



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

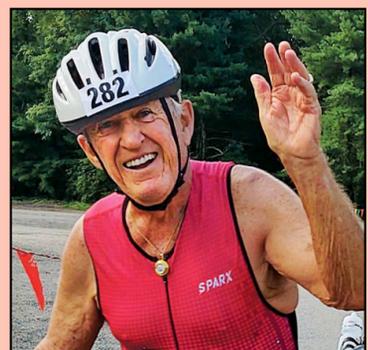
# Gazette

where possibility *plays!*

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

### IN THIS MONTH'S ISSUE

- Westlake At JKV ..... 2
- Welcome Burn ..... 2
- Thanks For Asking ..... 2
- Lady Liberty ..... 3
- In Good Taste ..... 4
- Book Review ..... 4



- Never Too Old To Tri ..... 5
- Aging Greatly ..... 5
- Join Us At JKV ..... 6
- Ask Kim ..... 7
- Right To Repair ..... 8
- Be A Positive Force ..... 8
- Music Is Life ..... 9
- Adults Growing Up ..... 9
- A General's Thoughts ..... 10



- Blessing Of Our Pets ..... 10
- NSU Art Museum ..... 11
- Eldergrow ..... 11
- Train Your Brain ..... 12
- JKV's Featured Amelia Apartment Home ..... 12

web JohnKnoxVillage.com  
JohnKnoxVillage

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

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

## Westlake Filling Fast

### 'It's A Good Problem To Have'



Construction on The Vue and The Terrace apartment buildings at Westlake will begin soon.

**Rob Seitz**  
Gazette Contributor

The John Knox Village Sales Team is smashing all of its pre-sales' goals for the Village's most ambitious project in its 54-year history—the 146-apartment neighborhood called Westlake.

Westlake is part of a multi-phase \$100-plus million expansion project to the Village's 70-acre campus, and will include state-of-the-art, designer-finished apartment homes in the two new towers—the Vue and the Terrace.

Director of Sales Kim Ali and her team were given a 10-percent deposit goal of 90 apartments to achieve by Aug. 31st. How did they respond? The team pre-sold their 91st apartment on July 27th.

They have a 105-apartment goal by Oct. 31st and as *The Gazette* was going to press (Sept. 13), Ali predicted the team would hit that mark by the end of September or early October.

"The excitement—really, the buzz—around Westlake from the greater community is palpable," Ali told *The Gazette*. "Between strategic advertising and messaging in *The Gazette* and elsewhere, along with our COVID-careful small,

intimate on-campus educational events, the response to the Westlake project has been phenomenal.

"I would say other reasons for this frenzy come from our current residents providing referrals on behalf of their friends and curiosity from people in the area. John Knox Village has a great reputation as a provider of resort-style living, along with unlimited health care should our residents ever need it, and outside people want to see what we are all about."

The other part of the "good problem" is that while 100-plus apartments have been accounted for, there are still plenty of great apartments available, but conventional thinking is to check out Westlake sooner, rather than later. Ali shared that many new residents say, "better now versus five years too late."

#### Two New Towers: The Vue And The Terrace

When completed, The Vue at Westlake will be 15 stories of light-filled rooms and enviable views with 1- and 2-bedroom floorplans ranging from 1,231 to 2,259 square feet in size.

The Terrace is an 11-story boutique-style tower with a stunning rooftop terrace for residents and guests alike to enjoy.

See "Westlake" on Page 2

## Symbol Of Liberty Enlightens The World

**Nona Cree Smith**  
Gazette Contributor

Just before my 19th birthday, I sailed on Cunard's magnificent RMS *Queen Mary* from Southampton, England to New York City. The

early morning arrival at the harbor took the ship past the most amazing sight I had seen in my young life.

There was a mist on the water and out of the mist loomed the towering Statue of Liberty. I was stunned by her sheer size, power and grace. Tears welled in my eyes, and even though it was a warm summer morning I felt goosebumps on my arms. A fellow passenger told me she was a gift of friendship from the people of France to the people of the United States in celebration of independence and democracy.

#### Life, Liberty And Pursuit Of Happiness

Over the past 155 years, as America's political and social climate changed, so did what Lady Liberty means to the country. Before her torch shone into the night sky, Liberty signified the triumph over oppression – from British rule, civil war and slavery. Recently, for the people scarred by the 9/11 terrorist attacks on the homeland, she became an icon of resilience.

But to set political controversy aside, we celebrate the extraordinary artistic, architectural and engineering achievements that brought this colossal statue to our shores.

"When I discover a subject grand enough, I will honor it by building the tallest statue in the world."

– French sculptor Frédéric Auguste Bartholdi

See "Lady Liberty" On Page 3



In New York Harbor, the Statue of Liberty has been the first image of America for millions of immigrants.

## Make Your Selection At The Vue Or The Terrace At Westlake

From "Westlake" On Page 1

Floorplans at The Terrace offer 2 bedrooms measuring up to 1,845 square feet in size.

The shared first floor of The Vue and The Terrace will be home to first-class amenities including, a high-tech projection theater, technology hub, business center, workspaces, art studio, a sacred space, library, The French Press Bakery, a coffee and wine bar and the Westlake Eatery. There will be two floors of covered parking as part of Westlake, as well.

Adjacent to the two apartment buildings will be the Westlake Pavilion, which is on schedule to open in the First Quarter of 2022, and will feature:

- A modern state-of-the-art 350-plus seat Performing Arts Center
- Two new restaurants—The Pearl and The Seaglass, with indoor and lakeside dining
- Barton's Nautilus Bar
- Pre/post event Gallery space

When the Pavilion opens, The Pearl and The Seaglass will be replacing the current Patio and Lakeside dining rooms, which will be razed to enlarge and enhance JKV's current lake system. When the dredging is complete and the water flows throughout, residents and visitors will have water views from more than half of the campus.

### Life-Plan Means Care For Life

One misperception prospective residents have about moving into a Village apartment or villa home is that this is a real estate transaction. JKV is a Life-Plan Community, which means that all residents who move here receive a Life-Care contract which secures their care, whatever future health care circumstances may arise, in addition to which they enjoy the use of an apartment or villa their entire time as an independent living resident.

Every resident has the peace of mind that their future health care needs will be met. That continuum of care includes assisted living and skilled nursing should those needs be necessary—all of which takes place directly on campus.

With a fully refundable 10-percent deposit,

Gazette readers are automatically enrolled as Platinum Level members of the Westlake Village Club, with perks that include 12 dinners and eight lunches at any of the three on-campus dining venues.

In addition to which, depositors receive many complimentary services, including access to the \$6.2 million Aquatic Complex, with its resort-style pool, lap pool, Jacuzzi®, Pickleball and bocce ball courts, the indoor and poolside Glades Grill restau-

rant and Stryker's Poolside Sports Pub. Members also receive access to award-winning Life Enrichment events, fitness classes, admission to JKV community partner venues such as Bonnet House, the historic Sample-McDougald House and the NSU Art Museum in downtown Ft. Lauderdale.

To learn more visit [www.johnknoxvillage.com](http://www.johnknoxvillage.com) or [www.JKVGrows.com](http://www.JKVGrows.com). Or call (954) 871-2655.



The newest Westlake 10-percent depositor is monthly Gazette contributor, retired U.S. Army Major General Bernard "Burn" Loeffke. He is shown with Life-Plan Consultant Sue Lawrence (L) and Sales Director Kim Ali. They had a friendly \$5 wager on which of them would sell Burn on a Westlake apartment. Kim won.

### The 'Peace General,' Burn Loeffke To Join JKV Community

**Marty Lee**  
Gazette Contributor

After more than seven years of friendship, corroboration on regular

monthly Gazette columns, and the publication of two books through the

*Silver Scribers*, Burn Loeffke will be making his move to John Knox Village

later this year. An inspirational leader, Burn was awarded the Village's Silver

Angel award in 2017 for his exceptional charitable work.

As Burn described his career, he is thankful to have fulfilled his life's ambition "as a military

professional, diplomat, medical professional and humanitarian." Referred to as the "Peace General,"

Burn served more than 35 years in the U.S. Army around the globe including Southeast Asia,

Moscow, Beijing and the Pentagon, and promoted efforts of diplomacy and dialogue as the means to

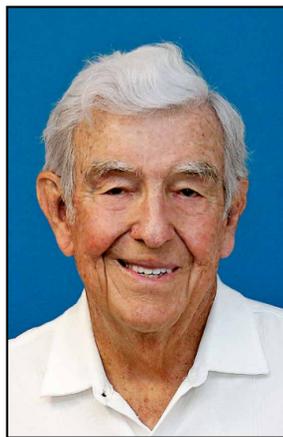
ensure peace throughout the world.

JKV is looking forward to Burn's residency, and his continued involvement in volunteerism both

in the greater community, and soon at John Knox Village. Welcome home Burn.

## Thanks For Asking 'Hey Dave, Were You Feeling Isolated?'

**Dave Bayer**  
Gazette Contributor



JKV resident Dave Bayer

I was asked that question recently, and the short answer is, "Just a bit, and only briefly." What happened was, Jackie and I went to dinner a few Thursday evenings ago with Mr. "X." We picked "X" up at his home and drove to a nice restaurant on the Intracoastal Waterway. The weather, the view, the food, and the conversation were all great. It was a nice evening, truly enjoyed by all.

Early the next morning however, "X" called to say that on Thursday, he had gone in for a routine COVID-19 test and had just learned that he tested positive. How could that happen? He had been fully vaccinated and was always very cautious socially. Regarding Jackie and me, the only time that we were perhaps exposed was when we were unmasked in the car going to and from the restaurant. The trip only took around 10 minutes each way. Regardless, with an abundance of caution, we called the John Knox Village Wellness Nurse group to inform them of our situation.

### Exceptional Care In Isolation

This is how our self-isolation started. Within 20 minutes, a Wellness Nurse knocked on our door. She was wearing the full PPE gear, including the N95 mask and face shield. She administered the quick COVID-19 tests to us, which were negative, and took our temperatures. We then reviewed the JKV guidelines for self-isolation with the nurse. They included remaining in our home for seven days, taking our temperatures morning and eve-

ning and reporting them to the Wellness group. We could order our meals from the menu, and they would be delivered to our door with no delivery fee. Our trash (double bagged) was to be placed outside our door and picked up Monday, Wednesday and Friday. Our mail would be taken from our mailbox and be delivered to our home every day. We were also reminded of all the excellent educational and entertaining programs that our JKV Life Enrichment team arranges online for our residents.

We were talking frequently with "X" on the phone. He remained asymptomatic but was sticking close to home, except when he went out to get retested on Friday (same day he got the positive result) at a different test site.

### Negative Test Results

On Monday he got those results, which were negative. He promptly went and got retested at the site of his original test. On Tuesday he learned that test was also negative. "X" promptly shared that news with us. We passed it on to our Wellness Nurse group, and were told a few hours later that we would no longer need to self-isolate.

Jackie and I were very relieved to learn that "X" had received a false positive from his first test, and that our period of self-isolation was relatively easy and only lasted five days.

In retrospect, we remain convinced that reporting our possible

exposure was the proper thing to do, and that the response from the JKV staff demonstrated how, as usual, they were well prepared to do the right thing the right way on short notice. It also served as a reminder of the need to follow the recommended JKV COVID-19 protocol regarding the wearing of masks, physical distancing and germ avoidance. We were already aware of vaccinated friends, who experienced breakthrough cases of COVID-19 with unpleasant consequences. Further investigation emphasized that although most such cases might be relatively mild, many can be quite debilitating and even result in death. We are being even more diligent and have decided to receive our booster shots. Being a little extra cautious seems like a very small price to pay when there is still so much in life to enjoy.

*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.*



Jackie and Dave Bayer registered for COVID-19 vaccinations when JKV first began its community-wide immunization program in January.

# 'Give Me Your Tired, Your Poor, Your Huddled Masses'

From "Lady Liberty" On Page 1

Originally called "Liberty Enlightening the World," the statue was the brainchild of an ardent admirer of the United States; Édouard René Lefebvre de Laboulaye. He was a scholar of legal and political subjects who found inspiration in America's commitment to liberty by creating a representative government. He was impressed by the young republic and the writings of the Founding Fathers who conceived the U.S. Constitution and Bill of Rights. He admired their ardent belief that they were a part of something larger than their nation, that the new form of government would, "lay a foundation for erecting temples of liberty in every part of the earth."

## Life, Liberty, And The Pursuit Of Happiness

At a dinner party attended by Lefebvre de Laboulaye, he discussed his ambitious plan with French sculptor Frédéric Auguste Bartholdi, and the two men set to work on the design concept. Their collective design eventually created the 151-foot (46m) statue, set onto a star-shaped platform and base which brought her height to 305 feet (93m).

"Liberty Enlightening the World" was personified as a woman, lifting a torch on high with her right hand, in her left hand she held a tablet engraved with "JULY IV, MDCCLXXVI," the Roman-numeral date on which the Declaration of Independence was adopted. Financing of the project was agreed on, with America providing the land and base for the statue, while France would design, build and transport it to its new home in New York Harbor, but fundraising became a much larger problem than anticipated.

In an article written by Robert McNamara, history expert and former magazine journalist, dated July 23, 2019, on the website: [www.thoughtco.com](http://www.thoughtco.com), the methodology of fundraising is examined.

"Fundraising operations would have to take place on both sides of the Atlantic. Donations began coming in throughout France in 1875.

"Thousands of French schoolchildren gave small contributions. Descendants of French officers who had fought in the American Revolution a century before, including relatives of Lafayette, gave donations. A copper company donated the copper sheets that would be used to fashion the skin of the statue.



Head of the Statue of Liberty on display in a park in Paris to help with fundraising. Photographer Albert Fernique 1883. Image source: Wikimedia Commons.

"When the hand and torch of the statue were displayed in Philadelphia in 1876 and later in New York's Madison Square Park, donations trickled in from enthused Americans.

"The fund drives were generally successful, but facing a shortfall of money, the French-American Union held a lottery. Merchants in Paris donated prizes, and tickets were sold.

"Finally, in July 1880 the French-American Union announced that enough money had been raised to complete the building of the statue.

"While the French had announced that the funds for the statue were in place in 1880, by late 1882 the American donations, which would be needed to build the pedestal, were sadly lagging.

"Various events were held, including an art show,



From its pedestal on Liberty Island, The Statue of Liberty continues to welcome visitors to New York Harbor.

to raise money. At one point a rally was held on Wall Street. But no matter how much public cheerleading took place, the future of the statue was very much in doubt in the early 1880s.

"One of the fund-raising projects, an art show, commissioned poet Emma Lazarus to write a poem related to the statue. Her sonnet, "The New Colossus," would eventually link the statue to immigration in the public mind.

"The newspaper publisher Joseph Pulitzer, who had purchased *The World*, a New York City daily, in the early 1880s, took up the cause of the statue's pedestal. He mounted an energetic fund drive, promising to print the name of each donor, no matter how small the donation.

"Pulitzer's audacious plan worked, and millions of people around the country began donating whatever they could. Schoolchildren across America began donating pennies. For instance, a kindergarten class in Iowa sent \$1.35 to Pulitzer's fund drive.

"Pulitzer and *The New York World* were finally able to announce, in August 1885, that the final \$100,000 for the statue's pedestal had been raised.

## Construction Begins

A framework of gigantic steel supports was designed by Eugène Emmanuel Viollet-le-Duc and Alexandre-Gustave Eiffel, the latter famous for his design of the Eiffel Tower in Paris. To structurally support the weight and height of a giant statue, Eiffel designed and built the interior support structure as an iron truss pylon that would become the statue's skeleton.

More than 80 tons of copper sheeting, only about ¼" thick, were cut into 300 pieces and hand hammered – a process called repoussé – into molds of each part of the statue. Originally the new statue glowed golden from the copper metal, but over time it oxidized and became the soft green patina we are familiar with today.

## Liberty's New Home In New York Harbor

In February 1877, Congress approved the use of a site on New York Bedloe's Island, which was suggested by Bartholdi. In May 1884, the statue was completed in France, and three months later the Americans laid the cornerstone for its pedestal in New York Harbor. The following year the dismantled Statue of Liberty arrived, packed into more than 200 crates. Its copper sheets were reassembled on the island and the last rivet of the monument was fitted on Oct. 28, 1886, just in time for the dedication celebrations presided over by President Grover Cleveland and attended by numerous French and American dignitaries.

In 1892, Ellis Island, adjacent to Bedloe's Island, opened as the main entry into the United States for immigrants to the United States. For the next 32 years more than 12 million immigrants

were welcomed to the U.S. by the sight of "Lady Liberty."

In 1903, the poem, "The New Colossus," was cast onto a bronze plaque and mounted inside the pedestal's lower level.

In 1924, the Statue of Liberty was made a national monument and Bedloe's Island was renamed Liberty Island.

## Renovating Lady Liberty's Future

In 1982, four years before the statue's centennial anniversary, the Statue of Liberty – Ellis Island Foundation was created to raise the funds for the renovation and preservation of the statue for its centennial in 1986.

The Statue of Liberty underwent \$30 million in renovations to make it more accessible. Added interior steps made the climb up Liberty's interior safer and the stunning views of the New York City skyline more accessible. In addition to this renovation, the Statue of Liberty was made wheelchair accessible up to the observation deck. The mostly federally funded renovations included fire-safety and ventilation improvements, better bathrooms, a third elevator and a remodeled staircase to make it easier to climb from pedestal to crown.

With the structural improvements, 26,000 more visitors are able to visit the crown every year. Previously, only 240 people per day could visit the crown, now 315 can walk the steps to the top.

## One Of The World's Greatest Monuments

The Statue of Liberty was declared a national monument in 1924 and a UNESCO World Heritage site in 1984. Ellis Island, containing the Ellis Island Immigration Museum, was added to the monument in 1965.

The statue still greets newcomers from all over the world in pursuit of freedom, as immigrants take to heart the words of Lazarus's famous sonnet:

*"Give me your tired, your poor, Your huddled masses yearning to breathe free."*

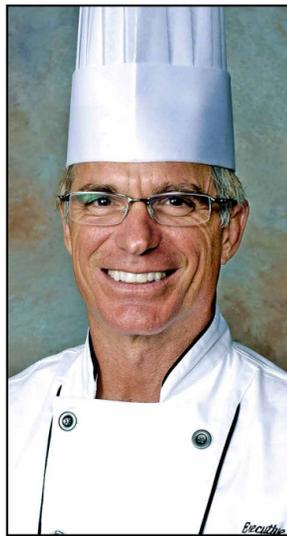
## The New Colossus

By: Emma Lazarus - 1849-1887

*Not like the brazen giant of Greek fame,  
With conquering limbs astride from land to land;  
Here at our sea-washed, sunset gates shall stand  
A mighty woman with a torch, whose flame  
Is the imprisoned lightning, and her name  
Mother of Exiles. From her beacon-hand  
Glows world-wide welcome; her mild eyes command  
The air-bridged harbor that twin cities frame.  
"Keep, ancient lands, your storied pomp!" cries she  
With silent lips. "Give me your tired, your poor,  
Your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore.  
Send these, the homeless, tempest-tost to me,  
I lift my lamp beside the golden door!"*

# In Good Taste: Chef Mark's Salmon Patties Easy To Make, Eat

**Rob Seitz**  
Gazette Contributor



John Knox Village  
Executive Chef Mark Gullusci

The October *Gazette* In Good Taste recipe is as simple to make as it is delicious to eat.

John Knox Village Executive Chef Mark Gullusci's salmon patty recipe can turn any night into healthy dinnertime fare. For those with wanderlust, Chef Mark's patties are reminiscent of recipes found in Seattle or in the South, such as in Charleston and Louisiana.

That means you will find a tender, creamy interior with a lightly crisp exterior and a touch of spice.

His fresh flavor + tender texture translates to the following:

## Salmon Patties (Yields 4 Servings)

- 1 lb. salmon
- 3 eggs
- ½ cup Greek yogurt
- 4 cloves garlic



Serve salmon patties as an entree with a green salad, or on a bun for a taste tempting treat.

## Method Of Preparation:

Place salmon fillet on baking pan and bake at 350° for 15 minutes. Let cool. While salmon is cooling, sauté onions, garlic and fennel in blended oil for 5 minutes and cool.

Once cool, place salmon and sauteed vegetables in a bowl along with all other ingredients. Form 4 patties, approximately 5-6 ounces and place in refrigerator for 20 minutes.

To serve, heat 1 tablespoon of blended oil in a large pan and sear the patties until brown on both sides, place in a 350° oven until 135° internal temperature is reached.

Serve on your choice of bread or bun. Chef Mark likes sandwich thins, whole wheat, toasted with lettuce and tomato. Tartar sauce or a yogurt sauce is a great accompaniment.

- 1 cup diced onion
- 1 cup diced fennel
- 1 tsp. Worcestershire sauce
  - ½ tsp. Tabasco
  - 1 tbsp. lemon juice
- 1 tsp. granulated garlic
- 1 tsp. granulated onion
- 2 cups whole wheat breadcrumbs
  - ½ cup chopped cilantro
- Salt and black pepper to taste

## Book Review

# The Warmth of Other Suns

The Epic Story of America's Great Migration

By Isabel Wilkerson

**Donna DeLeo Bruno**  
Gazette Contributor

In this book, Pulitzer Prize winner Isabel Wilkerson has chosen to chronicle the vast migration from 1915-1970 of six million blacks who chose to leave the South for better opportunities in the North. In order to tell the story, she enlists the voices of three individuals who share their personal experiences during those years.

The first is Ida Mae Brandon Gladney born in Chickasaw County, MS; the second, George Swanson Starling, Wildwood, FL; the third, Robert Joseph Pershing Foster, from Monroe, LA. In all cases, the discriminatory policies of Jim Crow prevalent in the South were the cause.

They recall "colored" people having to step off the curb to allow whites to pass; sharecropping that replaced slavery, but eternally, left them in the plantation owner's debt; a separate-colored window at a Florida post office; white and black telephone booths in Oklahoma; separate tellers in Atlanta; separate taxicabs in Birmingham. Jacksonville, and

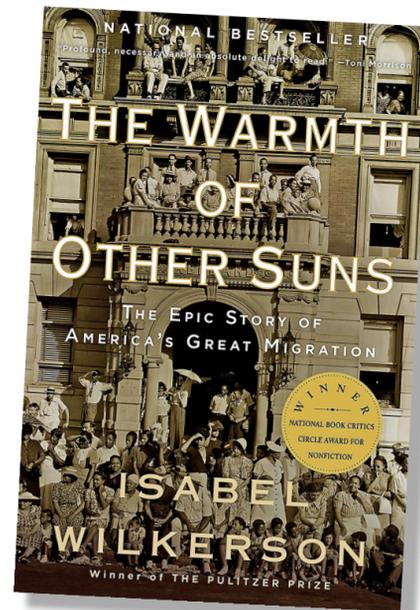
the entire state of Mississippi. Even at intersections, black drivers had to let white drivers proceed first. A black could not pass a white motorist no matter how slowly the other was going, nor could a black contradict a white or be the first to speak. In trials, white hearsay had more weight than colored eyewitnesses. In this caste system, breaking these forms of protocol could get one killed. If children did not learn early to adapt to these conditions, their lives were in danger. If they didn't learn "their place," parents could do nothing to save them.

## Memories Of Horrific Treatment

The narrators describe heinous lynchings preceded by barbaric torture and mutilation before dismemberment; KKK burnings of houses and properties; and other inhumane atrocities too uncivilized to describe. Less violent but also inequitable was the practice of transferring old desks and outdated books with torn or missing pages to the black high schools when the white schools purchased more up-to-date texts and furniture. Some questioned educating blacks at all; too many educated blacks might upset the whole power of the caste system in the South.

Celebrated journalist Ray Stannard quoted a woman who speculated, "If these Negroes become doctors and merchants or buy their own homes, what shall we do for servants?"

One of the individuals interviewed by the author was Pershing Foster, bright and ambitious, who felt he could only survive there if he "could put his mind somewhere else." But soon that was not sufficient escape. He saw his parents, both college-educated – his father a principal, his mother a teacher – paid a fraction of what their white counterparts earned, leaving them only slightly better off than the colored servants in town. He chose to go North to join



his brother who was in medical school. Foster did become a competent surgeon and set out for California where he anticipated better opportunities, but even there he faced rejection, unable to find a position in a hospital after a grueling three-day trip across the desert, where he was turned away from restaurants and motels.

## Migration From The South

It is estimated that more than six million black Southerners were part of this odyssey, although figures are estimated to be higher. Many had to escape secretly under cover of night to avoid detection. Although this is a scholarly study of an historic exodus from one part of the country, the author's choice to focus on the relocation of three particular individuals and their experiences puts the reader in touch on a very personal level.

The title derives from the black author Richard Wright that sums up the focus of the book: "I was leaving the South/ To fling myself into the unknown/ I was taking a part of the South/ To transplant in alien soil/ To see if it could grow differently/ To see if it could drink of new and cool rains/ Bend in strange winds/ Respond to the warmth of other suns/ And, perhaps to bloom."

This is worthwhile reading – informative, educational, enlightening and empathetic. Its contents put into perspective the trials, tribulation, adversity and suffering endured by many black Americans.



Scott and Violet Arthur arrive with their family at Chicago's Polk Street Depot on Aug. 30, 1920, two months after their two sons were lynched in Paris, Texas. The picture has become an iconic symbol of the Great Migration. Published in *The Chicago Defender* on September 4, 1920. Image source: Wikimedia Commons.

*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.*

# Top Of The Podium At 85

## JKV Resident Oldest Triathlete To Finish 16.3 Mile Race

**Marty Lee**  
Gazette Contributor

In this continuing monthly series, *The Gazette* focuses on a John Knox Village resident or group of residents, who show a unique dedication to an activity, career, avocation or volunteer opportunity.

This month *The Gazette* returns to Dr. Paul Loree, a Heritage Tower resident, whose story was focused on in the June issue. At that time Paul was gearing his sites on the Aug. 21, Cranberry Triathlon in Lakeville, MA. Let's see how that odyssey turned out.

Paul upped his training in the last weeks before the triathlon, swimming 30 laps in the 25-yard pool at JKV, riding his bike throughout the campus daily and an 18-mile ride on Saturdays from JKV to the Pompano Beach Golf Course where he did laps around the bike trail, and regular three-mile plus race-walks on Tuesday, Thursday and Saturday with fellow JKV resident Tom McDowell. Paul was fit and ready to take on the Cranberry Triathlon challenge.

### In The Grips Of Hurricane Henri

It's tough enough for an 85-year-old triathlete from Pompano Beach, FL to fly up to Massachusetts to participate in the 1/2-mile swim, 12.7-mile bike and 3.1-mile run, but Paul weathered it all under the threat of Hurricane Henri, which would make landfall the very next day in the neighboring state of Rhode Island.

Fortunately for Paul's triathlon plans, his sprint triathlon set for Saturday would go on. He lined up ready to go alongside his son Howard, who would be his "angel" to partner with Paul every swim stroke, bike pedal, and stride along the route. The Olympic-length triathlon on Sunday that Howard was also going to compete would be cancelled due to Henri.

"I was entered into the 85 to 89-year-old division," Paul said. "I was pretty confident that being the youngest in the age group would be an advantage," Paul said with a chuckle. "Considering I was the only one in that age group, I was neither intimidated nor elated."

Triathlons generally attract hundreds of entrants, and the Cranberry Triathlon was no different. Since race organizers do not want every entrant to start at the same time (makes for a very troublesome start in the swim part of the race), groups are generally sent off in waves according to sex and age group. Paul and his "angel" son were among the last triathletes to enter the water.

The half-mile swim around a small lake was accomplished in 39:20. Then on to the bike for the next leg of the triathlon.

The bike Paul used was a loaner from his son. They



Paul Loree gets off the bike followed by his son Howard during the Cranberry Triathlon in Lakeville, MA.

had adjusted the bike on Thursday night, to make it a proper fit for Paul. He said as they rode along side-by-side, Paul and Howard chatted and caught up on the latest family news. "Howard kept me motivated by telling me, 'You are doing great. It's all downhill from here.'"

Paul said Howard was not kidding, compared to the table-flat topography of his Florida training, the hills of Eastern Massachusetts were like mountains to him. But true to his goal, Paul continued pedaling, and finished the bike leg in 56:13. Then it was time to transition from the bike to the run.

Those "mountainous" hills did not let up as Paul observed, and due to his advanced knees and age, he and Howard race-walked the final 3.1 miles to finish the triathlon in 2:53:01.2.

### Family Cheered Them On To The Finish

Paul's daughter Ruth, granddaughter Sophie and Howard's wife Ann positioned themselves along the race route to cheer on their conquering heroes.

A total of 332 entrants finished the 2021 Cranberry Triathlon. The winning time of 58:50.3 was set by

30-year-old, Ryan Davis of South Hadley, MA.

### Pursuing An Achievable Goal

Paul accomplished his goal: To finish the triathlon. While he scored first in his age group, Paul was not able to mount the podium for his awards, since finishing nearly 2 hours after the overall winner, the podium had long been disassembled. He was however, the oldest, as well as the person who traveled the furthest, to compete *AND FINISH* the 2021 Cranberry Triathlon.

While most of our *Gazette* readers probably will not start training for the next triathlon or marathon scheduled in their town, Paul's accomplishments do emphasize the need to have purpose in life.

"You always have to work toward a goal, whatever that may be, whether it is athletic or intellectual," Paul said. "I want to learn Spanish, so that is my next goal."

Does that linguistic goal mean Paul's triathlon career is over?

"2026 will be my next triathlon," he said. "At age 90, if I am still physically capable, I will do it, wherever Howard is willing to do it with me."

## Aging Greatly While Living Your Best Life

**Melissa Jill Clark**  
Gazette Contributor



Melissa Jill Clark, JKV Lifestyle and Aquatic Coordinator

You probably know the words, or at least the theme of a popular tune from Bobby McFerrin released in 1988, "Don't Worry Be Happy."

The phrase, "Don't Worry be Happy," sounds so cliché. However, I present to you this thought: "Things become cliché for a reason." It is because an idea is so profound, that it gets passed on again and again until it becomes cliché.

If we could live in alignment with such clichés, our lives would be absolutely top-notch. Take a moment to visualize what life could be like when you choose happiness each day. Yes, I said "choose," because the choice is ultimately up to each one of us. We have the power to choose.

### Each Morning Choose Happiness

So, if you would simply decide to choose happiness each day, regardless of what's going on around you, just imagine...

- How would you feel each day?
- How could it impact your health?
- How would you show up in the world?
- How could you light up a room every time you walk into it?
- How would you affect your loved ones

*and all of those people with whom you come into contact with each day?*

- How would it affect your career, and your relationships?
- How could you inspire others to be happier too?
- What is the legacy that you would ultimately leave behind?

### Don't Worry, Be Happy

When contemplating the answers to all of these questions, we can see that being happy is definitely the way to go. So, why not simply choose happiness each day? I bet I can guess what you might be thinking: How naive is it to assume that one could actually be happy every day?

Let me let you in on a little secret: Happiness is our birthright and it's our choice to claim it. So, how do we claim our happiness each and every day?

First, it begins by choosing to let go of all that does not serve us. Meditate each day and notice what emotions linger inside that do not serve you, and then let them go. All emotions are natural and serve a purpose for a time. It's when specific feelings are held onto for an extended period, that they become toxic and can literally destroy our quality of life.

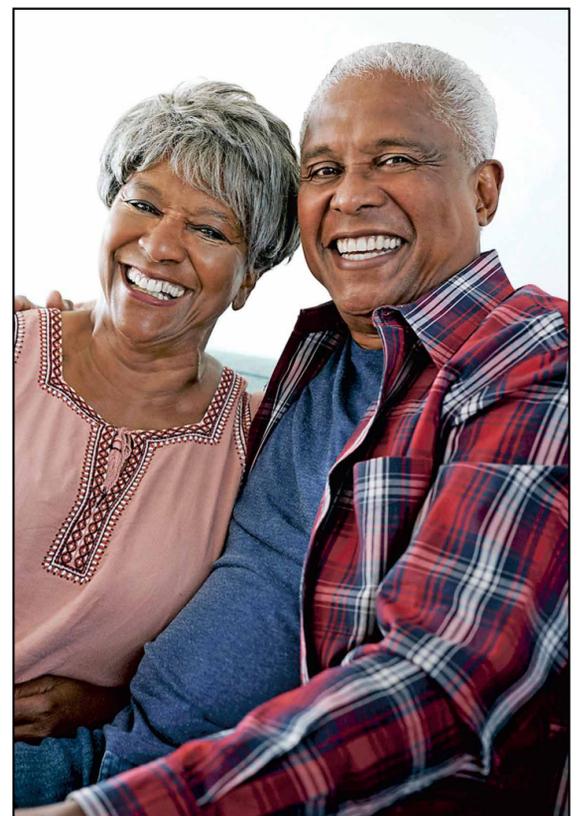
Many people come to me not even realizing that they are holding onto these things. Sometimes we hold onto them for so long that we don't even recognize them.

### What The World Needs Now Is Love

Our true nature is filled with peace, love and joy. Once we uncover and release what holds us back, we are free to flourish and thrive. This is when we can think clearly, and as situations arise, we can put them

into perspective, handle them, and rise above the pains and sorrow, to live victoriously with unsurpassed pleasure and joy.

One may argue that we have no right to be happy if terrible things might be going on around us. But the truth is: What the world needs more than anything else, is an uprising of people who bring more love and joy to others. And who better to do that, than those who are filled with joy themselves.



Be happy and find true peace, love and joy in your life.



*Join us for these upcoming events:*



**Tacos** *and* **Tequila**  
**COOKING DEMO**

John Knox Village’s award-winning Executive Chef Mark Gullusci will share his expert tips for creating a mouth-watering, Mexican-inspired meal.

**Thursday, October 14<sup>th</sup>**  
**4:00 PM – 5:30 PM**

**Brunch** *and* **Conversation**

Enjoy a delicious meal and engaging conversation as you meet and mingle with current and future residents while learning how a Life-Plan community can offer you peace of mind and an appealing lifestyle.

**Wednesday, October 20<sup>th</sup>**  
**10:30 AM – 12:00 PM**

**Location:**

**John Knox Village Welcome and Innovation Center**

651 SW 6th Street • Pompano Beach, FL 33060

Kindly RSVP by calling (954) 871-2655

*Attendance will be limited and will follow all current state and local CDC safety guidelines.*



**JOHN KNOX**  
**VILLAGE**  
Where possibility plays



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

[JohnKnoxVillage](#)



# Have you *Asked* Kim?

**Dear Kim:** My friends and I have been feeling slightly depressed during the COVID outbreak. How do you keep your residents from feeling like we are?

— Dreary in Coral Springs

**Dear Dreary:** You are not alone. Statistics show that among older adults nearly half (46%) feel the same way you and your friends do.

At JKV, we keep our residents engaged with lifestyle options from Zoom classes, small fitness and aquatic classes, to walks around campus, as well as lectures. We also offer programs to help them manage loneliness and anxiety with our resources on campus.

Call me to schedule a time for a visit. We will show you how to live greatly at JKV.



**Kim Ali**, guru of information at John Knox Village (JKV), is frequently asked important questions regarding resort-style living at JKV and the new Westlake addition. That’s why we started this friendly column, to help you make the right informed decision.



**Do you have questions? Ask Kim!**  
Call (954) 871-2655 today or email: [askkim@jkvfl.com](mailto:askkim@jkvfl.com)

**John Knox Village 651 SW 6th Street, Pompano Beach, FL 33060**  
[Johnknoxvillage.com](http://Johnknoxvillage.com) | [jkvgrows.com](http://jkvgrows.com)



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 in 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.

# What Is The 'Right To Repair' Movement?

**Marc Storch**  
Gazette Contributor



Marc Storch

Have you ever experienced the feeling of dropping your phone? That sense of dread before you turn it over, hoping the glass has not cracked. If the glass is broken, then comes the ultimate question: Do you try to get it replaced or just buy a new phone?

Most of the time, replacing the screen can cost as much as a new phone. Smartphone companies make it purposefully difficult to repair their devices, and this is where the *Right to Repair* movement started.

## Effort To Make Repairs Easier & Cheaper

If you haven't heard about it, the *Right to Repair* movement has been around for a while but recently has started to pick up speed. The main focus is making the repair of devices like phones or computers more accessible and not limited to just the company that manufactures the device itself. One of the biggest focuses is giving third-party repair companies the proper tools and manuals to repair devices no matter what company originally manufactured the device. Companies like Apple are notorious for making it incredibly difficult to fix their products, even going so far as to limit how many and what replacement parts are available to repair shops.

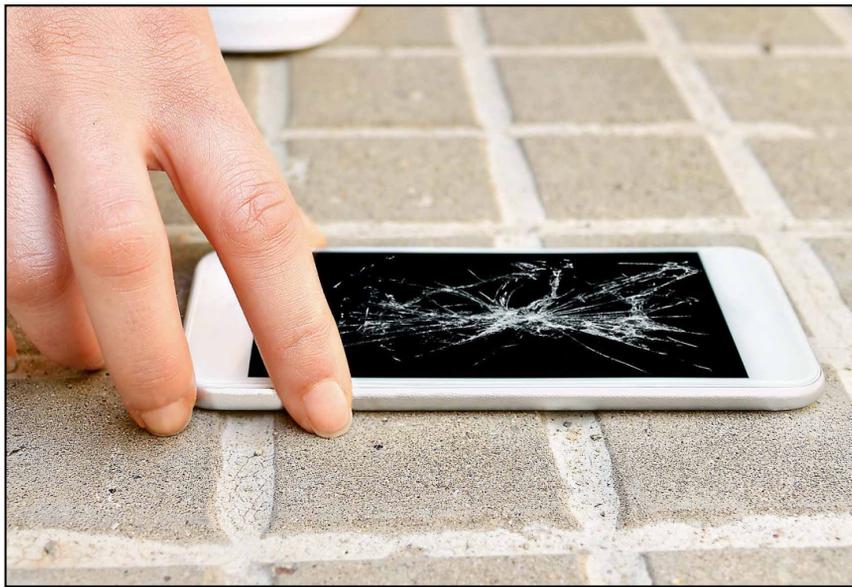
The movement had some successes in the past in states like Massachusetts but has not gained much traction around the rest of the country.

## President Biden Backs Movement

Early in July, President Joe Biden put an executive order in place to help this movement along in the United States. It is not clear on the specifics of what this order will cover, but it is a huge step forward.

Now, if you are lucky enough to have never had to take your device in for repair or just replace it entirely, you may be asking yourself, why does this matter? First, allowing consumers to repair their devices will make a substantial environmental impact, significantly reducing the amount of e-waste that each person throws away each year. Second, the *Right to Repair* will also make the repair market more competitive and diverse, leading to lower prices replacing that cracked screen or dead laptop.

Let your lawmakers know you support the *Right to Repair* movement.



If successful, the *Right to Repair* movement should result in lower cost repairs and replacements for expensive electronic devices.

*Marc Storch is a personal technology trainer in Denver, Colorado for 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) 871-2655.



# Be A Positive Force

**Anne Goldberg**  
Gazette Contributor



Anne Goldberg  
The Savvy Senior

These past 18 months have taken its toll on all of us. Life as we knew it has changed. How we approach our day-to-day existence has taken new shape as we attempt to live through a pandemic. Too often our days are filled with mindless activities, born out of habit. As we approach the coming winter, we are faced with the prospect of holidays, during which, once again, we might be isolated and/or unable to travel or be with family and friends. The key to managing these changes lies in attitude and intention.

## Start Your Day Positively

Attitude and intention start new with each day. Upon awakening, we have a unique opportunity to "set the template" for that day. For example, if the first thoughts of the day are something like "Oh everything hurts," or "What an awful night I had," that sets up thought patterns that literally do not feel good. If, however, upon waking, the first thoughts are something like, "A new day to enjoy," or "I am

grateful I woke up today," the result is feeling more optimistic.

## As You Sow, So Shall You Reap

Quantum physicists are clear that everything (and I mean everything) is energy. It's measurable and observable. These physicists understand that each thought has an energetic imprint that informs the cells of our being. "As you sow, so shall you reap," is not advice from Jesus just for farmers. Voltaire, continuing with the farming metaphor, wrote, "Each person must cultivate his own garden."

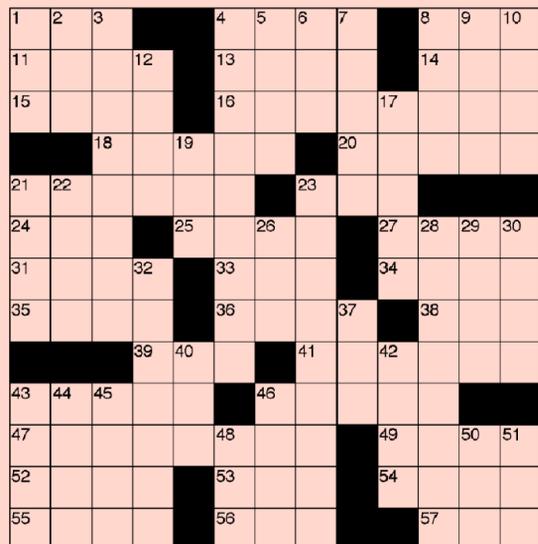
Let's test-drive this idea. I invite you to think about something that upsets you (just for a minute, don't dwell on it) and notice how that thought makes you feel in your solar plexus. Then, think about something that brings you joy and notice how those thoughts "feel" to you. Negative thoughts will leave you feeling uneasy, and maybe even a little anxious. Positive thoughts will leave you feeling better, maybe even happy and relaxed. Can you begin to see from this little exercise that there is a connection to the thoughts you think and your happiness level? Thinking with intent, thinking positive thoughts, is the key to setting up a happy day. And setting up happy days means developing the resilience to get through whatever comes next. The choice is yours to make.

Be a Savvy Senior. Take control of your thinking and think your way into feeling happy, not crappy.



Be joyous in your attitude. Wake up with a smile on your face and a positive plan for the day.

Anne Goldberg, The Savvy Senior, has a mission to help seniors know they are old enough to have a past and young enough to have a future. Her vision is to create an army of senior volunteers bringing their wisdom and experience back to the community. She helps seniors live into their future with vitality by teaching them how to use computers, with conferences and workshops on "The Art of Living Longer," with decluttering & organizing, and with "Tell Your Story Videos," preserving the stories and wisdom of your life for future generations. Visit: [www.SavvySeniorServices.com](http://www.SavvySeniorServices.com)



## Crossword Puzzle Of The Month

### ACROSS

- 1. Yellow Sea arm
- 4. Egypt. sacred bird
- 8. To (Scot.)
- 11. Monster
- 13. Salt
- 14. Alcott heroine
- 15. Cold Adriatic wind
- 16. Calamity
- 18. Victory site of Alexander
- 20. Huntress
- 21. Part of golf course
- 23. Plead
- 24. Amer. Bar Assn. (abbr.)
- 25. One that eats (suf.)
- 27. Volcano crater
- 31. Comprehensive Employment and Training Act (abbr.)

### DOWN

- 33. Degree (abbr.)
- 34. Wings
- 35. Land west of Nod
- 36. Affirmative
- 38. Time (Ital.)
- 39. Article
- 41. Telegraph key
- 43. Eagle's nest
- 46. Hades river
- 47. Upholstery fabric
- 49. Eight (pref.)
- 52. Ohio college town
- 53. S. Afr. dialect
- 54. Victory site of Nelson
- 55. Down
- 56. Conceal
- 57. Atl. Coast Conference (abbr.)

### DOWN

- 1. Cutting tool
- 2. Gone by
- 3. Water
- 4. Anil (2 words)
- 5. Bondman's money
- 6. Science of (suf.)
- 7. Sole of a plow
- 8. Farewell, Brit.
- 9. So be it!
- 10. Jaguarundi's color phase
- 12. Male noble
- 17. Greek letter
- 19. Beverage (abbr.)
- 21. Carplike fish
- 22. Son of Ruth
- 23. Trifle
- 26. Arikara people
- 28. Baldness
- 29. Berne's river
- 30. Back
- 32. Capar
- 37. Cloche
- 40. Moor
- 42. Sound (pref.)
- 43. Down with (Fr., 2 words)
- 44. Mother of Brunhilde
- 45. Thoroughfare
- 46. Head
- 48. Jap. porgy
- 50. Tender loving care (abbr.)
- 51. Office of Economic Development (abbr.)

Answers On Page 10.

# Music – Always Hitting The Right Note

*‘Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.’*

–Plato

**Tereza Hubkova, MD**  
Gazette Contributor



Dr. Tereza Hubkova

It seems like the world is falling apart lately. COVID-19, Afghanistan, hurricanes, people who are vaccinated against those who are not...hate, blame, and no patience to listen to the opinions of others.

I remember a lecture I once heard by Christine Stevens, a music therapist, who traveled to Iraq to help create peace between enemy tribes by bringing them to drum together. It sounds crazy, but people who would fight each other for decades were able to bond and “see” each other through sound, a rhythm

better than through verbal communication. As Christine says, through drumming, we bond at the heart.

Love for music is something we all share, no matter where we are from or our political background.

Music does not just uplift our spirits, it has many healing qualities for our physical bodies as well.

The upbeat rhythm of drumming has been shown to increase natural killer cells, the immune cells

protecting us from viruses and cancer. Perhaps, it could help us stay more resilient against COVID-19 as well. Why not give it a try?

Listening to calming music, on the other hand, lowers blood pressure and slows down heart rate: Signs of switching from a stress-driven (sympathetic) mode

of our nervous system to a healing (parasympathetic) nervous response. When in the stress mode, our bodies are tense. We are prepared to run from danger or fight. Blood pressures and heart rates go up as our bodies prioritize immediate survival. In the parasympathetic mode, however, we dedicate our energy to digestion, repair and restoration. Indeed, music awakens our own inner healer.

Music helps our muscles relax and, with that, pain can be alleviated. Multiple studies show that listening to calming music after orthopedic surgery lessens pain and anxiety, resulting in smaller demand for medications and better patient satisfaction.

## The Amazing Power Of Music

Music can change emotions within moments, and ease depression or anxiety by releasing endorphins – the bliss molecules in our brain, and everywhere else in our body. Within minutes, singing increases endocannabinoids that fight pain and inflammation.

Not only that, singing increases a protein called immunoglobulin A, the first line of defense against germs on all our mucous membranes – in our noses and sinuses, our intestines, our mouths – everywhere our body gets in contact with viruses and bacteria.

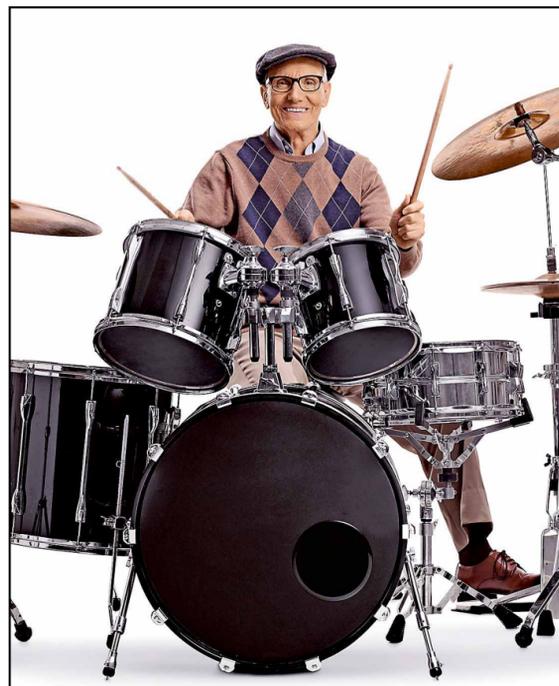
When measuring the levels of salivary immunoglobulin A, before and after singing Beethoven’s *Missa Solemnis*, scientists found a 240 percent rise of this protein within just an hour.

Listening to music may even minimize allergic reactions. In one study, listening to Mozart reduced the size of allergic wheel to a known allergen, and another study showed improved breathing in patients with asthma flare ups.

Some of these benefits are likely due to music’s ability to lower our stress hormone, cortisol, translating also into benefits for our cardiovascular system, as well as our brain. While stress inhibits our ability to generate new brain cells in the hippocampus, the area of brain often affected by Alzheimer’s dementia, music does the opposite. Music can improve

*“The best way to create peace is more music festivals.”*

– The Dalai Lama



*Music is a fabulous elixir. Keep on performing, singing and dancing no matter your age.*

our memory by enhancing growth of new nerve cells (neurogenesis), help us retrieve old memories. as well as create new ones. Additionally, music increases dopamine in the brain, leading not only to pleasure, but also improving movement in patients with Parkinson’s disease. Rhythmical music is used in the rehabilitation of Parkinson’s patients, helping them to walk. Music reduces risk of falls in older hospitalized patients.

So, let’s make peace everybody and make some music together. Life is too short to argue and fight.

*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.*

# Adults Growing Up: Differentiation Of Self

**Dr. Roberta Gilbert**  
Gazette Contributor



Dr. Roberta Gilbert

If we haven’t learned it now, isn’t it too late? One major difference between the family systems ideas and those of the past, concentrating almost solely on the individual, is that people are encouraged to work on a higher level of functioning all their lives.

Past theory promoted the thought that we could only change anything up until our 40s. Sometimes the analysts would accept people into their early 50s. Why is it important to continue to evaluate

self and work on better outcomes for one’s entire life, instead of simply the beginning years?

If we give up on this important aspect of life, I will guess that important areas of brain function start to diminish and serve us less well over time. After all, we took many years at home, learning coping behaviors with our families. That important work of always being aware of our functioning and making changes for the better—in relationships, in work and health habits and other patterns, in creative, logical thinking and planning ahead—all areas where people higher on the scale of differentiation excel, keeps those areas of the brain alive and actively working their best for us.

Use them or lose them – no matter how old we are, or what the challenges. In addition, I believe that as we put into use any one area of the brain, others “light up” and benefit along in conjunction.

## Habits And Coping Patterns

We took years to learn certain habits and coping patterns, so it may take some time to change them for the better. For example, if we learned, growing up, that anger outbursts were effective in getting us what we wanted, we probably kept that as a coping mechanism. Unfortunately, angry outbursts don’t work so well in the adult world. So, we work to take a different approach as adults when things don’t go as we’d like. Such as calming self and going to the logical brain. Then, working on the problem or relationship with calm reason. It is almost sure to go to a better outcome. Again, things may not change immediately, but over time they do, as

we do our “work” of calming emotions, thinking while calm instead of under the domination of strong emotion, and then going back to the source in that frame of mind. Remember, strong emotions interfere with reliable, logical thinking. Calm exploratory and teaching/ learning talks with a family systems-trained counselor during this process will be a great help.

But here is another difference, because emotional patterns took time to develop, they will also take time to change. We are going to need to allow ourselves a bit more time to try out new behaviors. And they will take time to change.

## Importance Of Family Visits

Most of us have some family member relationships in our tree that could use more attention. Since patterns we’d like to change were “learned” in that family, the most efficient way to modify them is to go back to whomever may be available for better-functioning relationships there.

Dr. Murray Bowen, the noted Georgetown University educator and psychiatrist who developed the family systems theory, found that those who did this important step improved their total life-functioning much faster and better than those who did not. You could say they “went up the scale of differentiation of self.” If we learned faulty patterns at home, it only makes sense to go back to that environment to try to change them.

The patterns tend to persist, after all, coming down the generations. This is, no doubt, the most efficient way of working on emotional patterns in self that we don’t want to keep around.

We often think, after a family wedding, funeral or reunion, about a family relationship where we wish we had performed better. This thinking shows us where we need to go next to “work on self.” Again, a counselor can help. A friend of mine attended one funeral of a family relative she hadn’t actually known well. Her family systems teaching told her she needed to go. She met many people from her family there that she knew very little, or not at all. She began to keep up with many of them. It was life-changing for her in a good way.

## Stay Connected With Family And Friends

Even when relationships are going well, many counselors have found that those who keep in better touch with family members, and more of them, do better in life. Apparently, there is a kind of well-be-

ing in this endeavor that can be had in no other way. Without it, we’ll always experience a slight or even large deficit that we may, or may not know, we have. With this family contact, I believe we have a plus that many Americans, famous for rugged individualism, are missing. I have seen functioning in my own life, and those in my practice, increase when people make room for more family contact. We’re all busy and can think of many more things to do, but some must be prioritized, even planned for, and written down.

This is by far the most important work we can do to increase our emotional maturity, no matter when we start. But other systems can come into play—such as friendship systems and work systems. Tune in next month, Lord willing.

Remember, I love hearing from you. You can email me at: [gazette@jkvfl.com](mailto:gazette@jkvfl.com)

*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

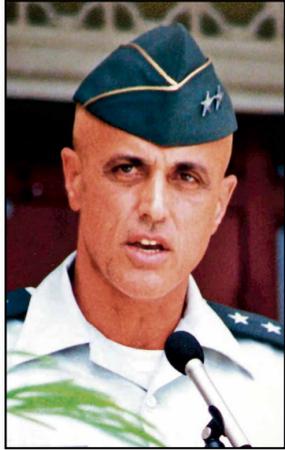
Answers On Page 10.

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

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

# We Are Stronger On Our Knees

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

*‘Father, he is on his knees. He can’t pull us anymore.’*

A family in the Philippines was moving to a new village. They had put all their belongings and two children on a cart pulled by a type of water buffalo called a carabao. The animal was straining to pull the heavy cart up over the riverbank. Suddenly he stopped and went on his knees, scaring the children.

“Don’t worry,” the father assured them. “The carabao is strongest when it kneels.”

And true enough, the animal would stop, kneel, strain, get up and pull until the family was safely on the other side of the river.

### The Carabao’s Importance

This story appeared in the June 2017 devotional, *The Upper Room*. In further reading about the carabao, I discovered they are

domesticated swamp-type water buffalo used as draft animals in the rural farming economy of the Philippines. Without the carabao, farming in the Philippines would not be as fruitful. Their work is so important to the agricultural community, that there is even an annual harvest festival held in Bulacan, which honors the carabaos’ dedication to their task. During the festival parade, hundreds of carabaos pass and kneel in front of the San Isidro Labrador Parish Church to honor St. Isidore, the patron saint of farmers and agriculture, for a bountiful harvest.

The story of the carabao contained in *The Upper Room*, made me remember my days as a freshman at West Point. There were three cadets per room. One of my roommates would get up before we were awakened by a bugle. Through my sleepy eyes, I would look over to him and see him on his knees, praying softly. His habit of praying served him well. Freshman year at West Point is stressful. He never seemed stressed out like we were.

### The Lesson Learned

After graduating West Point and serving in combat in Vietnam, whenever I felt drained and wondered how I was going to find the strength to lead tired and scared soldiers, I prayed. It never failed. A few moments in silent prayer would give me the peace I needed to carry on.

It is said that there are no atheists in combat. What I do know is that we appreciate seeing our chaplains with us in times of danger.



*The carabao is revered in the Philippines as a valued farm animal. Each year hundreds of carabaos are brought to the Pulilan Carabao Festival in Bulacan for a parade. The rule of the parade requires carabaos to kneel and genuflect, even kneel-walk, and bow down before the San Isidro Labrador Parish Church to honor Saint Isidore for a good harvest. Image source: Wikimedia Commons.*

We established a fund called the “Friendship Fund” at West Point. The first year we had Russians and West Point cadets compete for the best written essay. The winner that first year was a Russian officer who wrote on the importance of chaplains and morale in the U.S. Army. His essay was published in an official Russian magazine. A year later, the Russian Army established a Chaplain Corps.

When everything seems to be unraveling, try prayer.

*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 former 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 Tradition Of The Blessing Of Pets

**Rev. Rachael Gallagher**  
JKV Spiritual Life Director



*Rev. Rachael Gallagher*

The Blessing of the Pets is observed on or around Oct. 4 on the feast day of St. Francis of Assisi, the patron saint of animals and the ecology.

St. Francis founded the Franciscan Order of priests and monks in 1209 and is remembered for ministering to the poor and sick. He is also remembered for his love of animals and nature. Christian tradition has attributed St. Francis with the gift of the ability to speak with the animals.

St. Francis loved the larks flying about his hilltop town. His early brothers shared his love for creatures: While living in a small hovel, they allowed themselves to be displaced by a donkey. Francis wrote the “*Canticle of the Creatures*,” an ode to God’s living things.

The Canticle reads in part: “All praise to you, Oh Lord, for all these brother and sister creatures.” Many of us can relate to this sentiment. We form special bonds with our pets, who become like family to us, beloved and cared for as family members.

### The Special People/Pet Connection

Studies have shown that the human-animal bond creates positive influences for both individual and community health. The intricate relationship between humans and their pets needs to be considered as an important component in healing trauma, relieving stress, and even helping people live longer healthier lives. Experts in medicine, psychiatry, veterinary studies, and epidemiology agree that pets have the ability to lower blood pressure, prolong survival rates of people with heart disease, and visibly calm us when we are in their presence.

### A Celebration Of Our Relationship

Blessing pets is one way that we acknowledge our responsibility for our natural world and show kind-



*South Garden villa resident Faye Kartrude with her friend Gunther.*



*Village Towers resident Patricia Handley with her pug Amanda.*

ness to all living creatures, returning the love that they have so generously and unconditionally given to us.

Many religious traditions, including Judaism and Buddhism, also have ritual animal blessings or formalized acts of compassion for animals.

John Knox Village Spiritual Life Director, Rachael Gallagher and Spiritual Life Coordinator, Rev. Jamie Champion will perform the Blessing of the Pets at

the JKV Wellness Park on Monday, Oct. 4, at 3 p.m.

The Blessing of the Pets is an interfaith, inter-denominational community event for residents and their pets. All animal companions are welcome.

Two- and four-legged *Gazette* readers are also invited to join in the COVID-careful ceremony, but space is limited. Call (954) 871-2655 to reserve your place.

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

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

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

# NSU Art Museum's Art Basel/Miami Art Week Membership Package

**Donna Fields**  
NSU Art Museum Fort Lauderdale

## NSU ART MUSEUM

FORT LAUDERDALE

membership to take advantage of the following exciting opportunities.

### Patron/Cobra Circle & Above Members:

Trip to Art Basel without the fuss. Includes roundtrip transportation and admission (\$65 person). Passes to Art Miami, Aqua Art Miami, fairs and others. Two passes to NSU Art Museum Director's Brunch.

### Benefactor & Above Members (Includes Patron Benefits):

Admission for two to Art Basel Vernissage, Admission for two to Design Miami's Collectors Preview.

### Director's Circle & Above Members (Includes Benefactor Benefits):

Guided tour of Art Basel Miami with NSU Art Museum Director and Chief Curator, Bonnie Clearwater, with insight on artists to watch.

Contact Kenya Semexant at (954) 262-0221 or [ksemexan@nova.edu](mailto:ksemexan@nova.edu) for information and assistance, or join or renew at [nsuartmuseum.org](http://nsuartmuseum.org).

### Upcoming Events

#### Virtual Creativity Exploration:

**Oct. 9 from Noon to 1 p.m. Via Zoom**

On Oct. 9, join educator and mindfulness instructor Lark Keeler for a live Zoom class for adults inspired by the artwork of artist Eric N. Mack, whose exhibition, "Lemme Walk Across the Room" is on view in NSU Art Museum's grand second-floor gallery.

Creativity Exploration promotes the development of creativity and self-expression through the practice of mindfulness, and during this workshop you'll also expand the boundaries of painting by creating on fabric using materials such as inks, watercolors, acrylics, needle and embroidery thread. No prior experience is necessary.

\$10 Members; \$15 non-Members. Space is limited and advance registration is required. Materials should be obtained prior to the class.

For information, to register, and for a materials list, call (954) 262-0258 or email [moareservations@moafl.org](mailto:moareservations@moafl.org). Creativity Exploration is sponsored by the Charles P. Ferro Foundation.

Art Basel and Miami Art Week are returning Nov. 30 through Dec. 4, and NSU Art Museum is back with its popular Art Basel/Miami Art Week Membership Package. Join, renew or upgrade your NSU Art Museum



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

### Last Days: 'The World of Anna Sui.' Exhibition Closes On Oct. 3

It's your last chance to step inside the glamorous world of internationally renowned fashion designer Anna Sui and see over 100 of her fabulous looks spanning three decades. Be sure to also visit the museum's Anna Sui Pop-Up shop before it closes.

The presentation of "The World of Anna Sui" at NSU Art Museum is generously sponsored by The Douglas A. Hirsch and Holly S. Andersen Family Foundation in honor of Jane B. Holzer. Additional support provided by The David and Francie Horvitz Family Foundation. The exhibition was curated by Dennis Nothdruff for the Fashion and Textile Museum, London.

Visit [nsuartmuseum.org](http://nsuartmuseum.org) or call (954) 525-5500 for more information.

## 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/](http://www.nsuartmuseum.org/visit/store/) Museum members receive 10% off and first dibs on all limited editions.

# Gardening Grows New Purpose

## LeadingAge Florida, Eldergrow Launch Therapeutic Gardening Program

**Marty Lee**  
Gazette Contributor

Even the youngest of the Elders living in The Woodlands or Seaside Cove at John Knox Village remembers the rhyme, "Mary, Mary, quite contrary, how does your garden grow?" Whether your name is Mary or Marty, you most probably recall a connection with gardening in your younger years. Perhaps you grew up on a farm or had a large veggie garden in the backyard. Yet, even if you grew up living in a big city apartment, you certainly had some favorite plants or potted flowers to add "life" to your home.

### LeadingAge Florida And Eldergrow

In August, LeadingAge Florida, a statewide not-for-profit corporation which assists its members in senior living, nursing homes and senior services, launched a therapeutic gardening program for Elders living in the Meaningful Life homes at JKV: The Woodlands and Seaside Cove.

Two coordinators from Eldergrow, the horticultural company partnering with LeadingAge Florida, Trina Hofreiter, Program Administrator, and Katie Stone-

back, Eldergrow Educator, were present under The Woodlands Portecochere to kick off the program. Katie will be visiting twice a month hosting horticulture therapy classes with Elders for a total of two hours at each garden.

As the program began, Elders were invited to come forward, pick out their favorite plant from the large available selection, and dig at this ground-breaking event.

As each selection was made, it was tagged with the name of the plant and the Elder who planted it. The three moveable gardens will make their rounds to each home inside The Woodlands and Seaside Cove.

According to the program's stated purpose, "The Eldergrow garden offers a therapeutic connection to nature. Elders engage in meaningful ways with the garden: Socially, emotionally, physically, cognitively and spiritually. Expert educators teach classes on horticulture, garden art and culinary harvest.

"Therapeutic horticulture improves motor skills, elevates mood, reduces falls, improves self-esteem,



Meaningful Life's Shayna Warhaftig (left) and Gloria Gantes assist Elder Fredericka Achin in the Eldergrow garden.

reduces risk factors for dementia, improves sleep, reduces agitation and acts as an antidepressant.

"The garden gives Elders something to nurture and look forward to."

# Pandemic Pioneers: Balancing 'Me' And 'We'

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

After 18 months, we may be sick and tired of COVID-19. Unfortunately, the virus is not sick of us. If the pandemic goes on for a while longer, we need to let our brains do what they do best: Engage in adaptive behavior.

The heroes of adaptation are people who live long and well over age 80. Known as SuperAgers, these effective elders receive both a longevity prize and a brainspan bonus for making wise lifestyle choices—even in the pandemic. What can we learn from them?

## Four Wise Lifestyle Habits

At Northwestern University, researchers believe that SuperAgers are benefitting from behaviors that affect their genetic expression in a positive way. They have identified four main behavioral habits that SuperAgers share, despite their eclectic lifestyles:

1. **Active lifestyle: They engage in various activities.**
2. **Challenge themselves: They venture outside their comfort zone, even in front of other people.**
3. **Social butterflies: They maintain strong interpersonal relationships.**
4. **Indulge themselves: They enjoy Scotch, cigars, bacon, cookies or other treats – in moderation.**

A major clue to SuperAgers' success with brain health is hiding in plain sight. The SuperAgers manage to indulge themselves without harming themselves. They are able to enjoy "unhealthy" substances in moderation without becoming addicted to them. This means that the powerful hormone dopamine is not in charge of their brain chemistry, because when it comes to pleasure, dopamine is in the "more is more" business.

So how do the SuperAgers rein in their dopamine and consume indulgences in moderation? That's an easy question to answer. Of the hundreds of neurotransmit-

ters in the human brain, there is only one that can rule over dopamine. And the winner is: Oxytocin, nicknamed the cuddle or love hormone.

Oxytocin is the queen of trust, the essential biochemical bridge of human bonding from birth to death. A powerful hormone, oxytocin knocks pain out by releasing the brain's own version of opium. Synthetic painkillers that imitate oxytocin, such as oxycodone and oxycontin, harm brain tissue over time.

Nothing compares to oxytocin's mighty benefits: Anti-anxiety, anti-pain, anti-inflammatory, and keeping dopamine in check. Fortunately, there is no easy way to get oxytocin into the brain safely, because oxytocin has a dark side. It can turn you into a herd animal.

It is best to get your oxytocin the old-fashioned way, from social activity. That way, you get oxytocin's benefits deep within the brain, right where you need them. But you need a strong "me" to offset "we," especially when a highly contagious virus derails your social life.

## Balancing 'Me' And 'We'

During the pandemic, safety measures such as lockdowns, masks, sheltering in place and physical distancing brought normal social activities—and easy access to oxytocin—to a halt. No wonder that dopamine became so dysregulated for many, triggering increased anxiety, unhealthy eating and the COVID-19 weight gain.

But Ruth, a 95-year-old SuperAger, whom I have known for over 13 years, thrived during the pandemic. She was in a state of lockdown for months at her senior living community, unable to have guests or gather with others for meals and her favorite activities. She didn't gain a pound, even though yummy food was being delivered to her doorstep three times a day. What did Ruth do instead of worrying and overeating over the past 18 months? At a recent lunch, she said to me, "I can't believe how tired out I get from all the things I found to do during the pandemic." Here are some examples:

- **Every morning, Ruth would FaceTime with one or more members of her extended family who live all over the world.**
- **In the heat of summer, she would go outdoors for walks or golf-putting with friends, which was allowed.**
- **She made colorful pictures of animals, assembled them into a book, had it copied, and sent it to her 14 grandchildren and great-grandchildren.**

• **She updated her memoir book for her thoughts and activities during the pandemic.**

• **In June 2021, she flew across the U.S. to celebrate the first birthday of a great-granddaughter, who gave her pneumonia. She got home safely and recovered.**

Ruth knows how to balance her "me" and "we." No surprise that her immune system is in such good shape as she approaches age 100. If you are over age 80, you also have some great tips to share on how you have managed this balancing act for the past 18 months.

As the autumn holidays approach, be a pandemic pioneer like Ruth. Think of new ways you can balance "me" and "we" safely as you: **Stay active, Stay social, Challenge yourself and Indulge yourself in moderation.**



SuperAger Vernice Huff recently celebrated her 101st birthday with family and friends at The Woodlands at JKV.

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

# Reserve Your Spacious New Amelia Apartment Home In The Vue At Westlake

John Knox Village is buzzing with excitement as the Westlake Pavilion, with its Performing Arts Center, restaurants and gathering spaces, nears completion. Soon, two residential towers The Terrace and The Vue will begin construction.

This month's featured apartment home is the Amelia, available in The Vue. Get in the queue, make your 10 percent deposit and become a Westlake Club member. Plan a COVID-careful visit and enjoy a complimentary lunch in the Glades Grill overlooking the Aquatic Complex.

## 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

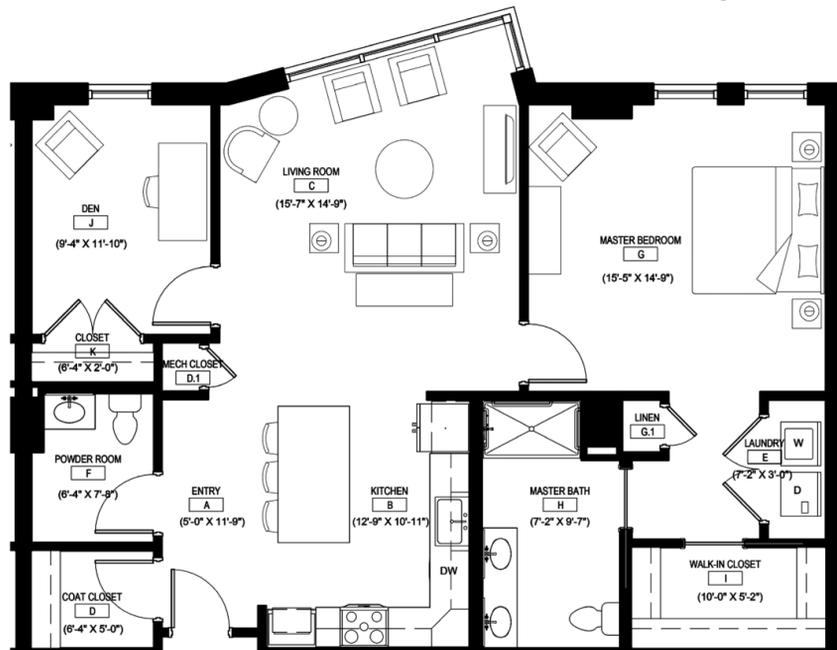
As a resident of JKV, you will enjoy a comprehensive long-term care insurance policy, unlimited use of the new Aquatic Complex with two pools, Glades Grill, Stryker's Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro and much more. Call the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

web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
**JohnKnoxVillage**  
 651 SW 6th Street  
 Pompano Beach, FL 33060  
 (954) 783-4040



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

**\*The Amelia In The Vue At Westlake:  
1 Bedroom / 1 1/2 Baths + Den: 1,231 sq. ft.**



\*This is one of four Amelia floorplans available for new Westlakers.