



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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Three Ribbon Cuttings Formally Open Master Vision Plan Projects



JKV Administrative Staff, Board Members, Local Government and Business Leaders and Residents cut the ribbon, officially opening the new John Knox Village Aquatic Complex.

Rob Seitz
Gazette Contributor

Over two days, three important projects were formally checked off the John Knox Village Master Vision Plan list.

With oversized gold-painted ceremonial scissors—courtesy of the Greater Pompano Beach Chamber of Commerce—formal ribbon cuttings were held for JKV's Welcome & Innovation Center, its Aquatic Complex and Center For Healthy Living.

In respective order, the 7,200-square-foot Welcome & Innovation Center now houses the Sales and Marketing teams, along with Discovery Rooms where prospective residents learn more about life and lifestyle at JKV, a video production area, two large conference rooms, a demonstration kitchen and a 2,500-square-foot open air space for on-campus events and gatherings with the greater community.

JKV Aquatic Complex Opens

Not quite in the center of JKV's 70-acre botanical campus, the new Aquatic Complex has in short order become the heart of the Village, with its resort-style and lap pools, the indoor and poolside dining venue The Glades Grill, bocce

and Pickleball courts, fire pits and Stryker's Poolside Sports Pub, with live entertainment space and high-definition TVs throughout.

Center For Healthy Living

In a market-disrupting partnership with Everside Health, Johns Hopkins Healthcare Solutions and Holy Cross Health, the Center For Healthy Living (CFHL) at JKV combines the Village's excellence in managing healthcare with top-tier research, clinical discoveries and advancements in achieving mind and body health.

Conveniently located on campus, the CFHL offers sick-and-well-care for JKV's nearly 1,000 residents and 800-plus employees currently, with near-future plans to open the CFHL to the greater community.

"What an exciting time to be involved with John Knox Village and our invaluable partners," JKV President & CEO Gerry Stryker told the crowd during the CFHL ribbon cutting. "We can check off these three big projects from our Master Vision Plan, but we're not done—not by a long shot."

Stryker was referring to Westlake, the most ambitious

See "Ribbon Cuttings" on Page 2

Bocce Is How We Roll

The Fascinating History Of An Ancient Game

Nona Cree Smith
Gazette Contributor

Humans throwing balls towards a target is the oldest competitive game known to mankind.

Going back in time thousands of years ago, the Egyptians played a form of bocce with highly polished rounded stones. Wall carvings and paintings were discovered showing people playing bocce-style games as early as 5,200 BC. While bocce today has changed and progressed from those early days, the basic goal has consistently been to throw or roll a ball as close to a fixed target as possible. From this early objective, the basic rules of bocce were born.

Greece Taught Rome To Play Bocce

From Egypt, the ball game traveled to Greece where Greek physician Hippocrates (460 – 377 BC) provided a written prescription for therapeutic exercise with ball games and walking as most beneficial. The Greeks refined the game, and after they were conquered by the Romans, they passed on the game and rules of play to them. The Romans quickly learned the game, gave it a name "bocce," which is derived from the Italian word boccia which means "bowl." Even the great Roman emperor Augustus (63 BC – 14 AD) enjoyed the game when he wasn't conquering the world.

The game became popular throughout the Roman Empire, even to far flung Gaul and Britain. It is believed Roman

See "Bocce Ball" On Page 3



JKV residents Robert Hamilton and Armando Gutierrez try the bocce ball courts at the newly opened Aquatic Center.

JKV On Schedule To Implement Master Vision Plan

From “Ribbon Cuttings” On Page 1

project in JKV’s 53-year history. This \$100-million-plus plan begins with the currently under construction Westlake Pavilion, which remains right on schedule for its first quarter 2022 grand opening.

The Pavilion will feature a 350-plus-seat performing arts center, casual and finer dining venues, a nautically themed bar and pre- and post-performance gallery and gathering spaces.

Two New Residential Towers

Next on the construction timeline will be work on two new apartment buildings—The Vue and The Terrace. At 15 stories high, The Vue will provide new Westlakers (as they are affectionately being called) light-filled rooms and enviable views of the campus. The one- and two-bedroom floorplans range from 1,231 to 2,259 square feet.

The first-floor common area of The Vue will boast many new amenities, including a high-tech projection theater, technology hub, business center, art studio, Sacred space, club room, library, the French Press—a bakery, coffee and wine bar, and Westlake



In partnership with Everside Health, Johns Hopkins Healthcare Solutions and Holy Cross Health, the Center For Healthy Living (CFHL) at JKV grandly opened its doors in May.



The Vue and The Terrace residential towers will soon rise above JKV’s Lake Maggie.

Eatery—a fast-casual restaurant serving freshly prepared food all day.

Standing at 11 stories with spacious two-bedroom designs, The Terrace will feature boutique-style living along with a stunning rooftop terrace and up to 1,845 square feet of luxury living.

Get In On The Ground Floor

The JKV Sales Team is currently accepting \$1,500 priority deposits, as well as taking 10 percent down payments from people anxious to select their new apartment home, its location and a floorplan that best fits their desires.

Not only does a fully refundable \$1,500 Priority Deposit get you in the queue for your new apartment home, but automatically enrolls you as a Gold Level JKV Westlake Village Club Member, affording you access to the Aquatic Complex,

the Fitness Studio, Life Enrichment events, JKV Home Health services and much more.

An important consideration during planning of the Westlake project was to maintain the Village’s award-winning grounds, while enhancing JKV’s current dramatic waterviews.

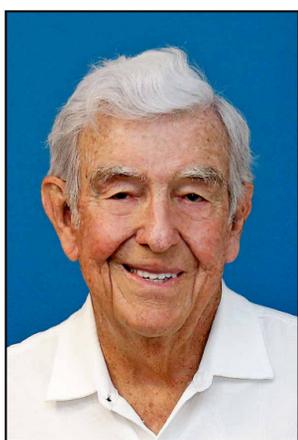
“John Knox Village is embarking on this tremendous project to provide and enrich the lifestyles of its current and future residents,” Stryker told *The Gazette*. “A Master Vision and Site Plan of this magnitude and complexity, has taken a team of innovative professionals, guided by our residents, management team and Board of Directors to reach this point in our journey.”

To learn more about Westlake in particular, and JKV in general, call (954) 871-2655 or visit www.JKVGrows.com or www.JohnKnoxVillage.com

web JohnKnoxVillage.com
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Thanks For Asking Is Change Coming For CCRCs?

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

Most of us involved in Continuing Care Life-Plan communities, whether as staff or residents, would agree that the public’s views on long-term care facilities have been negatively impacted during the coronavirus pandemic. There was a recent article in the *New York Times* titled “Rethinking Nursing Home Care, Even With Vaccines.”

The article sums up the situation very

succinctly and concludes that the industry needs to make fundamental changes to restore the public’s confidence. While it is difficult to find fault with the article, we are left to wonder how those changes might take place. We also know that this is by no means the first time that there has been widespread demand for reform in this sector.

For an historical perspective on this issue, consider the following consensus of a hearing in 2010 (following the 2007 – 2008 recession) by the U.S. Senate Special Committee on Aging:

“There will be no federal regulation of CCRCs. Instead, regulation of CCRCs at the state level is recommended. States are encouraged to provide for residents’ rights and CCRC disclosure, transparency, and communications between residents and management. State Insurance Commissioners are encouraged to provide oversight.”

A recent review of this committee’s work by the Directors of the National Continuing Care Residents Association noted several problems with this approach. Basically, at the state level, providers have considerable influence with the legislatures, enough

to effectively oppose legislation recommended by any U.S. Senate Special Committee or by CCRC resident groups. Also, enforcement of state CCRC laws is often lacking.

If change at the national level is unlikely and at the state level problematic, it begs the question of when, how and what kind of change will take place? Who really knows? Of course, some CCRCs will continue to evolve and attempt to serve their residents better, but history and logic tell us that significant change mandated at either the federal or state level in the near term is unlikely.

Take A Closer Look At CCRCs

For prospective residents concerned about what to do in the near term, consider the following:

• **Many CCRCs have come through the pandemic in good shape.** Occupancy rates may be down, but the strong housing market indicates that more can afford to transition than was the case following the recession in 2007 – 2008.

• **Even with stronger governmental oversight, there is no substitute for prospective residents doing comprehensive due diligence.** An excellent place to start is by reading NaCCRA’s “Consumer’s Guide To Continuing Care Retirement Communities.” If you don’t have a copy, go the NaCCRA’s website, download it and study it.

• **Residents must pay attention** and be as involved in what is going on in their CCRC as their situation permits.

When I told a friend and fellow resident about the message that I was hoping to deliver in this article he wrote, “Just use JKV as an example,” so I gladly share the following:

• **The protection provided to CCRC residents by Florida laws is among the best in the country.** Much of this is due to the active participation of our Florida Life Care Residents Association with its approximately 13,000 resident members.

• **Three of our JKV residents are voting members on our Board of Directors.** We have had residents on our Board since the 1970s.

• **In most respects, our residents’ lives seemed more fulfilling during the pandemic** than those contemporaries we know in the surrounding communities, because of the services that were provided for us at JKV.

• **JKV has continued to invest in improving the amenities available for residents.** A prime example was the opening of a \$6.9 million Aquatic Complex in early March. The complex includes a resort-style heated pool covered with shade sails to keep us comfortable, a 4-lane lap pool, two Pickleball and bocce ball courts, an 84-seat Caribbean style restaurant and a poolside sports pub.

• **JKV was the First CCRC in Florida to receive COVID-19 vaccinations** for its Elders and health care workers in its skilled nursing settings.

• **In May 2016, JKV became part of a growing national movement to change the face of skilled nursing care by opening The Woodlands.** An entirely new facility, it is a trademarked GREEN HOUSE® Project model of care with 12 homes in the building. Each home has 12 private rooms with private baths. These resident-centered homes are designed and operated specifically to counter the institutional feeling of isolation and boredom. A relatively new concept, The Woodlands was the 200th Green House home to open, the first in Florida, and was initiated by the JKV residents.

• **In summary, John Knox Village is doing what it takes to remain as the best CCRC in the area.**

Indeed, at some time in the future, some changes may be mandated for CCRCs. Most of us, however, want to live our lives as well as we can now. Experience tells us that there are some really good CCRCs available. If you are looking for one, do your due diligence.

Dave Bayer and his wife Jackie have both been involved in a variety of volunteer activities in the local community and at JKV. Dave currently serves on the Board of Directors of both the National Continuing Care Residents Association and the Florida Life Care Residents Association.

Bocce Ball Was A Favored Sport Throughout Europe For Centuries

From “Bocce Ball” On Page 1

soldiers played the game based on the current rules during the Punic Wars, as the recreation provided a distraction from the fighting and helped keep the soldiers entertained, especially when gambling was involved. In earlier times, they played with coconuts brought back from Africa but later used hard olive wood to carve smooth bocce balls.

Bocce Was The “Golf” Of The Middle Ages

During the Middle Ages, bocce ball became a craze throughout Europe, enjoyed by statesman and rulers, even the great Italian astronomer, physicist, and engineer Galileo Galilei was said to be an avid bocce ball player. Not only did the rich and famous play bocce, but so did the soldiers, peasants and plebians, to the point that the important jobs of farming and soldiering were neglected. To the powerful, the working people playing bocce took time away from the security of their nations, so the game was banned for the working class.

The bocce ball bans made it mandatory for able-bodied men to practice archery in their free time and meant the soldiers played war games and military exercises to be ready to do battle. The same bans applied to craftsmen who made arrows and bows.

In 1576, the Republic of Venice publicly condemned the sport, punishing those who played it with fines and imprisonment. Because the game encouraged gambling, arguments and ferocious fights, the Roman Catholic Church also banned the game. Again, the bans only applied to the lower classes, leaving the ball game in the domain of the nobility and privileged. In spite of the bans and fines levied against it, the bocce ball game flourished in secret.

Rule Britannia And Bocce

Unlike the rest of Europe where the game was banned, bocce thrived in Great Britain. It was played by royalty, nobility and peasants alike. It is said that Henry VIII (1491 – 1547) was an indulgent bocce player, finding time between six marriages for the game. In fact, his daughter, Queen Elizabeth I (1533 – 1603) and her favorite, Sir Francis Drake (1540 – 1596) were avid players. According to legend, Sir Frances delayed sailing to defend England against the Spanish Armada until he finished his game, saying, “First we finish the game, then we’ll deal with the Armada.”

Bocce Back In Favor In Europe

Despite all the bans and fines imposed on the game of bocce ball over the centuries, people in remote and rural regions still played the game, often competing in hidden tournaments to evade the long arm of the law. The game’s popularity grew during the Renais-

sance as it became a favorite of poets, scholars, and royals. It was again immensely popular in Italy and France.

By 1519, bocce became the game of the people in European countries including Belgium, Holland and Flanders. It was in danger of being banned for being too popular again.

Eventually bocce ball became the favorite pastime of Italian nobility and especially Giuseppe Garibaldi (1807 – 1882), an Italian general and patriot who helped unify the Kingdom of Italy.

Bocce Conquers The New World

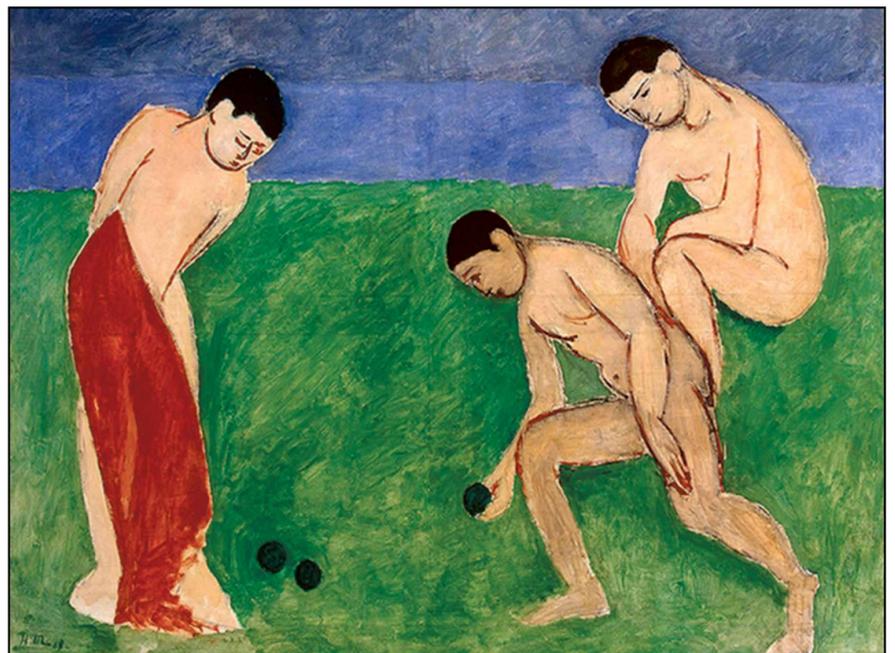
The sport first came to America via the English version called bowls from the French word boule meaning ball. American players first followed the British form of the game and rolled the bocce on closely clipped grass, not stone dust as it is played on today. One of the first early American playing fields was Bowling Green at the southern tip of Manhattan. George Washington cultivated one of the first American bocce courts at Mount Vernon in the 1780s.

In modern times, the first bocce clubs were organized in Italy. Notably the first Italian League was formed in 1947 by 15 teams in and around the town of Rivoli (Torino). 1947 also marked the beginning of the yearly Bocce World Championships.

Thanks to many Italian immigrants to America, bocce has come to flourish in the United States. During its beginnings in the U.S., there were as many versions of the game as there were towns the Italian immigrants had left behind in Italy. Bringing some order to the game by standardizing the rules of play was the Collegium Cosmicum Ad Buxeas, the preeminent bocce organization headquartered in Rome, Italy.

It should be added that the oral traditions of bocce are just as much an important part of the game as the organized rules. They add the weight of history and bring color to the game.

So, throw out a pallino and become part of the exceptionally long heritage of the game from world conquerors like the Romans, great thinkers such as Galileo, world rulers like the Tudor dynasty, to ad-



Even during the 19th century French Impressionist movement, bocce ball was an art subject. Pictured above: “Game of Bowls” by Henri Matisse, 1908. Image Source: Wikipedia.

venturer Sir Francis Drake and even America’s own George Washington.

Bocce Comes To JKV

Bocce ball has been a favorite pastime among residents at John Knox Village. Currently, the newly opened Aquatic Complex has two bocce ball courts, where residents and guests gather to play.

Bocce ball’s popularity is due to the simplicity of the rules: Get your bocce ball as close as possible to the small white pallino ball.

JKV Fitness Manager Marsha Dixon said that the game is ideal for older adults of all fitness levels.

“The unique feature of bocce ball is the social aspect, and it is a safe sport for all ages,” Dixon said. “Residents who are unable to join traditional group fitness classes get the benefit of being outdoors and engaging in a gentle low-impact activity. Neuromotor functions, such as eye-hand coordination and posture, naturally come into play, as well as cognitive engagement while strategizing one’s next move against his or her opponent. A little healthy competition is not missed during a game or two. There have been shouts of triumph among residents who made a successful play and laughter from those watching from the sidelines.

“The spirit of bocce ball has brought enjoyment and happy gatherings to the courts. It is easy to predict that many more will join the fun and excitement bocce ball has brought to the residents of John Knox Village.”

JKV Chosen As Nation’s First Site For Stanford University’s Virtual Human Interaction Lab



JKV residents John Dalsimer, Andrea Hipkind and Janet Anding experience the Virtual Reality of MyndVR.

Kim Morgan-Vagnuolo
Gazette Contributor

John Knox Village of Florida, Inc. (www.johnknoxvillage.com) was selected to collaborate with The Virtual Human Interaction Lab at Stanford University, the pioneering lab focused on the psychological and behavioral effects of virtual reality, and MyndVR, the leading provider of VR solutions for older adults. The Study will examine how older adults’ use of VR affects their psychological well-being and their attitudes toward new technologies.

A recent press conference in the John Knox Village Centre Auditorium featured keynote speakers Monica McAfee, Chief Marketing & Innovation Officer,

Chris Brickler, MyndVR CEO and Scott Carter, AT&T Principal Architect for Extended Reality.

Residents who have started participating in the study were Anne Selby, Terry Colli, Mark Levey and Hugh Root. Reporters from the *Associated Press*, *South Florida Sun-Sentinel* and more, were eager to interview them, as well as other residents who attended the press conference.

Stanford University’s Influence

Researchers at Stanford’s VHIL have been building immersive VR content and testing its effects on people for nearly two decades. Members of the Lab have published hundreds of scientific articles detailing the psychological and behavioral impacts of VR

experiences. The Lab’s founding director, Jeremy Bailenson, is considered one of the world’s leading experts on the topic.

“Virtual Reality adoption has been growing significantly, and we’re interested in both the immediate and lasting benefits it can provide,” said Bailenson. “Working with MyndVR gives us access to a crucial population of older adults that were hit particularly hard by the isolation of the past year.”

“Our goal since day one has always been to improve the quality of life for older adults,” Brickler, of MyndVR told *The Gazette*. “We are excited to be part of this study with such a prestigious team at Stanford and to provide this opportunity to the senior living communities within our network.”

The Power Of MyndVR

MyndVR has brought together a powerful consortium of industry collaborators to support this research, including AT&T and some of the world’s most innovative senior living communities. By combining the MyndVR platform with AT&T 5G technology, the resident experience is further enhanced.

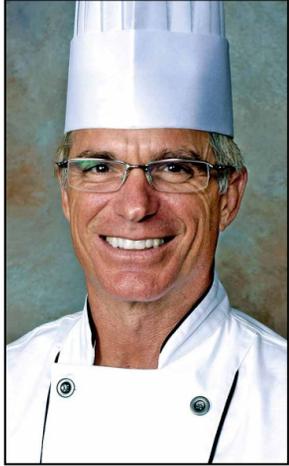
“We are honored and thrilled to be one of the first senior communities to participate in the Virtual Human Interaction Lab at Stanford University with MyndVR, with whom we’ve experienced tremendous success with our residents for the past two years,” stated McAfee.

By participating in this research, communities and health care providers will help conduct one of the largest-scale studies to date of how VR affects this vitally important population and the role that technology could play in their overall health and wellness.

In Good Taste: Who Loves Ya Baby-Back?

Celebrate July 4th With An All-American Cook-Out Favorite

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

With America's 245th birthday just around the calendar, thoughts of 4th of July celebrations come to mind, including enjoying the quintessential holiday meat, barbecued ribs.

John Knox Village Executive Chef Mark Gullusci has a recipe that will take the grilling guesswork out of making fall-off-the-bone ribs—oven-braise them.

While barbecuing gives ribs a distinct flavor, oven-braising has other benefits too.

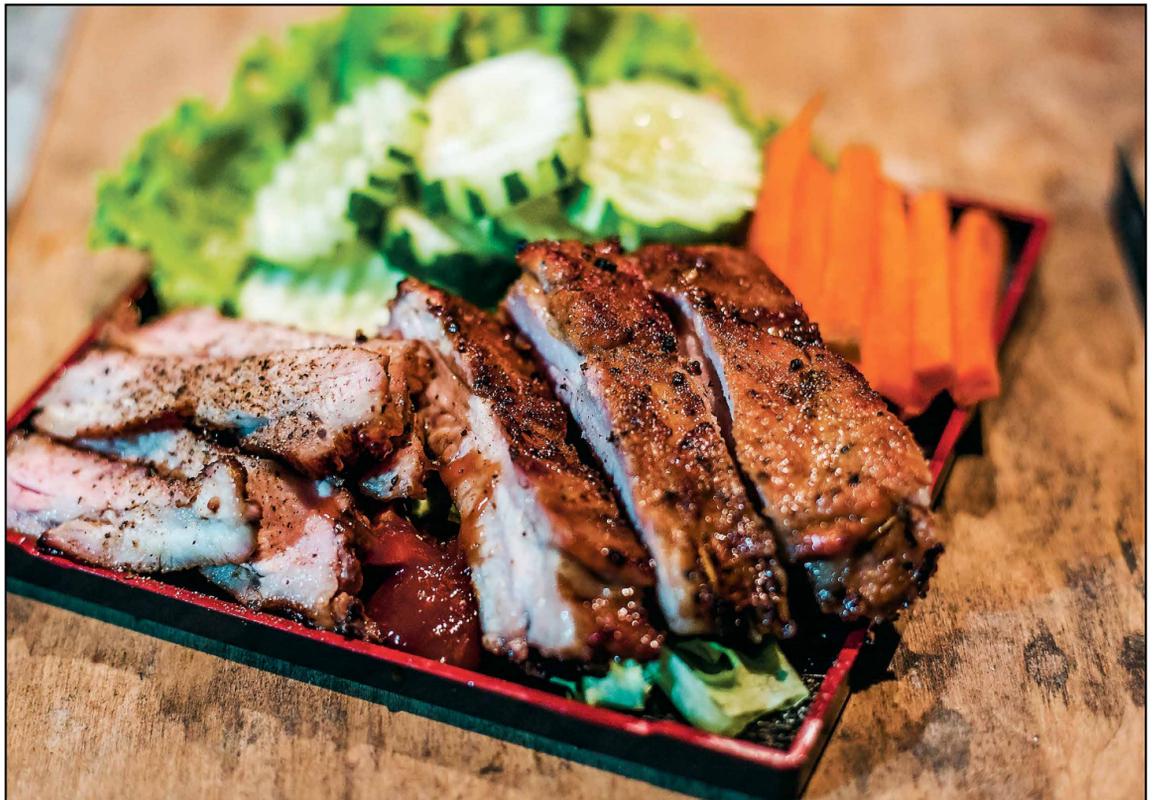
It gives you more control over how fast and how much the ribs are cooked. Because ovens have controlled temperatures, you are less likely to over- or under-cook your ribs.

Since ribs are typically not a regular item found at the dinner table, rather a holiday or special occasion treat, tough ribs can be a problem. Chef Mark's juicy and tender recipe will not disappoint.

Oven-braised Baby Back Ribs (Yields 2-3 Servings)

- 1 Rack of Baby Back Ribs

- Choice of your favorite barbecue sauce, although traditional Asian, mango pepper and other varieties work well with this recipe.



Baby back ribs are a summertime favorite. Try Chef Mark's recipe as the perfect meal for a July 4th gathering.

• Dry Spice Rub:

There are many dry spice rubs you can use. This is Chef Mark's go-to dry spice rub recipe if you want to make your own. Use equal parts: Kosher salt, sugar, granulated onion, granulated garlic, ground black pepper, smoked paprika, Chipotle powder. Mix these together in a bowl and rub onto both sides of the baby back ribs. Allow to rest on the ribs from 15 minutes to two hours if you have the time.

Method Of Preparation:

Preheat oven to 425 degrees, place ribs on a sheet tray and put them in oven for 30 minutes or until a nice color is formed. This is the coloring stage. Once you have achieved the color you like, remove the ribs and lower oven to 375 degrees. Brush your ribs with the sauce you chose on both sides, cover tightly with aluminum foil, and bake for 1 hour and 15 minutes. To check for tenderness, remove the foil, grab a bone and wiggle it to see if it separates from the meat. It may even pull out completely. At this time, your ribs are fall-off-the-bone-tender and delicious. Enjoy!

The Pure Joy Of Bird Watching

The Beauty Of Nature Can Be Found In Your Own Backyard

*'Birds flying high, you know how I feel
Sun in the sky, you know how I feel.'*

— Nina Simone

Nona Cree Smith
Gazette Contributor

I remember the moment I fell in love with our feathered friends. It was many years ago, as I walked on the front lawn, a very agitated bird (I discovered it was a mockingbird) kept dive bombing me. I realized a tiny bird was sitting in the grass at my feet. It was fully feathered, and mama was trying to keep me away from her baby. It could not fly up to the nest and it was too dangerous to leave in the grass. Luckily, a man working nearby with a cherry picker was able to help place the baby back in its nest. I called the baby "Peet-Peet" mimicking its chirping. We actually became friends and once he was older and flying perfectly, he would come when I called, and sit on the mailbox, preen, and show off his beautiful markings.

We Started Feeding Birds

I would call Peet to let him know I had food and was astonished that my calls brought many varieties of birds to the table. I threw almonds, bird seeds and bread into feeders and onto the ground. We found that most of the birds preferred feeding from a protected area on the ground. In time, we entertained a large representation of the Florida avian family at our "table."

Every morning and mid-afternoon, I sliced small cubes of 12-grain bread, called and whistled for my friends and in they flew, perching on the fence, gardenia and cherry hedges, scoping out the best pieces of bread before swooping in.

Today we have cardinals, mockingbirds, blue jays, small and pileated woodpeckers, blackbirds, crows, mourning doves and tiny sparrows, all eating together. We also fill a large melamine bowl with fresh water to drink and take vigorous baths.

The cardinals like to eat on their timetable, not ours, and Mr. Red has flown onto the back porch



Birds seen in the author's backyard (l. to r.) are a pileated woodpecker, cardinal and blue jay.

many times and chirped, "Bring out the bread, the wife and I are hungry."

Florida Is Birding Haven

Bird watching, sometimes called birding, has evolved from an eccentric pursuit to an extremely popular activity. It is a low-key, relaxing hobby anyone can enjoy with a minimum amount of gear or expense. Some find birding a rewarding learning experience, while others, like me, are content to feed our garden birds, enjoy their antics and songs – because birds are beautiful.

We are fortunate to live in Florida, a state known for its biological diversity, miles of coastlines, lakes and Everglades teeming with life.

Our warm climate not only attracts human "snowbirds," we are also winter home to endless migratory birds who pack into South Florida, as our nutrient-rich waters and forests provide food and shelter from

severe winters. While water and weather are good reasons for the abundance of birds, the state has a good conservation record with more than 25 percent of land devoted to public and national parks.

So, You Want To Start Birding

A good place to start is to visit the National Audubon Society website, as well sites for the Cornell Lab of Ornithology and American Birding Association or go to the library for books on bird watching and field guides so you can start identifying birds. If you want to buy a book, a good one is "Birds of Florida Field Guide" by Stan Tekiela. Once armed with some information, you can head out on your own or join a bird watching group as birding is much more fun with others, and beginners can learn from the old hands.

The only equipment you will need is your pocket field guide, good SPF sunscreen and perhaps a decent pair of binoculars.

JKV Resident To Tri Again Next Month

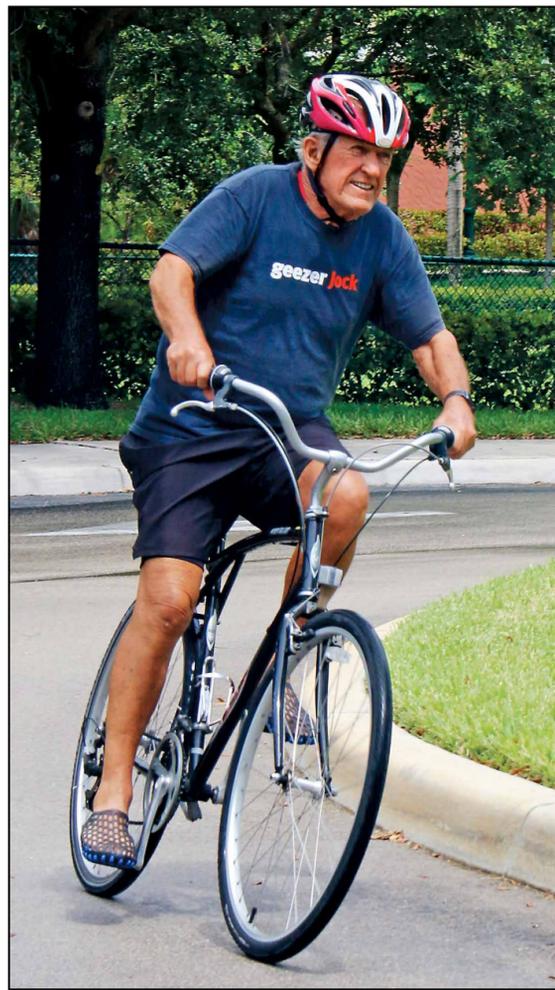
Competing In Second Triathlon Since Turning 80

Special To
The Gazette

In this continuing series, *The Gazette* focuses on a John Knox Village resident, who showcases a unique dedication to an activity or volunteer opportunity. This month's featured resident is Dr. Paul Loree. Excerpts of Paul's story are reprinted with permission from the *Winter 2021 Edition of LeadingAge® Florida Senior Living*, as written by Nick Fortuna.

"It wasn't quite as iconic as Rocky Balboa running through the streets of Philadelphia, but back in 2016, John Knox Village in Pompano Beach served as the training grounds for its own inspirational athlete: A longtime resident who's still defying Father Time and redefining what it means to be active in retirement.

"To celebrate his 80th birthday, Paul Loree partici-



Paul Loree bike training on the streets of John Knox Village.

pated in the Summer Sizzler "sprint" triathlon in Grand Island, NY, a grueling contest featuring a quarter-mile swim in the Niagara River, a 10-mile bicycle race, and a 1.9-mile run. Organizers expect some competitors to wither in the oppressive August heat; during the final section, athletes run past a first-aid station not once but twice, getting access to water, electrolytes and, if need be, medical care.

"Loree was the oldest athlete in the field of 105, but he showed up primed for his best effort. Howard, his oldest son who had run in the Boston Marathon many times, had urged him to mark his milestone birthday by participating in his first triathlon. Howard would be there too, going in the "Formula I" triathlon, comprised of two sprint triathlons back to back.

"Orthopedic problems with Loree's feet mean that he would have to race-walk instead of run, which obviously would hurt his final time. Nevertheless, he felt fit and spry on race day, having trained hard for many months at John Knox Village.

"Loree had calculated that 22 lengths of the community's swimming pool equaled a quarter-mile, and he gradually worked his way up from one length a day to 30. He also spent each day touring the community's 70-acre campus on bike or on foot. Leading up to the race, Loree and wife Sally visited their summer home in Franklinville, NY, where he completed his training, using the region's rolling hills to build his stamina.

"In the end, Loree certainly held his own, hitting the wire in 1:36.38 and beating two younger competitors. His time of 44:41 for the bike race beat out 24 competitors.

"My son gave me about nine months' notice, so I went into training and did a lot of it right here at John Knox Village," Loree said. "The triathlon was a good experience, but I was pooped at the end of it. It was pretty tiring.

"My wife said to me, 'I don't think you should do this anymore; I think it'll kill you,'" he added with a laugh. "But I was really pleased that I succeeded in doing that with my son."



Sally and Paul Loree with their dog Pumpkin.

"Now 85, Loree is as busy as ever. A typical morning on the 70-acre life-plan retirement community campus includes several hours of tai chi, weight training, advanced aerobics, bicycling, walking or kayaking. Despite all that exercise, he's rarely too tired to volunteer or be civically engaged.

"Loree represents his floor of Heritage Tower in his community's Resident Senate, having previously served as the group's president, and chairs its Health Care committee. He also serves on the board of the John Knox Village chapter of the Florida Life Care Residents Association, a nonprofit that advocates for residents of continuing-care retirement communities before the same legislature and regulatory agencies."

Update: If At First You Succeed, Tri Again

Not satisfied to rest on his 2016 laurels, Paul is following his five-year plan. He is training for another triathlon and has circled the Cranberry Triathlon in Lakeville, MA on Saturday, Aug. 21. His quest will be the Sprint Triathlon consisting of: ½-mile swim, 14-mile bike and 3.1-mile run.

Paul's son Howard, a biomedical engineer in the Boston area, will compete alongside dad as his "angel," overseeing Paul's progress along the route. Howard will compete again the next day in the Olympic-length triathlon, while Paul cheers him on.

When asked why he continues on his triathlon challenges, Paul said, "I did one at 80 to prove I could do it. It's the same reason for doing it at 85. And I hope to be able to do it again at 90." Good luck Paul.

Book Review

Books For Living

By: Will Schwalbe

Donna DeLeo Bruno
Gazette Contributor

This rather small book has a plethora of recommendations that are likely to influence how you read and how you think. Author Will Schwalbe asserts that books lead us to examine our own lives, make sense of the world, and become more empathetic individuals.

Reading is also a means of connecting with others. As an example, he mentions a grandmother who felt she was losing touch with her grandson. Conversations about "What have you been doing?" elicited typical teen responses like, "Nothing much." But when she asked what he was reading, he eagerly related his reactions to *"The Hunger Games."* She picked it up and embarked on a mutual journey discussing economic inequality, war, privacy and the media. The book became a conduit to a closer relationship between them. I too have found discussion of reading material with my own grandchildren to be an enlightening and enjoyable shared activity.

Books Connect With Our Lives

They suggested *"Wonder"* by R.J. Palacio about a boy with a craniofacial deformity, who was bullied and ridiculed by peers. It may be the best book for kids that I have ever read. Its themes of maintaining dignity, coping with adversity, the effects of kind-

ness and acceptance convey an understanding of our shared humanity. The author asserts that reading such fiction makes us better people.

Equally uplifting is a book he encountered as a child titled *"Stuart Little,"* about a mouse being raised in New York City by human parents, a great example of unconditional love. Schwalbe sees the mouse, in his odyssey, as the epitome of wisdom, fortitude, patience, persistence, commitment, courage and resourcefulness. It drives home the message that seeking is more important than finding.

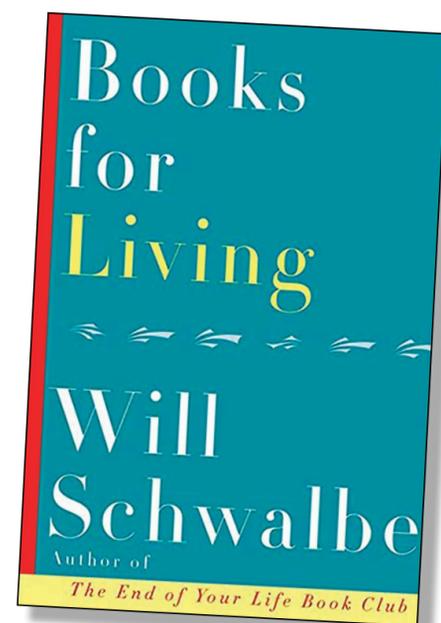
Life Lessons Learned

Schwalbe continues with books from which he garnered valuable life lessons – one by the Japanese novelist Haruki Murakami who values running and napping as two of life's greatest pleasures. Rather than seeing them as self-indulgent, both lend to creative thinking uncluttered by other distractions, resulting in better outcomes. Another – *"The Importance of Living"* by Lin Yutang – encourages people to seek downtime, schedule space and quiet for themselves without feelings of guilt or regret. He encourages napping which fosters thinking, planning, reviewing – makes a case for loafing, savoring food, drink, friends and nature. This author labels efficiency, punctuality, and desire for achievement the *"Three American Vices"* that make people unhappy and nervous. Of course, this is anathema to driven, ambitious A-type personalities who thrive on competition.

Read To Broaden Understanding

The author also credits his boarding school librarian with intuitively sensing what he needed for reading material at certain stages in his adolescence and discreetly placing those books in his path on a reading cart. These had a transforming effect on him. Moreover, he believes that books still are the "strongest bulwarks we have against tyranny," with which I agree.

Schwalbe has very interesting insights about reading *"Lolita in Tehran,"* *"Gift From the Sea,"*



"I Know Why the Caged Bird Sings," *"David Copperfield,"* *"The Alchemist,"* *"The Girl on the Train,"* *"Lord of the Flies,"* *"Harry Potter,"* writers Victor Hugo, Franz Kafka, William Inge, Aldous Huxley, F. Scott Fitzgerald, and many others too numerous to mention. He is as much a philosopher as an author who has been formed by books. Over his lifetime he has been a most prolific reader who has followed his father's mantra "Think differently." Maybe you will too after reading *"Books for Living."*

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.



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Say No To Prostate Cancer

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

Other than skin cancer, prostate cancer is the most common cancer in men, affecting one in eight men at some point in their lives, on average at around 66 years of age.

Interestingly, there are large geographical differences in the incidence of prostate cancer: It is far more common in North America, Europe, Australia and Caribbean Islands; and less common in Africa, Asia, and Central/South America. Moreover, Asian immigrants to the United States acquire a 20-fold increased risk of prostate

cancer in their new country, compared to their old home. While some of the differences could be related to more testing, researchers have been looking at the role of different dietary and lifestyle habits.

Diet May Make A Difference

Multiple studies suggest that consumption of dairy products, red meat and animal fat increases the risk of prostate cancer, while a plant-based diet as well as Mediterranean diet lower the risk.

The link between meat and prostate cancer is stronger for meats cooked at high temperatures, such as grilled meat, and processed meat like bacon and hot dogs (which have been also linked to increased risk of colorectal cancer).

Dr. Dean Ornish took a group of men with prostate cancer, who have chosen not to undergo conventional treatment, and randomly assigned them to either comprehensive lifestyle changes along with a few supplements or keeping their usual habits. The lifestyle recommendations consisted of a vegan diet high in

vegetables, fruits, legumes and whole grains, supplemented with soy, fish oil, Vitamins E, C, and selenium. The diet was also very low in fat and sugar.

In addition to the vegan diet, the participants were asked to walk or engage in other moderate exercise for 30 minutes, six days a week, routinely use stress management techniques such as yoga or meditation as well as join a weekly support group to help them stick to the plan.

After 12 months, blood taken from the men in the experimental group showed an average four percent decrease in PSA level (PSA, or prostate specific antigen correlates with the size of prostate cancer), while the PSA of the men left to their usual lifestyle raised by six percent. Moreover, when the “vegan” blood was dripped on prostate cancer cells in a dish, it suppressed the growth of the cancer cells by 70 percent.

Preventive PSA testing of men with no symptoms is controversial, as while early detection and treatment could save your life if you happen to have a more aggressive cancer, most prostate cancers grow so slowly that it may never become a problem – men are more likely to die with prostate cancer, than because of it.

Meanwhile, treatment can have harmful side effects such as incontinence and impotence. It is a discussion each man should have with their physician, individually, based on their personal risk, family history, genetics, and their own preference. Should you choose to get a PSA test, make sure to stop supplements with biotin for a week prior to the test, as it can cause lower levels and false reassurance.

Take Positive Steps Now

Above all, why wait for any cancer to adopt healthy habits, such as cutting back on red/processed meat and



PSA, or prostate specific antigen correlates with the size of prostate cancer.

dairy, eating more colorful plants, and making sure to have a daily routine of exercise and stress reduction?

Do not think though that you can “cheat” on the lifestyle and just take a handful of supplements instead. Studies of men taking individual supplements often show more harm than benefit.

While a link between obesity and smoking and prostate cancer is not certain, given their role in other cancers and heart disease, one should always strive to keep their belly size down and stay away from smoking and other environmental toxins.

I hope this helps and stay well.

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.

Decluttering: Less Is More

Anne Goldberg
Gazette Contributor



Anne Goldberg
The Savvy Senior

I love to shop. I love going through the aisles, looking to see what’s new and stylish. It’s so much fun. I used to meander through various malls, exploring the stores and their wares. There are some malls where I could get in my 10,000 steps just by shopping.

The thing is that, after being home for so many months, and having decluttered so much, I find that, as my vaccinated self eases back into recreational shopping again, I find it more difficult to find things I really want, or,

more to the point, that I need.

Do You Really Need Or Use It?

Dishes? I have enough. Glasses, bowls, trays, platters? I have enough. My walls and shelves are beautifully decorated with treasures I love, and while some of my friends’ wardrobes are two and three times larger than mine, in the truest sense I have all that I need.

Since I really do enjoy the art of shopping (ok, bargain hunting) at my favorite discount stores, I admit

I sometimes find clothing that speaks to me. Literally my brain screams “Mine,” when I see something I love and when that happens, and it’s in my budget, I buy it. The caveat is my agreement with myself is that when something new comes in, something old has to go. Surprisingly, there’s always something I can find that I am happy to part with.

Try Uncluttering

Give it a try. What are you willing to let go? Tackle a single, overstuffed drawer in the bedroom (or kitchen or bath). Unceremoniously dump the contents out and wipe the inside down with a damp rag or paper towel. Have a bag(s) for donation or consignment.

Depending on the drawer you choose, you might need a trash bag as well. Then, item by item, decide – do you really wear or need it? Does it fit? Will you wear cashmere and fur in South Florida? If you love it, do you actually ever wear it anymore? If not, let it go. If yes, put it back.

You’ll be surprised how much you’ve accumulated that you simply do not need at this stage of life. By donating to the needy, someone will be delighted by your generosity.

If something has sentimental value, consider taking a picture of it and then donating or tossing the item. You may find you look at the photo way more than you ever looked at the item. When something is in your heart and mind, it is never gone. Taking a picture ensures its longevity without taking up any space.

When you’re done, you will be left with a clean,

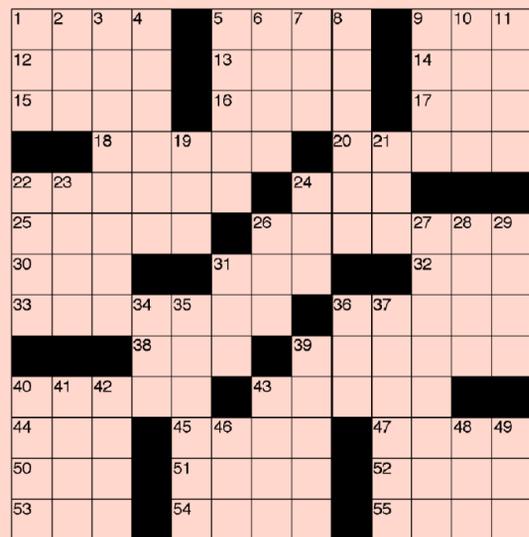
orderly drawer filled with what you need and want. More than that though, you’ll feel somehow cleansed, somehow lighter.

You’ll have a sense of accomplishment. You might even be tempted to try another drawer. Before you know it, you’ll be tackling the closets and cabinets.

Be a Savvy Senior. Know that less is more. Reduce the clutter and appreciate the benefits of living a simplified life with only things you absolutely love.



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. Charity
5. Body of water
9. Ohio college town
12. Hello (Ital.)
13. Molding
14. Self (Scot.)
15. Artificial fishing fly
16. Approve
17. Incorporated (abbr.)
18. Palmetto
20. Mau Mau country
22. Nose
24. Article
25. Reedbuck
26. Fr. month
30. Alfonso's queen
31. Babism founder
32. Luzon people
33. Taro

DOWN

36. Transpire
38. Cutting tool
39. Indian falcon
40. Ming's planet
43. River into the Rhone
44. Father of Jehoshaphat
45. Devil (Scot.)
47. Munich's river
50. Army service number (abbr.)
51. Uncanny (Scot.)
52. Pleasant
53. Chin. chairman
54. Machine gun
55. Verb-forming (suf.)

DOWN

1. Atlas (Ger.)
2. Taradiddle
3. Methane (2 words)
4. Hot Med. wind
5. Birthstone
6. Bedouin headband cord
7. Legal action
8. Arabic script
9. Hindu month
10. Refuse
11. Razor-billed auk
19. Borough (abbr.)
21. Conger
22. Lop
23. Galilee town
24. Boat
26. John, Dutch
27. One of the Three Fates
28. Needle case

29. Mountain lake
31. Drone
34. Crone
35. Departure
36. Exclamation
37. Tooth
39. Drawing room
40. Lady's title
41. Mount near Olympus
42. Billionth (pref.)
43. Indian groom
46. Within (pref.)
48. Atl. Coast Conference (abbr.)
49. Arikara people

Answers On Page 10.

Technology Travel Tips

Matt Munro
Gazette Contributor



Matt Munro

As more people look to get out on the road and travel again, we figured we would share a few technology tips to work into any pre-trip planning. All of these tips and ideas can be explained any time you stop by the JKV GroovyTek Bar for a complimentary consultation with a GroovyTek trainer.

Airline Tickets

No more waiting for a travel agent to offer you an itinerary. Use travel and booking websites to book the cheapest and shortest flights. Analyze flight reviews, sort by duration or value, or see the price difference for booking on different days of the week. Also, use airline apps to ensure mileage credits, easy access to boarding passes, in-flight entertainment and more.

views, sort by duration or value, or see the price difference for booking on different days of the week. Also, use airline apps to ensure mileage credits, easy access to boarding passes, in-flight entertainment and more.

Transportation

Avoid taxi lines and rental cars by using Uber or Lyft once you reach your destination. Use maps and GPS on your phone to navigate narrow European streets. Share special places you discovered, including where you got that delicious croissant by dropping a pin and sharing it. Track how many miles you walk each day as well as how many flights of stairs you covered while touring.

Staying In Touch

While we advocate unplugging while away, there are times you would like to stay in touch or check-in. Use

your smartphone to chat face to face with friends or family back home for free. Read the latest news from *The New York Times* from a news app. Text for free while on Wi-Fi. Use WhatsApp to connect with local drivers, tour guides and more. Avoid roaming fees by disabling cellular service for certain apps. Explore a travel data plan from your cell phone provider.

Entertainment

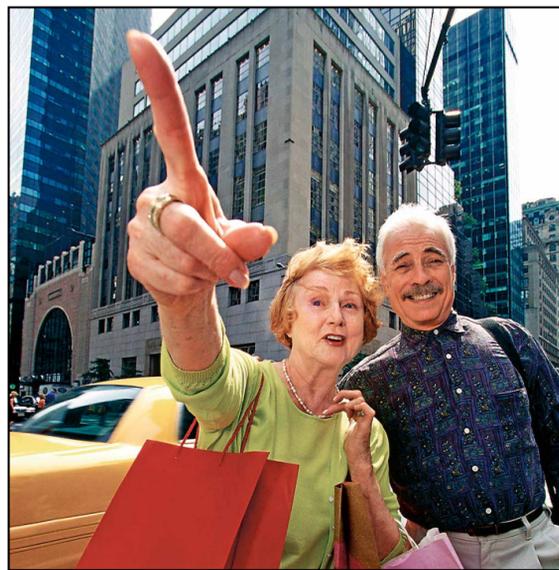
Before you leave, download a TV series, movies from Netflix, Amazon Prime, HBO and more. Watch shows anytime on your trip, even on the plane without Wi-Fi. Download books on your tablet or Kindle to read on the train or while waiting in a long line (or queue, depending on where you find yourself). Save news stories on your phone to read anytime, even when not connected to Wi-Fi.

Cameras And Photos

Don't worry anymore about bringing extra rolls of film or waiting to see how your pictures turn out. Use your smartphone camera as your one-stop for all of your photo needs. Set up albums for different days and destinations, share real-time updates to friends and family with text attachments or social media posts. Explore and understand how to use filters and edits so that you can crop, edit and alter any picture you take.

Accommodations

Due to new websites such as Airbnb, it has become more common for travelers to look outside hotels for their lodging options. Compare rates, rooms, features and more before you book accommodations. Find the right fit for you. Having a washer and dryer can change the way you pack and travel. Having a kitchen to make breakfast or lunches can help save money and have you experience more of a destination like a local.



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.

Gazette readers who make an appointment, 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: Tying The Loose Ends

Managing Excess Anxiety

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Anxiety is such an important area for us seniors (and everyone else). Anxiety can be a good thing. It helps us respond effectively and quickly to dangerous situations. But when it gets to a level where it makes us physically, socially or mentally ill, or otherwise not functioning up to par, we need to see how we can add our own rehab efforts to those of professionals trying to help if they are in the picture. Here is a list of some of the brain areas and how

to keep them in tip-top shape.

1. Language areas of the brain are important for learning, communicating and just plain thinking. In fact, language, as a frontal cortex area, is almost incompatible with anxiety. So that means when we're calmly reading, writing or speaking, or doing a word game, we calm the excess anxiety that makes life more difficult. It is, of course possible to override the good effects of language if we are extremely anxious. In that case, we might want to "Zip It," as the title of a recent book and the Bible both suggest.

2. Social, Especially Family. Dr. Murray Bowen, noted psychiatrist and developer of the family systems theory, found that having contact with as many family members as possible could be an anti-excess-anxiety procedure. Unlike the Freudian approach to family, that seems to be an in-depth psychoanalysis that no one really likes, he found that just being in the presence of family could be magic.

3. Keep In Touch. What if we have only a very few family members left? Friendship circles can take their place. If we approach them with great anxiety, others tend to take it on, but if we are calmer, they can absorb that as well. Keep in touch.

4. Physical / Motor. With gyms cropping up all around the country and world, it is possible to keep up a high-quality exercise program. Decide which activities we like and which we really do not enjoy. Concentrate on the fun ones. For me, it's water aerobics. One makes new friends as well. A twofer.

5. Advanced planning. This is an activity characteristic of high-level, emotionally mature people. We need

to keep it in our sights if we are working to be better functioning. What are our goals? Are we prioritizing them and not letting the "garbage" get in the way? What are we doing to improve our situations? Or are we giving in to not being able to teach old dogs new tricks?

6. Emotions. Instincts as Freud labeled them, are our immediate responses to many situations, dangerous or very happiness-producing ones. They can feel very good or very bad. They do interfere with making good decisions and best planning, however. So, one of the challenges of best living is to keep emotions under the direction of basic principles, a frontal cortex function. If we don't have basic principles, we can begin working on them. If we do, we probably need to review them from time to time.

7. Memory. This extremely complex function of the brain is apparently carried out in many areas. I am beginning to believe that it is so widespread that the more we use all the areas, the better memory will be.

At one time, I was terrible at number retention. I started working on that by trying to remember phone numbers. The effort helped a lot. Memorizing passages of scripture or literature will certainly help here.

8. Spiritual. This seems to be mostly located in the right hemisphere. Spiritual directors, who have studied spirituality all their lives, can be useful. Also, friendship groups who come together to study or share experiences make huge differences. Let's not forget our house of worship.

9. Connecting All The Different Areas. One brain area, right in the middle, connects its two hemispheres. Here is where creativity begins—when we begin to connect different—maybe even very different areas of knowledge.

10. Omit Toxic Elements From Diet. Dr. Russell Blaylock has contributed to knowledge here greatly. He can be found on the internet. Dr. Blaylock traces the really bad effects of chemicals like aspartame or MSG on the nervous system. Much work, being done on this now, will surely come before long to enlighten us.

11. Anesthetics And Kidney Disease. Anesthetics are truly a blessing when we need them. But if you have seen as many peoples' brain function done in for life as I have, by a suicidal overdose attempt or two, you will understand how anesthetics poison the brain for a short time so we can have needed surgery. So, if it is not really needed, please don't have it. Ask your surgeon or anesthesiologist about the details so you can study up. At the very least, space your surgeries as far apart as possible, allowing for as much recovery in-between as one can get.

Kidney disease was linked to dementia, according to an article published in *The Lancet* (British Medical Journal) a few years ago. There is, no doubt, more of this research by now. I wonder if ignoring hydration can be a factor because hydration tends to support the work of the kidney.

12. New Knowledge. There are billions of neurons in the nervous system. There is so much the human must learn. Always pursue the goal of learning and new knowledge.

13. Why Work For More Calm? With so many effects the brain has on us, and we have on it, let's stay motivated for physical exercise, hydration, new learning, communicating well, brain gym, keeping up with friends, emotional control and family. Now, that's not much is it? Well, not when we consider the payoffs: Better immunity to whatever is going around, better relationships, better physical health, better brain functioning, less complicated physical, emotional or social healing. So, let's get going.

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

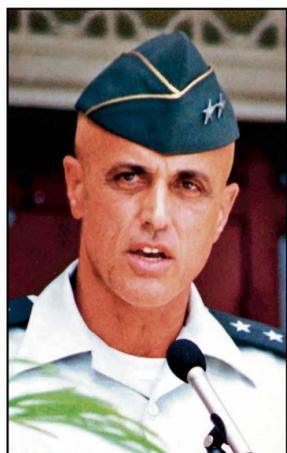
Answers On Page 10.

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

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

Celebrate Our Interdependence

Burn Loeffke
Gazette Contributor



Burn Loeffke

When I go to my local supermarket, I always see Barbara, one of the checkout clerks. She greets me by name, has a pleasant smile and asks about my family.

This brought to mind what I had just read in a Christian journal. It told the story of a woman who always went to the same checkout clerk. She went to her for the same reasons I do: Knows us by name, smiles and is pleasant. One day, she went to her favorite clerk but that day it was different. The clerk was silent and had a sad face. The woman looked at the clerk and said, "You are always so pleasant, patient and your smile makes me feel good." The clerk broke into tears and said, "My husband died yesterday and you are the first one that with your words has comforted me."

When we take the time to be pleasant to others, the payback is immediate. Our immune system is enhanced. Being good to others is good for us.

In our supercharged world, there are very few who are free of stress. The American Medical Association tells us that 80 percent of health problems are stress related. The CDC reports that 85 percent of all diseases have an emotional element. I know of no one who is free of stress and/or free of health challenges. A kind word may be the best medicine.

Men With Caring Hearts

Last month, we went to an awards celebration that not only made us feel good, but showed how we can join this feel-good organization. There were 18 awardees. The one that touched my heart most was Mark Moza of CROS Ministries. He supervises volunteers and is with them almost every weekend. He and his ministry recover produce left behind in fields. With Mark's help CROS gleaned 631,430 pounds of fresh produce from local farms which was distributed to local food programs. This is the equivalent of 526,192 meals.

We Packed This For You

Another story I read, involved a family in an urban setting who planted vegetable gardens and gave the produce to the homeless. They distributed the packages with a smile saying, "We grew and packed this for you."

It all started when their daughter heard at Bible school what the Bible teaches when we harvest food. We are told to leave the gleanings and the corners of our harvest for the poor. The little girl asked why don't we keep the



We are all interconnected in so many ways. For those who have been blessed with much, consider your charitable responsibilities to assist those less fortunate.

gleanings and the corners and give the rest to the poor? This caught on and others have imitated their actions across the country.

Few Have Much...Too Many Have Too Little

Many of us are blessed with much. We, who have much, can surely help the many who have so little. In South Florida, a charitable organization we have regularly supported is Food For The Poor, Inc. It is run by caring people who are doing much with donated resources. Go to www.foodforthepoor.org and see how you can help.

May your parachutes always open.

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.

The Joy And Responsibility Of Independence And Freedom



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

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

They say that no matter how much we progress in society, we will always be humans.

In our youth, we heard all about our forefathers and the war that they fought for us to gain our independence. They knew that independence meant two things: It meant freedom and responsibility. It meant that we had the freedom to live our lives the way we decided and not what was decided for us. But with that freedom, it also meant that we had the responsibility to govern ourselves, making laws and developing a culture that is as fair as possible. The idea of freedom has been so engrained in our culture, that when it is infringed upon, we become angry and disgruntled.

Over the past year the freedoms of our community, our nation and our world, had been limited by COVID-19. Our movements and actions have been restricted and our moods have been dampened. We had to learn new ways of doing and being. We were restricted in some areas while other areas altogether ceased.

That was then, this is now. Now, restrictions are being lifted, movement and activities are being restored, and, as a result, our moods are being lifted. We feel happier, content and have a new sense of energy and dare we say a sense of newfound freedom. We are regaining the freedoms and liberties that we once enjoyed, but things are not going back to normal.

Eleanor Roosevelt once said: "Freedom makes a huge requirement of every human being. With freedom comes responsibility."

Here we are a year later, finding ourselves in a position where we must be responsible with the freedoms we enjoy. COVID-19 is still a major concern and while we may have the growing freedom to gather as we once did, we still need to be responsible. When we do this, we honor those who have fought for our freedom in the past and give hope to those around us. We have fought hard over the last year and should take pride in what we have been able to accomplish during a most difficult time.

During this national holiday of independence, take the time to reflect on what freedom means to you. How is it a part of your life? How do you live because of it? May you continue to be free, be responsible, and have a happy 4th of July. May God bless America.



Remember to appreciate your freedoms as you celebrate with family and friends this Independence Day.

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

A	L	M	S	T	A	R	N	A	D	A
C	I	A	O	O	G	E	E	S	E	L
H	E	R	L	P	A	S	S	I	N	C
S	A	B	A	L	K	E	N	Y	A	
S	C	H	N	O	Z	T	H	E		
N	A	G	O	R	J	U	I	L	L	E
E	N	A	B	A	B	A	T	A		
D	A	S	H	E	E	N	O	C	C	U
A	X	E	S	H	A	H	I	N		
M	O	N	G	O	S	A	O	N	E	
A	S	A	D	E	I	L	I	S	A	R
A	S	N	U	N	C	O	N	I	C	E
M	A	O	S	T	E	N	E	S	C	E

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

NSU Art Museum Fort Lauderdale Events

Jessica Graves

Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM

FORT LAUDERDALE

Celebrate America in July with a visit to NSU Art Museum's newest exhibition, "The New Woman: Recent Acquisitions," featuring works by American artist and illustrator, William J. Glackens and

his artist circle of friends.

The title refers to the phrase, which came to be used in the late 19th century to characterize the women of the middle- and upper-class who were beginning to participate in urban life. At the same time, Modernism was taking shape in both art and society, and women were beginning to stake a position in both realms.

Glackens and his wife, artist Edith Dimock, were very much engaged in this evolution of the role of women, and actively participated in the Women's Suffrage movement. Their representation of female figures was shaped by the vantage of their social consciousness.

This exhibition depicts women on both ends of the societal spectrum during the Gilded Age of America, and it is between these two spheres of the domestic and the bohemian, that the New Woman of the 20th century would take form. "The New Woman" is curated by NSU Art Museum Bryant-Taylor Curator Ariella Wolens.

Upcoming Events

Free First Thursdays Sunny Days, Presented by AutoNation
July 1 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
July 3 and 4

Bank of America cardholders receive free admission to the Museum.

Creativity Exploration: Rock Wrapping
July 10 from Noon to 1:30 p.m.

Join educator and mindfulness instructor Lark Keeler for a Zoom class inspired by Mizuhiki cord weaving and Japanese basketry, create a wrapped rock and cultivate increased awareness and contemplation.



"Pope Joan in Procession, n.d." by Ira Glackens (1907 – 1990). Oil on canvas NSU Art Museum Fort Lauderdale. Gift of the Sansom Foundation, Inc.

No prior experience is necessary. \$10 Members; \$15 non-Members. RSVP required. Space is limited. Materials should be obtained prior to the class. Creativity Exploration is sponsored by the Charles P. Ferro Foundation.

Fort Lauderdale Neighbor Day
July 25 from Noon to 5 p.m.

All Fort Lauderdale residents receive free admission to the Museum.

Exhibitions Now On View

"The World of Anna Sui."
Through Oct. 3, 2021

Iké Udé: "Select Portraits..."
Through Jan. 9, 2022

Eric N. Mack: "Lemme walk across the room." Through Fall 2021

Lineages: "Works from the Collection."
Through Nov. 7, 2022

Thomas Bils: "Still Cheaper Than Paying." Through Dec. 12, 2021

The Carter Project.
Through Jan. 9, 2022

The New Woman: "Recent Acquisitions." Through Fall 2022

I Paint My Reality: "Surrealism in Latin America." Through Fall 2021

William J. Glackens: "From Pencil to Paint." Through Spring 2021

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.

Magazine Empowers Seniors

Redefining The Stereotypes Of Ageism Through Fashion

Special To
The Gazette



Jenny Patrizia

Jenny told *The Gazette*, "We are disrupting senior stereotypes and what better way to disrupt stereotypes than through fashion."

Expression Through Fashion

"Fashion can positively impact people's lives and give people the freedom to express themselves through clothing," Jenny said.

"The need for self-expression in any form is a natural human desire. People have the right to feel confident in whatever they wear no matter what stage you are in your life."

Ageless Chic Magazine showcases seniors in a

Ageless Chic Magazine, founded by Jenny Patrizia, is the first Vogue-style magazine for baby boomers who refuse to view themselves in the way society expects them to be: Which is to believe that their age disables them in any way. *Ageless Chic Magazine* is not only an award-winning magazine but is also a social movement against ageism to redefine what the word "Senior" truly means.

In explaining the magazine's mission,

way that will empower those who view them and give the message to any senior in doubt that they are not forgotten, that they matter.

Jenny said that *Ageless Chic Magazine* rebels against society's youth propaganda and highlights the value and power of the Ageless Chic community.

"We are providing the senior community with a voice, giving them the freedom to be loud and make noise. And with that voice: Move people. The truth can make people uncomfortable and make people question what they have believed for years. What is the truth in this case? That life does not end at 25, your life will have endless new beginnings, you are capable of any obstacle at any age, aging is a beautiful experience that not everyone is fortunate to live, and you will never stop discovering and chasing new dreams.

Beauty In Aging

"We are passionate to express to the world and to our senior community about the beauty of aging. Society brainwashes us to believe that our golden years are only when we are young. Aging is beautiful, the older we become, the more comfortable we feel in our skin and value every part of ourselves that we probably refused to when we were younger.

"*Ageless Chic Magazine* is dedicated to use empowerment for significant changes in how people view elders. We want to bring awareness and alter perspectives on the stigma of ageism, and most importantly, we are here to say: 'We hear you; we see you and we are with you.' *Ageless Chic Magazine* empowers our seniors to "Refire Not To Retire."



A recent cover of *Ageless Chic Magazine*.

Your Invitation To Fashion: Ageless Chic Fashion Show

Thursday, July 29 at 4 p.m. in the Village Centre Auditorium

The Fashion Show will feature JKV residents, who will be in attendance. Other stylish seniors from around the world will be highlighted as well. Join us in-person, while enjoying cocktails and hors d'oeuvres.

Seating is very limited. To RSVP, please call (954) 871-2655.

Give Your Brain A Summer Adventure

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

The hot, lazy days of summer are a great time to give your brain a new adventure. As you encounter the unexpected, your brain will work hard to grow new connections and help you get better with age.

Some activities offer better brain exercise than others. Why not get a pen and take this fun test and let's see if you can tell which of the adventures on this list would give your brain the most excitement. Check off the adventures that excite you:

1. Attending a concert or theatrical performance
2. Taking dance lessons
3. Playing a musical instrument for others
4. Watching the Olympics on TV
5. Playing a game of chess with a friend
6. Volunteering to help others in a new way
7. Taking a water aerobics class
8. Playing games on a computer or phone
9. Studying a new language in a class
10. Watching a movie
11. Reading and discussing a novel
12. Writing a personal reflection on what July 4 means to you
13. Learning how to play bridge or chess
14. Drinking a cold beer

OK, now let's see how you did. The very best activities to train your brain to stay healthy include these six factors:

• **Language usage:** The language-related areas of the brain, including the Broca's and Wernicke's

areas, are vulnerable to decline and need to be worked through listening, speaking and writing.

• **Learning:** Acquiring or improving an ability prompts the brain to grow new connections—the best way to use it so you don't lose it.

• **Motor output:** The motor cortex (located in the frontal lobe) is the key to independent living. The three ways to work the motor cortex are moving the body (such as walking, dancing or water aerobics), moving a limb (such as writing or playing an instrument) or speech.

• **Social engagement:** The whole brain is optimized for connecting with others and feeling useful to them, especially over age 50.

• **Storytelling:** Knitting together the characters, plot and meaning of a story is our brain's superpower, utilizing the default network activity that is derailed by Alzheimer's disease.

• **Strategy:** Most of the frontal lobe is dedicated to anticipating your next step, literally and figuratively. It is the only part of the brain that can look into the future, thinking and planning to optimize future actions for a desired outcome.

As you probably figured out by now, watching TV or a movie, playing games on a computer/phone or drinking a cold beer might be fun, but they do not provide much brain work. Watching the Olympics will help your brain only if it motivates you to get off the couch and move.

The good news is that the other 10 activities on the above list engage at least five of the six brain-training factors without you having to break a sweat. My top picks for giving your brain a refreshing summer adventure include:

- **Playing a musical instrument for others**
- **Studying a new language in a class**
- **Taking dance lessons**
- **Volunteering to help others in a new way**
- **Writing a personal reflection on what July 4 means to you**



JKV residents Benita Ferrara and Jack Richards in boogie mode during an impromptu outdoor dance party.

The new and improved American dream is life, liberty and the pursuit of neuroplasticity. Go for it. If you get going with one of these brain adventures, go ahead and reward yourself with one of the fun activities that doesn't do much for your brain. It's all about balance. Happy summer.

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

The Amelia Apartment Home Offers Convenience In The New Vue At Westlake

As construction on the Pavilion at Westlake progresses, it is time to reserve your place at one of the two new apartment towers planned at John Knox Village: The Vue and The Terrace.

This month's featured 1 bedroom plus den and 1½ bath Amelia apartment home is exclusive to the 15-story Vue Tower. Plan a COVID-careful tour of John Knox Village. Learn all about the current and future plans at JKV. Experience the special ambience of the community, the new Aquatic Complex and enjoy a complimentary lunch in the Glades Grill.

The Amelia 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

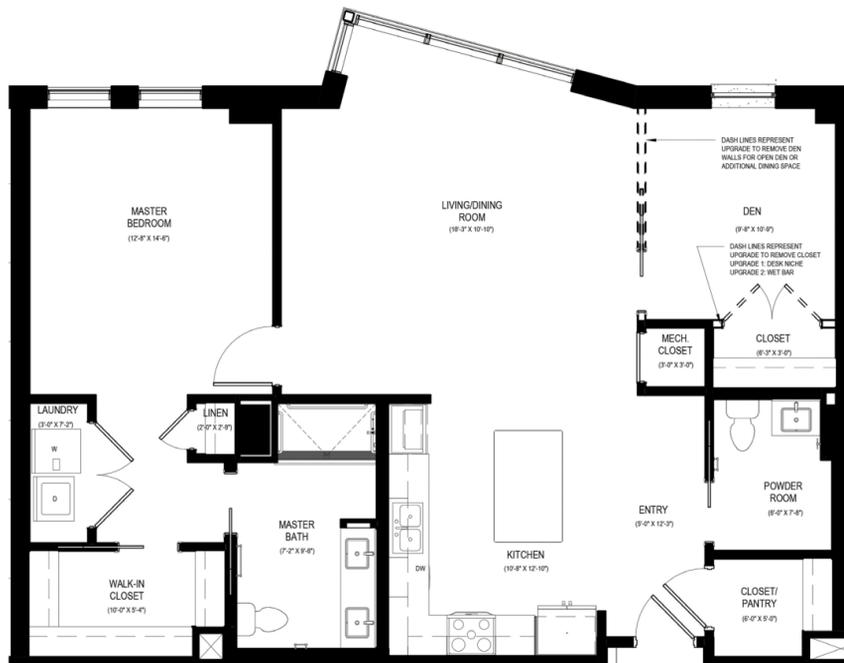
Enjoy a carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the new Aquatic Complex with two pools, Glades Grill, Stryker's Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro and much more. Call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

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The Vue and The Terrace at Westlake will overlook the reconfigured Lake Maggie.

The Amelia: 1 Bedroom + Den, 1½ Bath: 1,231 Square Feet



There are five slightly different Amelia floorplans. This is the eighth-floor version.