First Lady, when President Joe Biden is sworn in as 46th President on Inauguration Day, Jan. 20, 2021.

Dr. Jill Biden Ready For First Lady Role

"Being a teacher is not what I do, it is what I am," the soon to be First Lady said.

Jill Tracy Jacobs Biden, wife of President-elect Joe Biden, has had White House and political experience as the former Second Lady during the eight-year Obama administration. Mrs. Biden advocated for greater support for military families, promoted breast cancer research and published a children's book. A wife, mother, and grandmother, she is highly educated and brings her own personal stamp to the historic role of First lady.

See "First Ladies" on page 2

Village Pets Throwing A 2021 Bone

Gazette Readers Can Request A Complimentary "Pets of the Village" 2021 Calendar

Marty Lee
Gazette Contributor

The COVID-19 pandemic has affected us all, and mostly in a negative way. Our socialization, travel, work and recreation have all been curtailed in favor of isolation and physical distancing. However, one positive aspect of the pandemic has been the beneficial affect it has had on the many dogs and cats, who were living in pet rescue shelters around the country.

In an April 28 article in *USA TODAY*, Maria Puente wrote: "America's animal shelters have been transformed during the COVID-19 pandemic by surging adoptions and fosters and plummeting pet populations.

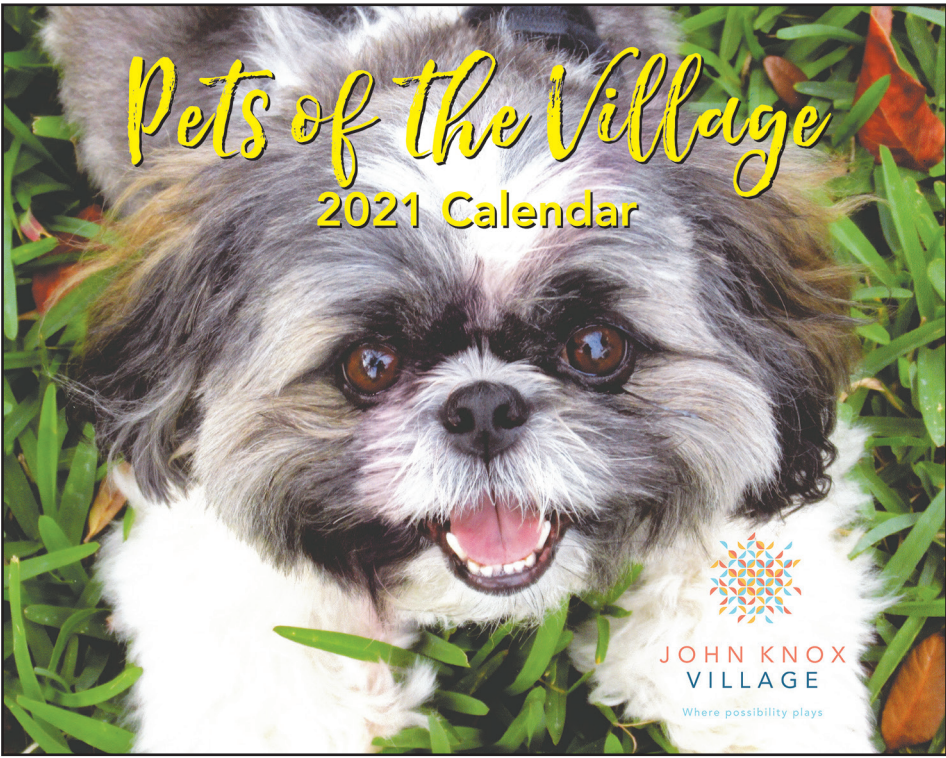
"Most still have adoptable cats and dogs, though there might be a waiting list to get one.

"The heartening news is that Americans have stepped up by the tens of thousands to adopt, foster at their local shelters."

John Knox Village residents wholeheartedly embrace the companionship of loving pets: Dogs, cats and even fish – so much so, that a "Pets of the Village 2021 Calendar" was created by the Village's Life Enrichment team to showcase their loyal companions. Many of those pets, have in fact found new homes with their pet parents at JKV during the pandemic.

The concept of the pet calendar was conceived just prior to the "Blessing of the Animals" event on St. Francis's feast day on Oct. 4. With COVID-19 restrictions affecting virtually every "in-person" event, the Holiday Bazaar, a major fundraising event benefitting Meaningful Life Elders (those living at Gardens West, Seaside Cove and The Woodlands) was cancelled. Sales of "The Pets of the Village" calendar will help replace some of the funds lost from the Holiday Bazaar's cancellation.

See "Pets" On Page 3



Front cover of the "Pets of the Village 2021 Calendar."

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

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
FT. LAUD., FL
PERMIT NO. 48

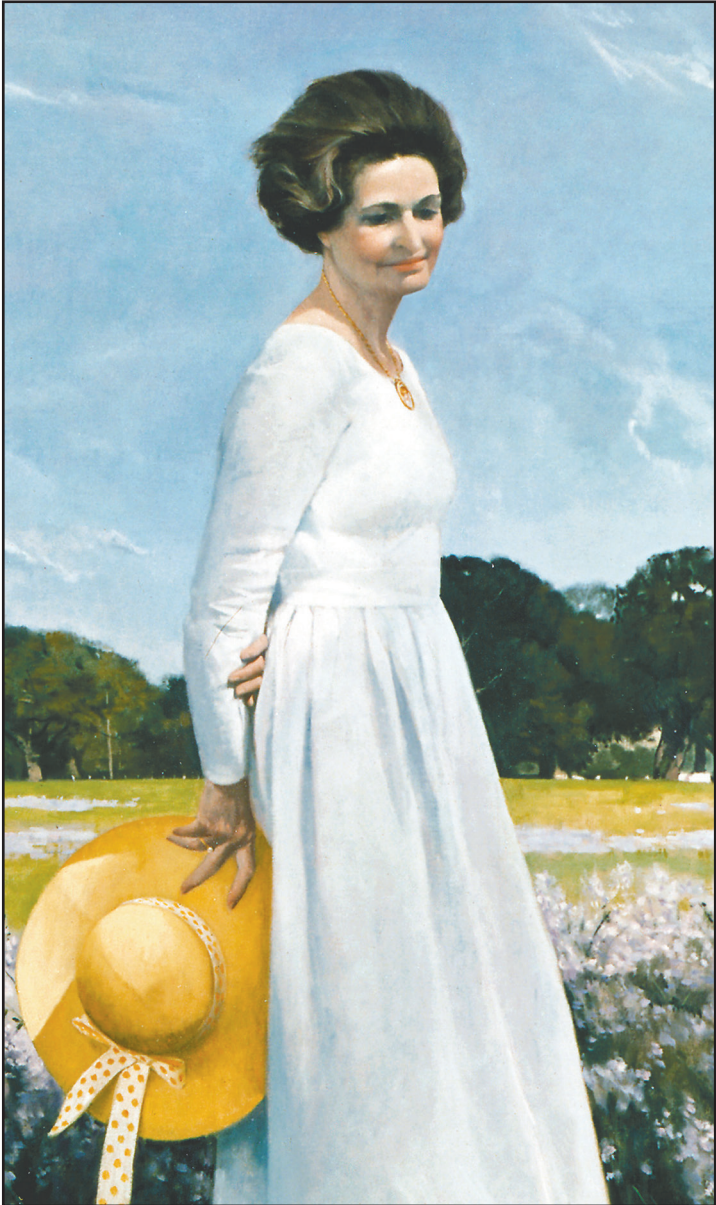
'I'll Be A Wife And Mother First, Then First Lady' — Jackie Kennedy



Frances Folsom Cleveland, First Lady (1885-1889 and 1893-1897), portrait by Anders Zorn. Image Source: Alamy



Jacqueline Bouvier Kennedy, official White House portrait. Image source: Wikimedia Commons.



Lady Bird Johnson at a ranch in Texas. Portrait by Aaron Abraham Shikler. Image source: Wikimedia Commons.

From “First Ladies” On Page 1

Jill Biden earned two master’s degrees in English and a doctorate in education. She has enjoyed her career as a community college teacher and even kept her teaching position as Second Lady. Known to her students as “Dr. B,” Mrs. Biden is making history as the first person to hold the title of First Lady while maintaining a paid position, continuing the evolution of a role that has changed over time and with each of its occupants.

This is a great opportunity for Jill Biden to be a real role model to American women, a working mother and grandmother with two jobs.

Frances Clara Folsom Cleveland

We must open up educational opportunities for girls, just like young men.

No other first lady before had been a huge celebrity like Frances Clara Folsom Cleveland. The media coverage of her White House wedding to President Grover Cleveland brought out the nation’s romantic notions. Almost overnight, the 21-year-old bride became a fashion icon.

As a young pretty woman, Frances Cleveland enjoyed wearing beautiful clothes and created a scandal for wearing gowns that bared her shoulders. The Women’s Christian Temperance Union petitioned her to stop wearing such clothing because it was not a good example for young girls. She neither responded nor stopped wearing lace-ruffled gowns revealing her bare shoulders and arms.

As she matured into the role of First Lady, Frances Cleveland lent her support to national and local organizations that were headed by women such as the “Hope and Help” project. She worked with an African American woman to establish The Washington Home for Friendless Colored Girls and became a sponsoring member of the Colored Christmas Club, a charity providing food and clothing to poor local children during the holiday season.

Believing that women should be provided with a higher education, she helped individuals pursue college degrees and professional employment. She also helped found the University Women’s Club.

When her husband was re-elected to an unprecedented second, non-consecutive presidential term in 1892, she became the only woman to serve as First Lady twice.

Anna Eleanor Roosevelt

For our own success to be real, it must contribute to the success of others.

Eleanor Roosevelt was the niece of one president, Theodore Roosevelt, and married to the 32nd president, Franklin D. Roosevelt. As the nation’s First Lady, she expanded her role from the innocuous White House hostess to that of advocate and became a vital force in her ailing husband’s administration. She took public and sometimes unpopular stands on issues ranging from the exploitation of the labor force to civil rights. But more importantly, she often urged her husband to instigate programs and measures he might have avoided.

When the challenges of World War II took her husband’s attention from domestic problems, she continued to be a strong voice for the New Deal social welfare policies. The activism that became an important and socially beneficial part of her First Lady years continued after her departure from the White House, when she became a U. S. delegate to the United Nations. She was instrumental in the ratification of the Universal Declaration of Human Rights in 1948.

Jacqueline Bouvier Kennedy

It looks like it’s been furnished by discount stores.

Jacqueline Kennedy once said, “Everything in the White House must have a reason for being there. It would be sacrilege merely to ‘redecorate.’ It must be thoughtfully restored.” During her time as First Lady, Jacqueline undertook the restoration of the White House and transformed it into a showcase of American presidential history. She shared her work in a televised, narrated tour in 1962, which was so popular, she was awarded an honorary Emmy.

When the Kennedys first moved into the White House, Jackie did not think the furnishings lived up to the stature of the presidency. The graceful architecture needed repairs, but instead of accepting the presidential house as it was, Mrs. Kennedy decided to improve it. However, her plans “to make the White House the first house in the land” was not a politically approved idea nor were funds made available. Clark Clifford, her advisor, helped her find a solution by forming the Fine Arts Committee for the White House. Its goal

was to locate authentic furniture contemporary to the era the White House was built and to raise funds for the purchases. Henry Francis du Pont was appointed to the chair of the Fine Arts Committee. He was wealthy, had the right connections and was respected for his expertise in Americana. His status helped convince people to contribute funds and continue making donations as needed. Interest and support from the public also helped restore the White House with many donated, valuable furnishings.

Even though her work was incomplete, in September 1961, Congress passed a law making the White House a museum. According to *Life Magazine*, it was a crowning achievement for Mrs. Kennedy: “Like any president’s wife I’m here for only a brief time. And before everything slips away, before every link with the past is gone, I want to do this.”

Claudia Alta “Lady Bird” Johnson

Where flowers bloom so does hope.

Born in Karnack, TX, Claudia received her nickname as a small child, and she was known as “Lady Bird” throughout her entire life. The name suited her, as there has never been a First Lady so in tune with nature who realized and supported the importance of preserving the environment. But her most cherished project—and the one for which she would earn acclaim, was the “beautification,” of everything from public conservation and road management to environmentalism and urban renewal. Lady Bird established the Committee for a More Beautiful Capital, and helped turn Washington, D.C. into a city of parks, trees and flowers.

Intelligent, friendly and detail-oriented, Lady Bird was an asset during the 1960 election. As the wife of the vice president, she travelled 35,000 miles stumping for the Democrats. She tried her best to ease the painful situation when the Johnsons moved into the White House after the tragic assassination of President John F. Kennedy.

She soon set her own style with warm Texas hospitality and a less formal atmosphere. In addition to active involvement in her environmental beautifications, she also took part in President Johnson’s war on poverty program, especially the Head Start project for preschool children.

web JohnKnoxVillage.com
f t o JohnKnoxVillage



Get Your 2021 Pets Of The Village Calendar Today

From “Pets” On Page 1

The concept of the “*Pets of the Village*” calendar needed to develop from idea to implementation quickly, since it was nearing the end of 2020. The JKV Life Enrichment team went to work. They planned a Village-wide contest to showcase the featured pets in the 2021 calendar. A photo portrait event for 17 pet parents and pets was scheduled, and an additional 10 residents submitted their own photos for the contest. Pet bios were also submitted. Yael Fishman and Jacquee Thompson of the Life Enrichment team designed a contest ballot featuring all 27 pets entered into the calendar contest. The votes were tabulated and Rosie Barlow became our calendar cover girl. The 12-year-old Shih Tzu received the most votes of all our contestants.

Rosie Voted Top Dog Of 2021

Pet mom Melissa Barlow recalls that years ago, a friend showed her a picture of a dog she thought of

adopting but couldn’t. However, later it was love at first sight when Melissa saw a picture of Rosie from the family offering her for adoption. Congratulations Rosie on being “Top Dog” for 2021. Rosie was, of course, not the only JKV pet to receive votes. Among those calendar girls and boys are pups: Grigio, Ginger, Little Bit, Leo, Max & Tiny, Bridget, Brigitte, Pixie and Arthur. The felines also took calendar girl honors with Arejae, Gracen Pepper and Midnight. Included in the calendar are the pet bios that give each one’s history and thoughts from the pet parents. There are an additional 14 runners-up pictured with their stories. The runners-up even included Dwight Bannister, the only fish nominated for the 2021 calendar. Reaction to the calendar has been enthusiastic around John Knox Village, not only among pet owners, but also non-pet residents, staff and employees. According to Life Enrichment’s Fishman, “To no one’s surprise, the residents of John Knox Village



Cookie, a 4-year-old Wheaton Terrier and Poodle mix, is one of two dogs that have kept John Knox Village resident Helen Simon company during the pandemic.



Max and Tiny, a Yorkie and a Poodle mix respectively, found their forever home with pet mom Priscilla Hay, who took them in when their owner fell ill and had to give them up.

eagerly embraced the project. The calendar is an affirmation of the love, security, companionship and lifestyle found at JKV.” As a fundraiser, the “Pets of the Village” donation is suggested at just \$10. As a reader of *The Gazette*, however, a limited number of calendars are available just for the asking. Call the Marketing Department at (954) 783-4040 to request your calendar.

web JohnKnoxVillage.com
f t i JohnKnoxVillage

651 SW 6th Street, Pompano Beach, FL 33060
(954) 783-4040

January Is Hobby Month: Time To Cultivate A Skill

“The cultivation of a hobby and new forms of interest is of first importance.”

— Winston Churchill

Nona Cree Smith
Gazette Contributor

The COVID-19 pandemic has made many of us homebodies. As the weeks turn into months, the novelty might be wearing thin. All the drawers are tidy, you do not like sourdough bread, watched all the episodes of *“The Queen”* three times. Your man has taken the way-back machine to watch the Miami Dolphins in their glory days of Shula, Marino and the Killer Bees. So, if you’re out of TV shows and movies to binge-watch or just want to try something different, here are a few ideas that might appeal.

Dover Publications

One of my favorite resources for information on hobbies and just about anything else is the Dover website. Here you can find information from “Fundamental Concepts of Abstract Algebra,” to crossword puzzles and adult coloring books, plus a host of other classic and modern publications to read and learn, all at exceptionally reasonable prices. If you sign up for email information, Dover Publications will send a good selection of free samples every Friday – everything from adult coloring pages to passages from beloved books. Check it out at: www.doverpublications.com

Jewelry School On JTV

To occupy my spare time, I want to find out everything I can about making my own jewelry. My mother brought back some loose gemstones from Brazil that I would like to make into jewelry for my daughter. I turned to “*JTV’s Jewel School*®” for advice and found a “treasure” trove of information on everything gemstones, jewelry and jewelry making. They have kits for every level of experience and in a variety of prices. It is fascinating reading about gems from their history, to all the different kinds of stones, many I had never heard of but were stunningly beautiful. Jewel School® features a vast selection of beads, wire, and jewelry making tools, and offers free jewelry making instructions through their easy-to-follow videos on demand.

My Bullet Journal

Bullet journaling as a reminder, diary bulleting and dot journaling are techniques you can use to record your day’s events, stay organized, and plan for



Keep a journal to plan your day, get organized and chart your future goals.

future goals. You can buy an inexpensive planner or design your own. You will write down each day’s to-do lists—brief sentences about things that caught your attention and noteworthy events you want to remember. Bullet journaling is a quick way to express yourself and get your thoughts on paper. Add drawings and photos, use your favorite colors for a personal touch. Writing makes for a great hobby. You can expand your journaling into writing fiction, poetry, or healthily exploring your emotions. Your journal could have lots of significance in years to come.

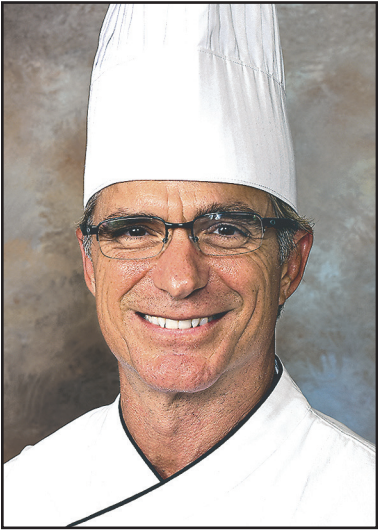
Learn How To Knit Or Sew

I am a little ashamed to admit I have never learned how to knit, and my sewing skills are minimal. Both hobbies provide more freedom and choice in what you produce and how. Cross-stitching, arm knitting, loom knitting and needlepoint are all creative and exciting needlecrafts. Before you know it, you could become a stitching master and get a head start on making knitted or sewn holiday gifts for next year. The possibilities are endless. Happy hobbying.



In Good Taste: Chef Mark’s Puttanesca Recipe Paints A Delicious Portrait Of Campania

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

Certainly in John Knox Village Executive Chef Mark Gullusci’s capable culinary hands, a dish such as Rigatoni Puttanesca with Shrimp embodies some of the best qualities of Italian cuisine—simple ingredients coming together to paint a portrait of the dish’s Campania southern Italy roots.

Seven market ingredients, plus pantry staples, are all it takes to make this enticing, filling and deeply satisfying meal.

Some variations of the sauce exclude anchovies; however, Chef Mark not only uses five to six anchovy fillets, but he also includes capers to help provide a salty tang.

The sauce’s base of blended oil is bolstered with minced garlic, the aforementioned anchovies and onion. Chef Mark leaves the sauce on the stovetop long enough for it to thicken into a deep red olive mélange of salty, oily flavors, with pleasantly biting notes from the olives and capers, along with a bit of smoky heat from the crushed red pepper flakes.

This recipe was shared by Chef Mark during a recent cooking demonstration for residents in JKV’s new Welcome & Innovation Center’s working kitchen.

He hopes you enjoy it as much as the residents did.

Rigatoni Puttanesca with Shrimp (Yields 4-6 Servings)

- 1 cup chopped sweet onion
- 1 cup sliced black olives
 - ½ cup capers
 - 5-6 anchovy fillets
- 1 tsp. crushed red pepper, depending on heat tolerance
- 2 tbsp. minced garlic
- 1 lb. rigatoni



Chef Mark’s Rigatoni Puttanesca with Shrimp recipe will delight your family as well as your guests.

- ½ cup blended oil, plus a bit more to sauté shrimp
- ½ cup sliced fresh basil
- Parmesan cheese to top
- 1 lb. large raw shrimp
 - 2 tbsp. kosher salt
 - 1 tsp. black pepper
- 1 tbsp. dried oregano leaves
- 1 14-ounce can tomato sauce
- 1 14-ounce can crushed tomatoes
- Parmesan cheese as needed

Method Of Preparation:

Heat oil in saucepan, add anchovies and cook 1 minute breaking them up, add garlic and onions and sauté 4 minutes.

Add black pepper, oregano, red pepper, tomato sauce and crushed tomatoes.

Bring to simmer and set aside.

Bring 3 qts. of water to a boil, add kosher salt (2 tbsp). Cook rigatoni (can be any pasta) 7-9 minutes. Before straining pasta add 1 cup of pasta water to Puttanesca sauce. (This is an Italian cooking trick used often because the salty, starchy water not only adds flavor, but helps glue the pasta and the sauce together and will help thicken the sauce).

In a separate pan add 3 tbsp. blended oil and heat, add shrimp and sauté 4 minutes, until almost cooked through. Add enough sauce to cover the shrimp. Add pasta and stir well, adding more sauce if needed. Now, finally, add the fresh basil and mix in well and top each portion with parmesan cheese if desired.

A number of videos of Chef Mark preparing his delicious recipes can be found by visiting the John Knox Village YouTube channel at:
www.youtube.com/user/JohnKnoxVillage/videos

Book Review

The Map of Salt and Stars

By Jennifer Seynab Joukhadar

Donna DeLeo Bruno
Gazette Contributor

A compelling and fascinating novel, “The Map of Salt and Stars” is a combination of two stories, both set in Syria 800 years apart.

The first is a fable, a mystical folk tale of female protagonist Rawiya who leaves home on a pilgrimage to seek the wonders of God, following cartographer al-Idrisi, who was credited with creating the first map of the world during the Golden Age of Persia.

The modern-day parallel tale focuses on Nour, whose mother is a mapmaker. After the death of Nour’s father, her mother decides to leave New York City, where they had moved from their native Syria, to return to family in the Middle East. They arrive in 2011, just as Syria is embarking on civil war, where soon their house is destroyed by shelling and their lives upended.

Refugees From Manhattan

Now displaced refugees, they begin an odyssey seeking asylum which takes the family on a perilous and exhausting flight through Jordan, Egypt and Libya, by way of arid, parched deserts on camels; scaling rugged cliffs of red sandstone; braving tempestuous seas that sink their small boat; smuggled in a refrigerated truck with below-freezing temperatures. The journey is fraught with danger on all sides; one of Nour’s sisters is near death; they must evade border guards who would imprison them.

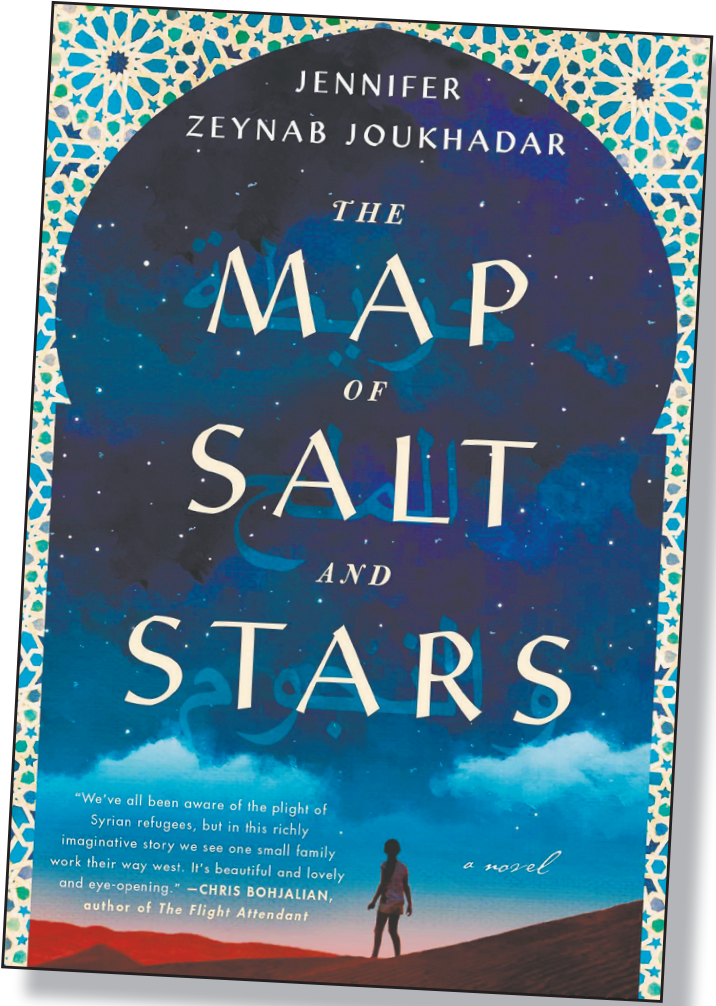
The small family has been upended into a hostile world – injured, terrified, innocent victims of war. Throughout all her adversity, 11-year-old Nour tries mightily to hold on to the memories of two worlds – that of Manhattan and her beloved Baba with his magical, mystical stories, as well as the short-lived beauty of the Syrian landscape replete with pomegranate and linden trees, mujaddara and sweet dates, iftar, atayef pastries, tangy apricots, roasting freekeh and lamb, lentil and frying sweet onions.

Novel Full Of Rich Imagery

The author employs beautiful, sensuous imagery heavy with vibrant colors, sounds and taste. Hers is a beautiful writing style skillfully utilizing poetic language. Throughout all during this arduous trek, Nour often feels overwhelmed, unconvinced that they will make it to safety, completely lost and is reminded that “people don’t get lost on the outside; they get lost on the inside,” remarks that she finds cryptic and unsatisfying. All the more she clings desperately to her memories of her precious father and his tales. Sometimes, she panics unable to see his face nor hear his voice; “sometimes a person dies and leaves a hole too big to fill.” In these most despondent moments, she is reminded that “good parents never abandon their children, not even when they die...he is still with you.” In addition to this fear is the danger that encompasses her daily, and is comforted by her sister’s voice: “Safety is not about never having bad things happen to you. It is about knowing that bad things can’t separate us from each other...Your family still loves you, and you can get though anything if you know that.”

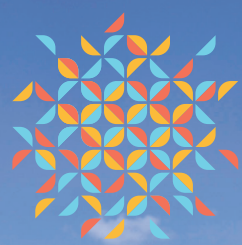
A Parallel Journey In Time

“The Map of Salt and Stars” is not only about courage, resilience and family connection, but also an important book for our times. Moreover, it is a remarkable debut novel – unique, enlightening and heart-rending – regarding the harrowing experiences of war-torn refugees. The structure of parallel tales with two heroines from different time periods is also



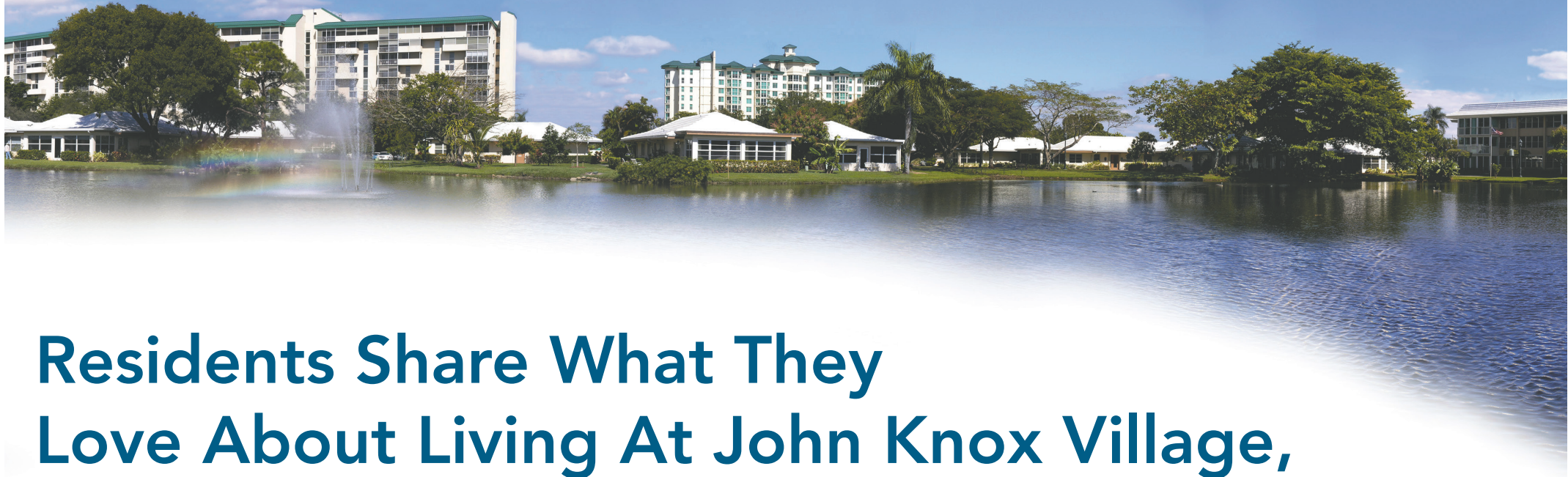
effective in conveying the message: In their search for understanding, both girls – ancient Rawiya and modern Nour – discover their strength and come to a deeper understanding of their journey through life.

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 Scrivers** group, guiding authors in publishing their books.



JOHN KNOX VILLAGE

A LIFE PLAN COMMUNITY



Residents Share What They Love About Living At John Knox Village, Especially During These Unprecedented Times...



"My husband and I tell each other frequently how we feel that JKV is the most safe place we could be."
Jackie Bayer - Resident

"We just feel very fortunate to live here. Being in a retirement community at this time, especially at JKV, management has done a great job."
Dave Bayer - Resident



"The cooking tutorials with our JKV Executive Chef Mark have been great. It's fun to try something new in the kitchen. When I see my neighbors, I always ask, 'Did you try that new recipe?'"
Carol Frei - Resident



"Since we could not go to the fitness center, John Knox made a series of workout videos to do at home with the instructors that we know. It made me feel so much better and it was something I could do everyday."
Donald Patriss - Resident



"We feel safe and secure, and even more than that, we feel loved."
Sandy & Jed Sprague - Residents

John Knox Village is an internationally award-winning Life-Plan Community of choice for those seeking an all-inclusive, enriched lifestyle which provides peace of mind for your long-term well-being. For over 50 years, JKV has set the bar when it comes to delivering an upscale and engaged retirement designed for living life to the fullest.

Stay engaged, be informed, live your best life.

Join us for a personalized tour.

As your health and safety remain our top priority, you will be COVID screened at the gate. Six-foot physical distancing is strictly enforced. Masks and hand sanitizers will be provided.

John Knox Village...
Where Possibility Plays

Projects' Progress & Accomplishments Kick Off 2021

Work On Aquatic Complex, Westlake Pavilion, Enhanced Waterways Continues



The area filled in with red indicate the latest development at Westlake Pavilion. Steel retaining walls are being installed for the new expanded waterway system at John Knox Village.

Rob Seitz

Gazette Contributor

The steel sheet pilings to provide permanent retaining walls for the expanded waterway system throughout John Knox Village have been driven into the ground.

Foundation and footing work for the new 400+ seat Westlake Pavilion are being put in place.

Final permitting and sundry other approvals should be given and the hard work of having serious fun will take shape at the new Aquatic Complex this month.

It is only January, yet progress and accomplishments at South Florida's premier Life-Plan Retirement Community march steadily on.

"It's nice to begin 2021 with our latest wonderful set of amenities for our residents—current and new—at our Aquatic Complex," JKV Director of Plant Operations Thom Price told *The Gazette*.

Aquatic Complex Nearing Completion

Located just west of the Village Centre, the \$6.9 million Aquatic Complex project replaces a small pool and gathering area with a resort-style pool, a four-lane 75-foot-long lap pool, a 60-seat dining venue called the Glades Grill, two each Pickleball and bocce ball courts, a Jacuzzi, fire pit and an open-air sports bar called Stryker's Poolside Sports Pub, thanks, in part, from a generous contribution to the project by JKV President & CEO Gerry Stryker.

Contracted with Ft. Lauderdale-headquartered Moss Construction, the 37,117 square-foot Westlake Pavilion project will consist of the first-level Pavilion, including the aforementioned Performing Arts Center with pre- and post-event gallery space. There will be indoor and lakeside dining venues—The Pearl and Seaglass restaurants—along with the Nautilus Bar in between the two.

The Pavilion will also include a lakefront promenade and gathering spaces.

Moss Construction At Work

"We're thrilled that John Knox Village, an internationally award-winning Life-Plan Retirement Community on 70 acres in Pompano Beach, has chosen us

to complete this incredible senior living project that's been designed with so many wonderful amenities," said Andrew McAllister, co-president of Moss Construction's South Florida region. "Once again we're pleased to be adding to the fabric of South Florida with a luxury project that will serve the senior community for years to come."

Priority Deposits Now Being Taken

While work remains on schedule for a first quarter 2022 opening of Westlake Pavilion and all its amenities, priority deposits are now being taken as folks get in the queue for one of the 150 new Independent Living apartment homes in The Vue and Terrace buildings.

A fully refundable \$100 Priority Deposit secures your place in line for selecting your favorite floor plan, location and new home.

For more information, call the Marketing Department at (954) 783-4040 or visit www.JKVGrows.com

This second phase of Westlake is anticipated to start in the first quarter 2022. The 471,396 square-foot project will include The Vue and Terrace, two podium-style towers with 150 independent living residences, a 153-spot parking garage, with The French Press Bakery, Coffee and Wine Bar, the Westlake Eatery, high-tech projection theater, technology hub, business center, fitness studio, work spaces, art studio, a Sacred space, club room, new resident lounges, a virtual reality studio, garden and outdoor lakeside seating and gathering spots.

Spacious Apartment Living

The new Westlake at John Knox Village apartment homes will boast 1,277 to 2,364 square feet of light-filled living throughout the spacious open floor plans. A number of homes will have access to private gardens, along with towering floor-to-ceiling windows, balconies and water views.

JKV's newest residents, Westlakers—as they will be affectionately known—will also enjoy choosing and customizing their new homes from a selection of one- and two-bedroom floor plans, many with dens and all thoughtfully designed for the entertaining of friends and family. Two penthouses are also in the unit mix.

Additional amenities will include covered parking, as well as first-floor common space offerings ranging from a bistro-like restaurant and mini-theatre to art studio, business office and a Sacred Space.

Through all the changes, one constant remains true for all JKV residents and that is the peace of mind that each enjoys from living in a Life-Plan Retirement Community with its all-inclusive comprehensive long-term care insurance policy.

To learn more visit www.JohnKnoxVillage.com or www.JKVGrows.com or call (954) 783-4040.

[web JohnKnoxVillage.com](http://www.JohnKnoxVillage.com)
[f](#) [t](#) [v](#) [JohnKnoxVillage](#)



Photo above shows the installation of the retaining walls for the redesigned waterway system.



The Glades Grill, located adjacent to the new Aquatic Complex, is in its final phase of construction.

Sudoku

Answers On Page 10.

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

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

The Doctor Is In

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

this fabulous place called John Knox Village? Where, if the plates they carried to us were made of sterling silver, the food could not taste any better. And, how about those sweet smiles and greetings of those who work here? But, yes, “Goodbye 2020.” It is definitely time to move on.

Hello 2021. We’re hoping for a little more peace and quiet, less rancor, less divisiveness, arguing and outright fighting. Less seeing the other as the problem. More of the beam in our own eyes. The way to a nation unified.

Scale Of Functioning

Dr. Murray Bowen, one the world’s greatest psychiatrists, who also happened to be my mentor for almost nine wonderful years, found a whole new way of viewing what he called “the human phenomenon.” He began to look at the family of the person coming in the door and not just the person him/herself. He postulated that there were high- and low-functioning people, and everything in between. High-functioning lives, that we would all like to lead, were characterized by several noticeable differences, such as boundaries in relationships, less pseudo-self, more solid or basic self, etc. Perhaps one of the most distinguishing factors and one we can all work on is—high-level people have life goals.

It may be that most people float along in life, never thinking about such things. But high-functioning (or what he called high on the scale of differentiation) people think about goals a lot. For me, and I am not an example of the highest of functioners, the older I

Many are glad that 2020 is behind us, with its many questions, crises, and unanswered dilemmas. We’ve had investigations, impeachment, riots and loss of innocent lives to a pandemic. But we’ve also had much for which to be thankful.

How about, for starters, being born in the wonderful free USA? And getting to live in one of the best parts of it, Florida? And how about

become, the more I think about them. Am I becoming higher on the scale, or wiser? I ask myself if I am really ready to sit around and do not much of anything, or do I still have goals? Further, are goals of earlier life met? Then, I begin to focus on the goal of getting into a medical school, or finishing a residency, or focus on being a “good” mom or leaving the world better than I found it. Many goals were met. Many were not.

I did not become a missionary. I did not write a best-seller. Perhaps the point is: Do I have goals now? Should I? Am I too old for goals? What would I like to accomplish that I still have not? Something tells me that as long as I am still breathing, goals are where it’s at. My goals tell me if my focus is where I want it. If the two are in line, my focus passes muster, and I can proceed. The person of a high level on “the scale of differentiation” has goals. So I must think about this important subject.

Work To Achieve Goals

I wonder if we wouldn’t all live longer, happier and healthier, if we had some cherished, doable goals and worked to achieve them. The focus I adopt will help me achieve my goals. They need not be huge, either. Sometimes seemingly small goals, like learning to speak more softly, can carry a lifelong impact. Or how about learning to be a better listener?

Remember our focus needs to be not overly so, nor under-focus either, but just the right amount. Sometimes, any focus at all will be an improvement, and will suggest changes we need to make. Focus is the intermediate step we take to achieve our underlying goals. They help us solve problems—the gist of creativity itself (the blank canvas).

How Do We Get There?

Sometimes I think we scare ourselves when we begin to consider the difference between goals and the focus it takes to get there. Nothing to fear, though.

If I focus on the state of affairs of my messy desk and study, I’ll probably be asking for a mood that won’t let me get anything done. But if I instead imagine a clean beautiful desktop and orderly study, the two might still be too far apart. What do I do?

My idea when I run into something like that is to break my goal into parts. Can I just spend one hour a day on this project? Twenty minutes? (That’s the focus). Or can I separate stuff into piles, and deal



Set goals that are achievable and not overwhelming.

with one pile a day? One cardboard box at a time? COVID-19 lockdown is a perfect time for such goals and the focus they bring. Really, any goal in life is not too big to break down into parts we can deal with.

Sometimes I need to ask for help. The staff here at John Knox Village is more than willing to help us think that one through.

With the new slate of a new year to write upon, under- or over-focus can be mitigated by the goal test: Does the focus assist in getting to the goal? And is the goal doable?

Goodbye Worries

If we lived with our eyes on the goal, and focusing there more often, many of our everyday worries and stresses would seem trivial. We would get more done and have a greater sense of accomplishment. Some of the elements of happiness are right there in front of us. Happy goal-oriented New Year.

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.

NSU Art Museum Fort Lauderdale Events

Jessica Graves
Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM
FORT LAUDERDALE

Museum hours are Sunday: Noon to 5 p.m., Tuesday – Saturday: 11 a.m. to 5 p.m. and closed on Mondays.

January 2021 Events

Bank of America Museums on Us
Jan. 2 and 3

Bank of America cardholders receive free admission to the Museum.



Free First Thursdays Sunny Days, Presented by AutoNation
Jan. 7 from 11 a.m. to 5 p.m.

Free admission. Enjoy NSU Art Museum Fort Lauderdale’s exhibitions and all day happy hour in the Museum Café.

Ft. Lauderdale Neighbor Day
Jan. 7 from Noon to 5 p.m.

All Fort Lauderdale residents receive free admission to the Museum.

Creativity Exploration: Live Virtual Adult Workshop: Shell Stories
Jan. 9 from Noon to 1:30 p.m.

Inspired by the work of Corita Kent, participants will use inspirational text and patterning to design the surface of seashells, exploring quotes, handwriting, visual rhythm, and line work. RSVP Required. Price: \$10 for members, \$15 for non-members

Extended Current Exhibitions

New Art South Florida: 2020 South Florida Cultural Consortium (SFCC) Exhibition. Through Feb. 21

Featuring the work of 13 pre-eminent South Florida artists who are recipients of the 2020 South Florida Cultural Consortium awards.

I Paint My Reality: Surrealism In Latin America

Examining the flowering of the Surrealist movement in Latin America in the 1930s and today. Through Fall 2021.

William J. Glackens: From Pencil To Paint

Featuring over 100 works from the 1890s to 1930s, highlighting Glackens’ role as an illustrator and painter. Through Spring 2021.

Transitions And Transformations

Transitions and Transformations transforms *Re-member to React*, the previous installation of NSU Art Museum’s collection, with the addition of new acquisitions, other works from the collection and works on loan to the Museum. Through January 2021.

Upcoming Exhibitions

The World Of Anna Sui
Feb. 21 through Sept. 19, 2021

This major retrospective exhibition explores the glamorous and eclectic world of one of New York’s

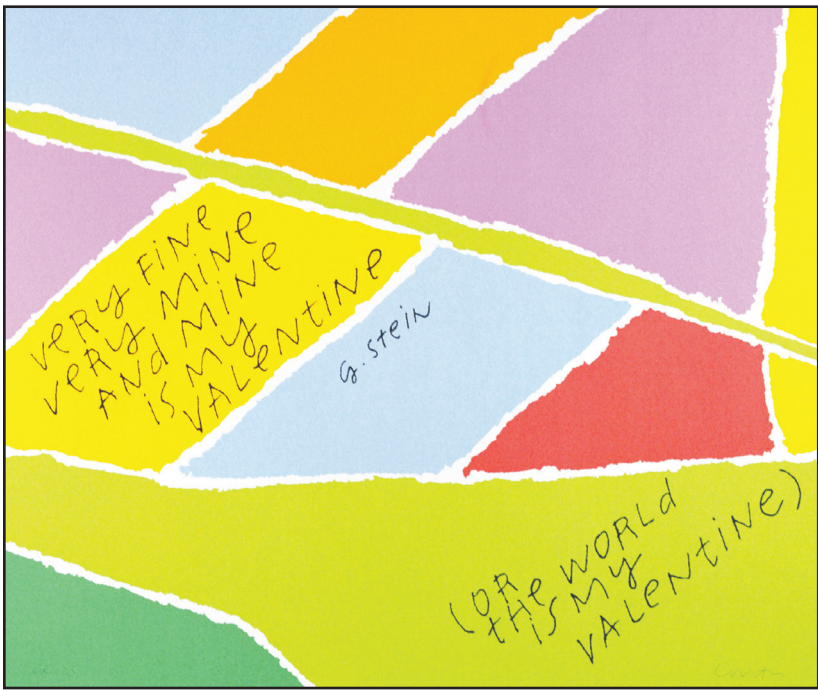


Image Credit: Corita Kent, “Very fine very mine and mine is my valentine.”

most beloved and accomplished designers Anna Sui. Exhibition opens on Feb. 21.

Eric N. Mack: Lemme Walk Across The Room
March 6 through Fall 2021

“*Lemme Walk Across The Room*,” the large-scale installation by New York-based artist Eric N. Mack (b. 1987), that premiered at the Brooklyn Museum in 2019, is being reimaged for NSU Art Museum’s grand second-floor gallery.

NSU Art Museum is located at One East Las Olas Blvd., Fort Lauderdale, FL. For additional information, please visit nsuartmuseum.org or call (954) 525-5500. Follow the Museum on social media @nsuartmuseum.

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

web JohnKnoxVillage.com
f t y JohnKnoxVillage

Sleep: Follow Your Dreams For Better Health and Longevity

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

Everybody has heard the saying: “Laughter is the best medicine,” but I might argue that sleep is. Sleep is essential for us: In fact, lack of sleep will kill us faster than lack of food. Sleep is crucial for repair and restoration (from our DNA to our muscles), our immune system, blood pressure regulation and cardiovascular health, blood sugar regulation and our metabolism, hormonal regulation and brain health.

When we are in deep sleep, the lymphatic system in our brain actively pumps harmful substances out, helping us reduce the risk of neurodegenerative disorders such as Alzheimer’s dementia. Sleep is crucial for memory and learning, but also for mood and social functioning.

There is a common myth that we need less sleep when we get older. While we certainly need more sleep as infants, toddlers, children and teenagers, we still need seven to eight hours of sleep as older adults for optimal health.

Unfortunately, up to 70 percent of older adults suffer from chronic sleep issues, almost half of which are not addressed. Meanwhile, lack of quality sleep negatively impacts the ability to participate in daily activities and thus significantly impairs the quality of life.

Here are some of the reasons we might sleep less well as we get older:

Less Time Spent Outdoors

Exposure to natural light helps us to align our circadian rhythm with the cycle of day and night and helps us sleep better. The more natural light you get exposed to during the day, and the darker your bedroom is at night, the better your chances for a good night’s sleep.

Lower Production Of Melatonin

We produce less melatonin as we get older, but this neurohormone plunge can be further exacerbated by light pollution (since the invention of electricity), as well as use of certain medications.

Urinary Problems

Having to get up several times per night to use the bathroom leads to sleep fragmentation and poor sleep quality. While it is easy to blame an enlarged prostate



When we are in deep sleep, the lymphatic system in our brain actively pumps harmful substances out, helping us reduce the risk of neurodegenerative disorders such as Alzheimer’s dementia.

in men or bladder issues in women, nighttime urination can often be a sign of sleep apnea. In a more superficial sleep (such as sleep affected by sleep apnea), we become more aware of our bladder and thus wake up more easily.

Pains And Aches

It is hard to sleep when we hurt, but poor sleep can also perpetuate pain. Sleep is “anti-inflammatory,” while lack of sleep can perpetuate inflammation, fibromyalgia and chronic pain. Acupuncture, biofeedback, certain herbs (including my favorite Ashwagandha) and supplements, such as magnesium, often double as both sleep and pain therapy.

Restless Legs

These involuntary leg movements at rest can be so uncomfortable that it is hard to fall asleep. Sometimes, these can be caused by low iron, thyroid problems, or a host of other metabolic factors, including bacterial overgrowth in the small intestine.

Side Effects Of Medications

Many medications can disrupt sleep as a side effect, and as we get older, we are more likely to be on one or more of them. Examples are certain antidepressants (such as Zoloft or Prozac), medications for Parkinson’s disease, decongestants, steroids, stimulants, beta blockers and even statins (such as Lipitor). Ask your physician about deprescribing your medications at each annual physical. Many medications

are inappropriately continued “forever” even after their downsides start trumping their benefits.

Sleep Apnea

As we get older and our muscles weaken, many develop partial or complete collapse of the airways during sleep causing snoring and/or sleep apnea. This condition can often go undiagnosed for decades, and sadly even worsened by inappropriately prescribed sleep aids (hypnotics). Meanwhile sleep apnea increases risk of heart attacks, irregular heart rhythm, high blood pressure, diabetes, fatigue, stroke, dementia and more. Screening sleep studies can now be done easily with portable or even disposable equipment from the comfort of your home, so there is no excuse for not getting one done whenever you do not feel rested, or your partner complains about your breathing at night.

Do not blame being tired on age, as you may have a treatable condition. Get your energy and quality of life back. Improving your sleep will add years to your life and life to your years.

Dr. Tereza Hubkova is former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS. Dr. Hubkova is a regular contributor to The Gazette.



Village Residents Raise Funds During The Alzheimer’s Walk

Closely adhering to COVID-19 guidelines, more than 50 JKV residents and employees strolled the campus to raise funds for Alzheimer’s research during the annual Alzheimer’s Walk on Saturday morning, Nov. 21. Masks and physical distancing were the orders of the day, and more than \$1,435 was raised.

The Alzheimer’s Walk honored Mrs. Lillian Kimmel, who recently passed at the age of 103. Lillian was a long-time proponent of Alzheimer’s research after losing her husband to the disease many years ago. Her daughter Diane and son-in-law John Dalsimer accepted an award of appreciation in her honor.



Crossword Puzzle Of The Month

ACROSS

- 1. Noun-forming (suf.)
- 5. Cry
- 8. Languish
- 12. “Arabian Nights” dervish
- 13. Harem room
- 14. Swami
- 15. Anta
- 17. Adjective-forming (suf.)
- 18. Cheer
- 19. Afr. gazelle
- 21. Agent (abbr.)
- 22. Irish church
- 23. Misplaced
- 25. Card-reader’s card
- 28. Lead telluride
- 31. Heb. measure
- 32. Federal Aviation Admin. (abbr.)
- 33. Letters sound
- 34. Two-footed
- 36. Ionian island
- 37. Track
- 38. Ten decibels
- 39. Fetish
- 41. State (Ger.)
- 43. Storage place
- 46. Onionlike plant
- 48. Cuban dance
- 50. Jewelry setting
- 51. Poetic contraction
- 52. City in Judah
- 53. Eng. statesman
- 54. Electric reluctance unit
- 55. Love of Abie

DOWN

- 1. Small goby
- 2. Norse mythical hero
- 3. Victory site of Nelson
- 4. To be announced (abbr.)
- 5. Yuccalike plant
- 6. Polish border river
- 7. Saltwort
- 8. For your information (abbr.)
- 9. Site
- 10. Amalekite king
- 11. Young female pig
- 16. Short comedy sketch
- 20. Used to express negation
- 22. Chosen nation
- 24. Palmetto
- 25. Afr. cotton garment
- 26. Male friend (Fr.)
- 27. Temporary relief
- 28. Mulberry of India
- 29. Child
- 30. Woman: obs.
- 32. Hesitate
- 35. Hades
- 36. Greek letter
- 38. Confusion
- 39. Gr. leather flask
- 40. Bauble
- 42. Rhine tributary
- 43. Palm liquor
- 44. Cleopatra’s attendant
- 45. Appoint
- 47. Jap. game of forfeits
- 49. Grandfather of Saul

Answers On Page 10.

Innovative Partnership Matches JKV With GroovyTek

Personal Tech Company Gains Insight From Residents In 62+ Community

Matt Munro
Gazette Contributor



Matt Munro

What’s trending from a technology perspective these days for residents of John Knox Village, South Florida’s premier Life-Plan Retirement Community?

Since the partnership between JKV and GroovyTek was rolled out in the fourth quarter of 2020, the word from GroovyTek trainers is that residents are quite interested in accessing new entertainment options on their smartphones, computers and TVs, as well as learning more about the ever-evolving world of streaming.



The GroovyTek Winnebago symbolizes the company’s commitment to mobilize tech education and bring it home to you.

Stream Content Of Your Choice

The evolution of streaming content has disrupted many aspects of the traditional entertainment industry. Netflix, Amazon and Hulu are some of the most nominated “studios” for award shows. They are spending massive amounts of money to work with established actors, writers and directors.

Yes, the famous older big motion picture and TV studios still exist, but they are increasingly focused on international box office returns and producing content that will translate well in larger overseas markets such as China (think comic book films with loads of special effects).

Try Podcasts On Virtually Any Subject

Audio content, in the form of podcasts, is another area of streaming entertainment that has been catching steam recently.

The introduction of so many more companies looking to make their mark by creating compelling, exclusive content has provided more innovative and in-depth programming opportunities. More artistic freedom is being offered to more and more talented filmmakers, which is great for audiences.

Further, the streaming companies have also changed how TV shows are being consumed. These streaming companies tend to “drop” the whole season of a show on one day instead of releasing weekly installments at designated times, which has led to the term “binge-watching,” meaning watching back-to-back-to-back episodes of new shows as soon as they become available.

However, folks are looking for help because it has become more confusing than ever to find and watch certain shows or movies.

We are not just dealing with major movie releases, network TV, or cable channels anymore. Now, many new streaming platforms have one or two shows that you might be interested in watching, but you may need a subscription to do so.

Our Team Is Here To Help

GroovyTek trainers are experts at knowing which platform streams which content. They also know how to sign up for the best subscriptions to fit a person’s needs for the least money and commitment. Trainers have also been working with folks to set them up to access these movies and shows on their various technology devices.

Matt Munro is President of GroovyTek, a four-year-old company which takes a personalized approach—anchored in respect and patience—to help people become confident navigating personal technology independently and on their own terms.

Gazette readers who meet with a Life-Plan Consultant and tour John Knox Village will receive a complimentary over-the-phone consultation with a GroovyTek expert. To learn more about this innovative partnership, call the JKV Marketing Department at (954) 783-4040.

For 2021 Focus On What Makes You Happy, Not Crappy

Every Moment Provides Chance To Create Something New

Anne Goldberg
Gazette Contributor



*Anne Goldberg
The Savvy Senior*

When I was asked to write this month’s column for the new year, it got me thinking about what makes the “new year” significant?

New Year’s Day dates back to 45 BC in pre-Christian Rome. The day was dedicated to Janus, god of gateways and beginnings, for whom January is also named.

Until the Gregorian Calendar was adopted by Britain in 1752, the first day of the new year was the Western Christian Feast of the Annunciation, on March 25, also called “Lady Day.” For cultures

that follow a lunar calendar, there are different celebrations on different days of the year.

New Year Across The World

New Year’s traditions and celebrations vary around the world.

In Spain, they eat exactly 12 grapes, one at each clock bell strike at midnight. In Denmark, people stand on chairs and “leap” into January at midnight for good luck. In Colombia, people take empty suitcases and go for a walk around the block, supposedly guaranteeing a year filled with travel. And in the Philippines, cracking open a window or door is believed to allow negative energy to leave and good energy to enter.

Whatever your New Year’s tradition, it offers the opportunity to review and reminisce “time passed and time past” and set intention (resolution) for different habits.

Given my belief that each moment presents the opportunity to create something new, I view the “new year” as nothing more than any other “new” moment in



In 2021, set your goal to look at each day as the chance to start anew and to direct your thinking to your happiness.

time that can happen any day of any week of any year.

There is nothing more significant about making a resolution on New Year’s Day than any other day because at any point in time we each have the capacity to think a different thought, to direct our lives in a different way.

A New Year, A New Normalcy

Most people were very happy to see 2020 end, hoping that 2021 will usher in a new period of calm and normalcy. The thing is, if you want 2021 to be a better, happier year, your resolution might be to see each day as the chance to start anew, to direct your thinking to those things that leave you feeling happy, not crappy, to accept the “what is” in your life and still be okay with it.

The great power we have is control over our thoughts and actions, and exercising that leaves us feeling empowered.

Be a Savvy Senior. This new year choose to focus on memories and resolutions that leave you feeling happy, not crappy, and resolve to see each day as an opportunity to create something new and meaningful in your life.

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

Remember: We Are All Americans

Burn Loeffke
Gazette Contributor

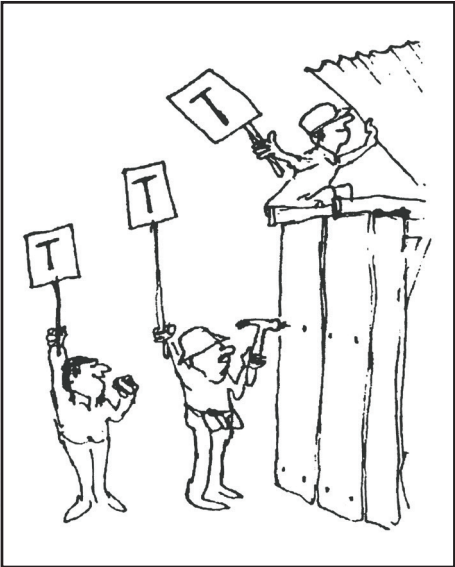


Burn Loeffke

well. In the Western Hemisphere, we have 25 American Republics and the Guyanas. In North America we have Canada, the U.S. and Mexico. In Central America we have seven. In the Caribbean we have two. The rest are in South America.

Helping Our Neighbors

Our family has chosen a charity, Food For The Poor, to emphasize what we can do to help our neighbors. There are many needs in every country, but this charity works mainly in Central America. We have focused on the



three Ts: Techo (roof) trabajo (work) and tortilla (food). My own family has helped Food For The Poor to build villages for the homeless. We want to give a new start for some of these families

We believe that we can bring happiness if we can provide the three Ts: A roof over their heads, a skill so they can get out of poverty, plus fruit and vegetable gardens so that the families can feed themselves and sell the rest of the produce to others. We hope we can create a role model on how we can grow peace in a small part of our troubled world.



Burn Loeffke has learned from his long military, diplomatic and humanitarian career that extending a hand in friendship is more powerful than intimidation.

Learn How We Are Helping Food For The Poor

You can see how we are changing a small part of the world. Go to the website: www.helpingotherstoday.com and see the short video.

Bernard “Burn” Loeffke is a retired Major General of the United States Army. He fought and was wounded in the Vietnam War. In four years of combat as a Lt. Captain, Major and Lt. Colonel he was awarded several valor awards including the silver star, bronze star and others. He later served as the commanding general of U.S. Army South. In the 1980s, He was the first American Army General to serve as Defense Attaché in the Peoples Republic of China and was also Army Attaché in Moscow. In 1992, he retired and was called back four months later to head a year-long delegation looking for POWs in the old USSR. He retired again in 1993, and immediately started his second career in medicine. He finished his medical studies in 1997, and participated in medical missions in war-torn or impoverished areas such as Bosnia, Haiti, Kenya, Iraq, Niger, Darfur and the Amazon jungles.

Out Of 2020's Chaos: A New Language For 2021



Rev. Dr. Bridgette A. Sullenger and Rev. Jamie Champion, JKV's Spiritual Life Directors

Rev. Dr. Bridgette A. Sullenger
Rev. Jamie Champion
Gazette Contributors

As Alice was moving about Wonderland, she had cause to fret, “I knew who I was

this morning, but I’ve changed a few times since then.”

Sounds a little like 2020. It seemed that every time we turned around it was something different, sometimes in the same day. What is the best part about 2020? The fact that it is now behind us.

So Now What?

It is 2021 and even though there are parts of 2020 that linger into the new year, we can learn and move forward.

Swami Vivekananda, the 19th century Indian mystic, said, “If you fail a thousand times, make the attempt once more.” And we certainly will not give up because of a bad day or bad year. We keep moving forward.

Moving forward is what we have done since time began and what we will continue to do as time goes on. As humans we appreciate the need to change, grow and learn.

How Do We Move Forward?

First, we have to do a little bit of self-reflection. As Alice would tell us, “It’s no use going back to yesterday because we were a different person then.” Reflecting on the past without reliving it is an important step.

When we continually relive the past, we get stuck in a cycle that could potentially never end and then we fail to live in and enjoy the present: Sort of like Alice flipping, plunging and turning about as she tumbles towards the unknown, going nowhere fast.

It is difficult to make progress when we continually relive the past. On the other hand, when we reflect on the past, then we are extracting pertinent information that we can use to help us overcome previous obstacles and move forward.

Imagine driving a car and looking through the windshield. The windshield is approximately 90 percent of our view and allows us to look forward and keep moving. The side and rearview mirrors get the other 10 percent and are there to keep us safe while we are driving forward, yet they are not where we place our primary focus.

A great resolution, or goal challenge for 2021, would be to make it the year that we focus on moving forward.

Moving forward is easy to put into practice. We

suggest writing down the answers to five simple questions:

1. *What drives you/what are your passions?*
2. *What makes you happy?*
3. *What hobbies bring you satisfaction?*
4. *What do you envision for yourself in 2021?*
5. *Is there anything specific you want from life in 2021?*

By reminding yourself of what you want to see and do in your life this coming year, you are putting into practice your values, beliefs, reasons and passions. Once you have answered these questions, you are able to shift and change your focus and move forward with renewed enthusiasm.

As you embrace the changes of 2021, a good thought to keep yourself moving forward is to remember that you cannot start the next chapter of your life if you keep rereading the last one.

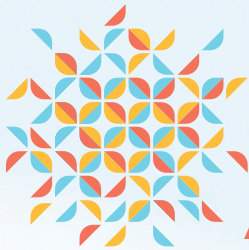
Today, begin writing your story for 2021. Reflect on your hopes for the coming year and welcome the change for good into the new year.

Here’s to moving forward into 2021.

Answers to Sudoku on Page 6 and Crossword Puzzle on Page 8.

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

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



Westlake

A vibrant new community
coming to
John Knox Village

Meet Your Westlake Neighbors...

Be among
the first to choose
your spot at Westlake
for just \$100.

Secure your future by reserving
your place in line.

Call 954-871-2655

Contemporary, luxurious lifestyle with
magnificent views and first-class
amenities.

You'll have peace of mind knowing you
have access to top-rated health care
right on campus.

"The more we heard about Westlake, the more it became clear that it's the place we want to be. The way Westlake is planned and the style of the structure, the layout, open kitchen, covered parking, it has it all. As we age, all the services JKV and Westlake provide have become important and valuable. We are ready to move in!"

Kevin S. - Future Resident



"Our current home and neighborhood are very nice, but it does not have the community that JKV has, which I love. We have always participated in cultural entertainment activities and we saw the JKV van at these events. We determined that John Knox has a bunch of people who have the same interests as we do."

Richard A. - Future Resident



"I have a lovely apartment in Heritage Tower on the eighth floor, and have been very happy here. However I've always wanted a higher view and when JKV announced plans for the Westlake expansion, I immediately was on board. I also look forward to having a balcony and to be in the heart of the Village. I'm excited to be in the middle of it all!"

Janet Anding - JKV Resident and
Westlake Depositor



Reserve your place in line now, online at jkvgrows.com
or call Kim at 954-871-2655

651 SW 6th Street
Pompano Beach, FL 33060

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 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.

Resolve To Relieve Brain Constipation In 2021

First Of A Two-Part Series

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

You have probably heard of constipation. This uncomfortable condition not only affects your bowels, but also your brain.

Between the COVID-19 pandemic, the election and economic turbulence, 2020 presented us with many opportunities for the negative emotions that chemically constipate the brain, such as anger, anxiety, disgust, fear, guilt, hatred, jealousy and resentment.

In 2021, resolve to clear out any blockages and relieve brain constipation. This will extend your brain’s productive life, and make you smile more often as you remember names faster and sleep better.

The human brain is considered the most complex structure in the universe. Like any powerful system, it consumes resources (oxygen, water, nutrition) to do its work, and creates “exhaust.” Thoughts, feelings and movements are your brain’s work. The exhaust is chemical garbage that is taken out every night, unless there is more garbage than the brain can handle.

If chronic negative thoughts are frequently bathing your brain tissue in stress hormones, your brain might get clogged with toxic waste and age faster than your body. This pattern creates a problem you do not want to have: Your body might outlive your brain’s productive life, known as brainspan. If your lifespan is longer than your brainspan, as happens with Alzheimer’s disease, you become dependent on others for help with the activities of daily living.

If you hope to stay healthy and live long and well, you want to relieve constipation in your brain now. How do you do this? You clear toxic blockages in the brain areas that create the most exhaust.

The best place to start is with the five major brain hubs that organize the mind and lay the foundation for your personal story. In this month’s column, we will look at the first two hubs, along with questions to explore and strengthen each hub.

1. Place: Where Am I?

This hub is centered in the place cells of the right hippocampus, one of the first brain areas to be affected by Alzheimer’s. If the brain loses track of where it is, you cannot find your way from one place to another. Strengthen your place cells by observing and writing down details about the place where you live through your six senses—the natural world as well as the built environment. You can also do this exercise for the place where you lived at age five. Use all six senses: Vision, hearing, smell, taste, touch and proprioception (awareness of the position and movement of the body).

Also, develop a sunrise and/or sunset habit, taking the time to appreciate the beauty of these important times of day. Without the sun, we would not be able to live on the earth.

2. Time: What Have I Learned?

This hub is centered in the time cells of the left hippocampus. It takes a child five to six years to learn to tell time with a clock, because it is very hard work for the brain. An early diagnostic tool for Alzheimer’s is the clock-drawing test. If the brain loses track of a linear progression of time, it cannot record new memories, and will have trouble retrieving memories as well.

Strengthen your time cells by writing the day of the week and date in a journal every morning, along with a few notes about what you learned and accomplished yesterday and hope to learn and accomplish today. Other ways to strengthen this hub include maintaining and using a calendar every day, wearing



Knowing place and time are important aspects to remaining active and vital.

a wristwatch that you look at frequently, reminiscing about events and dates with friends and family, and arranging pictures from your past in chronological order.

We are out of room, so remember to read next month’s column to learn about the other three hubs. In the meantime, get 2021 off to a strong start refreshing your time and place hubs. These tips can easily be followed at home while you stay safe during the pandemic.

Happy New Year.

*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*

Two Bedrooms/Two Baths With Room To Grow In The Osprey Apartment Home In Village Towers

John Knox Village will be ready for you when you are ready to make the move to life-plan security. During this time of crisis, rest assured that John Knox Village will take care of your needs today, tomorrow and every day in the future.

If you are looking for the ultimate in security and convenience, plan a COVID-careful visit to John Knox Village and tour the two-bedroom/two-bath Osprey Apartment home.

Savor a carefree lifestyle with every life-plan advantage. Call the Marketing Department at (954) 783-4040 to arrange your COVID-19 sensitive tour.

The Osprey 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

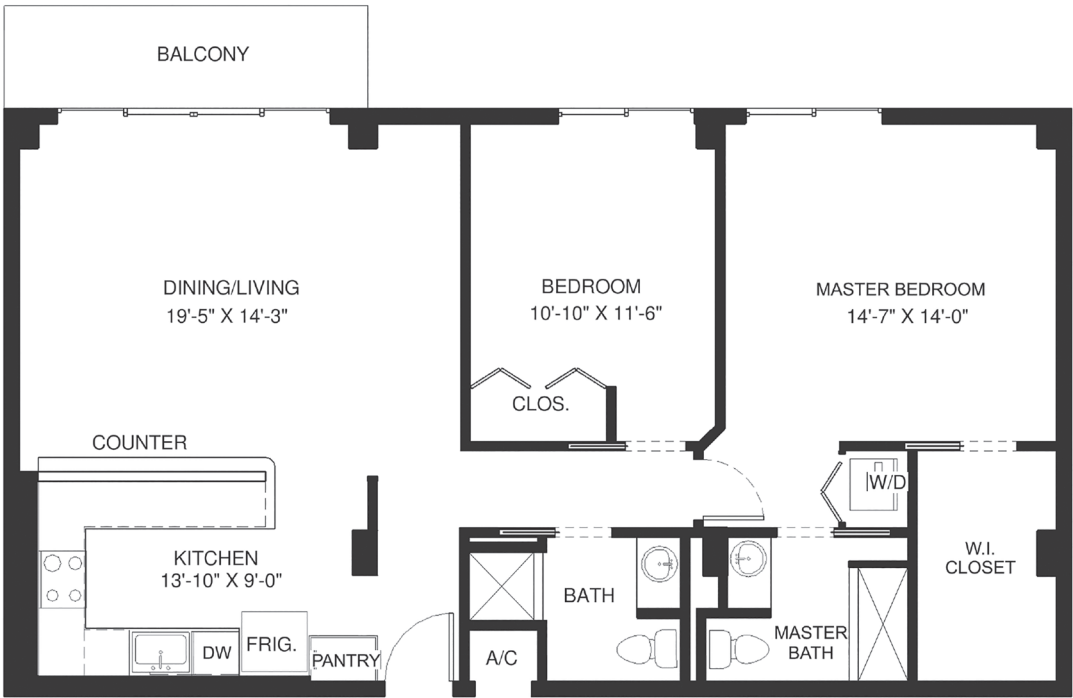
- **Crown molding option**
- **Frameless shower door**
- **Custom closet option**
- **Washer and dryer**

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, the new Aquatic Complex with two pools, Glades Grill, Stryker’s Poolside Pub, Pickleball and bocce ball courts, and much more. Call the Marketing Department at (954) 783-4040 for details.



Enjoy spacious comfort in the Village Towers Osprey apartment home featuring upgraded kitchen in your choice of appointments and two bedrooms and two baths.

The Osprey Apartment Home 2 Bedroom / 2 Bath / 1,147 Sq. Ft.



web JohnKnoxVillage.com
 JohnKnoxVillage
651 SW 6th Street, Pompano Beach, FL 33060
(954) 783-4040