



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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

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The Magic Of Water Workouts

The Coolest Way To Beat The Heat And Get Fit Under The Summer Sun



JKV residents use water noodles as part of the in-pool aerobics fitness program at the new Aquatic Complex.

Dive Into Water Fitness This Summer

Nona Cree Smith
Gazette Contributor

Water adds an invincible feeling of "I can do this," when starting an aquatic exercise program.

As you splash into a swimming pool, the water adds a gentle bounce that lets you walk, jog, stretch, leap and pivot with ease, without a jolt or strain to your joints and muscles. Water acts as a cushion for your weight-bearing joints, helping to prevent injury and strain common to similar on-land workouts. At the same time, the water buoys you up.

Water also offers moderate resistance as you move through it. As it is denser than air, water makes your muscles work harder to move, even though you do not feel as if you are using a lot of effort. I think of water as a weight-training machine without the heavy paraphernalia.

One of the most magical features of water exercise is its versatility and adaptability to any fitness level, age, and most health challenges. If you have not exercised in some time, you can get in the swim of things with water aerobics classes and begin to do simple exercises right away. You will

improve physical fitness quickly and might even lose those seemingly "stay in place" extra pounds.

You do not need to get your hair wet and the ability to swim is not a requirement. But water safety is important, so make sure you are able to dog paddle to safety should the need arise. I am an extremely poor swimmer and as a precaution have taught myself a "flutter-feet upright breast-stroke" much to the amusement of my family, who are all dedicated athletes.

Wade Into Refreshing Fitness

In Florida, we are blessed with an enviable tropical climate where it is warm most of the year, letting us enjoy the benefits of aquatic aerobics. Many swimming pools are often heated in the cooler months, so water exercise can be a year-round fitness program, in addition to socializing with friends and neighbors before, during and, especially after water workouts.

The beauty of water exercise is that it accommodates the fitness needs of just about everyone, of every age, and makes even beginners look like experts, unlike intricate land-based aerobic exercise classes. I remember taking a Jane Fonda

See "Water Fitness" on page 2

JKV's Hurricane Season Philosophy:

'Prepare For The Worst, Hope For The Best'

Peace Of Mind Plans In Place For Above-Average Forecast

Rob Seitz
Gazette Contributor

Researchers and world-renowned hurricane prognosticators at Colorado State University are again predicting an above-average hurricane season, which

begins June 1.

They are forecasting 17 named storms, eight hurricanes and four major hurricanes versus the average of 14, seven and three, respectively.

The reason? The lack of the El Niño Effect.

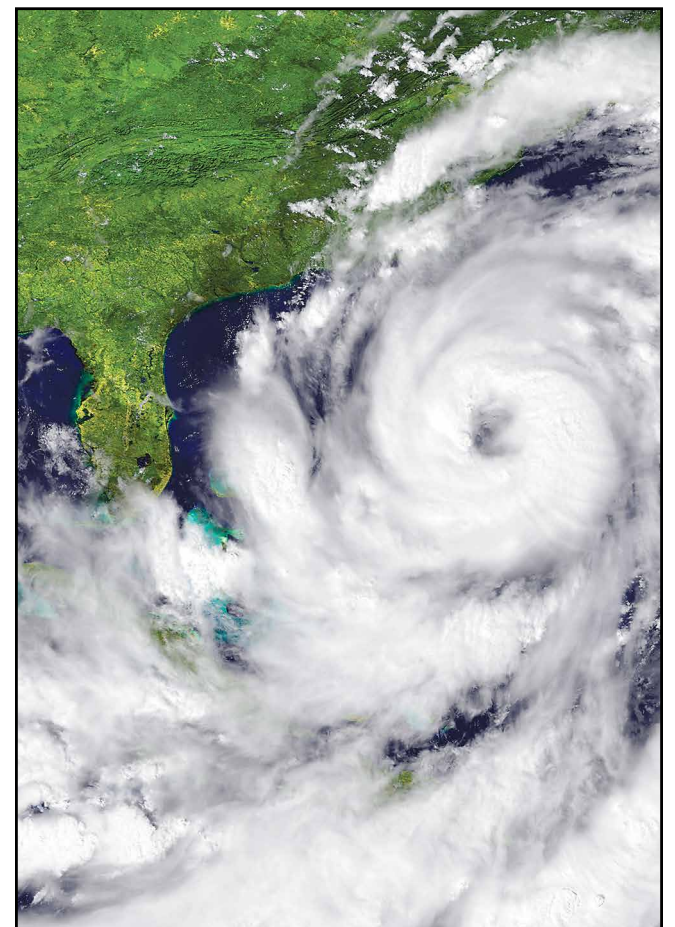
"El Niño tends to increase upper-level westerly winds across the Caribbean into the tropical Atlantic [Ocean], tearing apart hurricanes as they try to form, said CSU's Dr. Phil Klotzbach, in the University's report titled: "Extended Range Forecast of Atlantic Seasonal Hurricane Activity and Landfall Strike Probability for 2021."

JKV's Proactive Preparation

For many in the area, the June 1st start of hurricane season comes as a surprise, but not at John Knox Village, South Florida's premier Life-Plan Retirement Community, located in Pompano Beach.

"Once again, the John Knox Village Emergency Operations Team is ready, and again, ready amid the ever-present threat of COVID-19," JKV's Director of Compliance and Risk Fran Murphy, told *The Gazette*.

"The Village has a comprehensive Tropical Storm and Hurricane Plan, which is reviewed and updated annually. Our challenge this year, once again, is to integrate COVID-19 preventive protocols into our plan to



Prognosticators predict another active storm year in the tropics.

See "Hurricanes" On Page 3

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JKV Residents Get In The Swim Of Water Fitness



Fitness professional Erik Nenortas leads a pool exercise session featuring water weights to increase strength, while reducing stress on joints.

From “Water Fitness” On Page 1

aerobics class where everyone (except me) seemed to know the exercise routine and movements. I was so bad at following the instructor, that at one point I lost my balance, toppled over, and took down a long row of exercise aficionados with me. I thought I heard someone yell “timber.” Very embarrassing, but working out in water is a low impact, easy, fun way to enhance balance, improve cardiovascular endurance, build muscle strength, increase flexibility, and even boost alertness. And in sunny Florida the warmer pool water is very relaxing and soothing for people with painful, stiff joints.



John Knox Village Fitness Manager Marsha Dixon oversees a staff of six fitness professionals who are trained in a full range of exercise regimens.

Water Works Everywhere

The basic requirement for water exercise is – well water. America is the land of swimming pools, from backyard pools to country clubs, city recreation departments, condominiums and at the very finest, Life-Plan Communities for seniors 62 years of age and greater. John Knox Village (JKV), the award-winning Life-Plan Community in Pompano Beach, has just completed a gorgeous new resort-styled Aquatic Complex that includes a zero-entry pool that gradually slopes into the water, plus a second large 75-foot, 4-lane lap pool. Stylish shade sails offer protection from the sun and add designer elegance. Stryker’s Poolside Sports Pub overlooks the pools and is a great place to socialize after a pool workout, enjoy a cool drink and watch sports on the wide-screen TV. Bocce ball and Pickleball courts are located adjacent to the two swimming pools.

JKV’s Water Fitness Programs

Marsha Dixon, John Knox Village Fitness Manager, oversees a staff of six professionals, and the “on-land” Fitness Studio, as well as the “pool-oriented” Water Fitness programs. Marsha described the clear goals set out for a variety of fitness programs for JKV residents designed for both land and water exercise activities.

Marsha stressed that prior to embarking on any exercise program, the important first step at JKV is to evaluate an individual’s fitness and flexibility levels. Marsha and her team get to know as much as possible about the person’s health, fitness status, current physical activity level, activity likes and dislikes, and personal goals.

“Designing effective exercise programs that can help older adults maintain or improve their mobility is first assessed with some painless tests,” Marsha told *The Gazette*. “The senior fit-tests are a researched, proven assessment that pinpoints a person’s fitness capabilities such as muscular strength, endurance, balance, agility and flexibility. The tests, combined with a person’s age and gender, help design effective exercise programs which help improve strengths and overcome weaknesses. With this fitness report card exercise and activity recommendations, best suited to the individual are made.”

Marsha stressed there is no way to fail these tests. “They are simply a way to help promote longevity and individual function through physical activity, so that older people can live independently and maintain, or improve their mobility and quality of life.”

To Marsha and her staff of Fitness Professionals, the opening of the Aquatic Complex added valuable water fitness programming that is both enlightening and refreshing. It is not “splashing around,” but involves focus and intensity that can be elevated to a high level as fitness progresses.

Currently JKV offers 45-minute to hour-long water fitness programs focusing on four disciplines:

Water Aerobics: Aerobic workout, with resistance training and stretching. Exercises are performed in waist or chest deep water with little stress on bones and joints. Water noodles and weights are used during the class.

Aqua Stretch: A flow of gentle dynamic stretches to lengthen muscles. Goal is to improve flexibility and range of motion.

Water Pilates: Use the water’s natural resistance to increase full range of motion. This class engages core strength and improves stabilization, control and balance.

Arthritis Hydrotherapy: Developed by the Arthritis Foundation Aquatic Program (AFAP), this program uses specific water-based exercises to increase range of motion, muscle strength and endurance. The goal is to help reduce stiffness and pain for those with arthritis and other limitations. This program is also ideal for those with Parkinson’s and stroke recovery.

John Knox Village residents simply need to make a call to the Fitness Studio to initiate their fitness program. For readers of *The Gazette* living outside the Village, contact your local senior citizen center or community pool to discover water fitness programs available in your area.

Take the plunge into aquatic exercise. It is a low-impact program, terrific fun with great socialization and a nifty way to stay cool, while improving your fitness in the summer heat.

Oodles Of Noodles

Other than a sparkling clear blue pool, no sophisticated expensive exercise equipment is needed to get a great aquatic workout. A favorite pool tool is the colorful aquatic noodle, a long tube of heavy-duty foam which can be used for flotation, for balance and safety while performing a variety of exercises.

I love to use what I call “duck’s feet,” but are in reality webbed aqua gloves, to help push against the water as you move your hands and arms to-and-fro and up-and-down: A great workout to strengthen and define arm muscles. To adjust resistance, simply change the angle of your arms or hands and speed up your movements.

Water weights only resemble weights in their appearance. They are light, and float, but are used basically the same way as lifting weights, only you are lifting with the resistance against water, much easier than pumping heavy weights.

If water jogging in deeper water is on your list of fun pool exercise, it is recommended you wear a flotation belt and “jog” at the deep end of the pool. You can buy your own equipment, inexpensively online, and it lasts for years.



JKV also features a fully equipped Fitness Studio, where residents can exercise on treadmills, stationary bikes, ellipticals, and free weights, as well as take part in yoga and aerobics classes. Here, Dusty Dunn participates in a regular workout.

The Village Is Proactive In Its Hurricane And Emergency Preparedness

From "Hurricanes" On Page 1

protect Residents and their pets from both a hurricane and COVID-19."

Just as in 2020, JKV will be using COVID-19 protocols such as health and travel screenings, masks, six-foot physical distancing, and strict sanitation procedures once a hurricane presents itself as a potential threat to the Village.

Prior to a severe storm making landfall, the Village staff is busy securing the campus, shuttering windows, removing items that could potentially go airborne and securing its fleet of golf carts and buses.

All three of the buildings providing higher levels of care (assisted living and skilled nursing) have full generator capabilities, so should power be lost they will remain 100 percent fully operational. The Village Centre, which houses many of JKV's Villa residents who evacuate their homes, also provides full generator service.

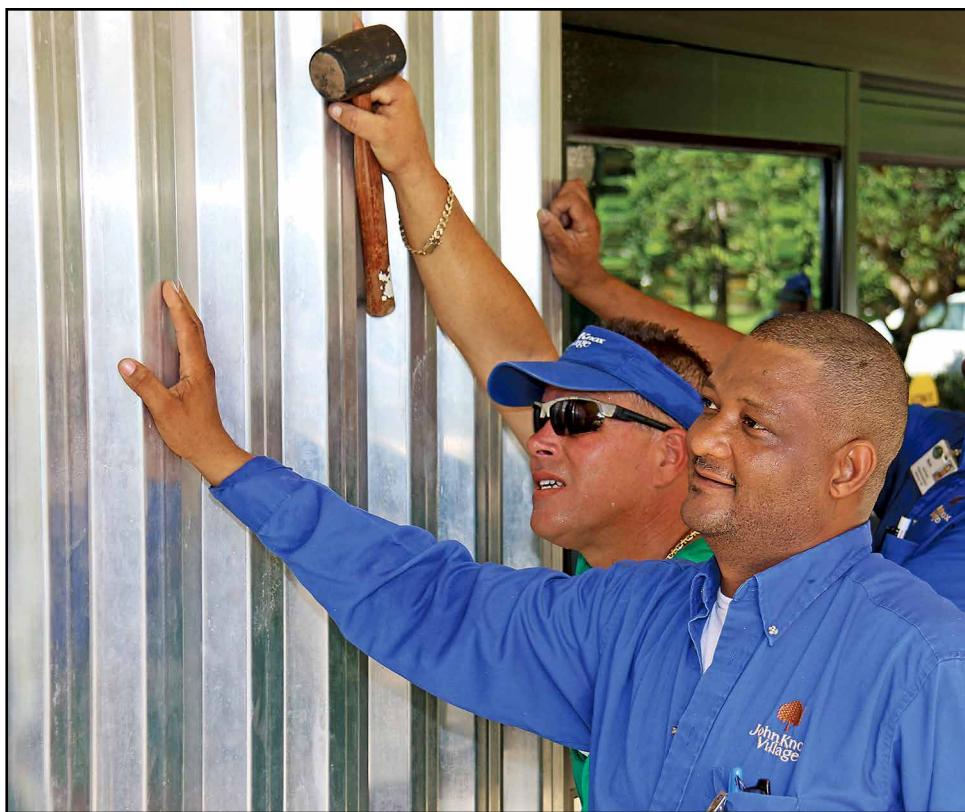
Generators in the Independent Living apartment buildings kick in and provide power for common areas, elevators and for oxygen and breathing equipment, so residents do not have leave their apartments.

Recent campus upgrades have included hardening Cassels Tower (the 17-story building with JKV's iconic clock on its west wall facing Interstate 95) and Village Towers, including installing impact windows and sliding glass doors.

Members of the Emergency Preparation Team monitor numerous websites regularly during hurricane season, including the National Oceanic and Atmospheric Administration's website (<https://www.noaa.gov/>).

To add an additional layer of peace of mind for residents, JKV team members stay at every campus location to supervise and assist as needs pop up, before and after a storm or hurricane. This group includes administrators, nurses, security, housekeeping and maintenance staff.

"John Knox Village's philosophy during a hurricane has always been, 'Preparing for the Worst, Hoping for the Best,'" Murphy said. "We have our plan in place. We are ready and I hope we don't have to use any of our preparations."



JKV's maintenance staff makes sure the Village is storm ready, adding peace of mind for its residents.



Fran Murphy is JKV's Director of Compliance and Risk.

2021 Hurricane Supply Kit

Gazette readers should prepare hurricane supply kits, now while the tropics are quiet. It is important to create a kit of supplies that you could take with you if you are forced to evacuate. This kit will also be useful if you are able to stay in your home, but are still affected by the storm, such as through the loss of power. One common trend seen when hurricanes are approaching is wide-spread panic. When this happens, people rush in large numbers to get all the supplies they think they need. However, if you prepare your kit ahead of time, you can alleviate a lot of the potential stress of a very chaotic situation. You should keep your supplies in a bag that you can easily take with you. Some recommended items to include are:

- Non-perishable food (enough to last at least 3 days)
 - Water (enough to last at least 3 days)
- First-aid kit (include any prescription medication you may need)
 - Personal hygiene items and sanitation items
 - Flashlights (have extra batteries on hand)
- Battery operated radio (again, have extra batteries)
- Waterproof container with cash and important documents
- Manual can opener • Lighter or matches • Cooler and ice packs
 - Books, magazines, games for recreation
- Special needs items: Pet supplies and baby supplies if applicable
- A plan for evacuation and a what-if plan if family members are separated
 - A 14-day supply of medications on hand if you evacuate

Bonjour John Knox Village

French Television Crew Features JKV For News Story



Kim Morgan-Vagnuolo
Gazette Contributor

In May, John Knox Village was visited by a television crew from the national

French television news program "Enquête Exclusive," to do a feature story on "Life at a Senior Community After the COVID 19 Vaccination." JKV was the only community in the nation selected for this story.

On-air reporter Sophie Przychodny and videographer Pauline Louret, both from Paris and currently stationed in Miami, spent two full days interviewing residents and filming the ever-increasing campus activities after the Village's COVID-19 self-imposed lockdown.

Bon Matin Sophie Et Pauline

On the morning of May 5th, residents Jackie and Dave Bayer welcomed the crew into their lovely apartment with stunning views in Cassels Tower for an interview, tour and friendly putting competition (both avid golfers, the Bayers have a small putting green in their living room). The crew then filmed the Bayers exercising in a water aerobics class at the new Aquatic Complex.

In the afternoon, Armando Gutierrez and Milton Graves welcomed the reporters into their Lakeside Villa, which is chock full of amazing artwork, an-



JKV residents Armando Gutierrez and Milton Graves enjoy Cinco de Mayo and are interviewed by videographer Pauline Louret and reporter Sophie Przychodny for the French Television Programme "Enquête Exclusive."

tiques, crystal and silver collections, highlighting Milton's original paintings throughout the home. As it was a picture perfect, cloudless day, they filmed Milton and Armando enjoying a glass of wine and conversation outside on their terrace.

Then it was on to the Cinco de Mayo party at Stryker's Poolside Sports Pub where 60 residents enjoyed delicious Mexican cuisine and margaritas, with Mexican music playing in the background, and where the crew got to interview many additional residents as well as their friends.

Parlez-Vous Pickleball?

On May 6th, the reporters were personally escorted in the Bayer's car for a full campus tour. Other

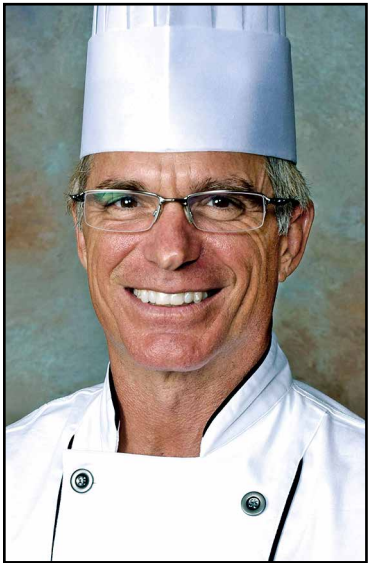
activities that were filmed included a resident Pickleball game, the National Day of Prayer ceremony outside at the Wellness Park, residents dining in the new Glades Grill, and the ongoing construction of the Westlake Pavilion.

"Enquête Exclusive" is the French version of our "60 Minutes," and is watched each Sunday evening by over two million people across France. The JKV feature is slated to air on "Enquête Exclusive" in the latter part of June.

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In Good Taste: Chef Mark's Key Lime Recipe Easy As Pie

Rob Seitz
Gazette Contributor



*John Knox Village
Executive Chef Mark Gullusci*

By far the sweetest—and tartest—item found on the Glades Grill's extensive menu is its key lime pie dessert.

The Glades Grill is the newest dining venue at John Knox Village. It is part of the new multi-million-dollar Aquatic Complex, with its lap and resort-style pools, Stryker's Poolside Sports Pub, Pickleball and bocce ball courts, a ping-pong table and Jacuzzi®. The Glades Grill offers indoor and poolside dining.

Wildly popular with JKV residents and team members, Executive Chef Mark Gullusci uses the pink flamingos of Florida foods—key limes for this recipe. Although they are grown commercially in Miami, most key limes never leave the Florida Keys.

The Origin Of The Key Lime Pie

According to Keys lore, the key lime pie was created in the late 1800s, however its journey to being named Florida's official state pie did not end until July 1, 2006.

Although many recipes do not cook the filling, Chef Mark puts his pies in the oven. Here is his easy as pie key lime pie recipe.



A slice of key lime pie is the perfect sour and sweet ending to a summertime meal.

Chef Mark's Key Lime Pie (Yields 1 Pie)

- 2 cans (14 ounce) sweetened condensed milk
- 2 whole eggs
- 1 cup key lime juice
- 1 ready-made graham cracker crumb pie shell

Method Of Preparation:

Heat oven to 350 degrees. Place pie crust in oven for 5 minutes. This toasts the crust and makes it crunchy as well. Let pie crust cool. Turn oven down to 300 degrees (very important as we want to cool low and slow). In a mixing bowl, place the milk, eggs and juice, then mix. Pour into pie shell, let sit 1 minute and pop any bubbles that form. You want the pie to be as smooth as glass. Bake for approximately 20 minutes. When the pie shakes like Jell-O, it is done. Do not brown the pie. The filling should be pale, the same color as when it went in the oven. We do not want any color change. Let cool. Enjoy.

Book Review

Cleopatra: A Life

By: Stacy Schiff

Donna DeLeo Bruno
Gazette Contributor

Although not a recent book (published in 2010), the biography "*Cleopatra: A Life*" is nonetheless fascinating. Award-winning author Stacy Schiff has resurrected one of the most intriguing female rulers in ancient history, known for her seductive wiles, political astuteness and clever diplomacy.

A descendant of the Ptolemies, Cleopatra became queen at the age of 18 in 51 BC and ruled until her death in 30 BC. Nevertheless, this legendary Egyptian sovereign succeeded in garnering the attention of historians from ancient times to the present day. Her domain was the richest by far in all the world at that time. We do not know what she looked like, except for her poorly profiled visage on ancient coins, but we do know she spoke nine languages, possessed a bewitching charm, a velvety voice, a commanding presence, and remarkable powers of persuasion as an adroit and articulate speaker. In addition, we know she inherited the throne of Egypt with her 13-year-old brother, whom she married, then thrust aside after he had attempted to dispose of her, allying herself with the Roman commander, Julius Caesar.

Curious Royal Descendancy

Her family was believed to have been derived from the Pharaohs who practiced sibling marriage. Of the 15 or so family marriages, at least 10 were full brother-sister unions – her parents being full siblings. Such inbreeding was believed to stabilize the family, as well as consolidate wealth and power. I will forego the details of former Ptolemies, one of whom raped Cleopatra's great-great-aunt when she was an adolescent, while he was simultaneously married to her mother. Many years later, he killed their 14-year-old son, but a decade later they reconciled. Such violent ends were commonplace.

Despite all this, Egypt was the wonder of the world; its library in Alexandria magnificent. The palace was part of a lush sprawling complex and had over 100

guest rooms with Persian carpets and panther skins. Surfaces were embellished with garnet and topaz, brilliant mosaics and gold. Coffered ceilings and doors were studded with agate, lapis, and mother-of-pearl, all shimmering with ivory and gold – greatly ornamented with the most precious materials of the age. Its largest hall was furnished with a dazzling arrangement of couches, sculpted in bronze, inlaid with ivory and glass.

Awe-Inspiring Opulence

During this period, Egypt controlled the greatest gold reserve in the world; even the beams were overlaid in gold. Interior walls shimmered with enamels and emeralds. Roses were strewn in heaps on the floors. Tables glinted with silver basins, pitchers, candelabras and hand-blown glass items were threaded with gold. Silver tumblers were encrusted with jewels – the dinner vessels alone weighing 300 tons. There were automatic doors and hydraulic lifts; lights flickered from statues' eyes. Swarms of servants attended the queen – tasters, lamplighters, scribes, pages, doorkeepers, masseurs, musicians, notaries, oil keepers and pearl setters.

Alexandria's main avenue, lined with carved columns, silk awnings and richly painted facades, was a wide expanse to accommodate eight chariots driven abreast. All were comprised of four miles of wondrous baths, theaters, gymnasiums, courts, shrines and silver and bronze temples guarded by glossy thirty-foot sphinxes. It was awe-inspiring – breathtaking in its splendor and glory.

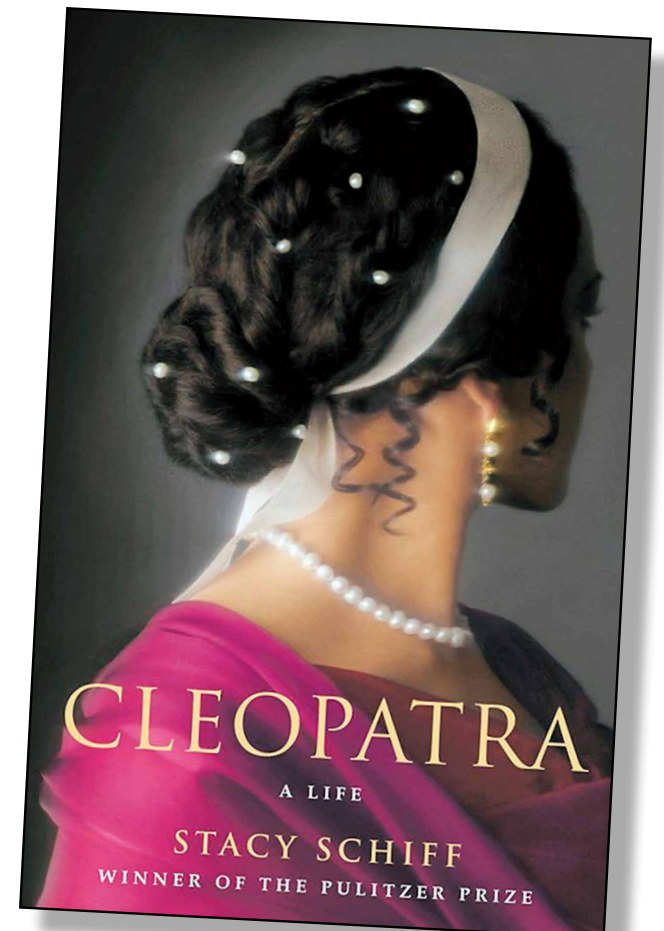
Upon entering the city for the first time, Caesar was dazzled. The love affair between the 22-year-old queen and the Roman commander twice her age, produced a son named Caesarion – or little Caesar, securing Cleopatra's future with the Roman.

This is just the beginning of the remarkable life of the Egyptian queen. The author will continue to describe Cleopatra's immense bureaucratic responsibilities and skillful handling of administrative duties, an amazing feat for a woman, given the time period. Regarding internal affairs she handled all uncommonly well and enjoyed the support of her people.

One Of History's Richest Persons

On one contemporary list she ranks as the 22nd richest individual in history, behind John D. Rockefeller and Tsar Nicholas II, but ahead of Napoleon and John P. Morgan. Her net worth (by today's standards) would be estimated at \$95.8 billion, more than three times that of Queen Elizabeth II.

Cleopatra dangled a pearl in each ear, said to be the largest in all of history, each valued at 420 talents, the equivalent of a Mediterranean villa.



Eventually, Cleopatra would accompany Caesar to Rome, where he would be assassinated and before she suffered a miscarriage on her trip back to Egypt. Had their child lived, there would have been serious consequences for Roman succession given who his father was. The book continues with her relationship with Mark Antony and her later demise.

Pulitzer Prize Winning Author

This superior biography is not only well-researched, replete with historical details, but also rich in human interest – not surprising since the author is a Pulitzer Prize winner and finalist for two previous books. Moreover, Schiff was the recipient of an Academy Award for Literature, as well as fellowships from the Guggenheim Foundation, the National Endowment for the Humanities, and the Center for Writer and Scholars at the New York Public Library.

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.

From Sea To Shining Sea: Life's Adventure

Marty Lee
Gazette Contributor

From a love of the sea, sailing and cruising under power in their own boats, and charting their own course in life, Milt and Judy Baker have now found a new homeport at John Knox Village in Pompano Beach. Always intrepid voyagers, the Bakers made their move to JKV early in 2021, as the COVID-19 pandemic forced most of us to physically distance in our own homes. You can read about Milt and Judy's decision to make the move to JKV in Dave Bayer's column below.

Milt and Judy met in high school during the late 1950s. It was Judy who taught Milt to sail on the Lafayette River in Norfolk, VA, where they both grew up. As Judy said, "That's when we were bitten by the sailing bug."

After Judy graduated from the College of William & Mary, they married in 1962 in the city by the sea where they both were born, Norfolk, VA.

Due to his love for the sea, Milt joined the Navy, was commissioned as an officer in 1964, and served for 20 years, retiring honorably as a Commander. During his Navy years, Milt served at sea and ashore in the Atlantic, Pacific and Indian Oceans, and spent much of his time aboard cruisers and destroyers off the coast of Vietnam.

Stationed in Hawaii in the early '70s, Milt and Judy fell in love with the idea of sailing away when retirement time came...and they did. Milt retired from the Navy in 1983, and moving back to the States, the Bakers sailed their 32-foot Allied Seawind II ketch on a two-year voyage along the Atlantic seaboard and then to the U.S. Virgin

Islands, West Indies. They sailed back to the U.S. mainland by way of Bermuda.

While sailing the seas became their passion, when they were in their mid-40s they realized that they were not quite ready for retirement. With their mutual Type-A personalities, they missed the daily challenges of working. In 1985 they moved to Ft. Lauderdale and founded a new business, Bluewater Books & Charts, a company specializing in nautical books and charts for mariners of all stripes.

"It turned out to be truly one of the best chapters of our lives," said Judy, with a smile. After 15 years of ownership, the Bakers sold the business and retired again...and again took to the sea.

The Bakers had upgraded their sailing vessels during the '70s, '80s and '90s, but once they sold Bluewater Books & Charts, they



Milt and Judy Baker's Bluewater cruising on a recent adventure. Image source: Milt Baker.



Milt and Judy Baker with their dog Zoey in their Heritage Tower home.

bought a true oceangoing trawler yacht.

"Our present boat is a Nordhavn 47 named *Bluewater*," Milt said. "We ordered the boat as a new build, and as a shakedown took her offshore to Puerto Rico and across the Caribbean to Venezuela at the end of 2005. In the spring, we brought her back to the USA for summer cruising in Maine. She's the same boat we took across the Atlantic in 2007 for a couple of years cruising the Mediterranean. She's a great boat."

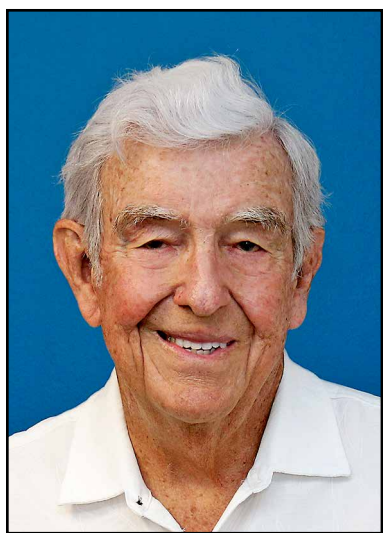
Whether it has been military service, long-distance sailing or growing a business, the Bakers have always had a plan. That is why they made their move to John Knox Village earlier this year.

"We've traveled much of the world, yet we still feel the call of the sea," Milt said. "However, at this stage in our lives, while we are not yet ready to give up *Bluewater*, it's great to call John Knox Village our homeport. We know that whatever turns life takes for Judy and me, we will be well cared for both today and many tomorrows to come."

The call of the sea still beckons to this salty couple, so Milt, 80, and Judy, 78, will be travelling north this month to reboard their beloved *Bluewater* in Maine where she's docked. They plan another summer of cruising adventure along the Atlantic coast. But now they're happy to have a permanent homeport back in Pompano Beach at John Knox Village.

Thanks For Asking What Is Life Like At John Knox Village?

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

Last month we Loped why you might consider moving to a life-plan community. This month we are sharing the comments of several fellow JKV residents that describe the move-in process and give a brief overview of day-to-day living.

The following comments are excerpted from an email that Milt and Judy Baker sent to our CEO shortly after they moved here this past February.

help so often during the renovation and move-in phases that it became embarrassing, but her patience was infinite and her longtime experience was a real boon for us. She kept saying again and again, "We want you to be happy here." She meant it!

Right from our move-in, we were embraced by Paul Ballardarsch and his team in Renovations and by Larry [Cooke] and Liz [Talatian] in Maintenance. And the Housekeeping team. The apartment sparkled when we moved in and everything we needed was provided quickly and cheerfully.

A special thank-you to [Resident Services Administrative Assistant] Lynne Hunt who quickly became our go-to person for authoritative answers to so many of our off-the-wall questions. Lynne knows all.

In short, your John Knox team has been terrific every step of our journey from prospects to residents. We are over-the-top grateful.

As longtime managers, we understand that quality begins at the top, and it's clear that you're a great, insightful team leader. The can-do culture you've built here at JKV is amazing. You inspire your JKV team members to do their best to deliver a quality lifestyle to JKV residents and to do it with cheer and positivity.

It's easy to see that both residents and employees are very happy here. Moreover, our due diligence on JKV's future plans and the financial condition of JKV showed us that JKV takes a proactive long-term approach to finance, and we are confident that JKV will be here for us as long as we're around.

We are eager to join in the activities here and to get to know our kind and friendly neighbors, to spend time with our personable and knowledgeable hosts, Dave and Jackie Bayer, to continue visiting the beautiful dog park with our dog Zoey, and to enjoy the great new Aquatic Complex.

A smooth move like ours doesn't just happen. It really does "take a village." We offer our grateful thanks to you and your team for making it happen, and we very much look forward to our lives at John Knox Village.

— With appreciation, Milt and Judy Baker

Dear Mr. Gerry Stryker

Just a note from a pair of new JKV residents to say thanks for making our transition to John Knox Village so painless.

Research runs deep in our DNA, so once we decided that a continuing-care retirement community might be right for us we began to dig in. We read books on CCRCs, spoke with friends living in CCRCs, and researched online ad-infinitum. It became clear to us that JKV is a gem. It stands head and shoulders above the competition.

Right from our first visit we were impressed. We loved Susan Lawrence, our life-plan consultant. She took us under her wings and introduced us to JKV in a way that was professional and friendly, but never pushy or demanding. It didn't take long for us to make the decision to move here. Susan was there for us every step of the journey. From day one it was clear that she had our best interests at heart and had a solution to every problem.

Once the papers were signed, Susan passed us seamlessly to JKV move-in coordinator Phyllis Juber who made us feel so welcome. We called on her for

At JKV, we have a Resident Senate publication, "The Weekly," which is basically produced by residents for residents. Resident Jane Allen Middleton wrote the following article about life at JKV which appeared the April 7 issue.

The Good Cruise To Nowhere

About 35 years ago, Jack and I took a "Cruise to Nowhere," which included Martha's Vineyard and Nantucket. In spite of the cruise title when we left out of Woods Hole, MA, we expected to make port at those places. Instead, we simply sailed by the islands on what was, as I recall, a rather dismal experience with lousy weather. Although we've subsequently had some great cruises, that was a crummy Cruise to Nowhere. But these days, we're really loving the "cruise" we're on. This cruise provides optional eating venues 12 hours a day, housekeeping service, delightful and challenging cruise activities planned by a dedicated staff, two huge pools, unlike the postage stamp size pools aboard ship, and miles of walking paths (or decks?) surrounded by exquisite growing plants and trees. And instead of passing acquaintances, our fellow passengers are friends for life! The only things missing on this Good Cruise to Nowhere on the good ship JKV are the stormy, rolling seas and the folded towel animals on our bed at night. It's a good life.

— Jane Allen Middleton

My wife Jackie and I hear comments like those above, time and time again. If you are even considering coming to a life-plan community, do your research. Moving here is as pleasant as a move can be, and you too will find smooth seas and following winds. It's NOT too good to be true, but you may have to fold your own towel animals.

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.

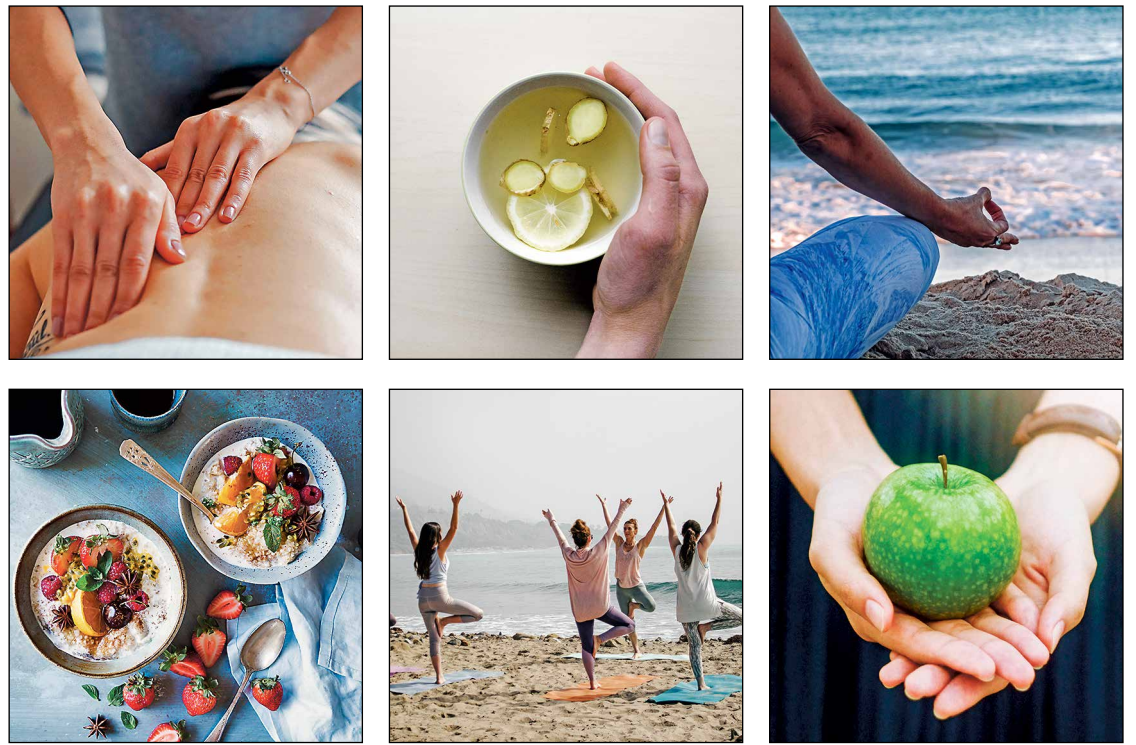


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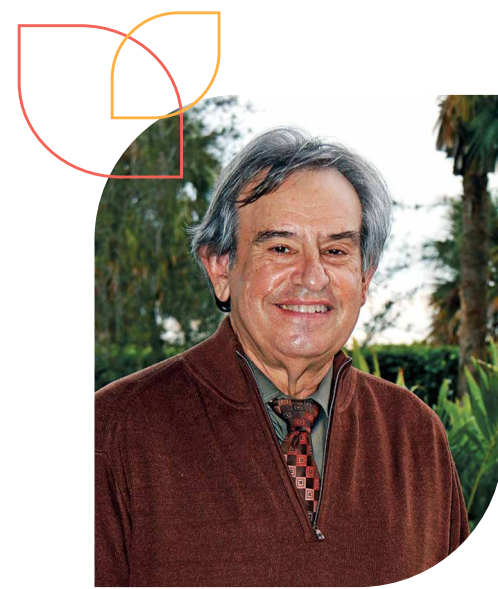
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Gerontologist Howard Koch, M.D.
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Living Well Programs

In an effort to enhance the overall wellness and well-being of our residents and JKV Team Members (Staff), JKV is working with partners to implement Integrative Wellness programs which will include:

- Diet and Nutrition: Living Your Healthy Weight
- Fitness Assessments
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- Yoga and Meditation
- Personal Discovery
- Outdoor Escapes
- Optimal Health Exploration
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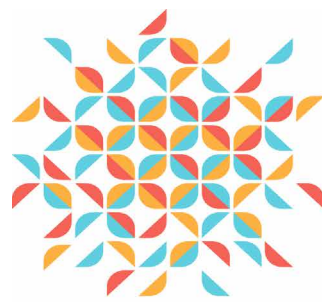
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John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial 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.



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Curb The Risk Of A Heart Attack

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

Heart attacks are the number one killer of American men as well as women. Some 50 percent of men between the ages of 65 and 75 and almost 40 percent of women over age 75 take statins (like Lipitor, Crestor, Pravachol or Zocor) to lower their cholesterol and their risk of heart attacks.

However, 50 percent of heart attacks happen to people with normal cholesterol. Clearly, we are missing something. What is it?

A heart attack starts decades before it happens, with an injury to the lining

of our arteries – the endothelium. Such insult can be perpetrated by many villains from toxins (such as those from cigarette smoking, air pollution, or lead contamination), infections (gum disease), radiation (such as during breast cancer treatment), or even the sheer stress of blood flow through the arteries in people suffering from a high blood pressure.

Cholesterol itself can damage the endothelium as well, but not just any cholesterol. The most harmful type of cholesterol is a small, dense LDL - small enough to enter through the microscopic mesh of the endothelium and start depositing in the arterial wall, eventually leading to cholesterol plaques. The size of LDL molecules can be measured by advanced lipid testing, but many physicians do not order this test routinely. Statins, while lowering cholesterol, do not necessarily change the size of the LDL particles.

Change The Size Of LDL Particles

What can change the size of LDL particles is our diet (particularly fish oils), exercise and optimal weight. A diet used in a study named after the city of Lyon (Lyon Heart Study) resulted in almost 70 percent fewer heart attacks. Compare that with about 40 percent reduction

of heart attacks achieved with statins. The Lyon's Heart Study participants were asked to have berries with breakfast, side of salad with lunch and dinner, another side of vegetables with dinner and two seafood meals per week. Rich in antioxidant vitamins (such as vitamins C, A and E), polyphenols from colorful fruits, vegetables and spices, as well as omega-3 fatty acids from seafood and nuts, this diet addressed more than just cholesterol: It addressed the other (missing) mechanisms of heart disease – inflammation and oxidative stress.

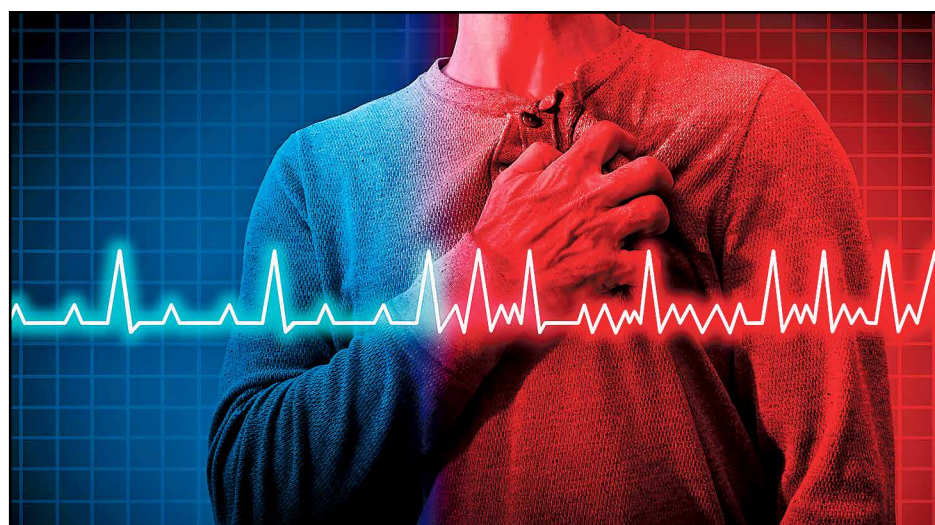
Oxidative stress is like “rusting” of our body – it ages us faster. Oxidized molecules (also called reactive species) frantically try to find a missing electron to stabilize them, causing a lot of damage in the process. That is, unless they are neutralized by volunteer antioxidants (electron donors), such as those from our food.

Toxic exposures, over-eating too many calories, processed foods (especially those made with highly processed vegetable oils), heating oils beyond their smoke point when cooking, circadian rhythm disruptions such as night shift work, infections, chronic mental stress and even sedentary lifestyle can increase our oxidative stress. Sitting indeed is the new smoking: Being physically inactive increases risk of heart disease as much as smoking one pack of cigarettes per day.

Oxidized LDL cholesterol depositing in our arteries triggers inflammation which makes cholesterol plaques ready to burst. I check oxidized LDL and other markers of oxidative stress and inflammation on all my patients who want to lower their risk of heart disease – which is everybody I see.

Interestingly, we are more likely to have a heart attack when marker of inflammation (CRP, or C-reactive protein) is elevated, than when our cholesterol is high.

A plaque that bursts attracts a blood clot within minutes and that is what, ultimately, blocks the flow of blood and oxygen to the heart resulting in a heart attack. Obesity promotes inflammation as well as blood



Lower your risk for heart disease by following some guidelines.

clot formation – watching our waistlines is not vanity.

Besides oxidative stress, inflammation can be caused by sleep deprivation and sleep apnea. So many people pride themselves in skipping on sleep to get more done, but they may one day pay with their life for this bad habit. Depression, anxiety, hostility and stressful life events have all been linked to increased risk of heart attacks. Whether it is a daily walk on the beach, meditation, biofeedback, talking to a friend, journaling, or listening to your favorite music, having a daily routine to help you be more resilient is indeed of vital importance.

Tips To Improve The Heart

Here is my recipe for heart disease prevention: Maintain a healthy weight, eat real, healthy, and colorful food (mostly plants), get plenty of sleep, exercise regularly, do not smoke (and avoid toxins in general), spend more time with your loved ones and friends rather than stressing about things beyond your control, and give this to your doctor to read.

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 Whole Health Institute in Overland Park, Kansas. Dr. Hubkova is a regular contributor to The Gazette.

Emotional Elasticity

Anne Goldberg
Gazette Contributor



*Anne Goldberg
The Savvy Senior*

I am a muse and coach for an 80-year-old man, helping him to move on after the death of his beloved wife of 38 years.

Last week, he started our session telling me that when he woke up that morning, he simply wanted to die. He felt he had nothing to live for and didn't want to get out of bed. I listened carefully, giving him the space to express his pain.

I validated what he was feeling and let him know that it's not uncommon to feel that way, especially over this past year when socializing has been so radically curtailed or non-existent.

Now, here is the interesting part. Two days later I saw him again and his mood was significantly different. We began talking and he shared that he had been to a small party the night before. (He is vaccinated, as were the folks he was with, lest you think he was being reckless.) At this party, he connected with a woman with whom he had common ground. They talked and laughed over

funny memories of life on a Kibbutz some 60 years earlier. He had fun. I asked him what happened, how he felt, when he woke up the next morning and, to our mutual delight, he said he woke up feeling much better.

A Turnaround In Attitude

Tuesday morning, he wanted to die. Thursday morning though, he was looking forward to getting out of bed and starting his day. It was quite the turnaround. What changed in just 48 hours? Life changed. He put himself “out there” and something happened that helped him see possibility. He authentically connected with another person and that experience shifted his emotional body.

We seniors have an advantage over young people. We have seen enough of life to understand that, even when life disappoints us or even traumatizes us, we know that, given enough time, things can, and usually do, change. Change is the constant. Knowing this gives us resilience, the capacity to recover quickly from difficulties. It is an emotional elasticity that helps us through life's most difficult moments.

When I think back on the trauma and drama of my life, I see that things always, ALWAYS improved. I have lost dear loved ones and somehow moved on to know happiness again. I have suffered financial hardships, divorce, health challenges and personal crises and always, always life got great again. Knowing this

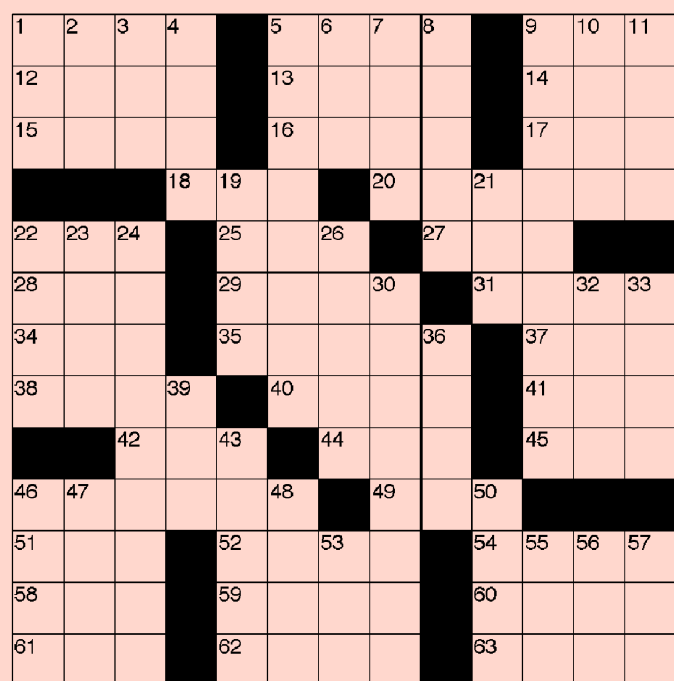
is a benefit of a life lived. Resilience is the reward we reap from putting one foot in front of the other, even in spite of loss and disappointment. We know that life will get sweet again because we understand how it ebbs and flows.

The Power Of Positivity

When things get tough, the tough get grateful: Grateful for the small, positive things in our life. You may think this positive thinking is some kind of new age woo-woo. Ron Siegel, PsyD, Assistant Professor of Psychology at Harvard Medical School puts it like this: “Positive psychology is not about denying difficult emotions. It's about opening to what is happening here and now, and cultivating and savoring the good in your life.”

Be a Savvy Senior. Know that you have the resilience to bounce back, to see the good, to be mindful of the blessings you do have, even when life hands you a bowl of lemons.

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. Bring
5. Lady's title
9. Uncle (Scot.)
12. Scientific name (suf.)
13. Recorded proceedings
14. Totem pole
15. In (Fr.)
16. Your (Ger.)
17. Citizen (abbr.)
18. Sound perception
20. Movies
22. Legal action
25. Apart (pref.)
27. Mulberry of India
28. Dance company (abbr.)
29. Bedouin headband cord
31. Rosebud, e.g.
34. Constrictor
35. Pattern
37. Guido's note (2 words)
38. Concerning (2 words)
40. Latite
41. Television channel
42. Federal Aviation Admin. (abbr.)
44. Yarn measure
45. Golf ball holder
46. Medieval helmet
49. Suggestion
51. Universal product code (abbr.)
52. Pointed (pref.)
54. Challenge
58. Shelter
59. Afr. tree
60. Down with (Fr., 2 words)
61. At the age of (Lat.)
62. Earth
63. Created

DOWN

1. Youngster
2. Wood sorrel
3. Denary
4. Assuage
5. Shepherd's song
6. Sharpshooter
7. Of the kind of (suf.)
8. Madness
9. Prime
10. Mutilate
11. Feminine (suf.)
19. Wife of Esau
21. Nose (pref.)
22. Noted physicist
23. Black
24. Pane (2 words)
26. Palmetto
30. Ember (2 words)
32. River into the North Sea
33. Carpike fish
36. Afrikaans
39. Water (Fr.)
43. Accumulate
46. Haw. dance
47. Sword
48. Spoken alphabet letter
50. Cheese
53. Portuguese coin
55. Sleeveless Arab cloak
56. Energy unit
57. Compass direction

Answers On Page 10.

Protect Yourself From Online Scams

Matt Munro
Gazette Contributor



Matt Munro

A few weeks ago, I came across an article in the *Sun-Sentinel* explaining how two local women had recently fallen victim to a new online scam. The article went in-depth, explaining how online scammers are now targeting people with a newer type of email scam called an imposter scam. According to the Federal Trade Commission, the top fraud of 2020 was imposter scams, with government and business imposters being among the most common, consumers reported a loss of over \$1.2 billion to these scams.

fine-tuning their methods, updating their tactics, and putting their efforts behind scams leading them to the best results. You know you don't really hear much anymore about people being told they just inherited a large amount of wealth from a previously unknown uncle who happened to be royalty in an obscure African nation. But a handful of years ago, that storyline was out there quite prominently as it must have led to some good results for these scammers. Just like anything, they evolve their tactics and techniques to thrive and survive.

Avoid Being Scammed

With all that being said, the recommendations we make to keep yourself safe while spending more and more time online remain consistent and easy for us to put into action. It really does come down to being aware of potential traps to share your information.

Here are a few best practices to always consider:

- 1) **Do not click on a link from an unknown source, even if the sender appears legitimate.**
- 2) **Do not give your personal information to an unknown site, or a website whose address doesn't start with "https."**
- 3) **Do not open ANY attachments from unknown sources – ever.**
- 4) **Always use legitimate browsers when operating online such as Chrome, Firefox, Edge and Safari, and be mindful of what network you are using to connect to the internet.**
- 5) **Change your passwords frequently.**

Again, while it is alarming, the best defense is the awareness that dangers exist, and taking a few small steps to ensure you are operating safely can make all the difference.



Matt Munro is President of GroovyTek, a five-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.

Extend Your Service Plan?

Basically, with this scheme, hackers phish people with emails about extending a service plan from a name-brand company. In this case, it was Geek Squad. As with most phishing scams, the email is the trojan horse used to access the target's personal computer or device. Once access is gained, the hackers demand a ransom to return access to the person. What is sad about this story is that one of the people ended up paying over \$50K to the scammers in the form of untraceable gift cards to various companies in South Florida, and the victim was ashamed to tell her family and friends about what she was going through, when the events were happening.

As we find ourselves spending more and more time online, we must realize that these scammers are

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. For details, call the JKV Marketing Department at (954) 783-4040.



The Doctor Is In: Calm And The Brain

Anxiety, Useful And Less So

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Many different areas of the brain anatomy control all that we do, say, think or feel. There are areas for: Language, Social (especially family), Physical, Motor, Planning, Emotional, Spiritual, and Connection to all the different areas. That is why there are billions of neurons in the nervous system. There must be a central operations center for all systems. For us, it's the brain.

For us and many creatures, there is an effect upon this system called anxiety. Anxiety is a useful part of life, necessary for survival. Without it we would not jump away from the rattlesnake or run from the roar of the wild. How wonderful that we have it built-in and ready for action almost all the time: An automatic response to danger.

However, as we have seen before, anxiety builds upon anxiety, depending upon what is going on in our lives and how we interpret the goings-on. In that way, if a few major, or even perhaps minor, stressors begin to build, anxiety builds and there we are—getting a symptom, either physical, mental, emotional or social. The symptom may be a built-in way of being told "Enough. Rest. Slow down and take it easy for a while. Heal."

If we don't listen to the built-in prompting, the condition will only worsen. If we do listen, and keep a positive mental attitude, our chances of recovery multiply. Anxiety has been shown to make it harder to recover from almost anything. If we don't, the chances diminish. Norman Cousins, in his famous self-experiment, drove away advancing cancer by listening almost non-stop, to many Laurel and Hardy comedies and laughing, laughing, laughing. There is even a budding school of thought—laughter therapy. I am for it.

Take Care Of Your Brain

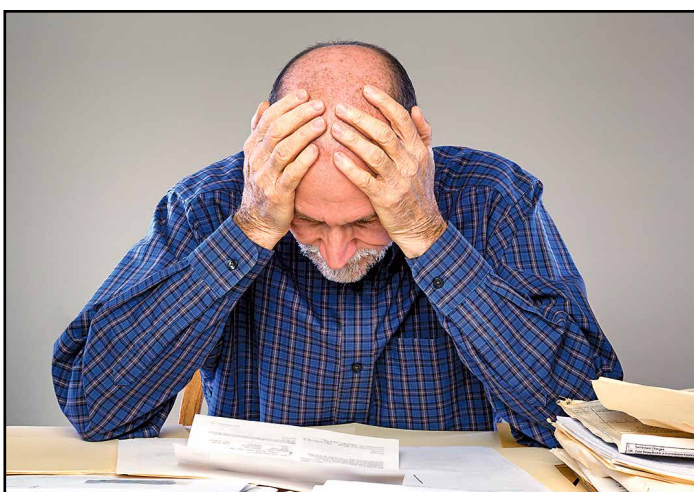
I often think that one way to stave off any tendency toward degradation of the brain might be to keep as many brain areas active as possible. Use them or lose them. As well, of course, as keeping that positive mental attitude and laughing whenever possible.

So, if that might be the case, we would want to:

- **Keep socializing**, even if it has to be at a distance for now. Keep a positive attitude: "It won't always be like this."
- **Engage in right-brain activity** such as math puzzles, music, engineering, use of computers and more.
- **Engage in left-brain activity** such as reading, crosswords, scrabble. Reading a half-hour a day seems to be a magic number for brain fitness in this area.
- **Go to a class** to learn all you can about the brain.
- **Experience new activities** like learning new games, meeting new people, crafting creative projects: All seem to be important to avoid brain disease.
- **Exercise, exercise, exercise.** Your muscles increase blood and oxygen to the brain. This is always a good thing for every part of the body.
- **Eat a diet of colored veggies**—lots of them. All systems of the body seem to respond well to veggies.
- **Drink plenty of water.** Experts disagree on how much, but my reading of the literature encourages drinking five to eight, eight-ounce glasses of liquid, minimum, a day. Water or others.
- **Avoid alcohol.** The aging brain is more sensitive to everything, including alcohol.
- **Sleep at least 8 hours a day.**
- **Be as independent as possible**, relationship-wise. That includes not relying on help any more than necessary. Say what we think, if we have thought it through first. Do not be bullied or intimidated by others. Find a way to deal with their attempts, like laughing it off to ourselves: "That's just the way they are." Don't get locked into a relationship posture. It can make you ill.
- **Try to keep as many of the different brain areas active as possible.** Use them or lose them.

Flooding Of The Brain

The American psychological researcher and clinician, Dr. John M. Gottman coined the term "flooding." It refers to that amount of anxiety that is self-produced



Take steps to avoid the anxiety trap.

by worry, or too much stress at one time. We need a break from flooding, to break the brain loop that will not give us a break.

In conversations with others or self, we need to learn when our brain is flooding. Conversation or thinking past that point will not be useful. During the break we can use techniques we have taken the time to study. We can, if we are in a state that needs big-time assistance—take a stimulating trip to a place or activity we enjoy—that means going to a movie, dining at a fancy restaurant, attending a concert. After a heated conversation or argument, always take at least 20 minutes away from anxiety in a useful way.

Get Help

There is nothing negative about seeking help. Medical, social work and educational disciplines have trained many in how to be of use in a situation of too much anxiety. It can save life when needed. Look for a psychiatrist, psychologist, social worker or educational counselor. Your doctor may know whom to recommend. You can also call 211 for help.

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.

Sudoku

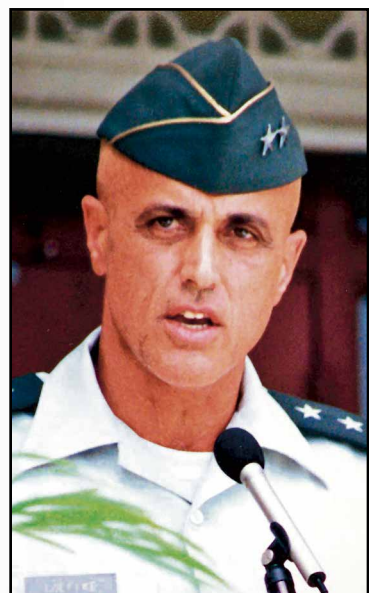
Answers On Page 10.

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

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Sports: A Bridge To Friendships

Burn Loeffke
Gazette Contributor



Burn Loeffke

This year marks the 50th Anniversary of Ping-Pong Diplomacy. It was the event that led to better relations between the U.S. and the Peoples Republic of China. Chinese ping-pong players met American players at an International Ping-Pong Competition in 1971. They invited U.S. players to an exhibition game in Beijing. Before then, there was no official contact between the two countries.

It was in 1954, that Secretary of State John Foster Dulles, issued the no shaking hands policy. It read: "...You are forbidden to have contact with the Chinese. If you come face to face with Chinese, take a cold attitude towards them."

This policy lasted until 1972. During that time we fought Chinese in Korea and in Vietnam. This misguided policy did harm. I had hoped that we would never again take this attitude. The past administration labeled China as enemy Number One.

Today is not 1972, and I am hopeful that we will soon improve relations. The current administration has dropped the reference to enemy and changed it to competitor. We can do better. There are many ways we can cooperate: Climate change, pandemics, exploration of space are but a few.

Do You Want To Swim?

2021 also marks the 40th Anniversary of Swimming Diplomacy. In the '80s my Chinese hosts, who knew my background as a competitive swimmer, went out of their way to honor that title. One time in one of China's Northern Provinces, my hosts had taken me to an Olympic-sized swimming pool. I was introduced to one of their national swim champions and asked if I wanted to do an exhibition race. I agreed. The Chinese athlete was in his teens and I was in my 40s.

We swam four lengths of the pool. The Chinese swimmer, seeing that I was hopelessly behind, faked bad turns that allowed me to catch up. We finished together and the foreigner exited the pool without losing face.

The Importance Of Swimming

Swimming has been an importance part of my life. It was swimming that got me into West Point. After graduating, I competed in Army Swimming Championships. When I served in Moscow and hurt my back and nothing



As we anticipate the opening of the delayed Olympic Games in Tokyo next month, it is an important opportunity for the world to join hands in friendship.

else seemed to work, the French Military Attaché sent me to Paris, France where I was treated by French military doctors working with the French Olympic team. One of the therapies was backstroke swimming that slowly stretched the back muscles. It was swimming that nursed me back to health.

On a visit to China in 2019, I came back to the States with two broken feet. To this day I go to my condo pool to exercise my injuries.

John Knox Village has recently opened it brand new Aquatic Complex. In the lead story of this month's Gazette, you can read about the health benefits of water exercise. **The bottom line is:** When you are hurting try swimming.

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.

In Celebration Of Father's Day



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

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

As we gently stroll into the summer months and prepare ourselves to enjoy our

days by the pool or at the beach drinking colorful drinks with umbrellas or sipping ice cold tea, we should take a moment to step back and remember a special group of people that have had a profound and sometimes under-appreciated impact on our lives: Fathers.

June is the month we celebrate Father's Day, the one day of the year fathers are rewarded with tacky ties and crazy socks. This month we want to celebrate those people who have shaped our lives and the lives of others. And while there is one day set aside to celebrate fathers, they should be appreciated every day.

Someone once said that a father is someone you look up to no matter how tall you are. It is in that spirit that we feel, we should embrace one of the basic concepts of fatherhood: That of being a role model. Being the person who others will look up to and follow. And the extraordinary thing about being a role model is that it is universal. Men and women are all capable of being role models to our youth and to peers. We see role models in teachers, coaches, and

others who have the opportunity to shape us into the people that we need to or want to be. Even as adults there are people who shape our views, our beliefs and our actions. They provide us with guidance and wisdom that helps us to become role models ourselves so that we can carry on that tradition for future generations and make the world better for those who follow us.

Thanks For Being A Role Model

A role model is someone who shows us how to invest in ourselves and our talents to achieve success. A role model is someone who sets goals and does not let obstacles get in their way. A role model keeps his or her promises. A role model is someone who inspires.

Fathers are most often the silent role models who inspire and influence us to uncover our own true potential. Whether they are setting an example through their work ethic, their kind, respectable conduct or their high moral values, fathers are the ones that we look up to and aspire to emulate.

This Father's Day, we wish to give special thanks to our own fathers, grandfathers and all fathers for being the role models that we look up to. It is their strong, silent inspiration that has changed the world and will continue to shape a world worth living in. Thank you and a Happy Father's Day.



Remember the important men in your life this Father's Day on Sunday, June 20.

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

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NSU Art Museum Fort Lauderdale Events

Jessica Graves
Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM

FORT LAUDERDALE

Upcoming Events

Free First Thursdays Sunny Days, Presented by AutoNation
June 3 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
June 5 and 6

Bank of America cardholders receive free admission to the Museum.

Fort Lauderdale Neighbor Day
June 27 from Noon to 5 p.m.

All Fort Lauderdale residents receive free admission to the Museum.

Exhibitions Now On View

Lineages: Works from the Collection

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."* Through Jan. 22, 2022.

Thomas Bils: "Still Cheaper Than Paying"

"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.

The Carter Project

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 heritages.

The World of Anna Sui Through Oct. 3

A major retrospective exhibition of fashion designer

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



The fashionable "World of Anna Sui," featuring more than 100 looks, is now on exhibit at NSU Art Museum Fort Lauderdale. Image source: NSU Art Museum Fort Lauderdale.

Anna Sui. "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.

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.

Eric N. Mack: Lemme Walk Across The Room

"Lemme Walk Across The Room," the large-scale installation by New York-based artist Eric N. Mack 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

From KAWS collectibles to original handmade works of art, find the most unique gifts while supporting museum exhibitions, educational programming, and local makers. Visit the store at: www.nsuartmuseum.org/visit/store/ Museum members receive 10% off and first dibs on all limited editions.

Live Entertainment Is Back

COVID-Careful Outdoor Concerts Hosted At Stryker's Poolside Sports Pub

Marty Lee
Gazette Contributor

After more than a year of physical distancing, masking and attendance limitations on gatherings, COVID-careful live entertainment and parties are back at John Knox Village. With the opening of the new Aquatic Complex, the adjacent open-air Stryker's Poolside Sports Pub proved to be an ideal outdoor venue to stage live events, while maintaining compliance with strict COVID-19 protocols.

Since its St. Patrick's Day grand opening, the Aquatic Complex and Stryker's Poolside Sports Pub have hosted several live performances including the Irish Dance troupe Tir Na Greine; the Blue Sun

Trio, comprised of musicians from the South Florida Symphony Orchestra: Hilary Gamble and Mario Zelaya on violin, and Siobhan Cronin on the viola.

Most recently Stryker's Pub was the performance venue for a unique classical trio named the Astralis Chamber Ensemble, featuring Angela Massey on flute, Kris Marshall on trumpet and Haley Rhodeside on the harp.

Jacquee Thompson, JKV's Life Enrichment & Spa Coordinator, who has been instrumental in arranging some of the entertainment, told *The Gazette* that the staff, the residents and particularly the performers are relieved that "live entertainment is back at John Knox Village." Members of the Blue Sun Trio and



Haley Rhodeside performs on the harp with the Astralis Chamber Ensemble.

Astralis Chamber Ensemble both announced to their concert attendees how great it was to be back on stage after the long pandemic lockdown. For some, it had been more than a year since their last performance in front of a live audience.

Jacquee said that all the Village's COVID-19 protocols are strictly observed during these live performance get-togethers. "Stryker's opening has allowed us to take our 50-max events to an outdoor venue instead of being in an enclosed space."

The Aquatic Complex and Stryker's Poolside Sports Pub continue to be strong draws, as JKV's fully vaccinated residents become more confident in their ability to socialize. The early May events celebrating "Kentucky Derby Day," and "Cinco de Mayo" attracted a full house, and the smiles and joy of interacting with friends are returning to JKV, after more than a year of vigilant observations to COVID-19 safety protocols which are still being followed.



JKV residents enjoyed "Kentucky Derby Day" at Stryker's Poolside Sports Pub. Here nine finalists in the "Derby Hat" contest show off their unique chapeau creations.

Cognitive Reserve Protects Against Alzheimer's

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Summer officially arrives on June 20. Traditionally, this steamy season is associated with lazy days and vacations.

But if your brain has been underutilized due to the pandemic, summer is the time to boost your cognitive reserve without breaking a sweat.

Cognitive reserve is your brain's ability to improvise, finding alternate ways to get a job done to keep the mind sharp. When your brain has a good cognitive

factors that may impede brain resilience:

- **Bone loss**
- **Confinement**
- **Limited variety of gut bacteria**
- **Mental stress from overscheduling**
- **Pervasive sense of danger**
- **Sleep disruption**
- **Social-emotional health**

8 Ways To Expand Cognitive Reserve

Cognitive reserve helps your brain cope with any setbacks or losses that it faces in serving you. While cognitive reserve is built over a lifetime, it is never too late—and you are never too old—to increase this valuable resource.

To build cognitive reserve, the brain must be challenged, like a muscle. When you move, write, or speak, you are challenging your brain. But the brain must also change and grow, which only happens when you learn something new and acquire a new ability or skill.

On the heels of this pandemic, it is a good time to review what you are doing to help your brain expand its cognitive reserve. Find a friend and try something new together. Here are eight great ways to give your brain a helping hand without breaking a sweat and while staying safe:

1. **Book discussion:** Start a new group if you do not have one already.
2. **Bridge:** Uses a great combo of strategy and social skills.
3. **Chess:** One of the best brain exercises ever for anyone over eight years old.
4. **Father's Day celebration:** Honor the men who help you with a card or special kindness.
5. **Pandemic story:** Record your experiences and coping techniques in surviving the pandemic and share with someone.
6. **Live performance:** Attend a comedy, concert or theatrical performance.
7. **Video reminiscence:** Record a video of you reminiscing and share with family or friends for comments.
8. **Exercise:** Check out JKV's Fitness Studio and new Aquatic Complex and take a class.



Resident Mary Busenburg takes a turn on the elliptical at JKV's Fitness Studio. Supervised fitness and group exercise sessions are offered both in the Fitness Studio and at the new Aquatic Complex.

For more ideas on building cognitive reserve, check out our free Brain Wealth video available at: 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

reserve, it can roll with the punches better. Cognitive reserve gives the brain added resources to cope with performance challenges—even after age 100.

Brain Function Decrease Is Not Inevitable

While many people assume that memory and brain function decline as part of aging, a new study of centenarians suggests otherwise. Dutch researchers studied 330 centenarians, testing their cognitive functions and performing autopsies on 44 who died. Their research was published in *The Journal of the American Medical Association* in January 2021.

The authors write, "Our findings suggest that after reaching age 100 years, cognitive performance remains relatively stable during ensuing years. Therefore, these centenarians might be resilient or resistant against different risk factors of cognitive decline." They also speculate that this resilience may be attributable to greater cognitive reserve.

Threats To Cognitive Reserve

If the brain is wired to build cognitive reserve, then what gets in the way? Strangely enough, current efforts to extend space flight to Mars reveal several

The Harbor I Apartment Home Offers Convenience In Your Choice Of Low-Rise Or High-Rise Locations

For the ultimate in convenience, select the Harbor I apartment home with a choice of locations: From low-rise living overlooking Lake Maggie in East Lake, or the more dramatic elevations and stunning views of the skyline from the 17-story Cassels Tower. This featured 1 bedroom and 1½ bath Harbor I apartment home offers the flexibility to fit your individual style. Plan a COVID-careful tour of the Harbor I. Experience the special ambiance of John Knox Village, the new Aquatic Complex and enjoy a complimentary lunch in the Glades Grill.

The Harbor I Apartment Home Features:

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

Master Suite

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

Bright, Spacious Interior

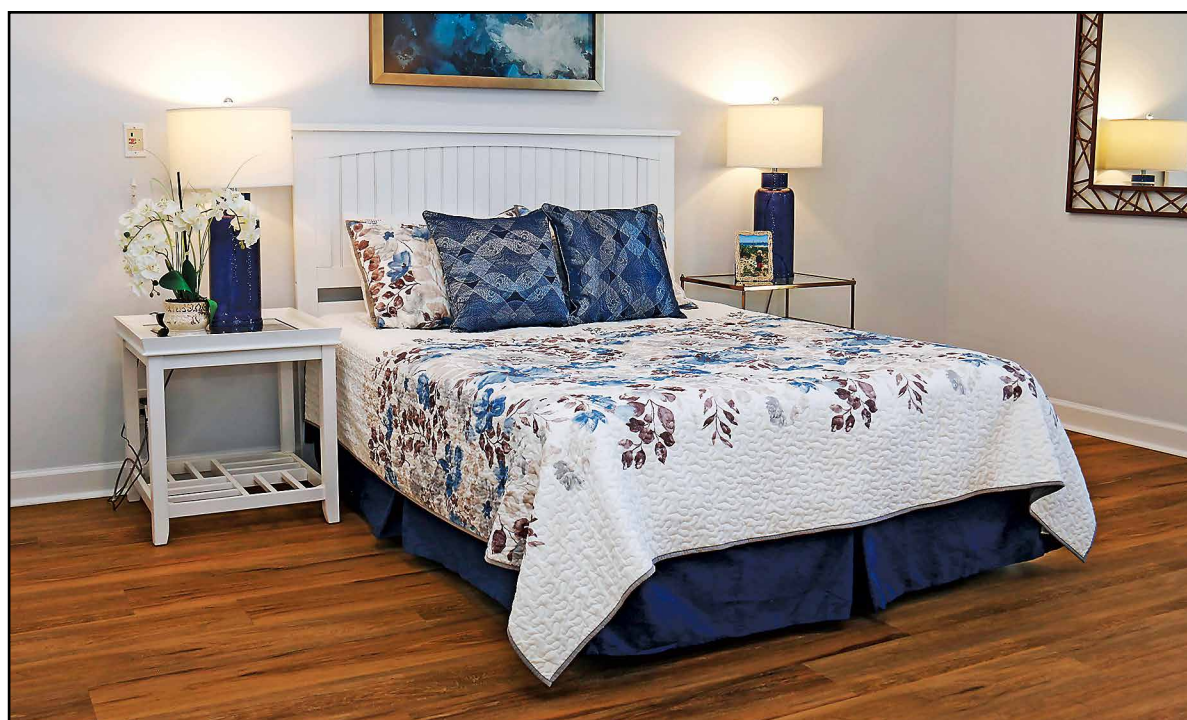
- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

Enjoy a carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the new Aquatic Complex with two pools, Glades Grill, Stryker's Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro and much more. Call the Marketing Department at (954) 871-2655 to schedule a tour.

web JohnKnoxVillage.com

JohnKnoxVillage

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



The convenient Harbor I is an economical and carefree choice for Life-Plan living.

The Harbor I: 1 Bedroom / 1½ Bath
Apartment Home
1,013 Sq. Ft.

