



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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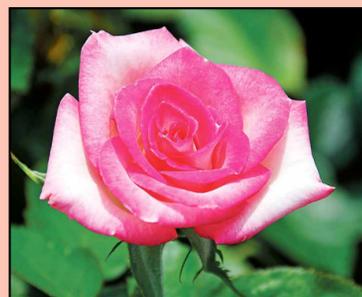
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## JKV's Long-Term Care Residents Receive Florida's First COVID-19 Vaccinations



Florida Gov. Ron DeSantis takes the podium on Dec. 16 accompanied by JKV President & CEO Gerry Stryker, JKV Director of Health Services Mark Rayner, Broward County Commissioner Lamar Fisher, Pompano Beach Mayor Rex Hardin, and state and local health officials, as Woodlands Elder Vera Leip is introduced as the first long-term care resident to receive the COVID-19 vaccine in Florida. Marty Lee photo.

**Marty Lee**  
Gazette Contributor

The morning of Dec. 16, 2020 began what would be an historic day in the months-long COVID-19 pandemic which has gripped the world. On that morning, the first vaccinations for long-term care residents and long-term health care workers began in Florida at John Knox Village, the Life-Plan Continuing Care Retirement Community in Pompano Beach. The first to be vaccinated was John Knox Village Elder Vera Leip.

According to reports by the *Associated Press*, 90 long-term care residents and 80 long-term health care providers received the Pfizer BioNTech Covid-19 vaccine.

The highly publicized national roll-out was overseen by Florida Gov. Ron DeSantis in front of a cadre of reporters

and photographers from national and local media including local ABC, CBS, NBC and FOX networks, plus live national coverage by CNN, FOX Business News and FOX News. The *South Florida Sun-Sentinel*, *Miami Herald* and *Associated Press* were also in attendance.

Gov. DeSantis was joined during the introduction by JKV CEO & President Gerry Stryker, JKV COO Bill Pickhardt, JKV Director of Health Services Mark Rayner, JKV Chief Marketing & Innovation Officer Monica McAfee, Director of Florida's Division of Emergency Management Jared Moskowitz, State Representative Patricia Hawkins-Williams, Broward County Commissioner Lamar Fisher, Pompano Beach Mayor Rex Hardin, and several members of the Florida COVID-19 Strike Force.

See "Vaccinations" on page 2

## Is Love At First Sight Possible?

*'Whoever Loves, Loves At First Sight'*  
— William Shakespeare, *Twelfth Night*

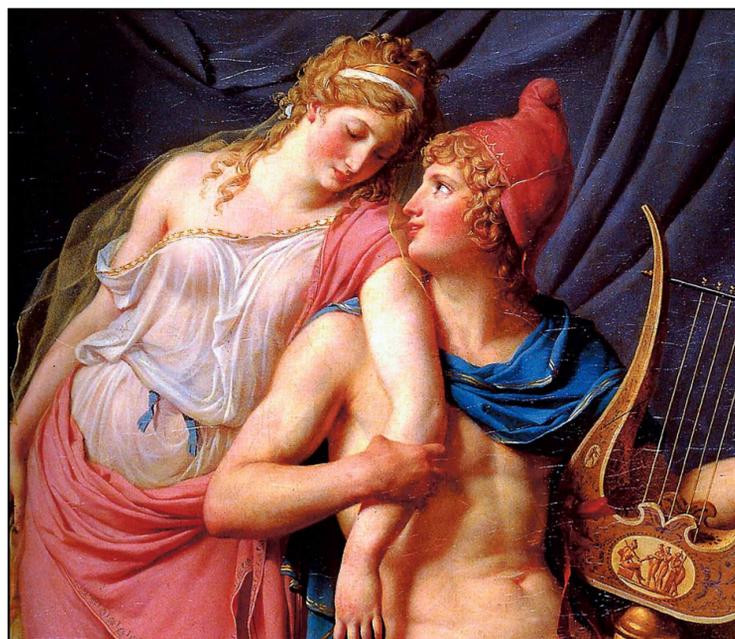
**Nona Cree Smith**  
Gazette Contributor

February is the month when we celebrate Valentine's Day and love in all its wonderful and uplifting forms. Throughout the ages there have been stories of great passions and "love at first sight" that changed dynasties such as Paris and Helen of Troy, or the building of the Taj Mahal, a magnificent memento to eternal love. Closer to our time, Edward VIII gave up his throne as King of the United Kingdom for the love of a woman.

### Some Enchanted Evincing

In matters of love, do people really meet and in moments know they are meant to be? The idea is warm and romantic: Two strangers see each other "across a crowded room," there's an instant attraction, a spark, and somehow, they know they have found their true love. Falling in love at first sight has strong appeal, but it is not a guarantee of lasting love.

People say it happens all the time, even in these rushed modern times. Prince Harry reportedly experienced it, saying he knew Meghan Markle was the one for him the "very first time we met" (BBC interview). Portia de Rossi has said something similar about Ellen DeGeneres, and Matt Damon said it about his wife, Luciana. Of course, celebrities do not have a monopoly on the phenomenon; as evidence suggests that about 60 percent of people have fallen in love at first sight, with more men than women experiencing the thrill.



"The Love of Paris and Helen" painting by Jacques-Louis David, 1788. Image source: Wikimedia Commons.

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# Florida's First Long-Term Care Vaccinations Begin At JKV

From "Vaccinations" On Page 1

According to the news story by *The Associated Press*, Dec. 16, 2020, Gov. DeSantis presented, "his administration's effort to get nursing home patients vaccinated as quickly as possible. He said 21,400 doses of the Pfizer vaccine were split between nursing homes in the Fort Lauderdale and St. Petersburg areas, with emergency medical technicians and Florida National Guard medical personnel visiting the homes to give the shots.

"He said the first nursing home shots had been scheduled by the CVS and Walgreens drugstore chains next week, but he didn't want to wait. Over the last six weeks, the number of nursing home patients testing positive statewide has risen from 1 in 200 to 1 in 75, he said.

"We were not happy allowing that wait. Time is of the essence," he said. "We believe the quicker you can get in to vaccinate, the better it is going to be."

The *Miami Herald* reported in its Dec. 16, 2020 story, "Vera Leip, 88, was the chosen patient to be vaccinated in front of reporters. The 16-year resident of John Knox Village waved as she was rolled in a wheelchair, wearing a pale pink top.

"How did you get chosen to be the patient of the day?" reporters asked. "I don't know!" Leip said, laughing.

"Before Leip received the shot, the nurse administering showed the vial to DeSantis and said, 'This is the magic.'"



JKV long-term care resident Vera Leip becomes the first to receive the COVID-19 vaccination. Marty Lee photo.

"Then, as Leip's sleeve was rolled up, DeSantis said, 'Let her rip!'"

"Leip, a retired schoolteacher from Ferguson, Missouri, didn't wince at the shot."

During the pandemic, JKV has maintained an

admirable record in isolating COVID-19 from its population of more than 900 retired adults and 800 employees. JKV Director of Health Services, Mark Rayner said none of the skilled nursing patients in The Woodlands, JKV's long-term care home, had gotten the disease and one employee who contracted COVID-19 has since recovered.

The residents in The Woodlands have individual bedrooms, with only 12 people per home who come together for meals and socializing. Rayner said that layout, social distancing, protective equipment for staff and daily testing have kept the virus at bay.

The Woodlands, one of JKV's skilled nursing residences, is the only GREEN HOUSE® model of care in the state of Florida. The GREEN HOUSE® Project is a national care model where elders live in a home that delivers individualized care and fosters empowering relationships between residents and staff. The team is rigorously trained in the GREEN HOUSE® philosophy, giving residents four times more human contact than the traditional institutional model and follows the three key values of Meaningful Life, Real Home and Empowered Staff.

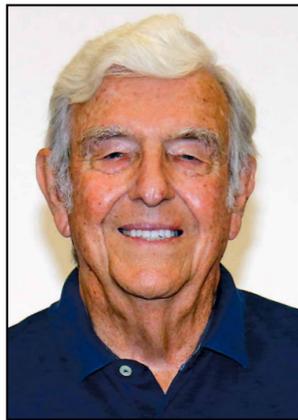


National and local media descended upon John Knox Village to cover the first long-term care resident vaccinations in Florida. Marty Lee photo.

## Thanks For Asking

### A Grateful Resident Shares His Thoughts

**Dave Bayer**  
Gazette Contributor



JKV resident Dave Bayer

My wife, Jackie, and I moved to John Knox Village (JKV) in Pompano Beach, FL some four years ago.

JKV is a relatively large Continuing Care Life-Plan Community with approximately 900 total residents, including 60 in assisted living and almost 200 in skilled nursing.

Previously, we both lived in the local area for over 40 years and are often asked by our friends in town about how things are going at JKV. Before the

pandemic, an answer something like, "It has been a good move for us," would suffice.

Since the pandemic, with all the negative news about the deleterious effects of COVID-19 on retirement communities in general, and skilled nursing facilities (aka nursing homes) in particular, the question now comes with a tinge of concern.

That's understandable, with the grim COVID-19 related death toll in the United States approaching 400,000 (as of press time) and, according to reliable sources, around 40 percent of those deaths have occurred in a long-term care setting. Also, the negative effects of lockdowns and social isolation on the mental health of the elderly and their relatives are well known. Yikes.

Fortunately for us, in all three phases of living at JKV (i.e., Independent Living, Assisted Living and Skilled Nursing), the experience has been vastly better than those portrayed in the national news.

Every person who enters our campus is appropri-

ately screened (including taking temperatures). In Independent Living, where we live, we are expected to wear masks and observe physical distancing when outside of our residences. We are encouraged to travel only when necessary. Following out-of-state or international travel, KN95 masks are required for 14 days.

Our dining rooms are closed, but we are provided with nicely prepared meals delivered directly to our residences (at no charge). Our menu changes weekly and presents an excellent variety of healthy choices. We are permitted visitors on campus, but they must wear a mask (KN95 if visiting from another state), observe physical distancing, and confine the visit to within the host's residence. In short, there are restrictions, but they are by no means onerous.

#### Instituting Necessary Precautions

The limitations for our residents (aka Elders) in Assisted Living and Skilled Nursing are naturally more restrictive, but some visitation by "essential and compassionate visitors" is currently permitted.

Visitors are encouraged to be tested for COVID-19 beforehand. They must be scheduled in advance with only two visitors per visit. All participants must wear full PPE. Some general visitors are allowed depending on local COVID-19 rates at the time, and they must use KN95 masks and observe physical distancing.

Shortly before we moved in, JKV became part of a national movement to change the face of skilled nursing care when they opened The Woodlands. An entirely new facility, it is a trademarked GREEN HOUSE® Project model of care with 12 homes in the building. Each home has 12 private rooms with private baths. These resident-centered homes are designed and operated specifically to counter the institutional feeling of boredom and isolation.

With a few modifications, some great innovations by our JKV Life Enrichment Team and superb work from the JKV management and staff, the potentially damaging mental effects of COVID-19 among our nursing home Elders have been greatly reduced.

These days, the old adage that "the proof of the pudding is in the eating" comes to mind often, especially in the case of our skilled nursing Elders at JKV. On Dec. 16, 2020, JKV's The Woodlands and Seaside Cove skilled nursing Elders were the first in Broward County and the state to receive the vaccine. On that day, 90 of our Elders and 80 staff members received the Pfizer COVID-19 vaccination. JKV's track record played a large part in us being chosen by the Florida Governor as the pilot site for the rollout of the COVID-19 vaccines.

In my opinion, the residents of our Village have been blessed with management and staff who work hard, are transparent, do their homework and make compassionate, intelligent decisions. As a result, they have kept the residents safe and provided reasonable opportunities for social interaction.

#### JKV Was Our Choice

When friends ask about a good retirement situation in which to "age in place," we suggest that they consider a not-for-profit Continuing Care Life-Plan Community that provides independent living, assisted living, provisions for memory care and a skilled nursing facility. Of course, we strongly encourage them to do their due diligence. Each community is different, and often what you get can be far different than what you expected and less than what you are paying for.

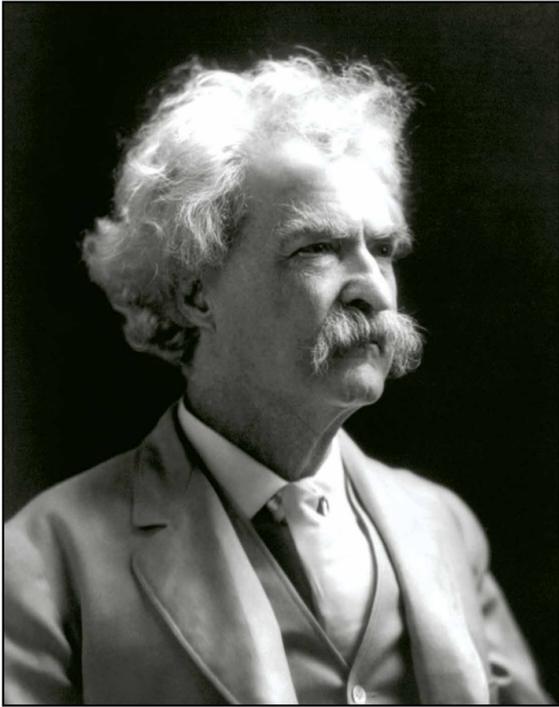
As for us, based on our experience at JKV, it is difficult to comprehend the reports about the number of COVID-19 related deaths and the terrible effects from lack of human interaction in retirement communities throughout our country.

That is definitely not the case at JKV. We can't imagine a better place to be anywhere, other than right where we are.

*Dave Bayer and his wife Jackie have been residents of John Knox Village since 2017. Prior to that, they both had lived in Ft. Lauderdale since the mid-1970s. They have been involved in a variety of volunteer activities in the local community and at JKV. Dave is a retired U. S. Navy Captain, and currently serves on the Board of Directors of both the National Continuing Care Residents Association and the Florida Life Care Residents Association.*

# Some Enchanted Evening, You Will Meet A Stranger

From "Love" On Page 1



American humorist Samuel Clemens aka Mark Twain. Image source: Wikimedia Commons.

## Mark Twain And Love At First Sight

One of the great courtships in American literary history, was the wooing of an unenthusiastic 22-year-old Olivia Langdon by a man overtaken by love at first sight – the 32-year-old Samuel Langhorne Clemens, pen name Mark Twain.

Clemens was born in 1835 and raised on the Mississippi River in Hannibal, MO. The young Samuel worked at many jobs, including as a typesetter, a riverboat pilot, a miner and a writer. His first national literary success came in 1865 with "The Celebrated Jumping Frog of Calaveras County," a story about a frog and a man who would bet on anything. He started writing about his travels on board the steamship Quaker City, with dispatches to and from Hawaii, Europe and the Middle East, laying the groundwork for his best seller "The Innocents Abroad."

It was aboard the steamship that he first saw a photograph of Olivia (Livy) and claimed he fell in love at first sight with her image.

## Wooing The 'Dearest Girl In The World'

Back in the U.S., Clemens accepted an invitation from his friend Charles Langdon (Livy's brother) to visit the family home in Elmira. Within days of meeting Livy in person, Samuel proposed marriage and was promptly turned down. She did however agree to write to him "as a brother and sister," not as lovers. Samuel wrote to her often with a total of 180 letters. His persistence wore her resistance down by writing his love for her was like the "dew loves flowers, the birds love sunshine" and more romantic similes.

Despite Livy's and her parents' objections to marriage, Sam, soon won Livy's heart. On the couple's first outing together, they attended a reading by Charles Dickens, and in an effort to elevate her beau's character, the deeply religious Livy began sending him copies of the sermons of one of America's most famous preachers, Henry Ward Beecher.

They announced their engagement in February 1869. A year later, they married and in due time had three daughters. The marriage was deemed a success.

Sam and Livy's marriage was remarkable for its

day, as the mansion they built was deeded in Livy's name. Clemens also transferred the copyrights to some of his works to Livy, to avoid seizure by creditors. More importantly, she became his proofreader and editor of all his manuscripts. Without her, he believed, many of his works such as "The Adventures of Huckleberry Finn," would never have been written.

Sam and Livy remained deeply devoted to one another throughout their marriage, which ended when Livy died from heart failure in 1904. Sam lived on until 1910, spending his last years writing his autobiography. After Livy's death, Sam found it difficult to carry on without her. Proof of their lifelong love is aptly illustrated in his 1905 short story, "Eve's Diary," in which he writes that the character of Adam stays at Eve's graveside, "Wheresoever she was, there was Eden."

world. When the affair started, Elizabeth was at the height of her popularity. She had won a best actress Oscar for her role in the movie *Butterfield 8* (1960), while Burton, whose rich, mellifluous voice and acting ability were being compared to Sir Laurence Olivier.

Marrying and divorcing twice, Elizabeth Taylor and Richard Burton's passion for each other reverberated throughout their lives and only ended when Richard Burton died from a brain aneurism, even though they had subsequently married other people.

"I was still madly in love with him the day he died. I think he still loved me, too." Elizabeth wrote in her autobiography.

## A Prince And His Princess

Britain's Prince Harry called Meghan Markle the most beautiful women he'd ever seen.



England's Prince Harry and Meghan Markle during their 2018 fairy-tale wedding. Image source: Wikimedia Commons.

## Richard Burton And Elizabeth Taylor

*'From those first moments in Rome, we were always madly and powerfully in love'*

– Elizabeth Taylor

The first time Richard Burton laid eyes on Elizabeth Taylor was at a Hollywood Sunday pool party. He was being a witty raconteur and enjoying a small social triumph, when the girl sitting across the pool lowered her book and took off her sunglasses. Burton was stunned. "She was so extraordinarily beautiful, I nearly laughed out loud," he wrote in his biography.

The smitten actor remembered that moment for his entire life, but he did not act upon it, until they worked together on the movie *Cleopatra* (1963). The affair truly began during a long on-set kiss scene in which the two continued kissing even after the director called "cut." From then on, they were inseparable.

Often called the romance of the century, Elizabeth Taylor and Richard Burton's relationship was not only defined by great love, but also by an extravagant lifestyle of yachts and limousines, dazzling diamonds and their impassioned love for each other. Their story of the 16 years they were together, fascinated the

Prince Harry has said that his falling in love "so incredibly quickly" with Meghan on their blind date was a confirmation to him that "stars were aligned." and "everything was just perfect."

After a few months of seeing each other without the press knowing, Harry invited Meghan on a trip to South Africa, where they had time to get to know each other in complete privacy. Prince Harry is the second son of the late Princess Diana and is in the line of succession to the British throne, after the Prince of Wales, Prince William, and his children.

While he had to deal with the tragedy of losing his mother when he was just 12 years old, Harry became a strong young man of principle and character. He joined the British Army and served two terms in Afghanistan. On a trip to the Warrior Games in the USA in 2013, Harry saw that training and competing in sports helped those who were suffering from injuries both physically and psychologically. It inspired him to start the Invictus Games in 2014 in Britain, for wounded and traumatized soldiers.

Meghan Markle is a perfect mate for the prince. Apart from the fact that she is a stunning beauty, she is an educated, accomplished young woman. She attended the prestigious Northwestern University in Evanston, IL and double majored in theater and international relations. By her junior year, she had finished most of her credit requirements, so she applied for a government internship and went to work at the U.S. Embassy in Buenos Aires. She also spent a short time in Spain, perfecting her Spanish.

The young couple's first outing that was covered by the press was to an Invictus Games in Toronto in 2017 and their relationship has been on the fast track ever since. With a glorious engagement followed by the pomp of a royal wedding in Windsor on May 19, 2018, Meghan became only the second royal bride with a college degree in England's history. After the birth of their son Archie Harrison Mountbatten-Windsor on May 6, 2019, the biggest change of all came when the couple decided to leave behind the duties of senior royals and move to the United States.

Since the beginning of time, and as long as a man and a woman have been on this earth: Whether prince or pauper, princess or handmaiden, when there is a will, love will find a way.



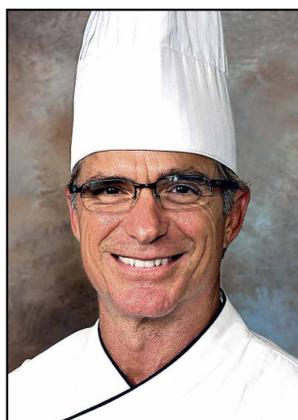
The passionate love affair between Richard Burton and Elizabeth Taylor began with a kiss, while filming a scene for the 1963 movie "Cleopatra." Image source: Alamy.

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# In Good Taste: Original Picadillo Recipe Unclear, But Not At JKV

**Rob Seitz**  
Gazette Contributor



*John Knox Village Executive Chef Mark Gullusci*

Like so much great food, picadillo is a simple dish with unclear origins. However, it is on the menu for all John Knox Village residents to enjoy thanks to the diligent efforts of Resident Senate President Pete Audet.

Before retiring, Pete's work-travels took him twice a month to Miami.

A long drive from his Broward County office, he never minded the trip because he was developing his Cuban cuisine palate. During one sojourn

he was working on one of his favorite dishes—bistec milanesa—while his lunchmate ordered and shared a generous portion of his picadillo.

## Resident Inspired Menu Item

Pete was hooked on the ground beef, green olives, raisin, bell peppers, capers (and much more) concoction. Fast forward to living at JKV and sitting in on a Dining Services Committee meeting, during which JKV Executive Chef Mark Gullusci asked for menu suggestions.

Pete's hand could not go up fast enough before excitedly offering his picadillo request.

"I recently met with Chef Mark to compliment him on his recipe that a friend of mine had tried and thoroughly enjoyed," Pete told *The Gazette*. "As I was leaving, Chef Mark mentioned that picadillo was going to be on the menu. You could have bowled me over. Thanks, no I mean THANKS Chef Mark. It is very tasty, and I have ordered it a number of times."

Here is Chef Mark's recipe, which he pairs with a nice cabernet sauvignon—such as the John Knox Village-labelled cab.



*Serve up Chef Mark's Cuban picadillo with rice at your next socially distanced gathering.*

## Picadillo (Yields 4-6 Servings)

- 1 ½ lbs. ground beef
- 1 ½ cups chopped Spanish onion
- 1 ½ cups chopped bell peppers
- 2 tbsp. minced garlic
- 1 cup raisins
- 1 cup capers
- 1 cup sliced green olives
- 2 cups beef stock
- 2 cups crushed tomatoes
- 1 tsp. chili powder
- 1 tsp. ground black pepper
- 1 tsp. granulated garlic
- 1 tsp. cumin
- 1 tsp. oregano
- ½ cup chopped cilantro

## Method Of Preparation:

Cook beef in skillet until the meat is browned. Remove meat and strain fat. In same skillet, add onions and peppers, cook 5 minutes. Add garlic and other seasonings and cook 2 minutes. Add remaining ingredients and add meat back. Stir well and simmer 20 minutes. Serve with rice.

Gazette readers who complete a COVID-careful tour of the Village can take home a complimentary bottle of John Knox Village-labelled wine. Chef Mark's picadillo recipe pairs wonderfully well with JKV's Cabernet Sauvignon, however we also offer a delicious Pinot Grigio. Call the Marketing Department at (954) 783-4040 to schedule your visit.

## Book Review

# I'd Rather Be Reading

## The Delights and Dilemmas of the Reading Life

By Anne Bogel

**Donna DeLeo Bruno**  
Gazette Contributor

This delightful little book is a must for bibliophiles, as well as "everyone who's ever finished a book under the covers with a flashlight when they were supposed to be sleeping," which applies to my younger son when he was a boy.

He and I are "book nerds," as is the author – an avid reader. Books are an essential part of our lives. Like Thomas Jefferson said, "I could not live without books," or like Sinclair Lewis wrote, "A book is never long enough nor a cup of tea large enough to suit me."

I remember, as you probably do, the first book that made me cry. I was in seventh grade and was reading the poem "Evangeline," about lovers Gabriel and Evangeline separated and lost to each other forever on their wedding day in Arcadia, when their idyllic pastoral town was invaded by the enemy.

Evangeline would search a lifetime for her beloved betrothed, and my heart ached with hers each time she just barely missed him on her journeys up and down the Mississippi River, only to finally find him an old man on his deathbed.

I felt my heart would break for her pain, as tears slid silently down my cheeks, stifling my sobs for fear of embarrassment surrounded by my classmates. I had been an avid reader even as a much younger child, but this was my first experience with such elevated poetic language that moved me to a higher plane.

As an adult, the book I remember most that moved me to copious tears was Anna Quindlen's "One True Thing." I began reading it one summer afternoon

and did not put it down until 4 the next morning. My crying had awakened my husband who came downstairs to see what was amiss. When I could not even speak for being choked up, he shook his head and said, "what a nut." He was incredulous regarding the degree of my personal attachment to books, but I am ever grateful for books. I inhale them like oxygen.

## Books Take You To Other Worlds

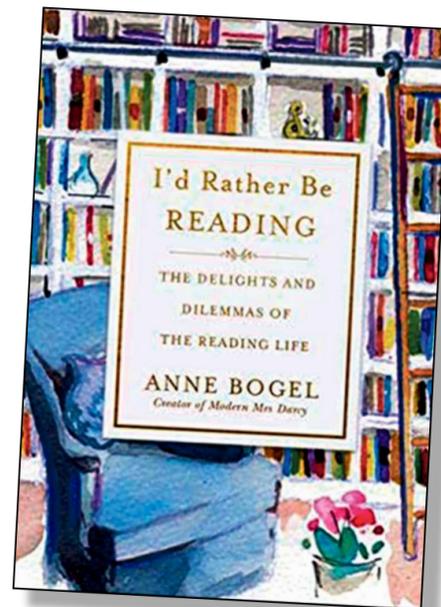
Books allow us unlimited vicarious experiences, to take us places and see in our imagination locales and people totally unlike us. They enable us to feel the gamut of emotions through the characters developed by the author of "I'd Rather Be Reading," to know how others live, think, deal with conflict, cope with adversity, and triumph over tragedy. While reading, become acquainted with the lives of others, developing empathy for them and their struggles.

Specifically, I loved Chapter 8 of this book: "If you are a booklover; you don't ever have enough shelves. Ignore the decorators." I also confess to the author's "sin" of trying to be a book "boss." I see myself as helpful when someone asks for a recommendation, but my suggestion often comes out as an order: "You simply must read this."

## Do You Have A Bookworm Problem?

I also identify with Bogel's bookworm problems: You check out many more library books than you can carry. You take more than five books to the beach because you're not sure which you will prefer. In the middle of a great book, you forget everything else – the need to work, cook dinner, or even eat dinner. You keep saying "just one more chapter," until the wee morning hours. Your "to be read" list holds 8,972 titles and you want to read every one. You have countless unread books at home but can't resist buying one more. You fall asleep reading and wake up hours later with a crick in your neck. You find yourself alarmingly invested in the lives of fictional characters. Someone asks you the title of your three or five favorite books, and you can narrow your list only to 17. Your house is a disaster because books cover every surface.

Madeleine L'Engle once wrote: "The great thing about getting older is you don't lose all the other ages you've been," and books help accomplish this. What you were reading as a 10-year-old was different



from your teens and different from your present; but a book-filled life has shaped the "person you are, the person you were then...you don't lose all the other readers you've been." The only good thing I see about the present Coronavirus is that libraries have dispensed with "due dates."

Like the author, I hate the feeling of closing a really good book I've so enjoyed. Moreover, I regret the closing of free-standing bookstores, where I have felt like a kid in a candy store, waiting to choose and savor the myriad choices of delights. Reading is a part of who I am. Books entertain me, inspire me, enlighten me. If you resemble me, you will enjoy this little gem of a book, described as "a love letter to the reading 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 Scrubbers group, guiding authors in publishing their books.*

# High School Friends Reunite At JKV

## After 62 Years Apart, High School Besties Are Now Neighbors

**Marty Lee**  
Gazette Contributor

This column is the first of a continuing series, introducing John Knox Village residents, their lives and their aspirations. Life often takes some interesting twists and turns. We meet many friends along the way, but it is unusual to keep in touch with those friends for a lifetime. Now imagine how unusual it would be, if best friends in high school reunite their friendship after 62 years apart.

This is the story of Marcia Ellington and Tom Keenan. Marcia was born in Buffalo, NY and grew up in western New York state in an agricultural area. She moved with her family to Lauderdale-by-the-Sea in 1951, then moved to Lyons Park in Pompano Beach in 1956.

Tom grew up outside Chicago in McHenry County. The Keenans moved to Pompano Beach in 1950 into a trailer on Northeast 1st Street near the First Baptist Church. Five years later the family moved to a Kester Cottage also on Northeast 1st.

### A Friendship Begins In The '50s

Marcia recalls that she met Tom in seventh grade. "Back then, the junior high and the high school were in one building," she said. "Somehow, we were on various activities together and got to know each other."

Marcia and Tom remained classmates through junior high and graduated together from Pompano Beach High School in 1957. Their paths crossing were a constant all through their school years.

"Back then, in the '50s, it was easy to get to know each other," Marcia said. "The population of Pompano Beach was only about 6,000 and there were about 110 students in the graduating class."

Tom laughs about those days. "We were the Beanpickers back then. Pompano Beach High School is the second oldest high school in Broward County, and this was an agricultural area. There was nothing west of the railroad tracks (Dixie Highway) other than bean fields. Pompano Beach High School sports' teams were referred to as the Beanpickers." In fact, Tom and Marcia shared their high school senior yearbook with this writer. The yearbook was named "BEANPICKER 1957."

As you page through the yearbook, you'll note that both Marcia and Tom have extensive listings for their activities. Tom was on the newspaper staff, sports editor, yearbook staff, advertising staff, tennis team, Key Club, Art Club, Homecoming Escort, among many other activities.

Marcia was student council representative, class reporter, yearbook editor, National Honor Society, librarian-historian, chorus member, Spanish Club, Debate Club, and Valedictorian, among many others.

Both Marcia and Tom's bios end with the same listing: "Superlative—Contributed Most to Class." Yes, indeed they shared the award, as the two most involved students at Pompano Beach High School, and their photo together was published in the "Beanpicker 1957." (See the photo below.)



Best friends at Pompano Beach High School in the '50s, Tom Keenan and Marcia Ellington reunited 62 years later when they discovered each was living at John Knox Village in Pompano Beach.

But as many of our lives go, those high school friendships, no matter how strong, eventually change, as college, career, marriage, children, travel and time advance along their paths.

For Marcia, it was marriage and children. However, once the children were in school, she applied for a library job with the city of Wilton Manors, where she worked for 38 years – the last 20 as its director. After retirement, she moved to JKV with her husband 16 years ago.

"When my husband Jim and I moved here, we were friends with several residents of the Village," Marcia said. "It was partly why we made the decision to make the move here after retirement, rather than western North Carolina where we were seriously thinking of going."

"After a few years filled with travel, parties, dining out with friends and enjoying our lives, my husband became ill. We were blessed with wonderful care here with the JKV staff, especially the nurses and others involved in helping us both deal with his health issues and eventual death. I can't imagine what it would have been like dealing with all of these problems if we had been alone in our previous home."

### Illness Brings Tom To JKV's The Woodlands

For Tom, life's journey after high school was college at Florida Southern University, marriage and Army duty. Then on to Atlanta with Sears as a gold and jewelry buyer. He also worked as a jewelry manufacturers' rep for extra money. Tom said, "I marketed and sold my own designs on QVC."

Life was good for Tom until he was stricken with a debilitating illness about three years ago. "I had pseudo gout over my whole body and was in total pain. I was bed-ridden and dependent on oxygen. I entered The Woodlands at John Knox Village for rehabilitation and was told it would take 60 days before I would get on my feet. But I did it in 30."

Tom's partner died while Tom was rehabbing in The Woodlands, but the loss in his life and the excellent care he received at John Knox Village convinced him to sell his home and make the move to independent living at JKV. He selected an apartment on the fourth floor of Heritage Tower and made the move in February 2018. Tom did not know at the time, but a certain lady named Marcia was also living on the same floor of Heritage Tower.

### Reunited After 62 Years

"I met [JKV resident] Jan Spalding for lunch," Tom said. "Jan told me there was another Beanpicker here. I thought maybe it might be the same Marcia, who was a best friend in high school, but I did not know her married name. Marcia was away on a trip at that time, but I took the picture of her and me from the yearbook...the "Contributed Most to Class" picture and put it on her door. She returned from her trip and, yes, it was Marcia Duggan, now Marcia Ellington."

"We literally live three doors away. We stop by for a glass of wine, see each other often and we used to go out to dinner frequently, before the pandemic."

Now that Marcia and Tom are retired and neighbors, do you think they've slowed down? Not on your beanpicking life. Just as in high school, the co-awardees of "Contributed Most to Class," both stay involved and committed. Marcia utilizes her career skills in all the libraries at JKV, and is the chairperson of the JKV Senate Library Committee. She is a Heritage Tower senator, and has served on many other committees during her 16 years at JKV.

Forever the salesman, Tom is involved in Village Marketing. He often speaks in front of visitors interested in learning more about the Village.

Tom's message to those interested in JKV is simple: "Someone told me in the beginning when I moved in, that once you live at JKV you build a family. It does not need to be a big family, but we're a family nonetheless."



**CONTRIBUTED MOST TO CLASS**

**TOM KEENAN and MARCIA DUGGAN**

After three years of faithful work, it's really time for these two to sit this one out.



John Knox Village is one of South Florida's premier Life-Plan Continuing Care Retirement Communities and is home to more than 900 residents. More than 800 employees are dedicated to resident care, safety and security.

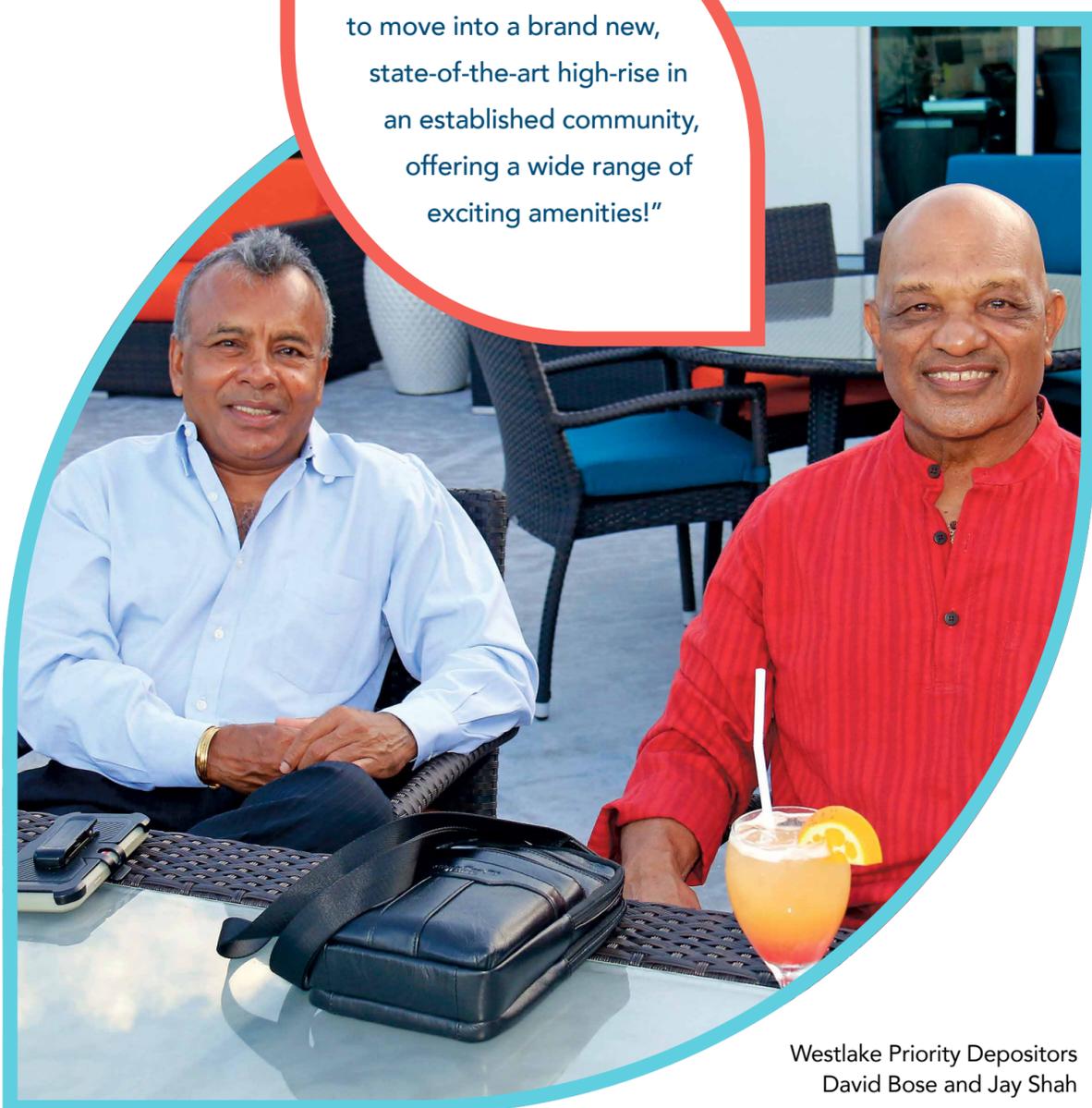
# Welcome to Westlake Village Club



Westlake is a vibrant new community coming to JKV – featuring 150 luxury apartment homes and unrivaled amenities.

For a \$100 (fully refundable) deposit, you'll be among the first to choose your new home and become a **"Westlake Village Club"** member.

"This is an opportunity to move into a brand new, state-of-the-art high-rise in an established community, offering a wide range of exciting amenities!"



Westlake Priority Depositors David Bose and Jay Shah

**AS A WESTLAKE VILLAGE CLUB MEMBER YOU'LL RECEIVE:**

- Complimentary Fitness Assessment and admittance to Fitness Studio
- Entry to the all-new Aquatic Complex
- 10% discount on Personal Training
- 10% discount on Rejuvenate Salon & Spa services
- Discount on Golf at Palm Aire Country Club's three courses
- Access to Life Enrichment virtual and on-campus events
- Complimentary attendance at a Venetian Arts Society Event
- Complimentary Life Bio and JKV Programming books
- And more!

Westlake offers a contemporary, luxurious lifestyle with magnificent views and first-class comforts. You'll have security knowing you have access to top-rated health care located on campus.

## Join Us at either (or both!) exclusive February Westlake events:

**MONDAY, FEB. 8, from 3-4 p.m.**  
Webinar "Get to Know JKV CEO & President Gerry Stryker and his vision for 2021"

**THURSDAY, FEB. 11, from 4-5:30 p.m.**  
"Cocktail Party! Mix and Mingle with CEO Gerry Stryker and the Westlake Team"

**RSVPs required for on-campus Cocktail Party, as space is limited.**  
COVID screening at the gate and physical distancing. Masks and hand sanitizers will be provided.

**Call 954-871-2655 to register for webinar and event**

651 SW 6th Street, Pompano Beach, FL 33060



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.



## PEOPLE WHO LIVE AT JOHN KNOX VILLAGE FEEL

# Safe, Protected, Pampered and Engaged

JKV Residents Jackie and David Bayer



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

"We just feel fortunate to live here. Being in a retirement community at this time, especially at John Knox Village, management has done a great job."

John Knox Village is an internationally award-winning Life-Plan Community that provides an enriched lifestyle and the peace of mind knowing your long-term health care needs are taken care of, should the time come.

For the past 53 years JKV has set the bar high, delivering its residents an upscale retirement lifestyle designed for living life to the fullest.

*Join Us*  
at either (or both!)  
exclusive February events:

**THURSDAY, FEB. 18, from 1-2 p.m.**  
Webinar "Meet CEO & President of John Knox Village, Gerry Stryker"

**THURSDAY, FEB. 25, from 10:30 a.m - Noon**  
Brunch with Director of Sales Kim Ali discussing "What is a Life-Plan Community"

**RSVPs required for on-campus Brunch, as space is limited.**

COVID screening at the gate and physical distancing. Masks and hand sanitizers will be provided.

**Call 954-871-2655 to register for webinar and event**

JohnKnoxVillage.com | JohnKnoxVillage

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.

# Vitamin D, COVID-19 And Beyond

**Tereza Hubkova, MD**  
Gazette Contributor



*Dr. Tereza Hubkova*

It is not news that low levels of vitamin D are associated with a variety of diseases, including osteoporosis and fractures, diabetes, cancer, cardiovascular disease (both heart attacks and strokes), depression, asthma, inflammatory bowel diseases, autoimmune diseases such as multiple sclerosis, and even an increased risk of dying for any reason.

I check the vitamin D level on all my patients and consider it almost a “vital sign,” but many insurances do not reimburse vitamin D testing unless you suffer from osteoporosis. Go figure.

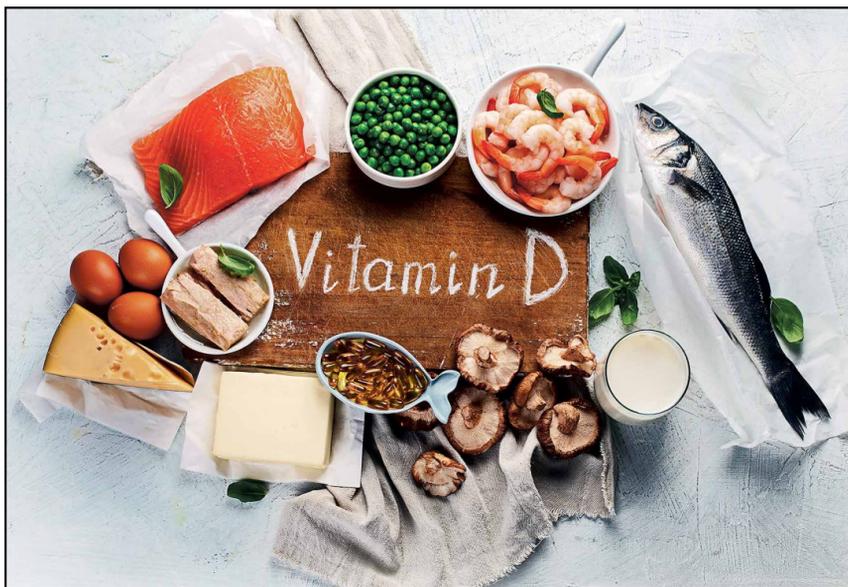
## The Importance Of Vitamin D

Vitamin D is more like a hormone, affecting over 200 genes and thus almost everything in our body from head to toe, including our immune system. It seems to make our immune system work better, more capable of fighting infections, including viruses. Vitamin D leads to a production of an antimicrobial peptide called cathelicidin, which has both antibacterial and antiviral properties. Maintaining an optimal vitamin D level seems to make us more resilient against flu and colds. In one study, supplementing vitamin D to a blood level of 38 ng/ml cut upper respiratory tract infections (common colds) by half.

In the course of 2020, we have learned that those suffering from severe COVID-19 are often deficient in vitamin D. Low vitamin D levels may be a predisposition for the infamous cytokine storm, an unchecked immune response to the SARS-CoV-2 virus, causing severe lung damage and other life-threatening consequences. A recent study of patients over 60 years of age, who required hospitalization in the intensive care unit and ventilations due to severe COVID-19, revealed that 94.2 percent of them had vitamin D level less than 30 ng/ml, and almost 66 percent had a vitamin D level under 20 ng/ml. While 20 ng/ml and above is considered “officially” normal, many experts agree that optimal level of 25 hydroxy vitamin D (that is what we measure) should be between 30-40 ng/ml, and for specific situations perhaps even higher (although some studies indicate that both too low and too high levels may be detrimental). The sweet spot likely depends on many individual factors, including genetics, and there might even be a difference on generating adequate vitamin D naturally – from sunshine, versus getting it from a supplement.

**Outdoor Lifestyles Improve Vitamin D Absorption**

Vitamin D is necessary for a proper development of lungs and airways when we are in our mother’s womb. In fact, our increasingly indoor led lifestyle and thus low vitamin D level in pregnant women may be at least partially responsible for the higher rates of asthma in children. Indeed, vitamin D is now used in the treatment of asthma, but being proactive and preventative would work much better than



*While we most closely align sunshine with vitamin D, make sure you include a diet rich in foods that are high in this valued vitamin.*

having to treat conditions we have already allowed to develop.

Evidence seems to be mounting that optimal levels of vitamin D may lower the risk of developing or dying from cancer, especially breast cancer and colon cancer.

We need exposure to the UV light from sunshine for the production of vitamin D on our skin, and the more pigment we have in our skin, the longer exposure to sunshine we need to generate adequate levels. (Skin pigment acts as a natural sunscreen, which can explain the much lower vitamin D levels in African Americans and also their higher rates of severe COVID-19). Sunscreen blocks the formation of vitamin D in our skin very effectively, so if you apply sunscreen on your skin the moment you step outdoors, you might be in trouble. Do not think that living in the South guarantees a perfect vitamin D level. Many medications accelerate the metabolism of vitamin D, and its levels also tend to be lowered by obesity. You do not want to overdose on vitamin D either, but low levels are far more common than high (over 100 ng/ml). Ask your physician to check your vitamin D level each year, ideally in the winter, when we tend to be exposed to less sunshine. And please, do not let yourself be turned away because “insurance may not cover the test.” Your life is worth more than the \$40 to \$100 it costs to do the test.

*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.*

# Be Your Own Valentine

**Anne Goldberg**  
Gazette Contributor



*Anne Goldberg  
The Savvy Senior*

Valentine’s Day. Oh, the emotions that surround this day.

I’m lucky. Last year, at age 67, I finally met the love of my life and this year the idea of Valentine’s Day is luscious. But what does Valentine’s Day bring to those who are alone due to loss or life’s circumstances? Can you celebrate V-Day if you’re alone? Of course, you can.

Being alone does not automatically relegate any one of us to a life (or a day) of loneliness.

Maya Angelou has said, “The real difficulty [about love] is to overcome how you think about yourself.”

We’ve all heard that familiarity breeds contempt. Think of this in the context of your own self.

Who knows you better than you? Who knows your every thought, every good deed not done, every act of

selfishness (or self-survival) better than you? For some glitch in the human psyche, we tend to focus on the bad and torment ourselves with negative thinking and self-judgment.

Negativity is part of the human DNA, so what’s a person to do? We must consciously work to overcome this tendency to disapproval, especially of ourselves. The question then becomes, what barriers exist within you that stop you from loving yourself?

Ahh, self-love...that’s the theme here. Self-love that holds your own well-being and happiness is just as important as that of others.

As we approach Valentine’s Day on Feb. 14, perhaps you will consider looking in the mirror and declaring love and forgiveness for the face and person you see staring back at you. Perhaps you will be able to look back on your life and see the good, not the bad; the successes, not the failures.

How to do this? First, stop comparing yourself to others and don’t worry about what other people think. Know that it is okay to make mistakes, no matter where you are in life or how many decades you have lived. Stay away from toxic, judgmental, angry people. They do not serve you. Set boundaries with them, or if possible, avoid them completely. Always know that your value is not tied to your appearance. Stay in the

present moment. Right here, right now. Resist the urge to worry about the future or perseverate about the past. The former is a fantasy, and the latter is done and gone and unchangeable. Make peace with it. Make peace with yourself. See yourself the way others see you.

“You yourself, as much as anybody in the entire universe, deserve your love and affection.” – *Buddha.*

Be a Savvy Senior. This year be your own Valentine. Love, honor and accept yourself. It’s not vanity, it’s sanity.



*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](http://www.SavvySeniorServices.com)*



## Crossword Puzzle Of The Month

### ACROSS

1. Fellow
4. Taro
8. Foot (suf.)
12. N.Z. fish
13. Black
14. Great Lake
15. Bachelor of Fine Arts (abbr.)
16. Medal (2 words)
18. Prison: Brit.
20. Ceremonial entrance
21. Belt
23. Palm starch
25. Indian camel
26. Vast
27. Palestine Liberation Organ. (abbr.)
30. Master of Business

### DOWN

- Administration (abbr.)
31. Cheek bone
32. King (Fr.)
33. Ten decibels
34. Variation (pref.)
35. Ice
36. Scientific name (suf.)
37. Aquarium fish
38. Christmas song
40. Egypt. evil god
41. Saga (2 words)
44. Belonging to (suf.)
47. Silver-iron ore
48. Javanese poison tree
49. Monkey
50. Indo-Chin. people
51. Man’s name: abbr.
52. Talk

### DOWN

1. Apronlike cloth
2. Television band abbr.
3. Bias
4. Anglo-Saxon assembly
5. Son of Adam
6. Botanical (abbr.)
7. Feminine (suf.)
8. Five of trump
9. Viking
10. Plate
11. Mouse-spotter’s cry
17. Beer
19. Or (Lat.)
21. Crest
22. Rounded projection
23. Forage herb
24. Hamitic language
26. Wholesome
27. Augur
28. Circle
29. Unctuous
31. Twin crystal
35. Shorten
36. Father of Jason
37. Alluvial deposit
38. Son of Lamech
39. Killer whale
40. Thick slice
41. Nat’l Park Service (abbr.)
42. Caucasian wild goat
43. P. I. volcano
45. Amer. Automobile Assn. (abbr.)
46. One who is (suf.)

*Answers On Page 10.*

# Five Tech Resolutions For You This Year

## Personal Tech Company Offers Tech Assistance To Up Your Digital Savvy

**Matt Munro**  
Gazette Contributor



**Matt Munro**

Here are five technology-related resolutions that could be considered by almost anyone who owns a smartphone, tablet, or computer.

### 1. Get Organized

Get your digital life in order. Focus first on decluttering your inbox by unsubscribing to spam messages or marketing emails from companies you have done business with once. On a related note, get a handle on your subscriptions, spend a bit of time reviewing your banking/

PayPal statements to make sure you aren't paying for services you don't use, but are paying for just because you forgot that you set up a subscription. And, take a look at a password manager application to get your password house in order. Can you feel the Zen taking hold already?

### 2. Pledge To Be Safer Online

If we learned anything from 2020, it is that worst-case scenarios can become a reality. Be more sensitive about where and how you are sharing your personal information in 2021. Who knows, it might even be the year to explore setting up your own Virtual Private Network (VPN), which gives you online privacy and anonymity by creating a private network from a public internet connection. Consider making sure you have two-factor authentication set up for critical accounts. Also, be wary of public Wi-Fi networks and how you operate when using one. And again, consider a password manager application or updating your



As part of JKV's dedication to continuing education, the Village has partnered with GroovyTek to share technological knowledge with residents. Here Village resident Phyllis Rhodes meets with GroovyTek's Jeff Waterhouse.

passwords overall with a tougher-to-crack password than the name of your grandkids and favorite pets.

### 3. Spend Less Time With Screens

Last year it was easy to spend more time than usual with our personal technology devices. In 2021, commit to breaking away from your screens and apps. Realize that you can be more efficient when checking in via your devices. Try to be more aware of when you are being manipulated by algorithms and various applications' design elements when spending time on your devices. They are designed to make you feel addicted to them; trust me, you aren't going to miss out on too much if you schedule in time away from your screens.

### 4. Take An Online Course

Learn online or work with an online tutor on a new subject. Many services were able to thrive during the pandemic by offering educational and broadening

experiences via technology platforms. Maybe this is the year you learn Japanese by doing Skype sessions with a tutor in Japan? Perhaps explore a new degree; there really is no limit as to the engagements you can find online that can enhance your skill sets and quality of life.

### 5. Don't Tech And Drive

Put the phone in the backseat or power it off when you are going to be behind the wheel. Any and all messages you miss while driving will be there for you to respond to when you get to your destination, so make sure you get there and be safe. No message is more important than your life or the life of someone else.

*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.**



# Westlakers Getting In On Ground Floor & Going Up

## Pavilion, Two New Apartment Buildings Coming To JKV

**Rob Seitz**  
Gazette Contributor

By getting in on the ground floor of the Westlake at John Knox Village apartment project, a healthy number of adventurous priority depositors—affectionately known as Westlakers—can only go one way...UP.

For a fully refundable \$100 deposit, *Gazette* readers will be placed in the queue for their preferred new apartment home.

There has never been a better time to learn more about the most ambitious project in the 53-year history of South Florida's premier Life-Plan Retirement Community.

To be located in the heart of JKV's 70-acre botanical campus, this \$100-million-plus project starts with the Westlake Pavilion: Rising at the northwestern corner of the project—when completed residents will enjoy a 400-seat performing arts center, an art studio, a bar and several casual and finer dining venues, located inside and outside.

Running concurrently with the Pavilion project will be a redesign of the Village's waterway system. The two current lakes—Rex Foster and Lake Maggie—are being rerouted to provide everyone on campus with more expansive and enhanced water views.

### New Independent Living Apartments

The crown jewel will be the two new Independent Living residential apartment buildings—The Vue and The Terrace at Westlake.

“Not even the COVID-19 situation has slowed down interest in the Westlake at John Knox Village project,” JKV's Chief Marketing and Innovation Officer Monica McAfee told *The Gazette*. “JKV's wonderful 53-year reputation of resort-style living, combined with 5-star internationally recognized health care makes the Village, and our new Westlake project, appealing to members of the greater community looking for an exciting lifestyle, with the peace of mind that comes from knowing everything will be taken care of.

“Now is the time to ‘literally’ get in on the ground floor of the Westlake project. Those pioneers who have already signed up, know they are first in line when it comes time to choose a particular apartment model, location and view.”

That aforementioned fully refundable \$100 Priority



Construction of the Westlake Pavilion is on schedule for a first quarter 2022 opening at John Knox Village.

Deposit gets folks in the queue for one of the 150 new Independent Living apartment homes.

And what a home. The new Westlake apartments will boast 1,231 to 2,259 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.

### Customize Your New Home

As JKV's newest residents, Westlakers 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 in Westlake 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 offices and a Sacred Space.

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

Come for a COVID-careful tour of John Knox Village to learn more. JKV's aggressive COVID preventive protocols are in place from the moment you

reach one of our entry gates for your visit. To learn more about the new opportunities at JKV, go to [www.JKV.com](http://www.JKV.com) or [www.JKVGrows.com](http://www.JKVGrows.com), or call (954) 783-4040.

## Sudoku

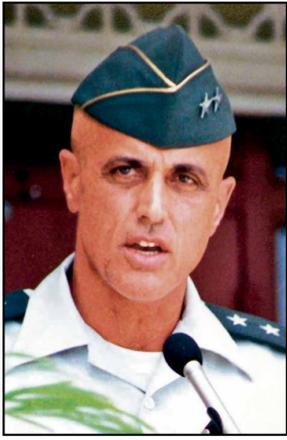
Answers On Page 10.

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

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

# Your Nose Knows How To Breathe Healthier

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

I never thought I would be saying this to anyone. It is not polite to tell people to shut their mouths.

In this case, it is not only necessary, but an act of friendship.

Breathing through the nose forces air through the sinuses that in turn releases nitric oxide (NO), a molecule that expands the arteries. This makes blood flow more freely.

NO also makes air move more freely. In short, NO is a miracle molecule that can easily be produced by our bodies.

What else will improve with NO? Blood pressure will be lowered. Lung health will increase. We will sleep better and be able to accomplish more. These are just a few things that breathing through our noses will do. Many benefits of nose breathing have been documented by monks in Tibet.

### Read The Book

The book, "BREATH" by James Nestor, is a must read for anyone who wants to be healthier. Most importantly the author states the larger our lungs, the longer we live. The book shows us how to increase our lung capacity.

### Breathing For Maximum Health

When I read about the benefits of nose breathing, I experimented with paper tape to close my mouth. I found this to be cumbersome and often ineffective. Finally, I experimented with headbands that can be bought cheaply. They work and are comfortable to use. I sleep and exercise with them.

I wake up refreshed. Running seems to be easier. Nose breathing is effective in delivering NO that in turns delivers more oxygen to the lungs so we can go further and faster. Now I run with a band over my mouth.

Previously, I did not believe running with mouth closed would be effective, but I was proven wrong. I am now running every day with a band over my mouth.

An added benefit is hydration. Mouth breathing dehydrates and makes exercise less effective. We know lungs are malleable. We can change them through exercise.

### My Personal Training

While I served as the U.S. Defense Attaché in the Peoples Republic of China in the early 1980s, I trained to run a marathon. I traveled to Tibet to train at 12,017 feet. Forcing air into the lungs at that altitude is hard exercise.

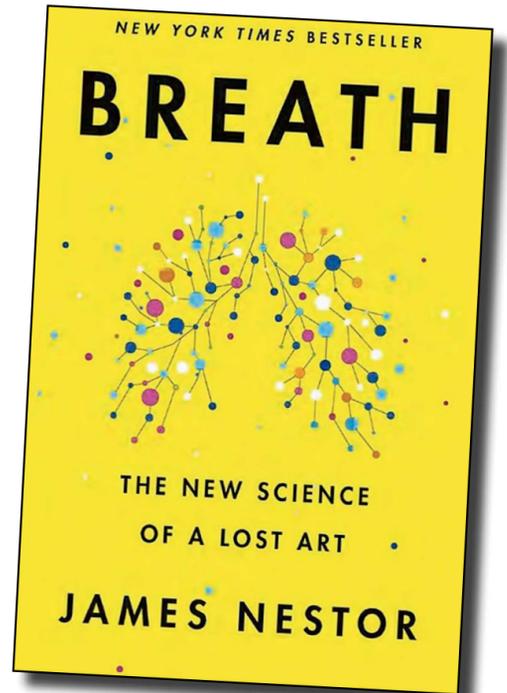
This is the same technique we used in our Army Brigade when we had troops run with gas masks. We have to push air through the filters making it difficult to breathe. The result: We became stronger and helped us to run faster and longer when we took them off. Twenty-two minutes and 22 seconds is the world's record for holding one's breath. We can train our lungs to do amazing feats.

### Weight Maintenance Benefits

For those who want to lose weight, carbon dioxide (CO<sub>2</sub>) may be one of your best friends. In "BREATH," the author Nestor writes, "We lose weight through exhaled breath. For every 10 pounds of fat lost in our bodies, eight and a half pounds comes through our lungs. Most of it is CO<sub>2</sub> with a bit of water vapor."

The author goes on to write, "What our bodies require to function properly is not more air, what we need is more CO<sub>2</sub>." This statement alone made me want to read "BREATH."

It has been said that our best friend is one who gives us a great book. My present to you for Valentine's Day is "BREATH."



*Bernard "Burn" Loeffke is a retired Major General of the United States Army and frequent contributor to The Gazette. 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 honors 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.*

# Three Steps To Kindness



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

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

At some point in our lives we have been there: Sad, afraid, lonely, sick, or

maybe even financially strapped. It is in those times that we seek out remedies to help get us out of our situation. Sometimes all it takes to bring us back to our normal and productive lives is a kind word from a friend or a stranger. When we personally experience this, it is uplifting.

In this new year, we would like to offer some ways that you might be able to help someone who may be going through a difficult time.

**First, smile more.** This is probably the easiest way to brighten someone else's day. When we smile, we express warmth and kindness to those who are around us. For those people who are in need of kindness, a simple smile can lift their hearts and even make them smile back which has the added benefit that when they smile back, it in turn helps us to receive a dose of kindness. Smiling has a double benefit.

**Second, say more.** There are people who go days or even weeks without ever talking to another per-

son. There are people who do not have the courage or confidence to speak out when they are in need.

When we recognize this in someone else, then we open up the opportunity to help them. Talking to others prevents them from feeling isolated and disconnected from the world. Talking, even a simple hello, can help others to feel connected, alive and may even help to decrease feelings of isolation.

**Third, share more.** We live in a world where there are those who have and those who have not. If you have plenty, then sharing some will not be a huge burden. In fact, it can help you. The act of sharing is something that we learn very young and is something that we should continue our whole life.

Discover new ways to share that help with the world. We all have resources. For those who have time, donate time, and for those who have talents, donate those. There are plenty of people and organizations that could use your time, talents and or financial support. Do some research to discover where you might be able to help and be there for someone else this year. This also has a return benefit, when we share, we in turn have feelings of benevolence.

If each of us would follow these three simple steps – smile more, say more, share more – think of how much better we could make life. Let's continue to make 2021 a year of opportunity, where we can show that love and kindness are what guides us.

## January Edition Of Gazette Is Filled With Extra Enlightenment, Pleasure, Humor And Humility

Just what sick, wearied Americans need to read and heed! Every page gently, boldly and rationally encourages body, mind and soul of reader. Please extend a multitude of gratitude to Editor and regular Contributors for challenging and persuading us. We can move forward together in energetic step with refreshed purpose, love, faith, discipline and hope.

I must have a 2021 Pets Of The Village Calendar and will mail my donation to JKV Marketing Dept. My heart sings!

Thank you for caring about others in word and deed. Happy, healthy New Year!

Linda  
Macon, GA

*Editor's Note: The above unsolicited email was sent to one of JKV's Life-Plan Consultants by a Gazette reader.*

## Answers to Crossword Puzzle on Page 8 and Sudoku on Page 9.

BUD		GABI		PEDE
IHI		EBON		ERIE
BFA		METAL		DISK
		GAOL		ARCH
CLOUT		SAGO		
OONT		HUGE		PLO
MBA		MALAR		ROI
BEL		ALLO		COOL
		ACEA		GUPPY
		NOEL		SETH
NORSE		TALE		EAN
PACO		UPAS		SAI
SHAN		ROBT		YAK

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

# NSU Art Museum Fort Lauderdale Events

## The World Of Anna Sui Opens Feb. 27 Through Sept. 19, 2021

**Jessica Graves**

Public Relations Manager,  
NSU Art Museum Fort Lauderdale

## NSU ART MUSEUM

### FORT LAUDERDALE

become known for creating fabulously original clothing inspired by research into vintage fashion and popular culture.

Featuring over 100 looks from the designer's archives, the exhibition ranges from early looks – such as Carnaby Street schoolgirl outfits worn by supermodels Linda Evangelista and Naomi Campbell in Sui's first runway show in 1991, to cowboy and cheerleader modeled by Gigi and Bella Hadid during her 2017 Americana-themed collection.

Sui joined New York's cultural underground at an intensely creative time, forming important relationships in the worlds of fashion, photography, art, music and design. The exhibition looks at Sui's artistic journey through her creative process, collections, interiors, and collaborations and explores her life-long engagement with 'archetypes' including the rock star, the schoolgirl, the punk, nomads, and surfers — motifs that are featured in all her work.

The exhibition explores Sui's design processes through moodboards, photographs, sketches, run-way shots, and cultural ephemera. A section on collaborations documents her long-term creative partnerships with models such as Linda Evangelista, Christy Turlington and Naomi Campbell, as well as with make-up artist Pat McGrath, jeweler Erickson Beamon and knitwear designer and milliner James Coviello. The World of Anna Sui was curated by Dennis Notthdruff for the Fashion and Textile Museum, London.

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

### February Events

**Free First Thursdays Sunny Days, presented by AutoNation**  
**Feb. 4 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.

**Bank of America Museums on Us**  
**Feb. 6 and 7**

Bank of America cardholders receive free admission to the Museum.

The World of Anna Sui explores the glamorous and eclectic world of one of New York's most beloved and accomplished fashion icons.

Since her first catwalk show in 1991, Sui has be-



Anna Sui. Copyright Fashion and Textile Museum. Image source: NSU Art Museum Fort Lauderdale.

**Fort Lauderdale Neighbor Day**  
**Feb. 7 from Noon to 5 p.m.**

All Fort Lauderdale residents receive free admission to the Museum.

**Live Virtual Lecture: Renaissance Pleasure Palaces with Dr. Rocky Ruggiero**  
**Feb. 9 at 5:30 p.m.**

Featuring commentary by Bonnie Clearwater. Free for members, \$5 for non-members.

**Creativity Exploration: Live Virtual Adult Workshop – Love Shrines**  
**Feb. 13 from Noon to 1:30 p.m.**

Inspired by the art of assemblage and artists Yolanda Lopez, Malia Landis and Betye Saar, participants will construct a mixed media shrine in honor of a loved one. RSVP Required. Price: \$10 for members, \$15 for non-members.

### Current Exhibitions – Extended

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

Featuring the work of 13 preeminent 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.

### Upcoming Exhibitions

**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 reimagined 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](http://nsuartmuseum.org) or call (954) 525-5500. Follow the Museum on social media @nsuartmuseum.

# Roses Are Synonymous With Valentine's Day

*'This love is the rose that blooms forever'*  
– Rumi

**Nona Cree Smith**  
Gazette Contributor

The tradition of giving Valentine's Day flowers dates back to the late 17th century when the art of the language of flowers became a fad. By assigning specific meanings to flower species and their colors, people were able to send messages without using words. The fad caught on throughout Europe, when lists of flowers, their colors and their meanings were widely distributed.

Today the communications with flowers are not used as much, except on Valentine's Day, when lovers give red roses to their beloved with a message of deep, passionate love.

*'A Rose by any other Name would Smell as Sweet'*  
– William Shakespeare

The rose became a symbol of love because of its affiliation with Aphrodite, the goddess of love. In the myth it is said that as Aphrodite ran to her lover Adonis, she stepped on rose thorns and cut her feet. Her blood stained the rose blooms red.

When Valentine's Day became a mainstream celebration, the red rose was an obvious choice for a loving gift.

February became the month when we give our loved ones gifts of flowers, sentimental cards, boxed chocolates or even a jewel. With the smell of roses

wafting through the air, it is amazing this celebration has its roots in a Roman fertility rite called the festival of Lupercalia which lasted for three days of wild, depraved celebrations.

*'O my Luve is like a red, red rose'*  
– Robert Burns

As time passed, the holiday became less secular and focused more on sentiments of love. Geoffrey Chaucer, Shakespeare and Robert Burns wrote timeless poems to love and by the 17th century the giving of gifts became usual. The red rose bouquet was made popular by the Victorians, as it intimately expressed the language of love. The red rose, with its soft velvet-like petals, sensuous perfume, and vibrant red colors, spoke of passion, desire, and above all, love.

The allure of the queen of flowers has played a major role in poetry, religion, art, literature, music, medicine, perfume, home decoration and even in cuisine.

The rose is an ancient flower, grown for thousands of years throughout Asia and the Orient before being grown in the Western world. The cultivation of roses started around 5,000 years ago in China, but roses have been around, according to horticultural historians, for 35 million years.

### Joséphine Is The Queen Of Roses

Empress Joséphine Bonaparte, wife of Napoleon, was a passionate rose lover and collector. She created



The John Knox Village Rose Garden.

rose gardens at Malmaison, outside of Paris, with 250 different roses from all over the world. The famed botanical illustrator Pierre-Joseph Redouté painted 117 of Joséphine's roses in his landmark book, "Les Roses."

But words can only describe some of the beauty of roses. One glorious spring day, come by, stop, and smell the roses at the John Knox Village Rose Garden. Call the Marketing Department at (954) 783-4040 for further information.

# Five Drivers Of A Lively Mind

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

Many people have spent more time alone over the past year, watching the news showing the global spread of COVID-19. Your brain can get lazy being reactive day after day.

When you finally get a chance to talk to someone, your mind can be sluggish too.

Anxiety from new challenges and social isolation can pollute the brain with toxic, inflammatory residue from stress hormones. COVID survivors may face additional risk of brain disorders such as Alzheimer's.

Vaccines are on the way, but the pandemic is not over yet. Let's consider how you can join those who have used pandemic downtime for self-improvement.

Prepare for better days ahead while you stay safe at home. Buff up the five brain hubs that keep your mind lively. Brain health is worth tending to now more than ever, especially for COVID-19 survivors.

The five major brain hubs that make your mind witty and sharp are: **Time:** Left hippocampus; **Place:** Right hippocampus; **Me:** Posterior cingulate; **We:** Anterior cingulate; **Home:** Hypothalamus.

In my January *Gazette* column, we reviewed ways to boost the first two brain hubs involving time and place. Now, we'll discover ways to fortify the other three hubs.

### 3. Me/Emotions: What Do I Feel?

Being aware of your emotional state requires you to attend to what goes on in your mind while alone, and perceive the way emotions affect your body.

**Quick check: Close your eyes and assess your current emotional state.**

How did you do? If you can't do this quickly or at all, your body awareness cells could use some work. Negative emotions can lead the mind to "tune out" the body, sometimes creating a sensation of numbness inside.

Here are several ways to strengthen your emotional and physical self-awareness alone or in an online class:

- **Dance:** Both emotions and the body respond to music as you dance.
- **Tai chi:** Includes standing movements and breathing exercises to strengthen mind-body awareness.
- **Walking:** One of the best, most reliable remedies for calming the mind and energizing the brain.
- **Yoga:** Includes physical movements and breathing exercises to strengthen mind-body awareness.

### 4. We/Connection: Who Cares About Me?

The most basic function of the anterior cingulate cortex is to enable relationships with people built on shared trust, understanding, meaning and affection. This brain area is associated with longevity and stellar brain performance in SuperAgers.

**Quick check: Identify five people with whom you could have a heart-to-heart conversation about a troublesome personal problem.**

If you can't do this quickly, or at all, you could be at risk for social isolation. All too often, people of all ages allow prior bad social experiences or weak social skills to justify social isolation. Here are several ways to strengthen your social connection skills while staying safe:

- **Discussion group:** Listen carefully to the perspectives of others on a shared experience, such as reading the same book, seeing the same movie or attending the same theatrical production.
- **Novels:** Read works of fiction outside your comfort zone. Make notes about the desires, intentions and motives of the main characters, and try to guess what they will do next to achieve their aims.
- **Songs:** Listen to a song from any genre you prefer. Write down how the song makes you feel during the beginning, middle and end of the song, and any memories the song triggers for you. Share your memories with a friend.
- **Stand-up comedy:** Watch stand-up comics perform on YouTube videos. When you or others laugh, write down why something was funny.

### 5. Self/Home: Am I OK?

The hypothalamus is the brain's busy mind/body manager. It is also in charge of managing circadian rhythms, the ground zero of brain problems such as Alzheimer's disease. Chronic negative emotional activity might be signaling "I am not OK" to your hypothalamus, disrupting your equilibrium and health.



**Quick check: Check any of these imbalance signs you are experiencing:**  chronic pain  exhaustion  irregular bowel activity  joint and/or muscle aches  joylessness  shallow breathing  sleep problems.

When your physical equilibrium is disturbed, negative emotions are often the culprit. Good ways to engage the left frontal lobe for emotional oversight are:

- **Journaling:** Write about emotional reactions, physical sensations and dreams to improve awareness.
- **Gratitude journal:** Write down five things you are grateful for every day.
- **Prayer:** Connect to a higher power to ask for help and feel connected to something bigger than yourself.
- **Talk therapy:** Speak about physical, emotional, social, and/or spiritual discomfort with friends, family, professionals or a support group.

If you strengthen these five major brain hubs, you will tap into mighty biological mechanisms for health, healing and a lively mind. You will finish this pandemic better off than when you started it. People will seek you out to enjoy your company. Go for it.

For additional tips on a lively mind, visit [www.brainwealth.info](http://www.brainwealth.info).

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

# Take Advantage Of Spacious Living In The Pelican Apartment Home

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 life-plan security, plan a COVID-careful visit to John Knox Village and tour the spacious two-bedroom/two-bath Pelican apartment home. Call the Marketing Department at (954) 783-4040 to arrange your COVID-19 sensitive tour.

### The Pelican 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.

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



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



The Pelican apartment home offers the spacious floorplan you desire with two bedrooms, two baths and generous closet/storage space.

The Pelican Apartment Home  
2 Bedroom / 2 Bath / 1,580 Sq. Ft.

