



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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IN THIS MONTH'S ISSUE



- Making A Splash* 2
- Westlake At JKV* 3
- Thanks For Asking* 3
- In Good Taste* 4
- Book Review* 4
- Keep On Dancing* 5
- The Doctor Is In* 5
- Westlake Membership* 6
- Pavilion Rises For 2022* 7
- Reducing Cancer Risk* 8
- Pandemic's Silver Lining* 8
- Technology's Motivation* 9



- A Gem Of A Story* 9
- A General's Thoughts* 10
- Honoring Vietnam Vets* 10
- NSU Art Museum* 11
- Thank You Moms* 11
- Train Your Brain* 12
- JKV's Featured Nautilus Apartment Home* 12

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How JKV Residents Learn To Dill With Pickleball



JKV residents Jackie and Dave Bayer meet at the net with Barbara Morningstar and Michael Featherstone after a heated game of Pickleball.

Picklers, Pickle And Pickled (aka Players, Playing And Losing)

Nona Cree Smith
Gazette Contributor

The game is not played by batting pickles back and forth but is named after a spaniel called Pickles, who loved to play and chase after his whiffle ball. The spaniel became the inspiration for the new sport with the whimsical name — Pickleball. It is a hybrid of racket and paddleball games, with a lot of tennis thrown in. Pickleball caught on with older folks because of its kindness to achy joints, and the play can be dainty and slow, of short duration, or it can be fast and furious.

Basic Pickleball is easy to learn and does not require a high level of skill to have fun. Most people play doubles, so most balls can be hit within one or two steps.

With the opening of its new Aquatic Complex, Pickleball has become super popular and the sport of choice for John Knox Village residents.

It Began In The Summer Of 1965

On a lazy summer day in Washington State, Congressman Joel Pritchard and his family were socializing with businessman Bill Bell, his family and friends at the Pritchard home on Bainbridge Island. They saw that their young people were bored with nothing exciting to do. The men searched their belongings to see if they could find something for the kids to play. They discovered some old ping-pong paddles and Pickles the dog's perforated whiffle balls. They took their treasures to the badminton court on the property and improvised a game for the family to play. The kids loved the game, and after playing a few rounds, the men realized they were onto something exciting.

They lowered the net to 36 inches above the ground which made the ball easier to hit and return. Pritchard and Bell introduced the game to their friend Barney McCallum, and it was during the games with McCallum that the rules of Pickleball

See "Pickleball" on page 2

Interest In JKV's Westlake Project Heating Up

Buzz Surrounding 10 Percent Down Payments Reaching Fever Pitch

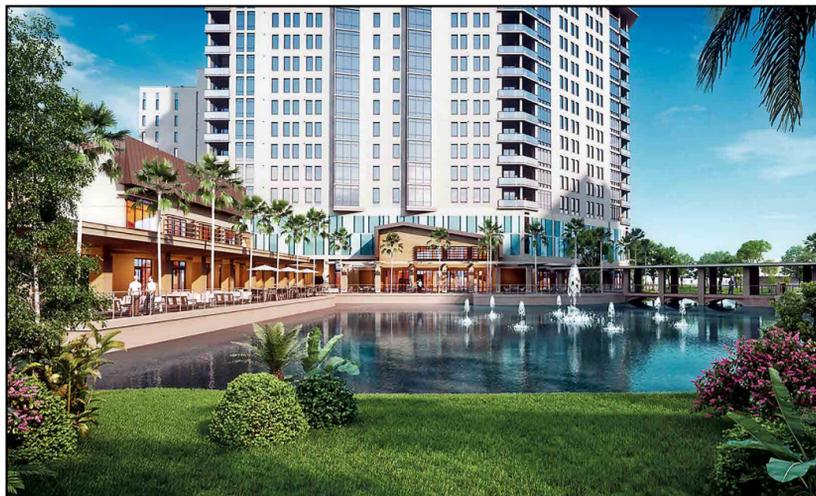
Rob Seitz
Gazette Contributor

Not even the weather is heating up as quickly as Westlake at John Knox Village—the most ambitious project in the Village's 53-year history.

This \$100-million-plus project starts with the currently under construction Westlake Pavilion. Slated for an early 2022 completion, the Pavilion will provide residents and members of the greater community with a 400-seat performing arts center, casual and finer dining venues, a nautically themed bar and a pre- and post-performance gathering space.

Pavilion Construction Underway

After the Pavilion opens, general contractor Moss Construction will begin building the two new apartment buildings—The Vue and The Terrace. Standing at 15 stories, The Vue will provide residents with light-filled rooms and enviable views. The one- and two-bedroom floorplans range from 1,231 to 2,259 square feet. At 11 stories, with spacious two-bedroom designs, The Terrace will feature boutique-style living with a stunning rooftop terrace and up to 1,845 square feet of



Artist's rendering of the new Pavilion at Westlake, The Vue and The Terrace apartments now under construction at John Knox Village.

luxury living.

Currently, the JKV Sales Team is accepting priority deposits, as well as taking 10 percent down payments from folks anxious to select their building, floorplan and location.

"The buzz around Westlake is palpable," JKV Director of Sales Kim Ali told *The Gazette*. "During my nearly 20 years of working in the senior living industry, I have never

See "Westlake" On Page 3

Play A Competitive Game Of Pickleball Within Hours



Village Towers residents Barbara Morningstar and Michael Featherstone on the Pickleball court.

From "Pickleball" On Page 1

became more defined.

Two years later, the first permanent, real Pickleball court was created in the backyard of one of Pritchard's friends, Bob O'Brian.

Pickleball Becomes The Real Dill

After the improvised games became popular with their families and friends, the three men saw a business opportunity, never suspecting it would become a national phenomenon. They each put in \$500 to get Pickleball, Inc. off the ground in 1972, at Barney's prompting. He was the business mind behind the sport's growth and the person who established standards for the sport's equipment and rules of play.

In the more than half-century since its creation, Pickleball has reached critical mass. It has hooked the exercise and sports minded, among the nearly 80-million Americans, who are swelling the ranks of retirees. "That is where the growth is coming from," stated Justin Maloof, executive director of the USA Pickleball Association.

Chartered in 2005, the USAPA membership increased by 650 percent between 2013 and 2018. Organized pickleball is now played in every state in the USA and in 19 countries. Maloof says the USAPA hopes to make it an Olympic sport.

Pickleball grew in 2020 to 4.2 million players in the US, at an incredible growth rate of 21.3 percent from 2019 according to the Sports & Fitness Industry Association's (SFIA) 2020 Pickleball Participant Report.

Universal Appeal Of Pickleball

Perhaps no organized sport since baseball, football or basketball has the universal appeal of Pickleball. Virtually anyone can play, even older people with stiff joints and achy backs can enjoy the physical activity without overdoing it.

Pickleball is less demanding than tennis, making it an excellent aerobic workout that helps improve cardiovascular health and fitness with the attending improvement in cardiovascular endurance. Pickleball is a great way to burn calories and get the body moving without fatigue. A game is of short duration and is usually played with a partner making the sport an excellent way to improve strength, balance and agility without straining your system.

Enjoy A Legal Pickleball High

Apart from the physical aspect, Pickleball can improve mood and mental health by increasing the heart rate with moderate exercise, which in turn releases feel-good endorphins that may help relieve pain or stress and even boost happiness. Pickleball is played on a small court which fosters social interactions with friends and teammates.

Great Minds Dink Alike

Pickleball is played on a smooth, hard surface, usually concrete or a gymnasium floor. The Pickleball court resembles a tennis court, but it is about half the size, and the net is set lower. It does not have doubles side alleys like tennis but does have a marked area on each side of the net called the kitchen. A good shot into the kitchen is called a dink as it is hard to return and is used consistently by experienced players as a winning strategy. The opponent has to let the ball bounce but might not have enough time to return the ball back over the net. Many a tournament is won by dinking a lot.

The ball is a modified whiffle ball but smaller and harder. Apart from a good pair of athletic shoes, the

basic pickleball kit is inexpensive and requires just a playset of a paddle and some wiffleballs which can cost under \$50.

Learn The Rules Before Pickling

Like table tennis and tennis, Pickleball has its own lingo and written rules of play. In singles or doubles, players serve underhand and diagonally from one side of the baseline, then the other. The ball must bounce before the serve is returned, and unlike tennis, the return, too, must bounce. Then volleying or hitting mid-air before a bounce is allowed.

With minimal learning time and coaching needed, Pickleball can be picked up quickly. You can go from being inexperienced to playing a competitive game with your friends in a matter of hours.

The court is 20' wide by 44' long, a low net and two sidelines, two baselines, and two non-volley lines, which create non-volley zones known as the kitchen. The centerline divides the service courts. Every point begins with an underhand serve behind the baseline across the court into the opposite opponent's service court but not in the kitchen. Once the ball is served, the bounce rule goes into effect. This means the ball must bounce once before either team can volley the ball in the air. Then each team may begin to volley the ball back and forth with one bounce or no bounce. I know it sounds complicated and belies the "easy to learn" statement, so before playing, spend time reading up on the game rules in a book, or online at www.usapickleball.com or www.pickleballchannel.com, or go to YouTube.com for some fairly simple videos of game rules and strategies.

Pickled Green With Camaraderie

As social creatures, we enjoy the company of fellow humans. As we get older and more isolated by the digital world, it is sometimes hard to connect and make new friends. Pickleball is a great way to expand horizons with new friends of every age, in person rather than on social media. Pickleball is a lighthearted sport played by fun loving, supportive people; no sour pickles allowed. Pickleball players often have a good-natured laugh at terrible shots, and a congratulatory smile and pat on the back for a dinking good play.

As part of its new Aquatic Complex, JKV has opened its own Pickleball courts. Within just a few weeks, residents have found the game easy to learn, great exercise and a way to reconnect socially.



New Aquatic Complex Creates A Splash

After months of construction, the JKV Aquatic Complex is now open for fun, fitness and relaxation. The multimillion-dollar complex includes a resort-style pool, a four-lane lap pool, two bocce ball courts and two very popular Pickleball courts. Combined with plenty of lounge chairs surrounding the pool and Stryker's Poolside Sports Pub, the Aquatic Complex is quickly becoming the campus focal point for sunning, exercise and gathering.

Fitness Manager Marsha Dixon told *The Gazette* that her department has been busy scheduling water aerobics and aquatic exercise classes, as well as Pickleball lessons and court reservations for foursomes play. "We have had unprecedented response to the fitness opportunities both in the pools and the Pickleball and bocce ball courts," Marsha said. "We have established the fitness schedules and hours of operation for the Aquatic Complex, so every resident will be able to exercise and swim, and compete on the courts at their own level."

When Village Towers residents Barbara Morningstar and Michael Featherstone were first asked to try Pickleball, Michael said, "Not for us, our athletic endeavors were behind us. We were now spectators, no longer participants. But we reluctantly agreed to try the lessons out of curiosity more than anything else."

What did Barb's and Mike's curiosity tell them? "Pickleball is addictive. It should come with warning labels," he said. "The lessons were fun. In fact, the next morning during our daily walk, we discovered the equipment was available and the courts were well lit. We played a dinking game, where our objective was to hit the ball back to one another, not blast it past. We're seriously hooked.

"It's just plain fun. Pickleball has also improved our reaction time and hand-eye coordination."

Jackie and Dave Bayer were able to watch the construction of the whole Aquatic Complex from their Cassels Tower apartment. "Our anticipation kept growing to try it all out," Dave said. "I have always been a bit of a jock, played basketball in high school, college and until I was in my mid-40s. Pickleball provides appropriate exercise, a lot of fun and camaraderie. With these new world-class courts at JKV literally 100 yards from my front door, taking up the game is a no-brainer for me."

Jackie added they have augmented their fitness routine beyond Pickleball and "signed up for pool classes on Monday, Wednesday and Friday mornings."

Heritage Tower resident Paul Loree is already making his exercise plans. "The Aquatic Complex is a great addition to JKV's fitness-forward initiative and I intend to make great use of the lap pool," Paul said. "When I was 80 years old, I competed in my first triathlon. Now I am following my five-year plan, and will be competing in another triathlon this August in Massachusetts, joining my son Howard. By the end of July, I intend to be up to 35 laps, or about a half-mile swim daily."

The Aquatic Complex is open for residents to enjoy daily from 5 a.m. until 10 p.m.

Get In On The Ground Floor At Westlake At John Knox Village



The Pavilion, now under construction, will serve JKV residents as a focal point for gathering, dining and entertaining. The Pavilion includes a 400+ seat performing arts center, along with restaurants and gathering areas located along the reconfigured waterfront at John Knox Village.

From “Westlake” On Page 1

seen this type of excitement around a project. We are getting calls and internet inquiries from around the corner and around the world.

“We are on pace to have 90 Westlakers put down their 10 percent payments by June, which will shatter our internal goal. Clearly, we have something people really want.”

Long-Term Care Is All Included

One of the biggest misperceptions Ali and her Sales Team face is explaining to prospective residents that JKV is a life-plan retirement community, which means, although it may sound like a real estate transaction is taking place, people moving into the Village are buying the security of the best life-care insurance coverage, with which they also get a stunning new apartment.

In JKV’s case, a life-plan community is a 70-acre botanical campus for independent adults 62+ that provides either apartment or villa-style living, with robust award-winning Life Enrichment programming, a Fitness Studio and Aquatic Complex to provide on-land and water activities, dining options that question the need to ever go off the campus for a meal, and a continuum of care designed to address the changing needs of residents as they age.

That continuum of care includes assisted living and skilled nursing care should those needs ever arise: All of which takes place on the JKV campus.

A fully refundable \$1,500 Priority Deposit automatically enrolls the new Westlaker as a Gold Level JKV Westlake Village Club Member.

Gold Level Westlake Village Club Membership

Complimentary services include access to the new multimillion-dollar Aquatic Complex, with its resort-style and lap pools, Jacuzzi, Pickleball and bocce ball courts, and Stryker’s Poolside Sports Pub, access to Life Enrichment events, Fitness Classes, admission to JKV community partner venues, such as Bonnet House and the NSU Art Museum Fort Lauderdale.

Those committing to 10 percent down payments become Platinum Level members with even greater perks, including 12 dinners and eight lunches at any of the three on-campus dining venues and much more.

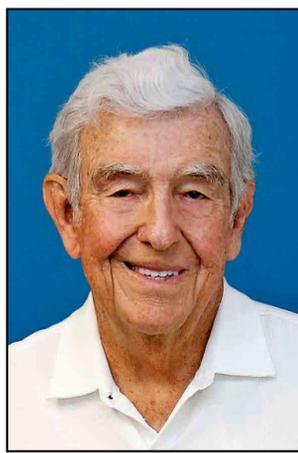
Come hear what all the buzz surrounding Westlake is about. You will be taken on a COVID-careful tour of JKV.

To help you learn more go to www.JohnKnoxVillage.com or www.JKVGrows.com or call (954) 871-2655.

Thanks For Asking

Why You Should Consider Moving To A Continuing Care Life-Plan Community

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

One of my buddies here at John Knox Village pointed out that several of my recent articles seemed written for people that had already decided to move to a Life-Plan Community. He makes a good point. So now I’m thinking, if studies show that almost 90 percent of people over 65 want to stay in their homes as long as possible, more people might read my stuff if I made that 90 percent my target audience.

Being a father, grandfather and great-grandfather,

I’m tempted to say, “You should move to a Life-Plan Community because I say so.” Of course, “because I told you so” never worked with the family, and I don’t expect it will work here either. So, let’s consider what the real experts say.

Expert Studies On Life-Plan Communities

Two very pertinent and credible experts are Brad Breeding and The Mather Institute. Brad is a nationally recognized author, blogger and speaker on retirement planning and the senior living industry. In a previous article, I recommended his book – “*What’s The Deal With Retirement Communities?*” It is available on Amazon (of course) and is a perfect primer for those retirement-age folks who just want to learn more about possible options.

In my perfect world, every person who reads this article would spend \$15 to get Brad’s book, and take the time to read it. The book would help them make the choice that is best for them and their loved ones. Briefly, Brad notes that aging is inevitable and our ability to remain able and independent is uncertain.

Each year the percent of two-parent homes where both parents work full-time increases, and the probability of one of them being available to be a caregiver

decreases. The AARP Public Policy Institute has said that the ratio of family caregivers (i.e., the number of potential family caregivers age 45 to 64 for each person 80 years or older) was 7:1 in 2010 and predict that the ratio will decrease to 4:1 by 2030. Because of that and other reasons, Brad concludes that the best way to approach our later years is to educate ourselves regarding available options.

The Mather Institute is a well-respected global resource for aging services research. It was created to conduct research for senior living and community-residing older adults. The Mather Institute is currently partnering with Northwestern University in conducting the “*Age Well Study*,” a five-year analysis of the impact of living in a Life-Plan Community.

In Year One, participants were compared to a demographically similar sample drawn from the Health and Retirement Study conducted by the University of Michigan. In Year Two, researchers took a closer look at residents’ health and wellness. The latest report (Year Three) examines residents’ happiness and life satisfaction.

A total of more than 5,700 residents from 122 Life-Plan Communities across the country have participated in the study thus far. My wife Jackie and I have participated from the beginning.

The Year One study findings are the most important for those who might consider moving to a Life-Plan Community. That study suggests that Life-Plan Community residents are, as a whole, aging very well, compared to older adults in the community at large. Life-Plan Community participants had more favorable average scores on all measures of physical, social and intellectual wellness. The study states that “...Although Year One data does not provide a conclusive reason for this, one potential explanation for these favorable outcomes across domains is that they may be

the result of the opportunity-rich environments of Life-Plan Communities... The interpretation that Life-Plan Community residence leads to positive outcomes is consistent with residents’ own perceptions of how their wellness has changed after moving into a Life-Plan Community.”

Specifically, the results of the Year One study showed that residents of Life-Plan Communities were more satisfied with life, were less depressed, had better perceptions of aging, were more optimistic, had more social contacts, enjoyed better health, were more physically active, had better memories, were more intellectually active, felt that their lives had more purpose, and volunteered more often than older adults in the community at large. The differences are even more marked in larger Life-Plan Communities with more than 300 residents in independent living.

Please keep in mind that neither Brad Breeding, nor The Mather Institute, is trying to market Life-Plan Communities. Rather, they do research and present their results. Also please keep in mind that we owe it to ourselves and our loved ones to age as well as our situations permit. A good way to start is by listening to the experts and giving careful consideration to their findings.

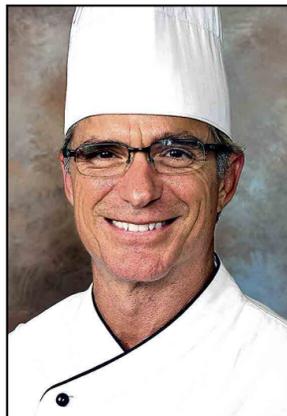


Residents and guests enjoy a new dining venue at JKV’s Glades Grill.

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.

In Good Taste: Peanut Dressing Is Essential To Thai Chicken Salad

Rob Seitz
Gazette Contributor



John Knox Village
Executive Chef Mark Gullusci

In the very capable culinary hands of John Knox Village Executive Chef Mark Gullusci, this Thai Chopped Chicken Salad is both healthy and flavorful (thanks to fresh, crunchy veggies and a ridiculously delicious peanut sauce).

Most of this recipe is made up of crunchy shredded cabbage (Napa here). It is quick, easy, fresh and a great way to use leftover or rotisserie chicken. It is ready in about 20 minutes.

Not only could this be a tasty, healthy lunch, but it would also make for a really yummy light dinner too. Whichever time you decide, you will not be disappointed.



Chef Mark's Thai Chicken Salad is a great meal for lunch or a healthy lighter fare for dinner.

Thai Chicken Salad With Peanut Dressing (Yields 2-3 Salads)

For The Salad:

- ½ head Napa cabbage (Thinly sliced julienne style)
- 1 cup red cabbage, julienne
- 2-3 scallions sliced on bias (Cut at a 45-degree angle 1-inch long)
- 2 medium carrots, julienne (These can be bought like this from most area supermarkets)
- ½ bunch lightly chopped cilantro
- Place above ingredients in a large bowl and toss. Save half of the cilantro to top salad.

• 1 cup wonton strips

- 1 cup blanched sliced almonds, toast in 300 degree oven for 15 minutes
- Save these items to top the salad

For The Dressing:

- ½ cup honey
- 2 tbsp. Sriracha sauce
- 1 tsp. fish sauce
- 1 cup peanut butter
- ½ cup low sodium soy sauce
- ½ cup rice wine vinegar
- ¼ cup sesame oil
- ¼ cup lime juice
- Place ingredients in a bowl and mix thoroughly

Method Of Preparation:

Place a handful of the salad base in a salad bowl, top with your favorite grilled chicken, or you can top it with shrimp or whatever protein you like.

Then top with toasted almonds, wonton strips and cilantro, use as much peanut dressing as desired. Enjoy!

The dining venues at John Knox Village are expanding. In addition to the newly opened Glades Grill and Stryker's Poolside Sports Pub, construction on The Westlake Pavilion is now underway with additional dining options. To try Chef Mark's recipes and watch him prepare many of his delicious dishes, visit the John Knox Village YouTube channel at: www.youtube.com/user/JohnKnoxVillage/videos

Book Review

Hamnet:

A Novel Of The Plague

By Maggie O'Farrell

Donna DeLeo Bruno
Gazette Contributor

Although William Shakespeare is considered the finest playwright in the English language, very little is actually known about him.

Author Maggie O'Farrell has taken the few facts that have survived and uses her imagination to create a tale of historical fiction by adding to that scant information. As a result, her book "Hamnet" takes place in Stratford-upon-Avon, where "The Bard," as he came to be called, grew up in a conflict-ridden home with a verbally and emotionally abusive father John, who had fallen in prestige from a highly respected alderman position.

The Shakespeare Family Tale

When the tale opens, villagers are avoiding John and his family for his shameful and shady business dealings. He has loaned out his son Will as a Latin tutor to the Hathaway family to whom he owes a debt. There the 18-year-old meets an unusual woman Ann (also known as Agnes), eight years his senior.

Although she is known as strange – actually eccentric – her unique personality intrigues her young suitor. Of course, the author is speculating about their relationship, but by interweaving the known data with her own personal musings, O'Farrell has created a compelling story.

Employing historic records, she begins the first deeply moving chapter with Will and Anne's twin son and daughter, Hamnet and Judith. It is 1580 during the scourge of the Black Death. Little Judith lies deathly ill while her protective brother searches frantically throughout the house for his mother,

grandmother, grandfather, older sister Susannah – anyone to draw their attention to the dying Judith. In desperation, he runs for the physician who is not at home. The anxiety of the boy, as he returns without help to nurse his dying sister, and the despair and helplessness he feels, are conveyed so acutely that the reader yearns to scoop him up to comfort him. Emotions run high and deep among the characters.

There is also a mystical or mysterious quality in this portion, as the author conjures up a scene where the sweet child cannot bear the loss of his beloved twin, so willingly, selflessly trades places in order to insure her survival.

Fact Or Fiction?

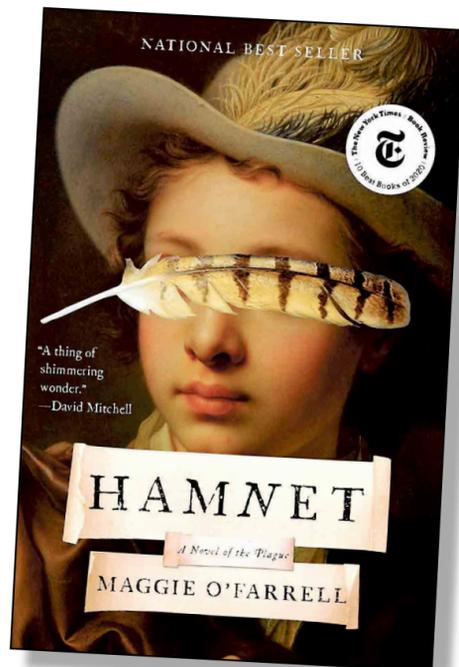
It is indeed true that Shakespeare's only son Hamnet died at age eleven in 1596, although the cause is unknown. Again, the author has cleverly embellished upon the little-known facts. It is also known that following this inconsolable loss, Shakespeare began to write his tragedies, one of which was the masterpiece Hamlet (Hamnet and Hamlet being interchangeable names in that time).

What is historically certain is that the playwright left his town and family to seek his fortune in London, where he became popular, successful and wealthy, returning to his family periodically.

Some scholars have speculated that the Shakespeares had a troubled marriage. That too is uncertain. In O'Farrell's version, she depicts their relationship as a loving one, portraying Anne as an understanding spouse who realizes her husband's desire to escape his domineering father and make a life and name for himself, as well as opportunity to hone his craft, which could only be accomplished in the London theaters.

From only minute details, the author takes this famous couple and develops fascinating, very real characters – human drama at its finest. In addition, she creates a very plausible love story – both sensitive and profound. Some scenes were so poignant as to draw tears. Any devotee of Shakespeare, as I am, will find here a tender tale that succeeds in taking historic figures and making them truly human. Moreover, one does not need to be a literary scholar to find this narrative deeply moving, as well as satisfying.

Indeed, they were.



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.

Donna DeLeo Bruno has received four awards for writing in the Biennial Writing Competition sponsored by National League of American Pen Women, a group founded by Henry Wadsworth Longfellow's niece in the late 1800s. Over the years the League has included renowned writers such as Helen Keller, Edith Wharton, Eleanor Roosevelt, Clare Booth Luce, Erma Bombeck, Journalist Helen Thomas and many other noted authors. Acceptance required a rigorous process. Additionally, one of Donna's stories is scheduled for publication in the June 2021 issue of "Good Old Days Magazine".

'When You Get The Choice To Sit It Out Or Dance, I Hope You Dance' – Lee Ann Womack

Marty Lee
Gazette Contributor

In the song, "I Hope You Dance" by Lee Ann Womack and Sons of the Desert, Lee Ann sings "And when you get the choice to sit it out or dance. I hope you dance."

The deeper meaning of the lyrics entreat the listener to become involved and never give up hope, "Whenever one door closes, I hope one more opens. Promise me that you'll give faith a fighting chance."

John Knox Village residents know that feeling of faith, hope and charity. They get involved and share their talents, as more than 50 percent volunteer either at JKV or in the greater community.

For Cassels Tower resident, Karen Donaldson, the call to dance is beyond figurative. It is literal.

The Beginning Interest In Dance

Karen grew up in Marion County OH, the town of LaRue to be exact. With only 850 people, LaRue's main claim to fame is that the great Native American athlete Jim Thorpe once played football there. Karen stayed in LaRue through high school, but "there was not a whole lot to do there," she said. "The movie theater had closed, but after football games and basketball games there were dances, square dances and sock hops. I always participated and enjoyed dancing."

She moved to the Chicago area after high school in 1961, met her husband, married and moved into one of the first "condos" in Evanston.

"It was a great area," Karen said. "Evanston was a great place to live. I had gotten back into dancing in Chicago. My husband was a sailor and we danced at the Chicago Yacht Club. We had dances in the summer and always after races. We did the cha-cha and jitterbug."

The Donaldsons Move To South Florida

Karen and her husband eventually bought a second home in Lighthouse Point in 1980. As snowbirds, they moved back and forth for a few years until settling permanently in Florida in 1987. Karen worked a number of jobs after her move including travel agent and property management.

Her husband got sick in the late 80s and Karen spent much of her time caring for him. A neighbor, who was taking ballroom dance lessons, asked Karen to come along as therapy to get away for a few hours from caring for her husband. Soon, however her husband



John Knox Village resident Karen Donaldson's long passion for dance shaped her career after she moved to South Florida.

passed away and Karen was on her own.

Her love for dance helped Karen in many ways to get through her grief and to rebuild her career. She had been working part-time at the dance studio named Ambience in Deerfield Beach. "I got into teacher training at the studio, but then the studio closed," she told *The Gazette*. "But we were all still into dancing, and as friends would get together three or four nights a week.

"After my husband died, I had gotten with another dance teacher and discussed opening a dance studio. When one became available to purchase, we bought

it. I had to get serious about dance." That dance studio purchased in 1996, was the Star Ballroom on Atlantic Boulevard in Pompano Beach.

Love For Dance Leads To Star Ballroom

"When we opened the ballroom, we had people from all over coming to our dance events, including residents of John Knox Village and other retirement communities. We also had people of all ages. We had kids learning ballroom dance. We had two social dances a week on Tuesdays and Fridays. Everyone got dressed up for the dances, and they were an event."

While not a competitive ballroom dancer herself, Karen served as a teacher to guide those who wanted to get involved in competitions.

"We would do showcases and take people to dance competitions all over the country. We went to New Orleans, Miami, even went to Blackpool, England for the first time in 1992, and went every year, until just last year."

Karen sold out her interest in Star Ballroom about four years ago, but still helped out and even taught a class at Northeast Focal Point Senior Center in Deerfield Beach until the pandemic.

When it came time to retire and move on, Karen understood exactly where to go.

"My mother-in-law had lived at John Knox Village, and I kept bringing others that I knew here to the Village. Then about three years ago, I took a tour and walked into Cassels Tower 1202 and said to myself, 'I could live here.'"

Karen moved to JKV in January 2018 and considers her decision a great life choice. "I am still working part-time as a property manager, yet I have the security that John Knox Village provides me."

Dance Draws People Together

She still has a great connection with dance and praises its benefits to one and all. "Dance helps posture, movement and social involvement. When you go to the gym, go running or biking, you do not touch. We lose our personal connection. Since so many seniors are alone, dance draws people together. For many elders, no one touches them except a doctor. Dance is a way to touch and communicate."

Well said Karen. Her words about the value of dance and personal interaction closely parallels the words sung by Lee Ann Womack: "And when you get the choice to sit it out or dance. I hope you dance."

The Doctor Is In: Calming Anxiety Fast

Anxiety, Useful And Less So

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

During this past year, I am sure you have felt anxiety. There are actually two types of anxiety. They feel the same but have very different uses.

Useful anxiety might be categorized as necessary or built in for a reason: Like when we see a rattlesnake. That anxiety, which automatically makes us run, or fight, can take much credit from the human race for helping us survive these many years. We probably

would not have been here without it. This is useful or appropriate anxiety.

Another type, less useful, is the worry or tension we may get from piling anxiety upon anxiety, as when we have too many anxious events, or when we worry about the worry. That could be an anxiety "pile-up," when we take on someone else's anxiety or when we worry about something we can't do anything about, or when we don't face facts at all.

Useless Anxiety

The second type – I'll call it "useless anxiety," or anxiety pile-up – is what we'd like to manage better.

How do I get the needless anxiety more in perspective, less intense?

First, think it over, and decide whether there is, indeed, anything that can be done to de-intensify the situation. Quite often, this alone will point to the solution and show you how to succeed, if this happens great.

If thinking it over helps somewhat, but not enough, then a brain-switch might help. Something like taking a trip, getting into a hobby, reading a good book, playing a sport or card game, or a comedy TV show might lend some perspective. When I get it into perspective, I begin to realize that the situation is usually not as big as I make it out to be. I often think that people who watch sports have a great advantage in perspective-gaining over the rest of us.

Quick Anxiety Break

Often, though, we need an immediate break or a calm-down that doesn't need any equipment, cards or partner. What do I do then?

As John Gottman, the famous relationship researcher found, sometimes when marital (or other I would add) partners get too heated in their discussions they need to let the other know, "my brain is flooded, and I need a break." That becomes the signal for them to decide how much of a break to take—when to resume and where. He advises no less than 20 minutes. This is the least the brain needs to get a little more perspective – the big picture. Oh yes, and let's be sure to keep the appointment when deferred for another day.

When I take anxiety on from others, how do I quickly simmer down again, so that my reply may be somewhat logical and useful. This ability is especially needed in leaders. Lessons from the classic book "The Relaxation Response" can help. Training by a biofeedback therapy specialist can be extremely useful, and if you can find it, neurofeedback, which retrains the electrical wave system of the brain if needed.

At a board table, when things get emotionally intense, a helpful way to quickly calm down and get better brain function, is to start observing. Go around the table looking at how people are handling emotion. Study how they interact. In what relationship posture are they talking with others? This observational objectivity is incompatible with anxiety, so helps unload it.

A couple more, known, probably for centuries:

1. Take 10, slow deep breaths.

Focus on breathing slowly. It not only takes the worry off a bit, but focuses on slowing down, always useful.

2. When you speak, concentrate on talking slower.

This probably helps with lowering anxiety in the same ways that breathing slowly and deeply do.

These two tips require no partners nor equipment and yet can be most helpful for lowering anxiety, which we think will help with recovering from illness, trauma or surgery. It can also prevent certain illnesses, especially those of the auto-immune type. If we can keep the immune system in good working order, we may be less susceptible to illness in general and communicable types like those from viruses or other micro-organisms.

• **Whenever it is available, I try to have physical exercise in my day.**

It will have many of the same effects to the relaxation response. Studies have shown that regular exercise will keep the immune system more active.

• **Another way to de-intensify is to relax—or make limp—the arms and legs.**

After you master that, try keeping feet and hands warm at the same time you relax your arms and legs. A trainer can help.

A small workout I love when I think of it (when I'm not too intense), is to watch the evening news with relaxed arms and legs. That is a small test of how I am doing at not taking on the anxiety around me. After all, the news is often the source of anxiety.

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.



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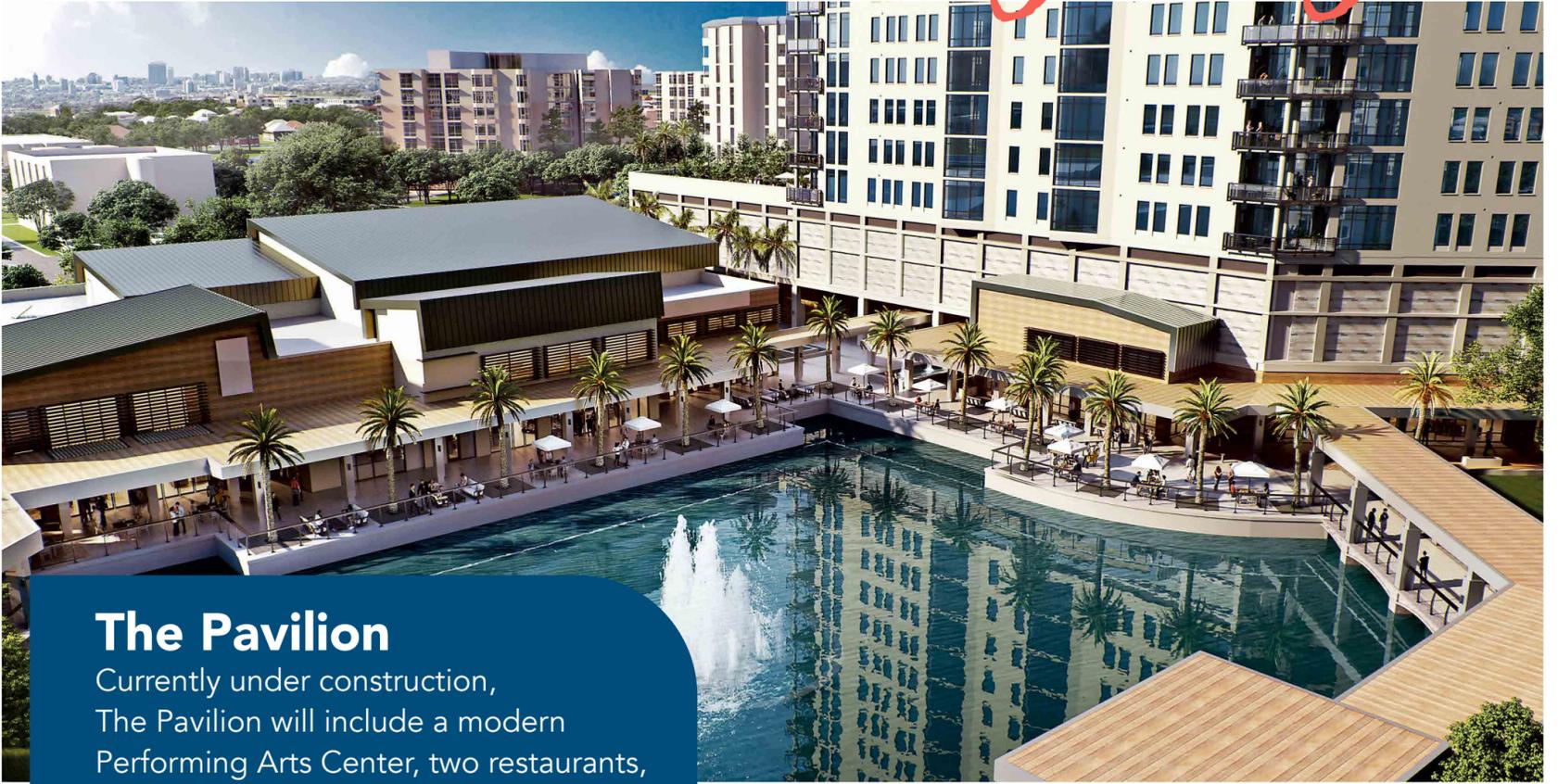
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John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial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

Dial Down Your Cancer Risk

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

Cancer is a devastating diagnosis we hope never to receive. About 1.8 million Americans, however, are diagnosed with cancer every year, and 600,000 Americans died from cancer in 2020 (similar to the number of deaths from COVID-19 during the same year).

When we develop a disease like cancer or heart disease (the two major killers of Americans), we first tend to blame our genes, however, lifestyle and environment play a much larger role. For instance, when one of a pair of identical twins develops breast cancer, the likelihood of the other twin developing breast cancer is about 20 percent.

Cancer And Your Environment

Similarly, when people migrate to another country, their risk factor for most chronic diseases are determined, not by their country of origin, but more so by the country they move to and the new lifestyle they adopt. The influence of the new home gets even stronger over time and more pronounced in their children and grandchildren. One example of this phenomenon: Third-generation Asian-American women have a 50 percent higher risk of developing breast cancer than their second-generation elders. Those who have lived in the West for more than a decade, have an 80 percent higher risk than those who moved more recently.

Tobacco use accounts for 25 to 30 percent of cancer deaths, while diet is to blame for an estimated 30 to 35 percent of cancer deaths, and obesity is associated with about 40 percent of cancers. Therein lies a big opportunity for prevention.

Inherited genetic mutations cause only about five to 10 percent of all cancers. If you have such a predisposition, likely you're already aware of it due to your

family history. So, what can we do to lower our risk of cancer?

The short answer may seem self-evident: Do not smoke, maintain optimal weight, minimize toxin exposure, promote clean energy and non-toxic farming/food production, and most importantly, eat a healthy diet. Many plants and mushrooms contain compounds which seem to provide protection against cancer.

Lycopene, one of the main carotenoids found in tomatoes, pink grapefruit, apricots, and watermelon, helps to prevent cancer through its antioxidant and detoxification-boosting effect. Tomato-based products account for 85 percent of dietary lycopene. I add diced tomatoes to almost any stew. Coq au vin, poulet Basque, and stuffed peppers are my favorite lycopene-rich delicacies.

Sulforaphane, the compound created in our body by eating cruciferous vegetables such as broccoli, cabbage, Brussels sprouts, kale, arugula, and watercress, is a star among compounds boosting our ability to detoxify numerous carcinogens, increase antioxidant production, and put a dent in systemic inflammation.

Other anti-cancer compounds are resveratrol (found in the skin of red grapes), berries, and peanuts; quercetin, found in apples, onions, and capers; and sulfur compounds in garlic. But some of the most powerful anti-cancer compounds are in your spice rack: Turmeric, ginger (those two should be used most frequently, if not daily), red chili, rosemary, cloves, cinnamon, coriander, cumin, and fennel.

Benefits Of A Low Glycemic-Index Diet

The best anti-cancer dietary strategy is eating a low glycemic-index diet: One that does not spike sugar and thus insulin, diversity of colors (just not from M&Ms), plenty of fiber, avoiding processed meats and alcohol, and occasionally fasting (check with your physician



A proper diet can help lower your cancer risk.

first, though, to make sure fasting is safe for you).

Have a daily routine to help you deal with stress. Stress and inadequate sleep suppress our immune system and make us more susceptible to cancer (as well as infections and heart disease).

Eat Right And Get Your Exercise

Finally, do not forget to exercise at least 150 minutes per week. Being sedentary is as bad for you as smoking a pack of cigarettes per day.

The next-best strategy to cancer survival is early detection. That is why mammograms and colonoscopies can save your life. Cancer detected at an early stage is much easier to treat. Sadly, due to the COVID-19 pandemic, many people skipped their routine cancer screening over the past year. It is estimated that 10,000 more people will die from colon or breast cancer because of delayed diagnosis. Do not let that be you.

Be well and take care of yourself.

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.

The Silver Lining Of A Pandemic

Anne Goldberg
Gazette Contributor



Anne Goldberg
The Savvy Senior

It seems that life is slowly beginning to return to something resembling the before-times. Vaccines are making a difference. John Knox Village has just opened its new Aquatic Complex and other senior communities are also easing some of the restrictions of the past year.

It's been a long and challenging 14 months and I find myself reflecting over how this experience has affected me. I've learned a lot about myself. I learned I don't mind being home. In fact, I enjoy my quiet time and I thoroughly enjoyed the slower pace of life. The overriding change for me

was less pressure, less stress and I loved that.

Reassessing My Time

I also have come to understand that, while I enjoy the occasional dinner out, what really sparks joy for me is being with the people I love, whether or not food is

involved. I've learned that Netflix has great content and that it's okay to sit, relax and get absorbed in TV storytelling. Before the pandemic, I felt guilty committing to a multi-season series, thinking there was always something more important I should be doing. Now I know that down time is essential and it's a gift I give myself.

I Can Deal With This

I learned that gratitude is the foundation of my emotional health and well-being. Even while in lockdown, being grateful for the little things in life is what made it bearable. I am grateful to live in Florida where the warm weather invites me outside. I am grateful for my loved ones, even though we mostly saw each other through the glass of the sliding doors, the lens of Zoom or video chatting. I am grateful for my health. I am grateful for the doctors who helped me when I went through some health challenges in the past few months.

I learned that I am resilient and that I am able to adjust myself to the reality of a global pandemic that changed, well, everything. I learned that I have patience I never knew about, and a more accepting attitude of what life was bringing forth. I learned that whenever I found myself feeling badly about any situation, a brisk walk or bike ride helped immensely – a nod to the many benefits of moving the body.

I learned I can get almost anything I need delivered to my front door, and I must say, I truly enjoy that con-

venience. While it won't take away the pleasure I get from wandering my favorite stores and picking up treasures along the way, it certainly taught me that I don't have to be deprived just because I am homebound.

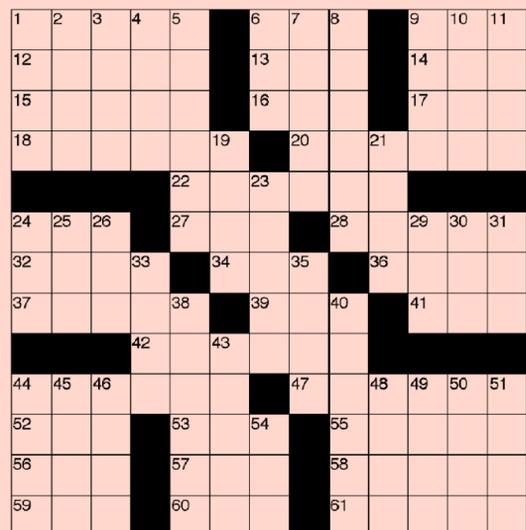
Sheltering-in-place, wearing masks and physical distancing have not significantly changed me, but they have opened my eyes to, and put a spotlight on, the things that truly make me the happiest.

I Know How To Cope

How about you? Has this past year changed your relationship with yourself? Have you found special coping skills you never knew you had? Do you better understand your priorities and what makes you happiest? If you come out of this experience a bit wiser, albeit a bit wearier, then you have achieved something special.

Be a Savvy Senior. Consider that this past homebound year has illuminated things about yourself and that you had the resilience to make it through this and any challenges you might face.

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



Crossword Puzzle Of The Month

ACROSS

1. First wife of Jason
6. Here (Fr.)
9. Hebrew letter
12. Goodbye (Sp.)
13. Cash on delivery (abbr.)
14. Wine cup
15. Convex molding
16. Simian
17. S.A. sloths
18. Vomiting
20. Fifteenth-century helmet
22. Fr. detective force
24. Outer (pref.)
27. Cyprinoid fish
28. Dropsy
32. Meat
34. Apart (pref.)

36. Irish exclamation
37. Stinging ant
39. Bow
41. Compass direction
42. Verdi opera
44. Nearsighted
47. Gait
52. Amateur Athletic Assn. (abbr.)
53. Videocassette recorder (abbr.)
55. Vacuum tube
56. Than (Ger.)
57. Age
58. Avid
59. Encountered
60. Spread to dry
61. Irish poet

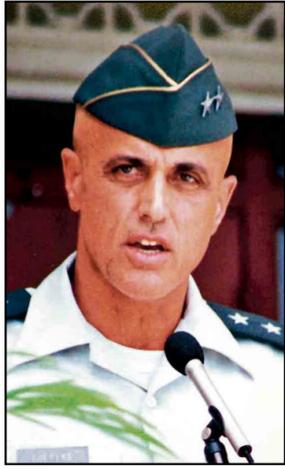
DOWN

1. Associate
2. Idumaea
3. Grave
4. Adjective-forming (suf.)
5. Birthplace of St. Francis
6. Amazon tributary
7. Thicket
8. Form thoughts
9. Afrikaans
10. Female friend (Fr.)
11. Huge
19. Floating masses of weeds
21. Maiden loved by Zeus
23. Queen (Sp.)
24. Wapiti
25. Sheep disease
26. Poetic contraction
29. Gelderland city
30. But (Sp.)
31. "Fables in Slang" author
33. Turnip (Scot.)
35. Hymn
38. Flowering shrub
40. Tiara
43. Mother-of-pearl
44. Madam
45. Rockies peak
46. Baking chamber
48. River into the Yellow Sea
49. Business symbol
50. Polish border river
51. Father (Fr.)
54. Energy unit

Answers On Page 10.

Always Best To Check The Water First

Burn Loeffke
Gazette Contributor



Burn Loeffke

Swimming has been touted as one of the best activities for our health. John Knox Village now has two large pools in its recently opened Aquatic Complex. From my personal experience, one should be reserved for a small resident alligator. Trust me, swimming will be more interesting and much faster.

Here is my story: The most demanding education in the U.S. Army is Ranger School. We endured two and a half months of hell, but in the end, we were prepared for combat. During training, we were chased by military dogs and their handlers, while navigating through harsh terrain to escape the dogs. We went three days without food. We slept an average of three to four hours per night. In my days in service, the Army wanted to place at least one Ranger trained soldier per each 40-man unit. The Ranger officer and soldier would provide a backbone for the unit.

One Experience Stands Out

During training, we were so tired, that at night on patrols during infrequent breaks, we were not allowed to lie down on the ground, for fear of falling asleep and being left behind. It was tough training.

One experience stands out in my mind and is the source of frequent nightmares. I had been selected to swim the rope across streams and rivers. This was a dubious distinction I received, when a classmate told our group that I was a good swimmer.

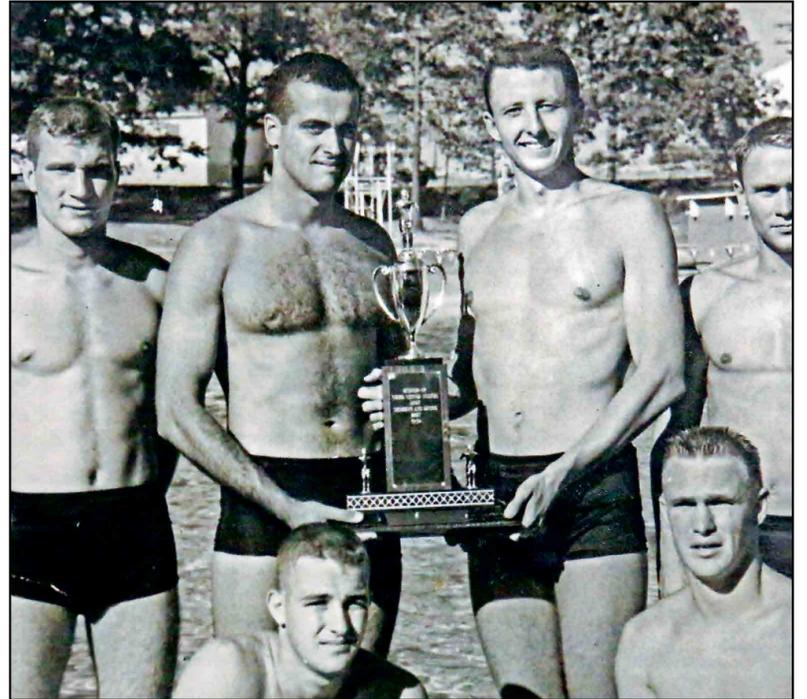
Several of the Rangers would walk up and down the river and splash the water hoping to distract any critters while I swam with a rope around my waist. When I reached the other side of the river, I would tie my end to a tree so that the patrol could cross safely.

The next to last day of Ranger School, we were in the swamps. I was swimming the rope across when I heard a splash and the yells from many of my co-trainees: "ALLIGATOR! ALLIGATOR!" I swam the rest of the distance in world-record time. **Take-home lesson: Be sure you know what is in the water before you get in it.**

Another Swimming Experience

I read last month's *Gazette* article about spring break in Ft. Lauderdale with great interest. That's because I was there. Some 65 years ago, I swam for the East Team during the annual collegiate swim competitions in Ft. Lauderdale.

As noted in *The April Gazette* article, this was the competition started by Sam Ingram, the swimming coach from New York's Colgate University. (Mr. Ingram tried to recruit me for the Colgate swim team, however I opted for West Point.) This annual Ft. Lauderdale competition pitted colleges from the East against colleges from the West. It was 1956, and I was fortunate to have been one of the swimmers chosen to represent the East Team, along



Captain Burn Loeffke (on the left holding trophy) and teammates during the All-Army swimming championships in the late 1950s. Burn Loeffke photo.

with swimmers from Yale University and The Naval Academy against the West.

We would wake up at 5 a.m. and do distance swimming in the Olympic pool followed by swims in the ocean. Then breakfast and nap. Then light lunch and an afternoon of sprints. The evening was reserved for parties. However, we were too exhausted to stay up too late.

This was the real start of the spring break madness. I have many memories of those experiences. Some are worthy of inclusion in the annals of spring break history, but I will remain silent about most of them. One thing for sure, I had a terrific time, and after the swim meet reported back to West Point with a tan and great conditioning.

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.

JKV Honors Its Vietnam Veterans



Vietnam Veterans honored include (top row: L to R), David Thomson, Jim Kamp, Dana Hardy, Jim Onoprienko, Robert Collier, Fred Chekanow and Dave Bayer. Bottom Row: William Johnston, Tom Woodham, Burn Loeffke, Richard Mellett, Farrell Patrick and Jerry Felski. Also honored but not available for the photo were: Ron Ault, Russell Calvet, Dustin Dunn, Paul Loree, Jed Sprague and Ed Spiers.

National Vietnam War Veterans Day is observed every year on March 29 and is a way to thank and honor our nation's Vietnam veterans and their families for their service and sacrifice. The day honors U.S. Armed Forces personnel with active duty service between Nov. 1, 1955 to May 15, 1975, regardless of location of service.

In a service of honor, JKV Spiritual Director, Rev. Jamie Champion, himself a U.S. Marine veteran, welcomed JKV Vietnam War veterans, family and friends to the Village Centre Auditorium.

"We want to thank all of you who have attended and especially thank all of our Vietnam Veterans," Rev. Jamie said. "Your struggle, your sacrifice, and your perseverance are hallmarks of what make our nation a great one. They are a testament to you and a benchmark for us."

The *Gazette* staff shares our thanks to the many JKV Vietnam Veterans for their service.

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

M	E	D	E	A		I	C	I		T	A	V			
A	D	I	O	S		C	O	D		A	M	A			
T	O	R	U	S		A	P	E		A	I	S			
E	M	E	S	I	S		S	A	L	L	E	T			
						S	U	R	E	T	E				
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A	L	S				E	R	A		E	A	G	E	R	
M	E	T				T	E	D		M	O	O	R	E	

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

NSU Art Museum Fort Lauderdale Events

Lineages: Works From The Collection Now On View

Jessica Graves
Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM

FORT LAUDERDALE

Plan a visit to enjoy the exhibitions at the NSU Art Museum Fort Lauderdale. Now on exhibit is: *Lineages*, bringing together works from NSU Art Museum Fort Lauderdale's permanent collection,

which have been selected to act in conversation with the current exhibition, *Eric N. Mack: "Lemme Walk Across The Room."*

Eric N. Mack collaborated with the Museum curators to cull together works that highlight some of his predecessors and abstract painters who influenced him, including Helen Frankenthaler, Sam Gilliam, Kenneth Noland, Jules Olitski and Robert Rauschenberg.

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

Exhibits Opening In May

Thomas Bils: "Still Cheaper Than Paying" Opens May 15

"Still Cheaper Than Paying," is a project by artist Thomas Bils to turn the artifacts of his financial obligations into something beyond inert monetary transactions. As he receives items such as parking citations and insurance bills, he adopts them for use in his studio. Instead of a sketchbook, these papers become the substrate in which Thomas works uncoupled from his curated practice of painting about his upbringing in suburban Florida.

The Carter Project Opens May 15

Christopher Carter infuses a blend of ethnic and urban influences in all of his artistic work. His bold and decisively organic sculptures strongly reflect his African-American, Native American and European heritage.

New Museum Acquisitions

NSU Art Museum has recently acquired works by Iké Udé, Kati Horner, Ates Isildak and Antonia Wright for the permanent collection.

West Palm Beach-based Ates Isildak creates disorienting narratives that challenge the male gaze through collage, digital video, stop-motion photography, and graphic design and finds inspiration in gender fluidity, sexual ambiguity and intersexuality. The works connect to NSU Art Museum's dedication to representing the work of South Florida artists with an emphasis on championing the work of LGBTQA+ artists.



Ates Isildak, Roger, 2018, Polaroid, 3 x 4 inches, Edition 1 of 10. Image source: NSU Art Museum Fort Lauderdale.

Upcoming Events

Bank of America Museums on Us May 1 and 2

Bank of America cardholders receive free admission to the Museum.

Free First Thursdays Sunny Days, Presented by AutoNation May 6 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.

Creativity Exploration: Altered Books: Live Virtual Adult Workshop May 8 from Noon to 1:30 p.m.

Inspired by a wide variety of approaches to altering a book into a work of art, participants will create their own altered book using a variety of folding, collaging, and mixed media techniques.

Members \$10 / \$15 for Non-Members. RSVP on Museum Website for Zoom Link.

Fort Lauderdale Neighbor Day May 30 from Noon to 5 p.m.

All Fort Lauderdale residents receive free admission to the Museum.

Exhibitions Now On View

Iké Udé: Select Portraits

A selection of full-length portraits including works

from his Sartorial Anarchy and Nollywood (Nigerian film industry) portraits as well as recent portraits.

The World of Anna Sui Through Oct. 3

A major retrospective exhibition of fashion designer Anna Sui. With over 100 looks, "The World of Anna Sui" explores the glamorous and eclectic world of one of New York's most beloved and accomplished designers and invites viewers to step inside Sui's imagination to discover her creative process and the diverse influences that contribute to her signature aesthetic sensibility. Advanced Ticketing available on Museum Website.

Eric N. Mack: Lemme Walk Across The Room 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.

I Paint My Reality: Surrealism In Latin America Through Fall 2021

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

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.

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.

Shopping Is A Breeze @nsuartmuseum

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www.nsuartmuseum.org/visit/store/

Museum members receive 10% off and first dibs on all limited editions.

Our Moms, First Connection To Life



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

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

May is the month we celebrate and honor our mothers. It is also a time of beauty

and awareness of all that nature has to offer.

It seems so fitting that nature offers us such beautiful reminders of life in the very same month we celebrate and honor the women who create and share life.

An article by the Joint Economic Committee of the United States Congress titled, "How Working Mothers

Contribute to the Economic Security of American Families," addresses the shape of American families and how over 70 percent of mothers are in the labor workforce and are directly responsible for the economic support of families and households.

This doesn't seem like news to us, as we've seen women all over, share in working responsibilities, household responsibilities and general family duties. This month of May, we honor and celebrate women of all backgrounds who support and nurture others in many capacities. May is the time, we look at women, especially mothers, and their contribution to our world. Let us not forget the other "mother" figures in our lives: Aunts, grandmothers and sisters.

A Mother's Contribution Is Invaluable

It's important to note that a typical salary for a mother of today would be the equivalent of \$100,000 annual salary. While understanding the monetary implications, what we know of the contribution of women and mothers is that they are invaluable. You can't really put a price on someone who contributes so much to life. A few things that we recognize and celebrate are their unconditional love and patience.

Loving someone and showering them with patience and support as they grow and develop is a task that requires endless hours of their time, not to mention unconditional love. It requires a deep connection to their own self, as well as an understanding that the future depends on them. Knowing that mothers are the primary and usually first teachers, we can thank them for teaching us determination, ambition, trust and responsibility. Their teaching is vital to ongoing

development, future relationships and how we learn to treat others.

We learn so much from our mothers and we're reminded of words spoken by the 19th century Cardinal Gaspard Mermillod that a "Mother is she who can take the place of all others, but whose place no one else can take."

Thank You Mom

Mothers are invaluable. They are our first connection to life. They are our first teachers. They are the ones who mold us into who we are and whose invaluable presence gave us our presence in life. This month we celebrate mothers everywhere and their invaluable contributions to our lives and our world.



We thank the women in our lives for their unending contributions to family and society.

Share The Gift Of Kind Words

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

The best way to celebrate Mother's Day is to share the gift of kind words. Be generous because you have had a lot of "mothers" in your life. The essential act of "mothering" is not just about birthing, but rather what happens afterward: Connecting and caring.

Over the past year, the pandemic has reminded us that many people—women and men—offer connection and care in serving others. Words are an important part of the connection and care we receive from others

and the connection and care we give to them as well. Words are the key to our humanity.

Words Make Us Human

Other animals cannot share words. Yet many people take the blessing of words for granted, unless dementia, stroke, or other impairment takes them away.

From early on, an important benefit of human connection is learning our "mother tongue" language.

You probably don't remember learning to understand and speak words, but if you are reading this column, I guarantee you, some caregiver worked very hard in your early years to give you the gift of words.

Years ago, an experience at school led me to appreciate the unique power of words. One day when I was about 12, we all gathered in the assembly room to watch "The Wild Child," a 1970 French movie with subtitles by director François Truffaut. Based on true events at the end of the 18th century, this movie tells the story of a boy who spends the first 12 years of his life living in the woods with little or no human contact.

His hearing was keen for the sounds of nature, but unattuned to the subtle tones of human language. He found it especially difficult to speak, laboring to say

the French word for "milk" to indicate that he wanted some milk. It was a major triumph when he could say the first letter. In addition to language difficulties, the boy found it difficult to express emotions and feel empathy for others. In other words, he had a hard time being human. He died at age 40.

This critically acclaimed movie provides a poignant context for three basic insights about words.

- **Words strengthen social bonds.** As "The Wild Child" reveals, the torch that lights up language in the brain must first be passed on by others. Throughout life, words connect us to others and affect our health.

- **Words express emotions.** Emotions that are turned into words can be toxic or healing and impact brain health, for better or worse. Whoever said "sticks and stones may break my bones, but words will never hurt me," was delusional. Words can hurt us far more than sticks and stones. Words can break the heart.

- **Words exercise the brain.** Words are good for our brain health. Speech uses more muscles than any other human movement and is easily diminished by a stroke. Language usage provides an early warning system for several brain disorders, including autism and Alzheimer's disease.

Share Healing Words

During the pandemic, workers in many industries have risked their lives to continue offering essential services to the public. Medical workers have faced extreme demands in connecting and caring for COVID-19 patients who cannot receive visitors. Staff at senior living communities have become a social lifeline to homebound residents separated from friends and family.

A disproportionate share of the hardships for this pandemic-related connecting and caring has fallen on women, who often sacrifice income to meet the needs of others at home. Many women have struggled to make ends meet while overseeing their children's online learning.

Which brings us back to Mother's Day. When we are on the receiving end of connecting and caring, we can share the gift we received long ago: Words. For many people, that gift was first given by a mother.



Give thanks to the many workers who have risked their lives to continue offering essential services to the public.

The best "thank you" we can give to our mother or other caregiver from long ago is to share the gift of kind, healing words.

To celebrate Mother's Day, share kind words with those who have offered you connection and caring over the past year. They don't have to be women, but remember how much of the pandemic's social burden has fallen on women and be especially generous to them. Family, friends, workers, volunteers: Cast a wide net. Everyone can use the healing magic of kind words, especially these days.

You are wonderful. You are a blessing. You make me proud. You cheer me up. You make my day. You are my hero. You have saved my life. God bless you. Thank you.

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

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