



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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Festivities Celebrate Pavilion, Westlake With First Half Of Year In Books, JKV Setting Records



JKV Administrators, members of the Board of Directors, residents, business leaders and local governmental officials join together in opening the new JKV Pavilion with its 400-seat Cultural Arts Center, Seaglass and The Pearl restaurants and Barton's Nautilus Bar.

Rob Seitz

Gazette Contributor

For all of us, the first half of 2022 is in the record books.

For John Knox Village, South Florida's premier Life-Plan Continuing Care Retirement Community, the first two quarters of 2022 are in the books as record-setting.

Thanks to strategic marketing, and a team packed with sales dynamos, the Village is enjoying more than 92-percent occupancy for its current inventory of apartment and villa homes, and blowing past projected goals with 84 percent in pre-sales for the most ambitious project in its 54-year history, Westlake @ JKV.

"The buzz around John Knox Village, in general and Westlake in particular, is appreciable," JKV Director of Sales Kim Ali told *The Gazette*. "In my 25 years of working in the senior living industry, I have never experienced such excitement within a community.

Reasons For The Excitement?

"I would say part of it stems from the many referrals our current residents provide us on behalf of their friends. Our residents really want their friends to join in the fun they are having. Another reason is JKV 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."

Groundbreaking And Grand Opening

Hundreds of people saw exactly what JKV was all about during two same-day celebrations on June 9th. The morning started with a formal gold-shovel, hard-hat groundbreaking ceremony for the Westlake @ JKV project. The initial groundbreaking ceremony was a COVID-casualty, however JKV's contractor—Moss Construction—never lost focus and has the project right on schedule with concrete already being poured on the seventh floor.

Part II of the day's festivities was a ribbon-cutting ceremony in the 400-plus-seat Cultural Arts Center at the sparkling new \$34 million Pavilion. Praise was heaped on both visionary projects by JKV President Gerry Stryker, Moss Construction Chairman and Founder Bob Moss, as well as other project partners and dignitaries.

Stated JKV Board Chairman Paul Simpson: "Is this a great day, or what? This Pavilion, and the Westlake project going up behind us, are a collaborative effort that all started with the residents. They have the passion and commitment to this vision."

Stryker humbly praised his staff for helping create reality from dreams.

"You can have a vision," he told the 200-plus in attendance. "However, you have to find the right team members

See "Ribbon Cutting" on Page 2

You're A Grand Old Flag You're A High-Flying Flag

*'One flag, one land, one heart,
one hand. One Nation evermore.'*

— Oliver Wendell Holmes

Nona Cree Smith

Gazette Contributor

"No taxation without representation," were the fighting words that the 13 colonies of

America used to protest paying taxes to England's King George III, while not having any representation in Britain's Parliament. As the Americans' dissatisfaction grew, the British sent troops to quell a growing rebellion. The Colonists made attempts to resolve the crisis without a military conflict to no avail.

On June 11, 1776, the Continental Congress met in Philadelphia with representatives from each of the 13 colonies, and formed a committee to write a formal document that would cut ties with Great Britain. The committee included Thomas Jefferson, Benjamin Franklin, John Adams, Robert Sherman and Robert R. Livingston. Jefferson was recognized as the strongest and most eloquent writer, so he was chosen to write the original document.

See "The Flag" On Page 3



Betsy Ross showing Maj. George Ross and Robert Morris how she cut the stars for the American flag; George Washington sits in a chair on the left. Painting by Jean Leon Jerome Ferris in 1777. Image source: Wikimedia Commons.

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The Pavilion Opens Grandly

From “Ribbon Cutting” On Page 1

to execute that vision. And folks, I’m here to tell you, we have that team. In my career, I have worked at eight [life-plan continuing care retirement] communities and our JKV team, as well as the fine folks from Moss Construction led by founder Bob Moss, are the best I’ve ever worked with.”

What Makes A Successful Construction Project?

Bob Moss explained: “The key to any good piece of construction is the people on the ground each and every day: The ones who follow the plans and do their work in a timely and safe manner. Our partnership with John Knox Village has truly been amazing.”

Once completed, as expected in the first quarter of 2024, the Westlake project will consist of 146 state-of-the-art apartment homes within The Vue and The Terrace buildings. The Vue will be 15 stories and similar in height to the Village’s iconic 17-story Cassels Tower apartment building that I-95 motorists see when they look east during their commutes.

The Terrace is 11 stories and will boast a namesake stunning rooftop terrace for residents and guests alike to enjoy.

“Even though we are 84-percent presold at Westlake, we have many wonderful apartments still available,” Ali said. “With a fully refundable 10-percent deposit, *Gazette* readers are automatically enrolled as Platinum Level members of the Westlake Village Club.”

Westlake’s first-floor common areas will include a high-tech projection movie theater, library, sacred space, art studio, The French Press—a coffee bar during the day and wine bar in the evenings—and a bistro-styled restaurant called the Westlake Eatery.

If you have questions about JKV, see our “Ask Kim” ad on Page 7 for answers to other reader’s inquiries. To learn more, “Ask Kim,” by calling 954-871-2655 or emailing: askkim@jkvfl.com

Not Buying Real Estate

A misperception prospective residents have about moving into a John Knox Village apartment or villa home is that they are buying a piece of real estate. **Moving into JKV is NOT a real estate transaction.**

JKV is a Life-Plan Continuing Care Retirement Community, which means that all residents who move to the Village pay an Entrance Fee, which affords them a Life-Care contract to secure their care no matter what health care circumstances may arise in their future. In addition, residents enjoy the use of an apartment or villa their entire time as an independent living resident.

This provides each and every JKV resident the peace of mind in knowing that their future health care needs will always be met. That continuum of care includes assisted living, memory and skilled nursing care, should those needs ever be necessary—all of which takes place directly on the JKV campus.

For more details on JKV’s Life-Care contract, call 954-871-2655.

That’s Entertainment

Big Plans In Store For The New Cultural Arts Center

Marty Lee
Gazette Contributor

The grand opening of John Knox Village’s new Pavilion, with its two restaurants, full-service bar and Cultural Arts Center, has just been celebrated a few weeks ago, but already it is drawing rave reviews by guests, staff and residents alike.

Diane Barton, who with her husband Bob have been JKV residents for more than 14 years, said The Pavilion’s design is vibrant, contemporary and uncluttered. Bob and Diane contributed a significant donation and Barton’s Nautilus Bar has been named in their honor.

“JKV is our hometown,” Diane said. “We feel it is important to support it with our time and financial contributions. Several years ago, we sponsored a home in The Woodlands [JKV’s skilled nursing center], and the opportunity to sponsor the Nautilus Bar seemed like a good fit – as we enjoy a glass of wine.”

Beyond the dining and libation opportunities, Diane is anticipating the concerts and entertainment that will be offered in the new Cultural Arts Center. “I am really looking forward to the variety of entertainment and events that the Life Enrichment Team plans to bring to the Pavilion.”

Already Great Performances

With soft openings, JKV residents have already enjoyed performances by concert pianist Solomon Eichner, the Navy Southeast Band, the South Florida Pride Wind Ensemble and the Latin Divos. Jody Leshinsky, JKV’s Life Enrichment Manager, who sources the entertainers, grew up in New York City in what some might call the cultural center of the country.

“I had access to the best entertainment – Leonard Bernstein at Lincoln Center, Classical and Jazz concerts at Carnegie Hall; “*Jesus Christ Superstar*,” “*Fiddler on the Roof*,” “*Pippin*,” “*Grand Hotel*” and more on Broadway. However, when I moved to South Florida in 1979, it was difficult to find anything close to what I had experienced in New York.

“Over the years, I have watched the [South Florida] arts community grow from a seedling to a full array of artistic opportunities. There are well over 1,500 not-for-profit cultural organizations providing every discipline of the arts from visual arts, opera, dance, classical, folk, blues, theater, science and arts museums and art galleries.

Jody has worked in the South Florida arts community for many years and developed the great connections that she has brought with her to John Knox Village. “The relationships I’ve built and the experience I have enables me to bring so much local, homegrown talent to JKV. However, there is always room to bring in regional and national touring productions.”

So far so good, on the entertainment front Jody.

The concerts to date have been met with enthusiastic response. The seating arrangements, and professional level acoustics, sound system and lighting package all contribute to memorable performances.

Michael and Barbara Featherstone, JKV residents for six years, said, “We have been so impressed with the performances so far, we decided to become members of the Village Arts Circle. It’s just incredible to have this level of entertainment within walking distance for every resident at JKV.”

Jody explained her own reaction to audience response, the production team and commentary from the

performers themselves. “Once we started to present the soft opening events, we heard comments like, ‘This was the best performance I have ever seen here at John Knox Village.’ I am very proud to say that the Production Team has stepped up their game and have been amazing to work with. They know their stuff and they make magic happen on that stage. We chose to do a series of soft openings so that we could figure out the most efficient way to check in guests, the best way to light the stage, and what levels of sound are needed for different performances.

“The performers love the venue. They think that the hall has been tuned very well and is wonderful for musical performances.”

Entertainment Level Exceeds Expectations

The Featherstones were effusive in their praise for the entertainment. “The Latin Divos concert exceeded our wildest expectations. Music, like all art, can be very subjective, but it is rare to find a group, who not only so flawlessly move across musical genres, but are also able to engage the audience on a personal level without feeling at all intrusive. Each vocalist had solo sessions, but when the trio came together, their music soared. The performance mixed pop music, opera and light classical. The “popera” genre – all with a Latin flair – fit South Florida like a matador’s montera. In our view this single performance significantly raised the entertainment level at JKV.”

Karen and Pete Audet, JKV residents since 2013, have been to several of the soft opening concerts and offered their own positive assessment.

“The Cultural Arts Center is like the Swiss Army knife of venues – one time it’s filled with 300+ seats for a piano performance – then it’s turned into a dinner theater – Magnifique. We sat toward the rear of the auditorium for Solomon Eichner and were thoroughly impressed with the acoustics. There isn’t a bad seat in the house for listening.

“The Latin Divos was one of the best performances we’ve ever enjoyed. The variety of their music: From Santana’s “*Oye Como Va*,” to the aria “*Nessun*



Ernesto Cabrera of the Latin Divos was joined on stage by Gabby Corujo in a Spanish rendition of “The Prayer.”

dorma” from Puccini’s Opera Turandot, demonstrated the range of their talent. When they came off the stage and intermingled with the audience, was not only fun to see, but made for a truly entertaining evening.”

Exciting 2022 Performances Planned

The concerts enjoyed by residents so far, are just the beginning. The room is in tune, the systems have been perfected, so now it’s on with the show. What’s the plan for the performance schedule through 2022?

Jody has some surprises in store. “The number of contacts in my phone has grown to well over 5,000, and it pays off when I am trying to plan an event,” she said. “Whether it was the Memorial Day Ceremony or the upcoming JKV Jazz Series...Oops, I let that one out of the bag!”

Jody announced that the JKV Jazz Series will begin in September with a series of four concerts featuring powerhouse talent. A limited number of tickets will be available to *Gazette* readers. Continue to read *The Gazette* monthly for the schedule of upcoming concerts and for ticket information.



The internationally acclaimed Latin Divos harmonized through a memorable concert in the new Cultural Arts Center.

Our Flag Is Red, White And Blue, But Our Nation Is A Rainbow — Jesse Jackson

From “The Flag” On Page 1

The document begins with the famous words “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.” The group made 86 changes to Jefferson’s original draft before the Continental Congress officially adopted the final version on July 4, 1776.

The following day, copies of the Declaration of Independence were distributed and then published in *The Pennsylvania Evening Post* on July 6. The Declaration of Independence has become the United States’ most revered and cherished symbol of liberty.

As much as Americans have an intense and profound respect and belief in the Declaration of Independence, we also have a unique and passionate devotion to our flag. It stirs our patriotism and our pride.

A Flag By Any Other Name

The Stars and Stripes, *Old Glory*, and *The Star-Spangled Banner* are the three names most used to describe the U.S. flag. The original design of the flag was based on the Continental Colors Flag, which had 13 red and white horizontal stripes, but instead of stars, it showed the British Union Jack in the upper left corner. The Flag Resolution of 1777 decreed that the Union Jack must be replaced with 13 white stars on a blue background, one star for each of the 13 states that comprised the new county, at that time.

Who Designed the First Flag?

Historically, there are differing stories on the original design of the American flag. Some say it may have been Francis Hopkinson, a signer of the Declaration of Independence. The more popular belief however, the original design for the American flag—with the stars displayed in a ring—was sewn by Betsy Ross, based in part on a sketch by George Washington.

Betsy Ross was indeed a real person, and she did make flags for the government. It is most likely that she made the one called the Cambridge flag, or Continental Colors. That flag was raised at Somerville, Massachusetts, on January 1, 1776 at the behest of General George Washington, as the flag of the Continental Army.

It is only fitting that the traditional Betsy Ross version is commonly accepted in our historical annals. Betsy was a humble seamstress, who worked on the flag design with the future first president of this country. One of her grandchildren claimed that General George Washington, accompanied by Colonel George Ross and Robert Morris, brought a sketch of a flag to her Philadelphia upholstery shop in June 1776. Washington asked her to sew a copy of it for a nation that was about to declare its independence. She suggested a few changes, as a circle of five-pointed star rather than a six-pointed one Washington suggested. The rest is history.

The Pride Of Americans

Americans have a unique and special pride in the flag. Not many other countries can match the intensity of our attachment to the 50-star, 13-stripe red, white and blue flag, which is the most familiar American icon in the nation’s history.

We fly our flag everywhere we live and go, from our front porches to our pickup trucks. The flag is a fixture in our nation’s schools, in our mass media and in our advertising. The flag flies in front of our



The American flag flew over the site of The World Trade Tower after 9/11, as the nation’s resolve coalesced in a common purpose to protect our freedoms. Alamy image.

government buildings and businesses, including countless automobile dealerships, which specialize in flying enormous flags that certainly attract attention.

Only in America do we turn our flag into an emotional, political and patriotic symbol in good times and bad. We display the boldly designed flag at festive cultural and social events, at celebrations and, in times of national tragedy.

We display our national pride proudly at sporting events: From Little League games to the Super Bowl.

The Flag Flies In Historic Times

On Feb. 23, 1945, during the battle for Iwo Jima, U.S. Marines raised a flag atop Mount Suribachi. It was taken down, and a second flag was raised. Associated Press photographer Joe Rosenthal captured this second flag-raising. Now part of U.S. archival records, it is one of the most famous war photographs in U.S. history.



In this Feb 23, 1945 file photo, U.S. Marines of the 28th Regiment, 5th Division, raise the American flag atop Mt. Suribachi, Iwo Jima, Japan. This image by photographer Joe Rosenthal has become one of the most iconic symbols of American resolve and freedom. Image source: Wikimedia Commons.

Our National Anthem is a hymn of praise to our flag. Even, the proper use of the flag itself has the official U.S. Flag Code, a detailed set of rules that were developed at the instigation of the newly formed American Legion in the early 1920s.

The flag’s image has been in the national iconography since the War of 1812. Examples include the 1776 “Betsy Ross” 13-star flag, immortalized in countless books and paintings; the Star-Spangled Banner itself, which survived the “the bombs bursting in air” in 1814 at Fort McHenry; the hoisting of the red, white, and blue by six marines atop Mount Suribachi during World War II and Neil Armstrong’s historic raising the flag on the Moon in 1969.

The flags still “wave” on the Moon. Images taken by a NASA spacecraft show that most of the American flags planted in the Moon’s soil by all the Apollo astronauts are still standing. So, I guess we own it?

The photos from Lunar Reconnaissance Orbiter show the flags are still casting shadows – except the one planted during the Apollo 11 mission. As Buzz Aldrin noted, the flag might have fallen over when they lifted off from the Moon.

The 9/11 Flag

On a bright Sept. 11, 2001 morning, hijackers crashed two planes into the twin towers of the World Trade Center in lower Manhattan. By 10:30 a.m., both skyscrapers had collapsed. Fires burned and ash choked the air in New York’s financial district.

A firefighter with Brooklyn’s Ladder 157, was walking past the North Cove Marina and spotted an American flag on a yacht. Inspired, he took the flag and enlisted two fellow firefighters to raise the Stars and Stripes flag, raising it high enough so rescuers searching for survivors might see it. The wind picked up and the flag began to fly. Evening light illuminated the scene: Clean, crisp red, white and blue fluttering against twisted steel and thick, gray smoke.

As we celebrate the 246th anniversary of our independence this July 4th. Let us proudly reaffirm America’s greatness: “Indivisible, with liberty and justice for all.”

‘This flag which we honor and under which we serve is the emblem of our unity, our power, our thought and purpose as a nation.’

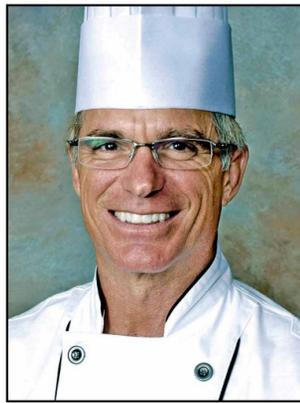
– Woodrow Wilson, 28th President of the United States of America



Astronaut James B. Irwin, lunar module pilot, gives a military salute while standing beside the deployed United States flag during the Apollo 15 Moon landing on Aug. 1, 1971. Image Source: Wikimedia Commons.

In Good Taste: Don't Be Chicken To Try This Simple, Flavorful Salad

Rob Seitz
Gazette Contributor



*John Knox Village
Executive Chef Mark Gullusci*

Perhaps nothing conjures images of summer and picnics more than chicken salad, especially in sandwich form. It is not hard to think of red and white checkered tablecloths and sunny weather after taking a big bite of what many argue is poultry perfection.

John Knox Village's Executive Chef Mark Gullusci's take on this picnic prize is simple and flavorful. It is crisp and cool, while giving you much of the nutrition you need.

Adding apples gives this recipe a powerful crunch.

Chef Mark's Chicken Salad: (Yields 4 Servings)

- 1 lb. chicken breast poached in a court bouillon*
(See preparation instructions below)
- 2 tbs. green onions
- 1 cup mayonnaise
- 1 stalk celery cleaned and finely diced
- ¼ cup vanilla yogurt
- ¼ tsp. cinnamon ground
- ¼ tsp. ground nutmeg
- ½ tsp. ground ginger



A chicken salad sandwich is always a hit for a quick summertime meal.

- ½ cup Craisins
- 2 apples cored and diced
- 1/8 cup honey

Method Of Preparation:

Make a court bouillon with celery, onions and carrots; let the water cook and all the ingredients come together. Poach the chicken until done. Remove, cool and dice. Cut up ingredients as needed, mix all the other ingredients well and cover. Refrigerate to let the chicken salad come together for more flavor. Use a good crusty bread, croissant or roll and enjoy the chicken salad in a sandwich.

Label, date and store product (if there are leftovers).



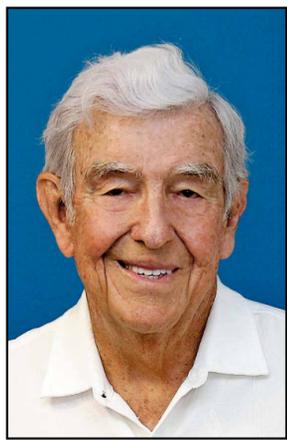
Gazette readers who come for a tour of the campus can take home with them either a bottle of John Knox Village-labeled Pinot Grigio (pairs well with this chicken salad) or Cabernet Sauvignon.

Call 954-871-2655
Mention this offer
when scheduling.

Thanks For Asking

Am I Having Reservations About My Reservations?

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

My wife Jackie and I recently spent several very frustrating hours trying to book flights and venue details to accommodate our summer travel and vacation plans. In addition to "sticker shock," when planning trips these days, one can't help but wonder if there will be another COVID lockdown? Will our two-week voyage on the Great Lakes be cancelled? Should we sign up for travel insurance?

Our last trip was to Washington DC in late March. The cherry blossoms were beautiful, however the day we did our cherry blossom tour, the temperature was in the high 20s, and the following day I got my first ride in the back of an ambulance. Then on the weekend of our already delayed flight back to Ft. Lauderdale there was one of those full-blown air travel debacles.

So, heck yes, Jackie and I are having some significant reservations about our summer reservations. Of course, our reservations (about reservations) are probably just a case of either Pre-Travel or Post-Travel Stress Syndrome. Maybe both. Being the eternal optimists, however, we are looking forward to our summer plans. I know that Jackie will get all the travel details worked out in her usual, efficient way.

What Are Your Travel Plans?

Speaking of vacations, it seems like everybody I talk with has plans to make up for the COVID-19 related restrictions with some interesting travels this year. Cruises are mentioned the most. One exception: After a recent golf outing, one of my buddies mentioned that he and his wife were flying to Alaska, Oregon and New Mexico this summer to complete his goal of playing golf in each of the 50 states. Why didn't I think of that? It should be fun comparing

notes with some fellow travelers later this year.

Despite our reservations about our reservations, living at JKV is a big plus for making travel plans. When people ask where I'm from, my answer is "born and raised in South Jersey." Too often their reply is, "Good place to be from." Ouch.

Benefits Of Life At JKV

Truth be told, JKV is also a good place to be from, but for a completely different reason. When we do travel, basically all that we must do is lock the door and leave. We don't have to worry about getting someone to "watch the house," security, hurricane preparations, lawn and pool care, etc. With all the problems in just about everything involved in travel these days, the last thing any of us need is spending our time worrying about things at home when we finally get on the road again. Case in point – a few hours before we left on a recent, brief trip – we noticed that the air-conditioning in our apartment was not working. Jackie emailed a work order request to our JKV Maintenance Department informing them of the problem. When we returned home three days later it was working perfectly. There was no charge, no hassle and no reason to worry about it when we were away.

Conversely, there are many events here on campus that make the time we spend at home extra special. In our brand new Cultural Arts Center, we already have had several enjoyable and well attended "soft-opening" events. These included a first-class piano recital by Solomon Eichner, an excellent presentation by the U.S. Navy band from Jacksonville, an exceptional concert by the Latin Divos and a very meaningful Memorial Day Service. The keynote speaker at our Memorial Day Service was retired Major General Bernard "Burn" Loeffke (who also writes a regular column in *The Gazette*). I've never heard a more moving and appropriate Memorial Day presentation. At this writing, we are looking forward to our usual festive John Knox Village Independence Day celebration.

It seems that the older many of us get, the more we appreciate everything that our patriotic holidays represent and celebrate – e.g., our national history, the freedoms that we enjoy, and the sacrifices that our forefathers made so that we have those freedoms to enjoy. That certainly seems to be the case here at

JKV, and it's never more evident than at times like Memorial Day and the Fourth of July.

Freedom And Independence

I'm convinced that age enhances our appreciation and understanding of what it takes to make freedom work, and the way that JKV is governed is really a microcosm of this understanding. We are one of the 10 largest independent, not-for-profit Life-Plan communities in the United States, and have a very high ratio of residents who are voting members of our Board of Directors. The voices of the residents are heard and respected, both via our representation on our Board of Directors, and the ongoing and productive interaction between our Resident Senate and the JKV Administrative Staff.

So yes, we do have reservations about our reservations, but the knowledge that if for some reason things don't go as planned, spending more time at home in our friendly village would be a very pleasant option.

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



Florida Grand Opera vocalist Charles Calotta sang the National Anthem, opening the JKV Memorial Day Service.

Summer Estate Planning Updates In A Post-Pandemic World

Kaley N. Barbera, J.D., LL.M.
Gazette Contributor



Kaley N. Barbera

Estate planning in a post-pandemic (nearly endemic) world is just as important as planning during the height of the pandemic. Some would even argue that it is more important now that individuals and families have seen or witnessed the impact that COVID-19 has had on our community.

Every person has had a different experience with COVID-19. Some of us have

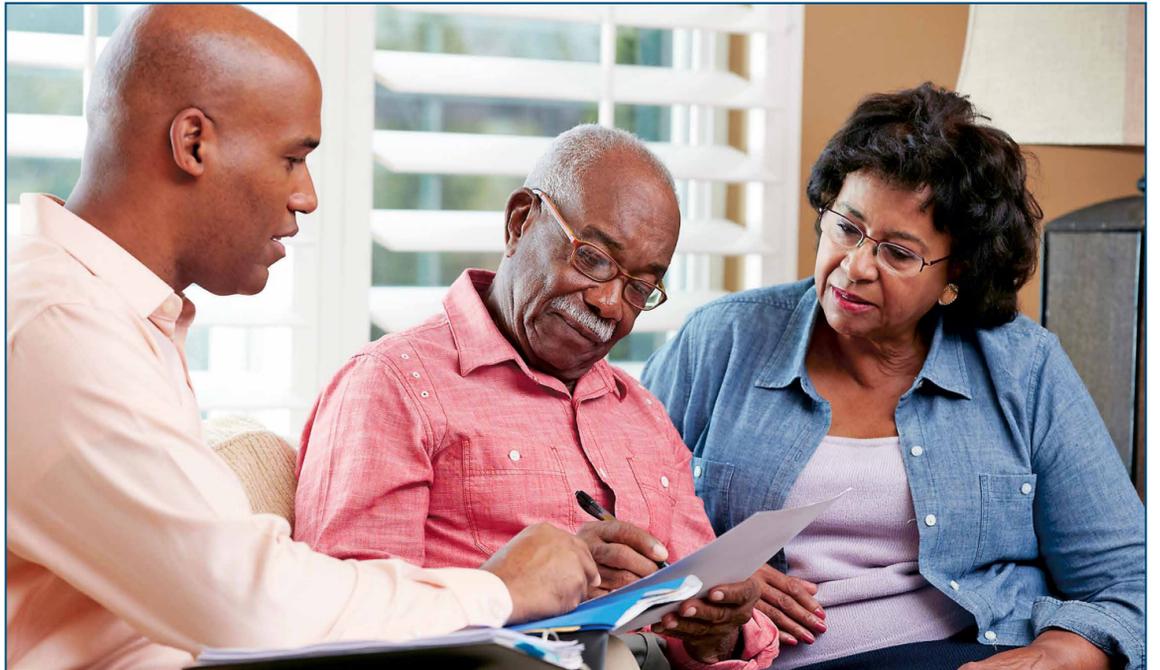
battled the virus one or more times, others have witnessed or cared for loved ones who have been sick and weakened by the virus, and even worse, many of us have lost family or friends to this ravaging strong-willed virus.

We all have a different tale to tell when it comes to COVID-19, but the uptick in estate planning and getting your affairs in order has never been higher. The fog has lifted and clients now know the far-reaching effect that a pandemic can have and they want to be sure that any procrastination they once had is no longer a roadblock to getting their plans in place. A large number of clients have some form of estate planning documents in place, but don't know whether they need to update them or change them. This article will provide some "summer cleaning" pointers for an estate plan.

I am new to Florida do I need to update my plan?

Generally speaking, it is always good practice to update your documents when you move across state lines. Although a Will and Trust are legally accepted from state to state (provided they were legally executed in the state where they were created), problems can arise in administering the Will or Trust in Florida, where you have moved and where your assets are now located, because any Will or Trust will have a governing law section and such governing law will likely be in the state of execution, which could cause delays or hiccups in administering your estate in Florida.

If there is a probate or if during the administration of your trust any issues arise, these documents will be interpreted under another state's laws. Other



Take the time this summer to review and revise your will, lifetime documents and estate plan. The COVID-19 pandemic may have changed your family's circumstances and redefined your wishes.

documents such as a Power of Attorney, Health Care Surrogate, Living Will or HIPAA document (what we like to call "lifetime documents") are state specific, so having an updated set of lifetime documents in Florida is important, especially in today's post-pandemic atmosphere. We recommend that all clients bring their documents up to date when they move, so that there are no delays in administering their estate or in a surrogate making medical decisions or agent making financial decisions under a Durable Power of Attorney.

I got divorced, but never updated my plan.

Most states, including Florida, have laws in place wherein when you get divorced, your ex-spouse can no longer be a beneficiary or decision maker in your estate planning documents. This is good news, but it is still wise to update your documents to clean them up and change your line up of decision makers and beneficiaries to be clear. In addition, many times there are peripheral items that you forget about and accidentally stay in the plan. For example, a state law may remove your spouse as a trustee or beneficiary, but what if you accidentally left in your ex-brother-in-law with whom you no longer speak, or your ex-mother-in-law as a trustee or executor/personal representative? Although your ex-spouse may be removed, these other individuals might not have been.

What if, when I did my plan, I named my parents or siblings but now I have grown children?

Once your children reach a certain age, if you feel they are capable of properly managing your estate or trust and/or making health care or financial decisions for you, then they may be the best option as replacements for elderly parents or same-age siblings. Having kids take over this role is great as they are young enough to be around when the time comes versus parents or siblings. If your children are not the right option, then it is important to speak with your advisor or attorney about coming up with other alternative family members, friends or corporate representatives who could handle these tasks. It is always important to have a backup plan.

My children have grown, now what do I do?

It is important to take another glance at your documents once your children have grown and analyze whether you have put in the proper provisions for them. You may wish to leave assets in a specific way,

whether that is in trust for creditor protection or to make sure assets are insulated in the event of divorce. Alternatively, you may have provisions in your documents that were added when your children were younger and now is the time to loosen up the terms, since your children are handling finances well and can manage things on their own without supervision.

For example, many younger parents start by leaving the children their estate "in trust" until specific ages and this trust is typically overseen by a trustee. Years later, your now 36-year-old may no longer need that trust and instead you may wish to distribute everything to that child immediately upon your passing. On the other hand, you may have an estate planning document which leaves your estate to your 37-year-old and that same son or daughter has unfortunately battled addiction or is going through a rough divorce.

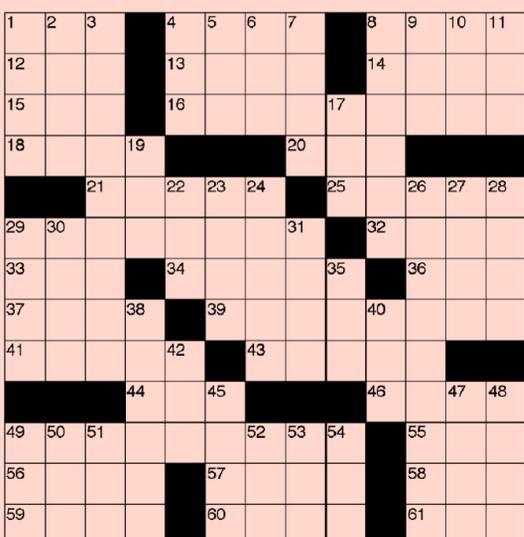
You may instead wish to alter your estate plan to protect the inheritance that this son or daughter is receiving. Take a glance at your documents to make sure the provisions that you built for your children when they were young still work today.

These are just a few summer cleaning tips to think about for your estate plan. Now that we have all battled this pandemic as a community, we need to continue to protect ourselves and get our legal house in order.

The above information was provided solely for information purposes. An estate and tax plan for an individual may or may not contain the documents or ideas discussed, above. We highly suggest that you seek the professional advice of a specialist in this field to determine the appropriate estate plan for your situation.

Kaley N. Barbera is a Partner at the law firm of Snyder & Snyder, P.A. in Davie, FL, where she concentrates on estate planning with an emphasis on special needs planning, art succession planning focusing on how to transfer art, artifacts and collectibles in a tax-efficient manner; estate administration and trust administration. She is a member of both the Florida and the New York Bar. Kaley is a graduate of the University of Miami, where she received her Bachelor's degree in English Literature and her J.D. from New York Law School. She also earned her LL.M. in estate planning from the University of Miami Law School. You can email your questions for Kaley to: Kaley@snyderlawpa.com

Crossword Puzzle Of The Month



ACROSS

- 1. "___ Abner"
- 4. Aleutian island
- 8. Vishnu's serpent
- 12. Father: Arabic
- 13. Banana genus
- 14. Plant of the iris family
- 15. Computer chip
- 16. Raw
- 18. Coptic clergyman
- 20. Defiant shout
- 21. Abstract being
- 25. Sputnik dog
- 29. Emery
- 32. One
- 33. Pack down
- 34. Eur. finch
- 36. Celsius (abbr.)
- 37. Husband of Jezebel

DOWN

- 1. Byron poem
- 2. Dayak people
- 3. Sawyer
- 4. ___ Darya River
- 5. Press for payment
- 6. Shak. contraction
- 7. Kernel (pref.)
- 8. Haw. island
- 9. Scot. alder tree
- 10. Give (Scot.)
- 11. Annex
- 17. Mulberry of India
- 19. S.A. herb
- 22. Explosive letters
- 23. Killer of Castor
- 24. Red dye
- 26. Arraign
- 27. Bleaching vat
- 28. Tamarisk salt tree
- 29. Poor-quality goods
- 30. U.S. dam
- 31. Ancient weight
- 35. To yield profit
- 38. Aesir god
- 40. Vehicle compartment
- 42. Resin
- 45. Carplike fish
- 47. Irish writing
- 48. Ireland
- 49. Limited (abbr.)
- 50. Gold (Sp.)
- 51. Eastern church chalice veil
- 52. Rapid eye movement (abbr.)
- 53. Sports hall
- 54. Oxygen (pref.)

Answers On Page 10.



JOHN KNOX VILLAGE

A Life-Plan Retirement Community

re:tired

I hit the gym, played tag (in the pool) with a 5-year-old, tried a new recipe, and wrote three pages.

All before noon.

Tired? Sure. Retired? Call it what you want, I've never been busier.

DON'T AGE OUT. AGE UP.

Join us for **Brunch** and learn about all the things JKV has to offer:

JKV Advantage

Get peace of mind with our Life-Care contract that covers you for whatever health care situation may arise.



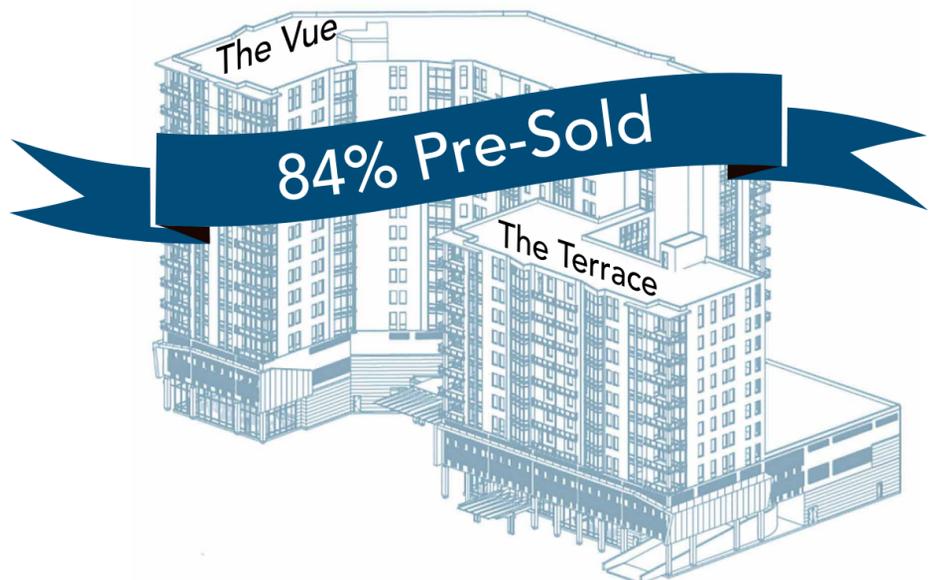
Westlake @ JKV

JKV's newest resort-style neighborhood featuring two all-new, modern apartment buildings.

Brunch:

**Thursday,
July 14th**

11 a.m. – 12:30 p.m.



Brunch will be held at the Welcome and Innovation Center
To RSVP call 954-871-2655



JOHN KNOX VILLAGE

Where possibility plays

web JohnKnoxVillage.com

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Scan with your camera phone to learn more





JOHN KNOX VILLAGE

Have you *Asked* Kim?



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

Dear Kim: “We recently retired and are thinking about making a full-time move your way in a year or two. Any suggestions?”
— *Planning in Hartford, CT*

Dear Planning: The new apartment homes, located in The Vue and The Terrace, are perfect for those looking ahead for fun in the sun and a secure future. Your timeline works well with the completion of this new neighborhood, which is set to open in early 2024. We encourage you to reserve your place and select a luxurious residence with a **10-percent fully refundable deposit**. This will give you plenty of time to get your plan in place for when you’re ready to make your move.

Dear Kim: “My husband is a bit older than I am, and not as spry day-to-day as he used to be. I’m very much still on the go. Would John Knox Village be a good fit for both of us?”
— *Pondering our future, Southwest Ranches*

Dear Pondering: Yes! It’s no secret that JKV offers so many ways to enhance an already active and independent lifestyle. The same will be true for the new apartment homes. One of the greatest benefits is that we’re a Life-Plan Community. If you or your husband’s health needs should ever change, you’ll have access to all levels of health care services here on our beautiful campus. You’ll enjoy the peace of mind that comes from knowing you made the plan, and everything is taken care of.



Coming soon!



Do you have questions? Ask Kim!
Call 954-871-2655 today or email: askkim@jkvfl.com

John Knox Village 400 SW 3rd Street (Main Gate), Pompano Beach, FL 33060
Johnknoxvillage.com | 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 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.

Live Your Best Life Now

Emotional Dimension Of Wellness: The Fourth In A Seven-Part Series

Melissa Jill Clark
Gazette Contributor



Melissa Jill Clark, JKV Life-Style and Aquatics Coordinator

wellness to inspire and empower you to apply these principles as an integral part of your very own wellness plan.

Emotions Are Life

Our emotions create our life. It's that simple. Our emotions are the lens through which we experience life.

Life can be overwhelming, sometimes in good ways, and sometimes, in very painful ways. Many things in this world we cannot personally control.

Look at what has happened in the last few years: COVID-19, war in Ukraine, weather-related disasters.

The International Council on Active Aging (ICAA) defines wellness as this: "Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential [physical, emotional, spiritual, intellectual, social, environmental, vocational] to pursue and optimize life's possibilities."

This month I will expand on the emotional dimension of

Wouldn't it be great if we could fix all the trouble that our world is in right now? Wouldn't it be great if we could heal the sick, end the war, wipe out disease, and revive the economy?

But of course, we know that is not the case. They are not under our personal control. We have to ride the wave and see where it takes us.

In the meantime, how can we take control of our emotions so that we can live a peaceful life?

We Personally Control Our Thoughts

Let's begin by examining our thoughts. It is important to acknowledge that we have 100-percent control over our own thoughts. Our thoughts create our emotions, and our emotions create our lives.

Life can be downright hard sometimes. It can be painful and it can seem awfully unfair. There are events that go on around us constantly. It's important to acknowledge that it is the story that we create around these events that make our experience what it is.

For example: If I were to get stuck in an elevator on my way to an important meeting, that is an event.

The story that I couple with the event is what creates the emotion that I feel. The emotions that I feel will affect the way I experience my life and show up in the world.

So, I could panic that I'm missing the meeting. I could get angry that this is happening to me and that I can't fix it, or I can accept that this is something that I cannot change. I can deal with the repercussions, I can turn the page and I can move on, without getting angry, frustrated or upset. It's up to me – 100 percent. How empowering is that?



7 DIMENSIONS OF WELLNESS

Many emotions are natural and serve a purpose for a time. Grief is a natural stage that we go through when we suffer loss. Anger is a natural reaction to things that happen around us that don't seem fair. Guilt and shame occur when we feel sorry for things in our past.

It is important to acknowledge our feelings, to allow ourselves to feel them, and then let them go. These emotions come on like waves and it is only when we ride those waves that we get to the other side.

What We Resist, Persists

If we resist these emotions, they will resurface until we face them and heal. However, on the other side of this, sometimes we get stuck holding onto, or dwelling in these negative emotions. This is when they can become destructive to ourselves and to those around us.

Here are some tips to care for ourselves emotionally: Number one, take inventory of your thoughts. We can acknowledge the emotions for what they are, we can allow ourselves to face them, to feel them, to breathe into them, to release them and to let them go.

You might be thinking it's impossible, and that's how you know you are stuck. When my clients are really truly stuck, I refer them to see a mental health specialist to help them through. Your peace and happiness are worth so much.

Take inventory of your emotions daily. Check your thoughts. Focus on love and joy and the many things for which you have to be grateful. If you find yourself stuck, do what you need to do to get unstuck.

Your experience in life depends on you.

Love yourself enough to take control of your thoughts and your emotions so you can ultimately live your very best life, now.



Camaraderie and close friendships will bring joy to your life. Take control of your thoughts, and your emotions will follow.

Introducing JKV's Community Partners

The First In A Multi-Part Series: Fort Lauderdale International Film Festival

Jody Leshinsky
Gazette Contributor



Jody Leshinsky, JKV Life Enrichment Manager

the wide variety of community partners and how JKV interacts with each for mutual benefit.

The History Of FLiFF

Today, we will examine our partnership with the Fort Lauderdale International Film Festival, or FLiFF as it is fondly known in the community. The Broward County Film Society, Inc. is a nonprofit organization established in 1986. This Society presents the annual Fort Lauderdale International Film Festival; operates Savor Cinema, Gateway Cinema in Ft. Lauderdale and Cinema Paradiso in Hollywood.

Celebrating its 37th Annual Festival in 2022, FLiFF presents American independent and studio films, international films, student films, special

tributes, seminars and introduces filmmakers to South Florida audiences. Considered one of the most important regional film festivals in the U.S., the Festival's commitment to first-time filmmakers and innovative programming make it the perfect test market for filmmakers.

JKV's Partnership With FLiFF

FLiFF has committed to providing JKV residents year-round programming both on and off campus. There will be six film presentations on the JKV campus, generally every other month. Immediately following each film screening, there will be a question-and-answer session with either the director,

the filmmaker or an actor from that film. Residents are encouraged to participate in these intimate and unique opportunities to learn more about the artist's vision and intention in the making of that film.

Once a year, FLiFF will present "Movies Under the Stars," at the beautiful new JKV Aquatic Complex. This event will be presented in the evening, along with special snacks at Stryker's Poolside Sports Pub, located inside the Aquatic Complex.

The Annual Film Festival

During this year's Film Festival, scheduled for Nov. 4 - 13, JKV will provide bus transportation to many of the more than 200 films that will be presented at Savor Cinema, Gateway Theater and Cinema Paradiso.

Additionally, JKV residents receive member benefits at year-round Member-Only FLiFF events including quarterly bus trips to the various screening locations, and Member Events that are announced to FLiFF members. JKV residents receive the FLiFF member rate with a promo code.

Now, with more than 20 active community partners, JKV offers a wealth of opportunities for involvement in the arts, entertainment, history, education and volunteering. *Gazette* readers who put down a fully refundable 10-percent deposit on a new state-of-the-art Westlake apartment are automatically enrolled as a Platinum-Level Westlake Village Club Member and are entitled to receive the same benefits as JKV residents from community partners, such as FLiFF.

Contact JKV Director of Sales Kim Ali to learn more about the many advantages of being a Westlake Village Club Member by calling 954-871-2655 or emailing: askkim@jkvfl.com



JKV residents Bea Wilbur and Jan Spaulding take a seat at Ft. Lauderdale's Gateway Theater for a FLiFF presentation.

Here's A Gut Punch To Our Gut Punch

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

Already more than a century ago Russian microbiologist Ilya Mechnikov recognized that the longevity often experienced by Bulgarian peasants could be related to their consumption of fermented milk, kefir.

The bacterium giving the beverage its characteristic flavor, *Lactobacillus bulgaricus*, is now known to be one of many friendly bacterial species offering benefits to our health.

Microbes have been living in a symbiotic relationship with us for

hundreds of thousands of years – living in us and on us. We provide them with room and board plus meals, and in turn, they protect us from disease causing pathogens by producing an arsenal of their own anti-bacterial, anti-viral and anti-fungal compounds.

In addition, they help us digest food, manufacture several vitamins, break down harmful environmental compounds, promote satiety and healthy metabolism, shape a healthy immune system ready to attack an enemy while willing to tolerate harmless substances, but are also crucial to develop and maintain a healthy brain.

How Do They Do That?

For starters, many of the bacterial species in our gut produce B vitamins as well as vitamin K. The B vitamins are indispensable for energy production, but also help our cognition and mood. A number of studies have demonstrated that you can boost the effect of an antidepressant by taking folate (vitamin B9), as well as reduce the shrinkage of your brain and memory loss with vitamin B2, B6, B12 and folate. Of course, you can and should get these nutrients from

your food, but if you maintain healthy microbiome, they will be your “insurance.”

Vitamin K, also produced by friendly microbiota, helps our arteries stay clean of plaques, by directing calcium into our bones, but also helps our brain cells survive and regenerate.

People with Alzheimer’s dementia often have low vitamin K levels.

Thank Our Moms For The Microbiome

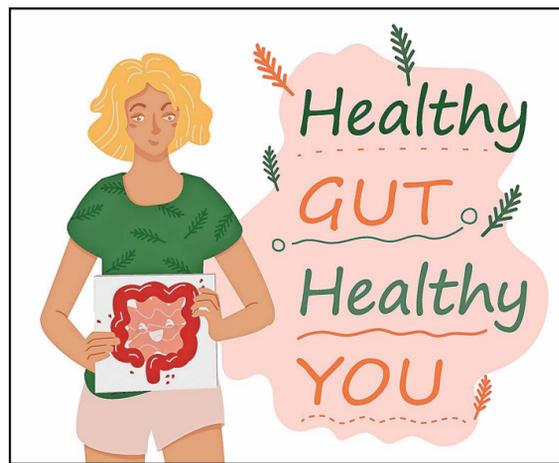
The development of our gut microbiome starts at birth when we are seeded with the microbes of our mom by going through the vaginal canal and then nourished by sugars in breast milk.

By the age of three, our microbiome resembles that of an adult. It is further shaped not only by our food choices, but also exercise, stress, exposure to environmental toxins, and the medications we take (especially antibiotics or stomach acid blockers).

Each time we take an antibiotic, we are dropping a bomb on our microbiome and we get a daily microdose of antibiotics through animals that end up on our plate. Besides the growing problem of antibiotic resistance killing thousands of Americans each year, messing up with our intestinal microbes may have many detrimental consequences for our brain. Just one course of antibiotics increases our risk of depression by nearly 25 percent, multiple antibiotics increase the risk 50 percent.

Of course, we are most vulnerable to the disturbances of our microbiome in infancy and early childhood, when our brain is still developing, and such microbial perturbations have been associated with conditions such as autism and learning difficulties. In teenagers, perturbed microbiome may result in depression, anxiety or schizophrenia, and as we get older, it affects our memory and may increase the risk of neurodegenerative disorders, including Parkinson’s disease and Alzheimer’s.

Older mice, given fecal transplants from younger mice, enjoy cognitive improvement. Fecal transplants are increasing utilized in humans, too, most



commonly for *Clostridium difficile* diarrhea, but incidentally, improvements in brain disorders have been noted as well.

An 82-year-old gentleman suffering from a mild stage of Alzheimer’s dementia experienced a complete normalization of his memory after receiving a fecal transplant from his 85-year-old wife (intended “only” to treat his *Clostridium difficile* diarrhea). Parkinson’s disease, seizures and multiple sclerosis have all been noted to improve with fecal transplant, in the right circumstances.

Eat Right To Keep Your Microbiome Right

It is amazing to have the hope of treatments like that, but meanwhile we can keep our microbiome diverse and robust by eating a variety of fiber rich foods and a variety of colorful polyphenols from fruits, vegetables, tea and spices.

Bon appétit!

Dr. Tereza Hubkova is the 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.

Sorry Old Pool, You're Not Missed

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

If you haven’t been around John Knox Village for a while, come back and take another look. Things are changing in a big way.

For starters, people are cheering over the Aquatic Complex. Now open more than a year, it was the first major building project after the Welcome and Innovation Center. I call it the transformation of JKV.

The Aquatic Complex makes “the old pool” seem antiquated. I had many great dips in the

former pool, but this one is over the top. Not only is it beautiful, but it is also safe for all ages, open longer hours, and the amenities surrounding it are the best.

Stryker’s Poolside Sports Pub

On the south rim of the resort pool, Stryker’s Poolside Sports Pub, an indoor-outdoor architectural creation designed to take advantage of our wonderful Florida climate, offers any drink you could imagine, and is served with a smile. It is the perfect place for private parties, a card game or good conversation with friends. It’s sort of in the open air. You’ll have to come see it to understand what I mean.

Then to the west, you’ll have a great view of the Pickleball and bocce ball courts. On the north side of the pool are two cabanas for friends or family small gatherings. Supplied with a wide-screen TV, cooler and comfortable furniture, the cabanas can be reserved with food and drink for poolside entertaining.

We’re almost back where we started, but I see one more gem looming. Oh yes, it’s the oft-praised hot tub, the answer for achy joints, cold days and much good conversation.

Lap swimmers were more than happy to see a second pool, just for them. It solved a lot of – usually unspoken – conflicts. Both pools are salt-based and just the right temperature. The clear water is a testament to the cleanliness of the pools

The Glades Grill Restaurant

Adjacent to the pool is home to The Glades Grill, a great restaurant with an island flavor. We see plenty of American food on the menu as well.

A right turn from the Glades gives us access to the wonderfully equipped dressing rooms that give the final touch to the club-like feel.

Ongoing Construction

As with any building venture, there is some dust and noise, and we’re not quite done with it yet. The new Pavilion, with two restaurants and a 400-seat Cultural Arts Center has recently opened. The Pavilion is in a contest with the Aquatic Complex for wonderfulness. The final stages of expansion are now beginning.

Now under construction are two residential buildings, The Vue and The Terrace with inside parking, more spacious apartments, and water views everywhere. As of a few weeks ago, the old dining room lied in wreckage to convince us that all this is really happening.

The lake will open to a larger exit canal that will challenge us all to walk around, in solitude, with friends or pets. A little more grit and noise, but hey, it’s only short-term pain for very long-term gain.

So, if you have not seen these new developments, come on over and spend an hour or two walking the campus and then lolling beside the pool. Our Sales Director can fill you in, call her at 954-871-2655.

There may be better resorts, but I haven’t seen them. In fact, I spend an hour every day that I can in the water, doing my water-aerobics workout.

Bye For Now

I plan to take a summer break, so thank you for all your kind remarks, and I hope to see you in the fall again, Lord willing.

Meanwhile, come on in, the water’s fine.

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.



JKV residents enjoy the resort-style pool in the foreground and the lap-pool just beyond.

Sudoku

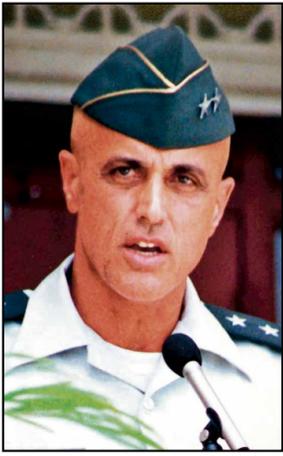
Answers On Page 10.

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

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

Divided We Fail, United We Shall Prevail

Burn Loeffke
Gazette Contributor



Burn Loeffke

I had been on the floor for 15 hours. I had lost balance, slipped and fell. Now I could not get up. No phone. I had ripped the landline when I fell, and the cell phone was not near. I tried crawling on my back. Unable to move more than a couple of inches, I tried yelling. No one could hear me. This can't be that bad. What is happening? Finally, a friend found me.

You Are Positive?

The paramedics were called and unlocked the door, picked me up and placed me on a stretcher. The test came back positive and that cleared a room where I could be isolated. They started an IV, filled me up with fluids and inserted a catheter. Then I was alone again. Outside, I could see the commotion but could not hear the noise. The hospital was full of patients and yet understaffed with medical professionals.

Memorial Day Thoughts

Laying on the floor for 15 hours I had time to think of Memorial Day. I had been asked to be guest speaker at the John Knox Village Memorial Day ceremony. I planned to speak about Lt. John Little and Sgt. Larry Morford.

Lt. Little had been a cadet at West Point and was one of my students taking my class in learning the Russian language. Years later, he was assigned to my unit in Vietnam. Lt. Little was leading a recon unit. I was talking to Lt. Little over the radio when it went dead. Silence. A few moments later I heard a different voice over the radio: "Sir, they just killed the lieutenant." Lt. Little was killed when his recon unit was ambushed. He fought bravely while outnumbered.

I also recounted Sgt. Larry Morford, who was instrumental in my going into medicine after retirement. He and I had many conversations. Although he did not believe that war was an answer to international problems, he volunteered to fight in Vietnam. I remember Sgt. Morford by his statement; "War is a beastly thing, and the least beastly of us should be doing the fighting." Sgt. Morford was killed in combat only days before he was scheduled to ship back home to the States.

As I lay in my hospital bed, I considered my career in wartime, as well as the effects of COVID-19 upon our nation and the world. The sheer numbers who have died from COVID-19 in the U.S., demand that we mention this new war and the brave workers who are fighting this very powerful new enemy.

Americans Killed In Wars

To put this new war into perspective, let us look at the numbers. During the past more than 100 years of wars, we have lost the following American Veterans in battle: WWI: 116,000, WWII: 298,000, Korea: 40,000, Vietnam: 58,000, Iraq: 4,000, Afghanistan: 2,400.

We are engaged in a new war against COVID-19. As of June, COVID-19 has killed more than one million in our country. One virus has killed more Americans than the six wars mentioned above. What is happening?

World Map With A Difference

An article I read a year ago stayed in my head. A father, who worked in a company, was given a lot of work. When he could not finish, he took the work home. One evening after dinner, his three-year-old daughter asked him to play with her. Luckily, he found a magazine, opened it and saw a world map.



After sharing page 10 of The Gazette for more than a year, Maj. Gen. Burn Loeffke U.S. Army (Ret.) meets Rev. Rachael Gallagher, JKV's Spiritual Life Director.

He showed the map to his daughter, ripped it into several pieces and said to her, "You put the map together and I will play with you."

The father thought giving his daughter, who had just started pre-school, a very difficult task that she could not possibly know what a world map is. However, after a while, she came back with the map taped back together. He was surprised and asked if anyone had helped her. She said, "No." The daughter had noticed that on the back of the map page was a picture of a woman. The little girl had put the picture of the woman together. This was much easier than putting the map together.

So, it is in the world. Most problems are personal ones. Solve them and the others are more easily solved. We can use this example: COVID-19 problems are also relationship problems. Strong personal relationships are needed to influence people to get vaccinated. Without them, we will still be battling this disease next year, and the next year, and for years to follow. Divided we shall fail. United we shall prevail.

In the military, we accomplish missions as a unit, as a family. As we honored our fallen veterans on Memorial Day and look forward to celebrating our freedom and independence on July 4th, let us remember the million who have died from COVID-19. Let us resolve to ameliorate the personal problems that separate us, and work together to save our families, our friends and our nation in a common goal of mutual consideration, love and understanding.

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.

Welcome Angelica Blakely

Spiritual Life Coordinator Joins The John Knox Village Family

Rev. Rachael Gallagher
JKV Spiritual Life Director

to introduce her to you. Angelica relocated from New Orleans, LA in 2021 with her daughter, Christian, who just completed her freshman year at the University of Miami majoring in Microbiology/Immunology and Public Health with a minor in Chemistry and Health Management and Policy.

Angelica is one proud mom. She enjoys reading, traveling, painting, singing and visits the beach weekly as her favorite self-care activity.

Angelica is a certified life coach and Christian Counselor, who previously served in the Office of Student Conduct at Tulane University and the Office of the Chaplain at Dillard University. Angelica was

Angelica Blakely recently joined the Spiritual Life department and I am thrilled

elevated to a minister in December 2019.

In 2021, she graduated from the Andersonville Theological Seminary with a degree in Christian Counseling and is pursuing a graduate degree in the same area with a specialization in death and grief therapy. Angelica has a background in Small Groups Ministry and was the Small Groups Pastor for a church in Miami Gardens. She hopes to bring her past experiences in ministry to our community and grow at the same time.

Dedicated To An Awareness Of Self

Angelica's goal at JKV is to utilize her gifts in being an advocate for emotional intelligence, coaching and small groups to our community. She hopes to bring a different approach and an awareness of self to the programming she offers. She will begin this for



Angelica Blakely, JKV Spiritual Life Coordinator

residents with the July programming event series on *Acceptance* where she will tackle the hard subjects of race, sexual orientation, gender roles and religion. She hopes to also begin a small group ministry where our residents can build their own communities that are both intentional and supportive to deepen and expand the ministry outside our four walls.

This is a great time to remind all of you that Spiritual Life is for everyone. We love connecting with the diverse community here and our interfaith services are a highlight of our work. We aim to create and exercise an inclusive spiritual community that enriches individuals and the community of JKV.

With Angelica on board, JKV's interfaith commitment will pave a new path of spiritual literacy and dialogue in the community that crosses boundaries and entertains new, creative spiritual connections that will foster authentic spiritual formation.

Answers to Crossword Puzzle on Page 5 and Sudoku on Page 9.

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A	B	U		M	U	S	A		I	R	I	D		
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A	N	B	A					Y	A	H				
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C	O	R	U	N	D	U	M			U	N	I	T	
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3	8	2	1	5	7	6	4	9
1	6	3	2	7	5	4	9	8
9	7	4	8	3	6	2	5	1
5	2	8	9	1	4	7	6	3
8	3	1	4	6	9	5	7	2
2	4	7	5	8	3	9	1	6
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Currently On View And A New Exhibit

At NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM

FORT LAUDERDALE

New Exhibitions

“Confrontation: Keith Haring and Pierre Alechinsky” Through Oct. 2, 2022

Confrontation: Keith Haring and Pierre Alechinsky draws major attention to one of the most beloved figures of 20th-century American art, while raising awareness to one of the legends of the European avant-garde. This exhibition places Haring within a broader historical lineage that extends to artists beyond American borders.

“Lux et Veritas” Through Oct. 23, 2022

The exhibition *Lux et Veritas* explores a transformative period in contemporary art by focusing on a generation of artists of color who attended Yale School of Art for graduate studies between 2000 and 2010. The exhibition’s title alludes to Yale University’s motto, *Lux et Veritas*, which translates from Latin to “Light and Truth.” In the context of this exhibition, the title references how these artists thought with critical complexity about their work and their movement through institutional structures.

“Photographing the Fantastic” Has Been Extended To August 2023

Photographing the Fantastic explores photographs of magical moments, the uncanny and the wondrous, drawn from NSU Art Museum’s extensive photography collection.

The exhibition features works by: Berenice Abbott, Edward Burtynsky, Magdalena Campos-Pons, Gregory Crewdson, Ann Hamilton, Kati Horna, Samson Kambalu, Louise Lawler, Nikki S. Lee, David Levinthal, Vera Lutter, Loretta Lux, Ana Mendieta, Zanele Muholi, Andres Serrano, Cindy Sherman, Carrie Mae Weems, Susanne Winterling and others.

Photographing the Fantastic is curated by NSU Art Museum Director and Chief Curator Bonnie Clearwater.

“Beyond the O.K. Corral” Through August 2023

Beyond the O.K. Corral is an interactive Augmented Reality exhibition by renowned photographer David Levinthal, Wilson J. Tang (special effects art director, video gaming designer, and a founder of YumeGO, the first AR “Experience Browser”) and the YumeGO team, commissioned by NSU Art Museum. The AR exhibition allows participants to step into Levinthal’s iconic photograph *Gunfight at the O.K. Corral* (2014) that was inspired by the Western movies of Levinthal’s youth in the 1950s.

Plan a visit to NSU Art Museum and enjoy the presentations of numerous exhibitions now on view. Museum hours: Sunday: Noon to 5 p.m., Tuesday through Saturday: 11 a.m. to 5 p.m. Closed Mondays.



“The Creation of Adam,” a scene from Michelangelo’s Sistine Chapel ceiling (c. 1508–1512). NSU Art Museum will present a program about Michelangelo’s Sistine Chapel at JKV on July 18. Image source: Wikimedia Commons.

“The New Woman” Recent Acquisitions Through Fall, 2022

The New Woman refers to the phrase which came to be used in the late 19th century, to characterize the newly present women of the middle and upper class who were beginning to participate in urban life. At the same moment in 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.

William J. Glackens “From Pencil to Paint” Through Fall, 2022

William J. Glackens: From Pencil to Paint, features over 100 of the artist’s works from the 1890s – 1930s, and highlights Glackens’ roles as illustrator and painter. By presenting drawings from the beginning to end of his career, and juxtaposing them with specific paintings for which they were made, the exhibition sheds new light on Glackens’ lifelong commitment to the field in which he first excelled and his uncanny ability to capture specific gestures, places and significant historical events such as the Spanish American War.

Upcoming Events:

Museums on Us®: July 2, 11 a.m. - 5 p.m. and July 3 from Noon to 5 p.m.

Bank of America, Merrill Lynch and U.S. Trust credit and debit cardholders receive free access to more than 200 institutions. Cardholders will receive free

admission on the first full weekend of each month. Cardholders need only present their card and a photo ID to gain a free general admission. The promotion doesn’t include access to special exhibits, ticketed shows or fundraising events.

Sunny Days/Starry Nights: Free First Thursday, July 7 from 11 a.m. to 7 p.m.

Enjoy FREE Museum admission and 2-for-1 All Day Happy Hour on the first Thursday of every month from 11 a.m. to 7 p.m. during Free First Thursday Sunny Days/Starry Nights.

Docent Speakers Bureau Presents: “Michelangelo’s Sistine Chapel” Monday, July 18 at 10:30 a.m. at John Knox Village

The volunteers at NSU Art Museum Docent Speakers Bureau are delighted to resume their popular series of lectures on the history of art.

Interested *Gazette* readers are invited to see NSU Art Museum docent Marion Dolan discuss Michelangelo’s Sistine Chapel on July 18 at 10:30 a.m., at John Knox Village. Among other discussion items, Dolan will answer the question, “How did noted Italian Renaissance sculptor Michelangelo end up painting the world’s most famous frescoes?”

Dolan will look closely at some of his iconic images from the Sistine Chapel and the artist’s turbulent relationship with the Pope who made it happen, Julius II.

Gazette readers can RSVP their spot by calling 954-871-2655.

Fort Lauderdale Neighbor Day Sunday, July 31 from Noon to 5 p.m.

Fort Lauderdale Residents Receive: 2-4-1 wine in the Museum Café. FREE admission, residents must show a photo ID, driver’s license, or residential utility bill with proof of Fort Lauderdale address.

NSU Art Museum is located at One East Las Olas Blvd., Ft. Lauderdale, FL 33301.

Westlake Construction Project Spotlight

Moss General Superintendent Stephen Whitmer

Rob Seitz
Gazette Contributor



Stephen Whitmer, Moss Construction General Superintendent

As the Moss Construction General Superintendent for John Knox Village’s Westlake Tower project, Stephen Whitmer is responsible for supervising all the work in the field, including that of Moss’ subcontractors.

Westlake is JKV’s 146-apartment, two-tower project: The Vue will rise to 15 stories with one- and two-bedroom floorplans ranging from 1,231 to 2,259 square feet and The Terrace will stand at 11 stories, consisting of two-bedroom

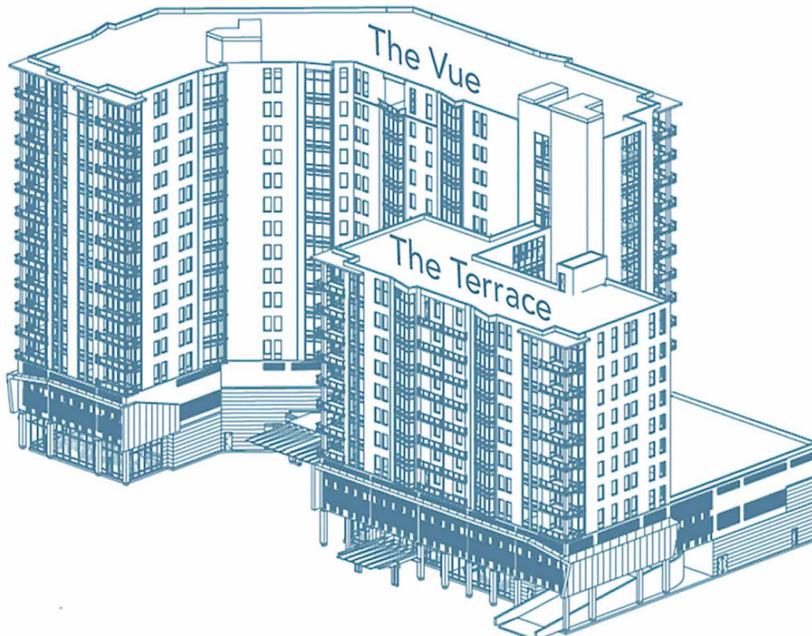
floorplans up to 1,845 square feet.

Whitmer’s additional duties include managing

all-site quality and safety issues, on-site schedule management, staging and logistics planning, subcontractor coordination, jobsite recordkeeping and the management of all self-performed work.

Whitmer holds over 35 years of construction industry experience and has a diverse project background experience, including senior living, health care, multi-family housing, hospitality, offices and educational facilities.

Hailing from Nashville, TN, Whitmer is a father, graduate of Broward College and a veteran of the United States Marine Corps. When not on construction sites, Whitmer enjoys paleontology in his spare time.



Architect’s rendering of The Vue and The Terrace now under construction at JKV.

The Moral Of The Story

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Here's an important fact you should know. According to scientists, sugar is bad for your brain health.

Due to this fact, you are surely going to skip the strawberry shortcake and ice cream this summer, right? Maybe not. Facts don't easily change our behaviors, and there's a good reason for why.

We don't have a mind for facts, we have a mind for stories.

Our brains are built to absorb facts that matter to us, and stories determine what is meaningful

to us. Perhaps that is why we humans are suckers for stories from cradle to grave, because we crave to share meaning in life with others.

Stories Share Meaning

A story, or narrative, is an account of related events that unfold over time in a certain place. A story has a beginning, middle and end, as well as a shared social significance for teller and listeners, a lesson to teach called "the moral of the story."

To facilitate social bonding, a newborn's brain gets busy right away building the four neural pillars of a story: Place, time, me, we. By age three, our brain keeps the mind in a perpetual state of story-readiness.

Think of how easy it would be to engage a child's attention with these words: "Once upon a time, in a faraway land, a little mouse lived with her family in a deep underground nest..." A child would consider the story as make-believe with such vague language for time and place, and would imagine the little mouse and her family as proxies for "me" and "we," respectively.

Since a child has so few memories from life experiences to draw on, the line between reality and fantasy is very thin, making it very easy to tell make-believe stories to a young child. However, even fictional

stories allow a child to grasp norms and values from the social context. This social awareness improves a child's ability to understand the desires, motives and intentions of others to prepare for success in social roles and relationships.

Stories Prevent Crashes

Stories expand our view of possible actions to avoid fear and make adaptive, life-enhancing choices. Just as a flight simulator prepares a pilot-in-training to fly without crashing a plane, a story gives the adult brain a learning experience to avoid social-emotional "crashes."

Beyond the here and now, a story presents a mental simulation of a possible outcome in a given context. As the characters engage our imagination, the brain prepares for future action by learning from the mistakes of others without risking life and limb, or social status.

As adults, our minds live in a sea of stories encountered in daily life. Conversations, books, movies, plays, songs, dance, sermons, speeches, articles, blog-posts, meetings and other activities offer opportunities to share stories in different ways.

Our brains are so predisposed to the influence of stories that you have to be wary about which ones you absorb. How easily we can suspend disbelief and return to the imaginary world of a child. A compelling story can be conjured up to hoodwink just about anyone. Next thing you know, fiction overwrites facts in your brain.

The Seven-Layer Story Cake

Despite the damage done by false narratives, the benefits of stories have outweighed their drawbacks. Otherwise, humanity would have crashed and burned long ago.

Since stories are here to stay, let's review the main ingredients that go into a story. If you think of a story being structured like a big wedding cake, there are seven layers. Here they are, beginning with the bottom layer:

- 1. Perspective:** The voice of the story's author, expressed in first person (I or we) or third person (he/she/it/they).
- 2. Place:** The setting of where the story occurs.
- 3. Period:** The timeframe in which the story takes place.



Everyone has a story to tell. Cultivate yours.

- 4. People:** The folks who act in the plot, including heroes, allies and opponents.
- 5. Plot:** The sequence of events with a beginning, middle and end that reveals the characters' desires, motives, intentions, actions and outcomes.
- 6. Problems:** The challenges faced by the hero/heroes in pursuing their goals.
- 7. Point:** The meaning that the audience is to derive from the story.

When it's time to boost your mental health, pass on the sugar and go get yourself a nice, big, tasty piece of story cake. And when you have important information to share with others, get busy and whip up a seven-layer story cake of your own. They will gobble it up.

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 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

Enjoy Single-Story Living In The Cypress Garden Villa

Economy And Convenience With Life-Plan Security Included

If you are accustomed to living in a single-family home and prefer the convenience of a single-story ground-level residence, this month's featured Cypress Garden Villa may be a perfect choice. The joy of the one-bedroom, and one and a half-bath design is in the carefree floor plan. At John Knox Village, all home maintenance, both inside and out, is included. Savor economical living, while still having the complete Life-Plan security that every resident at JKV enjoys.

Plan a visit to learn about the current and future plans at JKV, and enjoy a complimentary lunch in the Glades Grill overlooking the Aquatic Complex.

The Cypress Villa 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 recently updated Rejuvenate Spa & Salon, Palm Bistro and much more. Call the Marketing Department at 954-871-2655 to schedule a tour.

web JohnKnoxVillage.com
JohnKnoxVillage
 651 SW 6th Street
 Pompano Beach, FL 33060



Convenient and economical, the Cypress offers comfortable, carefree single-story villa living.

The Cypress
1 Bedroom / 1 1/2 Bath Garden Villa
988 Sq. Ft.

