



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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JKV's Puzzle Master Pieced Together Quite A Year



The 11-story Terrace and 15-story Vue have been topped out, and the meticulous work of exterior and interior finishing is underway.

Rob Seitz
Gazette Editor

JKV's Director of Plant Operations Thom Price likes jigsaw puzzles and that's a benefit for John Knox Village, South Florida's premier

Life-Plan Retirement Community.

Mr. Price has been seen at the puzzle table in the Village Towers apartment building lobby on more than one occasion filling azure pieces in a blue sea or connecting multiple blinding white tabs into a snowy mountainscape.

When he is not putting puzzles together for fun, he has the challenge of fitting the many and varied construction jobs in place around the 70-acre campus, with the ultimate goal in both pursuits of creating pretty pictures.

A big piece put into place last year was the completion of JKV's \$34 million Pavilion, with its two new dining venues, a nautically themed bar and 400-seat Cultural Arts Center, which now serves as host to international musical talent and Broadway-caliber performances, for Residents and those in the greater community.

Rex Foster Lake was reconfigured to play a bigger part in enhanced waterviews around the campus, including for Residents facing north in Cassels Tower and those dining in either The Pearl or Seaglass restaurants in the Pavilion.

Cassels Tower, the 17-story apartment building with its iconic JKV clock that can be seen by motorists passing by on I-95, along with Village Towers and East Lake all received exterior makeovers including impact windows, waterproofing, painting, and in the case of Village Towers new screened balconies.

"The shell of Westlake, our new two apartment building project, is completed," Mr. Price told the *Gazette*. "Framing and other interior work, has been taking place, but it is so exciting

to see the project move along and it remains on scheduled for a grand opening in the first quarter of 2024."

Westlake is the most ambitious project in JKV's 55-year history. It consists of the 15-story Vue and its 11-story neighbor The Terrace. There will be 147 state-of-the-art

See "Westlake at JKV" on Page 2

"The Shell of Westlake, Our New Two Apartment Building Project, Is Completed."

Fly Me To The Moon And Let Me Play Among The Stars

"It's time to go back to the Moon."
— Jeff Bezos

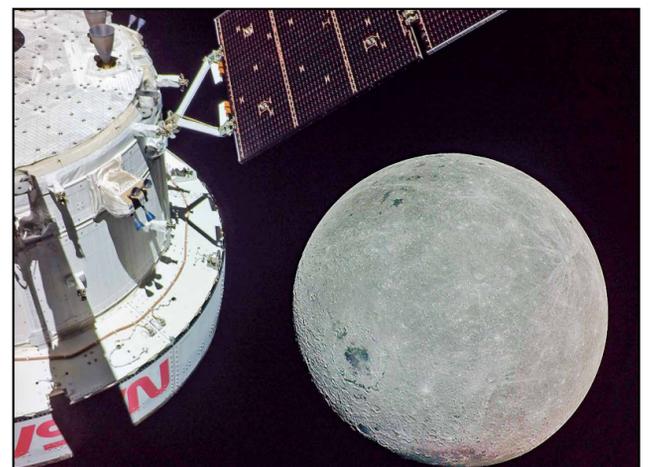
Nona Cree Smith
Gazette Contributor

After months of anticipation, technical delays and two hurricanes, NASA's most powerful rocket launched the Orion spacecraft to the Moon and the beginning of America's ambitious Artemis mission, on Wednesday, Nov. 16, from Cape Canaveral, FL. Since then, Orion – equipped with 16 cameras on its exterior and interior – has flown by the lunar surface and captured breathtaking images of the Moon, including the rarely photographed "far side" and Earth.

The 32-story Space Launch System (SLS) rocket, the most powerful rocket ever built by NASA, propelled Orion, the vehicle intended to one day carry astronauts to the Moon. The launch initiated the Artemis 1 mission, NASA's first major phase of its new lunar program, paving the way for astronauts to return to the Moon, and eventually to Mars.

Artemis I is the first leg of a mission in which the Orion spacecraft traveled approximately 40,000 miles beyond the Moon and return to Earth over the course of about 25 days. It's an important test for NASA before flying astronauts on the Artemis II mission.

"What an incredible sight to see NASA's Space Launch



The spacecraft Orion sent back this image of the far side of the Moon during the Artemis I mission. Image Source: NASA.

System rocket and Orion spacecraft launch together for the first time. This uncrewed flight test will push Orion to the limits in the rigors of deep space, helping us prepare for human exploration on the Moon and, ultimately, Mars," said NASA Administrator Bill Nelson, a former astronaut who flew the Columbia Space Shuttle STS-61C mission, and a former member of the United States Senate.

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Construction, Renovation, Reconfiguration: JKV Is Changing In '23

From "Westlake at JKV" on Page 1

apartments and the \$120 million price tag includes two decks of covered parking and a first-floor common area chockful of amenities.

As JKV Director of Sales Kim Ali likes to say: "We are over 80-percent pre-sold, however there are still many beautiful apartments remaining."

There were more pieces to fit: Add a completed Central Energy Plant to the puzzle. It will assist with powering the Village with its current expansion, and beyond. Resident windows in Gardens West, JKV's assisted living center, were replaced with impact glass.

A new roof and renovations in all 10 floors of common areas in Heritage Tower are complete, including its Party Room, which received an upgrade in technical equipment as well. A new chiller has been ordered and will be installed early in 2023.

Thom and his team renovated some 80 independent living apartments and villas, aligning their features more to the desires of incoming Residents. They also completely updated 11 Gardens West apartments.

Renovation work on the first floor of Cassels Tower that started in 2022 continues, but a larger beauty salon, spa and barber shop have been completed. Space that once housed JKV administrators has been converted into five new apartments, three of which have Rex Foster Lake water views.

There will be more pieces to fit in 2023, according to Mr. Price: "Early this year we will be getting designs and pricing for interior upgrades to Village Towers, Cassels Tower and Gardens West. The problem that everyone with construction projects is seeing right now is that pricing is just crazy. You're seeing jobs that you think are about \$3.5 million coming in at \$7 million. We want to make sure we do the job right, but also at the best price for the Village."

Just another piece to the puzzle.

You're Buying Life-Care Security, Not Real Estate

One misunderstanding many prospective Residents have about moving into a JKV apartment or villa home is that they are buying that home. In fact, JKV is a Life-Plan Continuing Care Community, meaning that all Residents receive a Life-Care contract which secures their care, if, when and for whatever 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.

Residents have the peace of mind knowing that their future health care needs will be met. That continuum of care includes assisted living and skilled nursing should those levels of care ever be needed—all of which takes place directly on JKV's 70-acre campus. For more information and to schedule a tour of John Knox Village, call 954-871-2655.



When you move to JKV, you'll have a front row seat to world-class entertainment in JKV's Cultural Arts Center, where Carole Bufford performed her jazz stylings in a lively concert.



JKV's Cultural Arts Center hosted Latin Grammy Award Winner for Best Instrumental Album and five-time Grammy nominee, Dr. Ed Calle and the Mambule Big Band.

Thanks For Asking

Dave, What Do You Like Least About John Knox Village?

Dave Bayer
Gazette Contributor

That's a strange way to start an article in what is primarily a marketing vehicle for our friendly village, especially when our January issue is all about the recent great holiday events and plans and resolutions for the new year. But that's the point, one of the things that I like least about John Knox Village is that there is usually too much to do, and that situation seems certain to continue.

The Guide To Each Month's Events

Every month our Life Enrichment Team publishes a 16-page "MONTH-AT-A-GLANCE" calendar that is chock-full of interesting events, many of which my wife Jackie and I would really like to attend. These events are either on or off campus, and include fitness, aquatic, spiritual, cultural, community and other events that are social in nature. Inevitably, there are scheduling overlaps and decisions to be made. Water Aerobics or a lecture on The Art of Photography? Attend a Holiday Classics Movie Marathon on campus or participate in a Wreaths Across America outing? Attend a JKV Rotary Club Meeting (yes, we have our own Rotary Club) or go with friends on a JKV bus to the Holiday Fantasy of Lights at Tradewinds Park?

A friend recently had to drop out of one of our Village Choirs, because she was committed to working as a volunteer in our "Resident Auxiliary Services." Decisions, decisions, decisions. If you get the opportunity, look through a "MONTH-AT-A-GLANCE" sometime. It shows what John Knox Village is all about.

Many Opportunities Across Campus

While having too much of a good thing is not a bad problem to have when the objective is to "age greatly," it does tend to amplify another situation. As

part of the aging process, our energy levels go down and our physical limitations increase. The result is that in many cases we need to "pick and choose" based on energy level regardless of whether there is a schedule conflict. While slowing down may be part of the aging process, in a community of older citizens it is more on display. Obviously, aluminum walkers and battery-powered carts are much in evidence. This may be part of a negative image that many non-residents have of life-plan communities, but it's really a display of aging greatly as best we can. There is ample evidence to prove that aging greatly is much more prevalent among Residents of life-plan communities than their contemporaries who are not.

Recently, I walked back from a celebration at our Aquatic Complex with a neighbor who is over 100 years old. He is a WWII Navy veteran, recently participated in an "Honor Flight," lives in Independent Living and is active on campus. The walk was leisurely and inspiring, to me at least. I want to be just like him when (and if) I grow up.

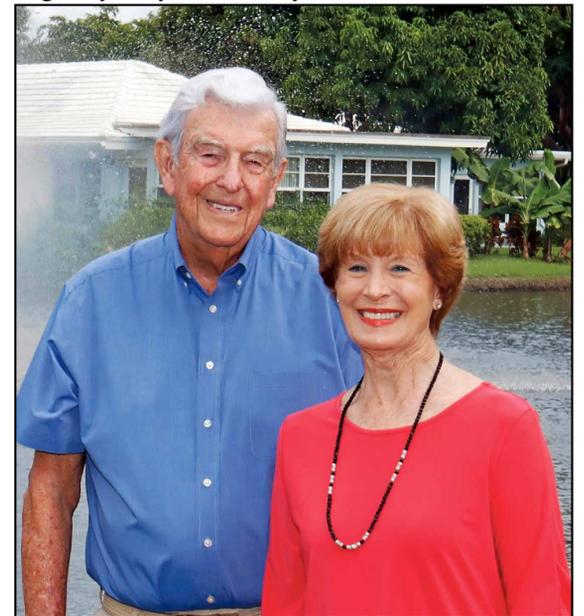
Looking Ahead In '23

What about resolutions for 2023? I have always been a bit hesitant about making firm plans very much in advance. My excuse is usually that "we can cross that bridge when we come to it," knowing that I'm not well-endowed with will power. But the real eye-opener when thinking about what 2023 might reveal, was when I read the article I wrote last year.

Last January, I wrote in part "... my goal is simply to enjoy a full life and age well. Living at John Knox Village will be a big plus in achieving those goals. The living here is easy, and it is a nice destination when we host friends and family. Also, when we travel, we do so with the assurance that our home will be well taken care of ..." In retrospect, the basic

goals were met, but there were a few rough spots. We did host family and friends, and our home was well taken care of when we were away on a two-week cruise. But life got in the way a bit over the summer (health, heat and other priorities) and neither Jackie nor I played golf for six straight months. For whatever the reason, I think my personal aging process advanced a bit too much in 2022. It might have something to do with the ten pounds I gained.

So for 2023, we have already booked two cruises and identified some volunteer work that we will be stepping back from. And I have several nice shirts that I can no longer button, so I'm going to break my resolution about not making resolutions and resolve to get my body comfortably back into those shirts.



Cassels Tower residents Dave and his wife Jackie Bayer at John Knox Village.

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 is a member of the Board of Directors of the Florida Life Care Residents Association.

Artemis I Reached A Distance Of Almost 270,000 Miles From Earth

From “Artemis I” on Page 1

The Pale Blue Dot

The Orion capsule’s closest approach to the Moon was 81 miles and occurred as the capsule and its three wired-up dummies – simulating human passengers – were on the far side of the moon. Due to a half-hour communication blackout, flight controllers in Houston did not know if the critical engine firing went well until the capsule emerged from behind the moon, 232,000 miles from Earth.

The capsule’s cameras sent back a picture of the Earth – a tiny blue image surrounded by blackness.

“Our pale blue dot and its 8 billion human inhabitants now coming into view,” said Mission Control commentator Sandra Jones.

The capsule accelerated well beyond 5,000 mph as it regained radio contact, NASA said. Less than an hour later, Orion soared above Tranquility Base, where Neil Armstrong and Buzz Aldrin landed on July 20, 1969. Orion also broke NASA’s distance record for a spacecraft designed for astronauts – nearly 250,000 miles from Earth, set by Apollo 13 in 1970. Artemis I reached a maximum distance from Earth of almost 270,000 miles.

Flight Commander Moonikin Campos

While no humans were aboard NASA’s Artemis I mission, the Orion spacecraft wasn’t empty. Snoopy, Girl Scout badges, LEGO minifigures, yeast and tree seeds were just some of the thousands of mementos that were on board during its journey into the stars. It’s been nearly 50 years since people have set foot on the moon, so the test flight also had to be a trial for a crewed flight. As part of NASA’s preparations for a manned flight, the crew aboard the mission were manikins.

Flight Commander “Moonikin Campos” was named after a public contest and was ultimately named after Arturo Campos, the NASA engineer who helped bring the Apollo 13 crew safely back to Earth. Moonikin Campos sat in the commander’s seat. Under the seat were positioned sensors to measure acceleration and vibration, to help assess what human crew members might experience during space flight. Campos wore the official Orion Crew Survival System spacesuit that included radiation sensors.



The manikin, affectionately named Moonikin Campos, undergoes testing before being launched into space during the Artemis I mission. Image Source: NASA.

While Moonikin Campos might have had fun, he wasn’t alone. Two other manikins were seated next to Moonikin. Helga and Zohar are manikin torsos made of materials similar to human bones, soft tissues and adult female organs. A big part of their mission involved radiation detection to show the risks from moving outside the Van Allen radiation belts. Zohar wore a radiation protection vest, called AstroRad, while Helga did not. NASA said in a description of the manikins’ duties: “The study will provide valuable data on radiation levels astronauts may encounter on lunar missions and evaluate the effectiveness of the protective vests that could allow crew to exit their shelter and continue working on critical mission activities in spite of a solar storm.”

Snoopy Joins The Crew

While many miscellaneous items joined the Artemis I mission, none are more recognizable than Snoopy, the black and white dog created by cartoonist Charles M. Schulz. Snoopy is not new to NASA and has been tied to Moon missions since 1969, when the lunar module of the Apollo 10 mission was nicknamed Snoopy, because of its role in scouting out or “snooping around” a landing site for the Apollo 11. Schulz also created cartoons of Snoopy on the moon that generated more excitement about America’s achievements in space during the fabulous Apollo era.

On Artemis I, Snoopy had his own mission, serving as a zero-gravity indicator which showed the team on the ground when the spacecraft reached weightlessness.

Orion Splashes Down

After a historic successful 1.4 million mile, 26-day journey to the Moon and back, Orion made a perfect re-entry into Earth’s atmosphere as planned on Dec. 11 off Baja, California at 9:40 a.m. PST.

The uncrewed spacecraft’s return, marked the end of NASA’s Artemis I crucial test flight and launch of the largest rocket NASA has ever built. Orion was able to send breathtaking images of the far side of the Moon and Earthrise.

NASA’s Artemis Missions

The future Artemis II flight test is planned for May 2024 and will be NASA’s first lunar mission with a crew since Apollo 17 in December 1972. The manned Artemis II will prepare the way to land the first woman and next man on the Moon during the Artemis III mission.

Astronauts on the next Artemis II and the Orion spacecraft will travel farther into the solar system than humanity has ever traveled before. Their mission will be to test and confirm all of the spacecraft’s systems operate as designed when there will be a crew aboard in a deep space environment. Building on early missions, NASA’s Artemis program will return humans to the Moon for long-term exploration and future missions to worlds beyond, including Mars.



Snoopy joined the Artemis I team as a zero-gravity indicator. Snoopy Image Source: NASA.

Celebrating Martin Luther King, Jr. On Jan. 16

Nona Cree Smith
Gazette Contributor

Martin Luther King Jr. was born Jan. 15, 1929 in Atlanta, GA. His father and grandfather

were both active in the Baptist ministry. King earned his own Bachelor of Divinity degree in 1951 and his Doctor of Philosophy from Boston University in 1955. While in Boston, he met and married Coretta Scott in 1953. They had four children.

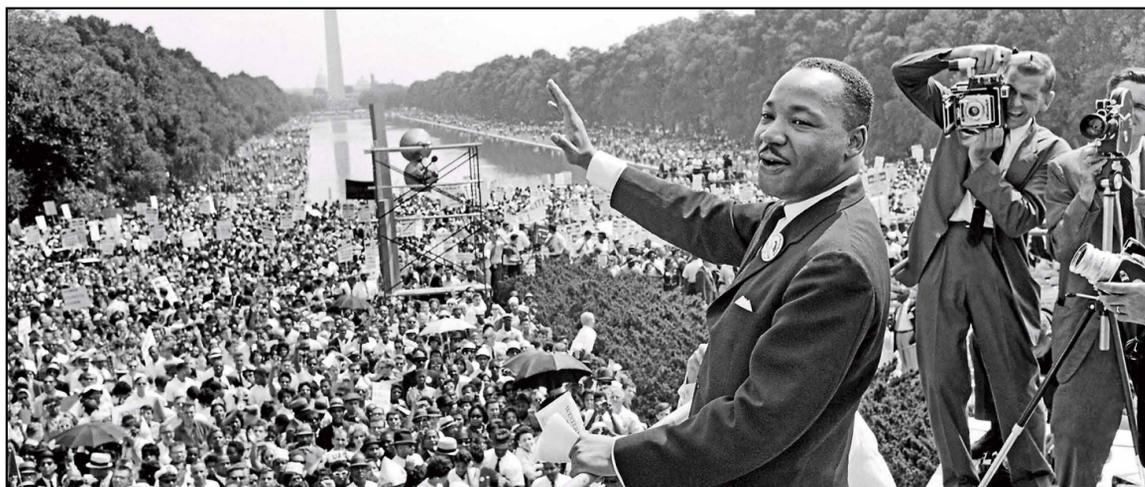
In a period of soul-searching during his college studies, Dr. King had, in his own words, “despaired of the power of love in solving social problems.” It was during this period of self-reflection that he was introduced to the life of Mohandas Karamchand Gandhi in a sermon by Mordecai Johnson, President of Howard University.

Dr. King was moved by the content of Johnson’s sermon and resolved to research the life of the Indian nationalist leader and learn more on the nonviolent resistance at the core of Gandhi’s radical philosophy. His skepticism on the power of love was overcome by the potency of nonviolent resistance.

Dr. King realized that Gandhi was the first person in history who used the Christian ethic of love and turn-the-other-cheek as potent instruments for social change. He concluded that Gandhi’s technique of nonviolent resistance was the only viable way to overcome the problems faced by people of color in the United States.

Nonviolent Protests

After completing his theological studies, it was by chance Dr. King had his first opportunity to test his nonviolence resistance theories and began his involvement in the civil rights movement. Early in his time as pastor of a Baptist church in Montgomery, AL, a black woman named Rosa Parks refused to give up her seat on a public city bus to a white passenger and consequently was arrested for violating the city’s “Jim Crow” segregation laws. To highlight the inhumane treatment of a black woman, King led a boycott of the city’s buses. The boycott lasted for over a year



In 1963, Dr. Martin Luther King Jr. led a massive march on Washington, D.C., where he delivered his now famous “I Have a Dream” speech on the steps of the Lincoln Memorial to an interracial crowd. Image Source: Alamy.

and finally ended successfully in the desegregation of Montgomery’s public bus system. The Montgomery Campaign had united the black community as the civil rights movement gained momentum under Dr. King’s leadership.

“The experience in Montgomery,” King later wrote, “did more to clarify my thinking in regard to the question of nonviolence than all the books I had read. Nonviolence became more than a method to which I gave intellectual assent; it became a commitment to a way of life.” The essay appeared in *The Century Magazine* in 1958 under the title of “Pilgrimage to Nonviolence.” The Montgomery victory also brought King to national prominence as a fluent and stirring orator and dynamic leader. During the height of the civil rights movement in the sixties, King put his doctrine of nonviolence to the test often and was arrested 30 times for participating in demonstrations.

I Have A Dream

In 1963, he wrote the “Letter from Birmingham City Jail,” with the goal to completely end the system of segregation in every aspect of public life and in

job discrimination. Also in 1963, King led a massive march on Washington, D.C., where he delivered his now famous “I Have a Dream” speech on the steps of the Lincoln Memorial to an interracial crowd.

With this speech, he added civil rights squarely on the national agenda. The March on Washington for Jobs and Freedom took place on Aug. 28, 1963, and his extraordinary speech included these beautiful words: “I have a dream that one day this nation will rise up, live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal.” These are the words that Dr. King spoke to the heart of inequality and racism.

On April 3, 1968, Dr. King visited Mason Temple Church in Memphis TN, where he gave his most poignant speech: “I’ve Seen the Promised Land,” also called the “I’ve Been to the Mountaintop” speech. This was his last speech, as he was assassinated the next day.

Dr. Martin Luther King, Jr was named one of The 20 Most Influential Americans of All Time by *TIME Magazine* and he was awarded the 1964 Nobel Peace Prize for his efforts.

A Look Back At A Memorable Year-End

From Veterans Day Through Thanksgiving, Hanukkah And Christmas, Residents Celebrate The Holidays

Marty Lee
Gazette Contributor

On Veterans Day, Nov. 11, John Knox Village held a ceremony in the Cultural Arts Center to recognize and honor the veterans among its Residents and Staff. While not every Resident or Staff veteran was present at the ceremony, there are more than 140 men and women in the JKV family who served in the U.S. Army, Navy, Marines, Air Force or Coast Guard.

In Service To Our Country

Our sincerest thanks to those who served in the military during WWII, Korea, Vietnam, the Cold War, Kuwait, Iraq, Afghanistan and the many years between conflicts.

Among those in attendance was WWII veteran and Gardens West Resident Denny Inouye. A Japanese-American, Denny spent his post-WWII Army years as part of the American occupation forces in Japan. While World War II ended more than 77 years ago, the JKV community graciously remembers those whose perseverance and longevity earned them membership in "The Greatest Generation." JKV is honored to still have veterans who served during WWII among its residents.

Each and every veteran has his or her own stories,



At the conclusion of the Veterans Day Ceremony at JKV, many of the honored Resident and Team Member veterans remained for a group photo. We thank them all for their service in every branch of the U.S. military.

and we value their service. Our veterans have earned their stripes from privates, seamen, corporals, sergeants and cadets, up through the ranks as lieutenants,

majors, commanders, captains and colonels.

Thank you all for your dedicated service and your efforts to protect our many freedoms.

JKV Holiday Bazaar Raises Funds For Health Services



Bazaar Committee Members (l to r): Patricia D'Antonio, Sondra St. Martin, Andrea Hipskind, Fred Schieferstein, Nona Moore, Ken Shanahan, Jane Burgess, Barbara McGuire and Gordon Prat. Committee Members unavailable for the photo: Ann Bywaters, Karen Donaldson and Laraine Legg.

The annual JKV Holiday Bazaar, a Resident-driven fund-raising event, returned to the Village Centre Auditorium on Dec. 7 and 8.

This year's Bazaar was co-chaired by Residents Ken Shanahan and Fred Schieferstein, who were ably assisted by 104 volunteers who handled every detail of the planning, collection of sale items, set-up, sales and take-down. The work of the Bazaar Committee began with its first meeting back on May 3.

Mr. Shanahan said, the team began collecting donations Sept. 1, which included: "Artwork, jewelry, treasures for the home, household decor, kitchenware, dishes, glassware, holiday decor, sculptures, gift baskets and gift cards. We also had a bakery with goodies produced by many of our neighbors and Team Members with freshly baked goods brought to the Bazaar early each morning.

"Unlike past years, with raffled drawings, this

Bazaar offered silent auctions with 42 items/baskets for shoppers to bid on. The merchandise had an E-Bay value in excess of \$12,500."

Most satisfying, after all the preparations involved, the crowds arrived at 9 a.m. and continued throughout the two-day Bazaar. JKV Residents, Staff, family, friends and guests took advantage of the bargains available in time for holiday giving.

When the last sale was made, the net proceeds of the Bazaar were \$22,271.43 to be donated to the Health Services Committee. The funds will be used for valuable medical equipment and services in the Village's Meaningful Life Homes: Gardens West, Seaside Cove and The Woodlands.

Successful Team Effort

Mr. Shanahan offered his thanks to all who shopped at the Bazaar and to the volunteers on the committee.

"The support for the Bazaar from residents and team members was overwhelming," he said. "Our Booth Chairs included Ann Bywaters and Karen Donaldson (Art), Nona Moore (Bakery), Jane Burgess (Holiday), Sondra St. Martin and Patricia D'Antonio (Jewelry), Laraine Legg (Silent Auction), Barbara McGuire and Gordon Prat (Treasures). Alison Steinberg from Administration and Bailey Moroney from the JKV Foundation offered invaluable assistance. Bob Omenitsch and Nelson Kilmer served as Treasurers."

Annual Holiday Parade Returns To JKV's Campus

The Post-COVID 37th Edition Is Welcomed Back By Family And Friends

Since 1983, the Annual John Knox Village Holiday Parade has been one of the most anticipated events of the calendar year. Year after year, the parade enjoyed a consecutive record, that was halted in 2020 and 2021 due to COVID-concerns. Happily, for the Residents and Staff, the parade returned to the streets of the Village campus with its 37th version of this JKV tradition on Dec. 15.

Hundreds of Residents, with family and friends, lined the parade route to cheer on the many entries in this year's festivities. The parade led off with the Broward Sheriff's Motorcycle Unit and the Deerfield Beach High School JROTC. Among the many marchers were local government officials, as well as local businesses including Moss Construction, PNC Bank, Spanx the Hog Barbeque Restaurant and Moody Plumbing.

The Joy Of Music And Dance

Parade watchers were entertained by stilt-walkers, and the marching band from Ft. Lauderdale's Dillard High School. The performance group from Ashanti Cultural Arts reprised their recent JKV appearance in costume from the "Chocolate Nutcracker."

JKV departments got involved presenting Broadway Show-themed floats and displays, including the A-Team's "Hairspray," Transportation & Security's "Nutcracker," Marketing & Innovation's "Grease,"



The JKV Home Health & Wellness Teams chose the Christmas musical, "Elf on a Shelf" for their Holiday Parade theme.

Plant Operations' "Wizard of Oz," Home Health & Wellness' "Elf on a Shelf," and The Woodlands' "Beauty and the Beast." All competed for coveted bragging rights as the best Staff presentation for 2022.

Bringing the parade to a close were emergency vehicles from the City of Pompano Beach Fire Rescue, and an appearance by an antique fire truck from the Pompano Beach Fire Museum.

Honoring Charitable Silver Angels

JKV Recognizes Senior Volunteers From The Greater Broward Community

Marty Lee
Gazette Contributor

The Silver Angel Awards were created 15 years ago as part of John Knox Village's 40th Anniversary celebration. John Knox Village believes strongly in the importance of volunteerism, as nearly 70 percent of JKV residents give of their time and talents for the betterment of JKV and the greater community. It was that sense of community and volunteerism that led to JKV creating the Silver Angel Awards, honoring seniors living outside JKV who selflessly exemplify that same dedication to volunteerism, that JKV residents show.

Local Houses of Worship from the greater community were asked to submit their selections for those deserving such recognition and eight nominations were received.

Each Silver Angel and his or her respective House of Worship or charity received a gift from John Knox Village during a celebration in their honor.

Beverly Emming, Sixth Street Church of Christ

Beverly is a member of The Sixth Street Church of Christ. One of the services the church provides to the community is serving lunch to the homeless and hungry. Each Monday, a prepared meal and goody bag is available for those who come for lunch. Early in this ministry Beverly saw the need for clothing and daily essentials for personal grooming needs. Because of her servant's heart and love for people she opened Bev's Boutique. Her initiative was an instant hit and provides needed essentials for those in need.

Jim Sabin, First Presbyterian of Ft. Lauderdale

Jim's mission work has included chairing the church's Blood Drive Ministry, working as a Habitat volunteer, and traveling to Moore, OK to help with tornado relief in 2013, Jim has worked tirelessly on the community's annual Thanksgiving Basket project helping to sort, pack and deliver baskets to families in need. He has been involved in the church's fellowship and study program for many years, and when asked to help out with whatever is going on at church, he says yes with a smile.

Karen Schmohe, Shepherd of the Coast Lutheran Church

Karen has been a blessing to Shepherd of the Coast Lutheran Church over the last several years. She has filled many volunteer opportunities and stepped in to assist when the staff bookkeeper had a sudden stroke, donating dozens of hours per week until the bookkeeper



The 2022 Silver Angel Awardees: (1 to r top row) Linda Hinkle, Sherry Miller, Jim Sabin, Beverly Emming and Karen Schmohe. Seated (1 to r) Ron and Janice White, Adele and David Greenblatt. Also receiving the award, but not pictured, was Sandy Williams.

returned to work. About this time, the school suffered a cyberattack. Karen spent hours with vendors and financial institutions working to rectify the situation. Karen cares relentlessly, finds humor in tough situations, and is always filled with the grace of God.

Sandy Williams, Kadampa Meditation Center

Sandy is described as always having a smile on her face and in her heart. She goes out of her way to make everyone around her feel at ease, and her kindness is felt by all who know her. Sandy freely volunteers her time and energy to help make Kadampa Meditation Center run smoothly and caringly.

Ron And Janice White, Calvary Chapel Ft. Lauderdale

Ron and Janice are two of the most selfless people at Calvary Chapel. For years, Ron served in a ministry helping single moms and widows with work around their homes: From installing new doors, to drywall and bathroom repairs, etc. He does whatever is needed; often using his own money. Ron and Janice also serve as leaders in Operation Christmas Child. They are amazing people, faithful servants and an inspiration to so many seniors in the church's community.

Sherry Miller, St. Henry Catholic Church

Church officials describe Sherry as a role model – a dedicated, reliable and trustworthy volunteer

who puts her heart into every role she takes on. She is active in the Citizens on Patrol program with the Broward County Sheriff's Office. She will also take time to assist others who are homebound and may need transportation to/from Church and she is known to love animals. Sherry will feed and help find homes for lost or stray animals that she encounters.

David and Adele Greenblatt, Temple Shalom

The Greenblatts have served Temple Shalom as volunteers for many years. David has served as chairperson of the Ritual Committee, overseeing that ancient Jewish traditions are upheld. Adele has served in the past as the Temple's catering head and set high standards as catering moves forward.

Linda Hinkle, The Pink Church: First Presbyterian Church Of Pompano Beach

Linda has been a member of the Pink Church for 30 years and has supported the ministry in a variety of ways. She has taught science at Lighthouse Christian and has been the "Book Lady" at the preschool – Imagination Station. Linda has served as a Deacon and Moderator of Deacons. She is part of the Hospitality Team and currently volunteers two days a week as church receptionist.

Congratulations to the 2022 Silver Angels for their charitable service to their communities.

January: A Time For Renewal In Life's Mission

Angelica Blakely
JKV Spiritual Life Coordinator



Angelica Blakely, JKV Spiritual Life Coordinator

January seems to be the month where we're often exploding with fresh ideas and goals to accomplish.

We fill vision boards with inspirational quotes, affirmations and share resolutions with friends, family and even strangers if available.

Meanwhile, there's this tiny piece of us which intuitively knows after the "newness of the new year" wears off, if we don't approach our goals any differently, this year will be the

same as the last. We'll start things, not follow through, and out of frustration abandon them at some point.

I'm certainly not shouting from some high mountain of perfection. From supplies purchased to start DIY projects, to unfinished drafted journal writings and more, we can all succumb to this trap. But one of the most wonderful things we can do is: Begin again. When we notice we are stuck, we can begin again. When external distractions interrupt our intention to practice, we can begin again. When our reactivity once again overtakes our desire to be more responsive, it is again our chance to start over.

The opportunity to begin again happens in our day-to-day lives too. It won't be easy. Nothing worth having rarely ever is. And that's the thing about setting goals and resolutions at the start of the year. We often approach them with this "new year clean slate mindset," and while not bad, we may fail to account for the hardships that are bound to come. We ride off the "feel goodness" of the moment and set lofty

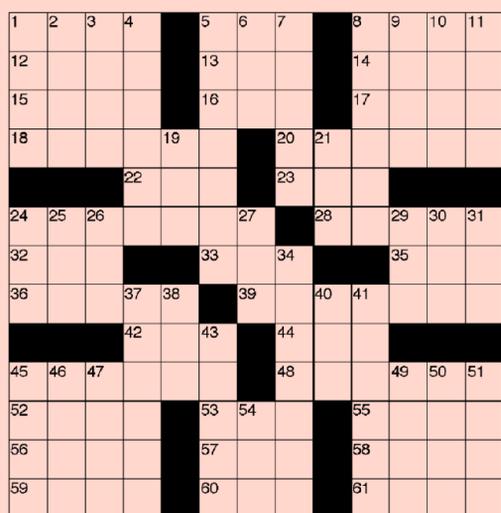
goals and aspirations without calculating and planning for how we will deal with the inevitable challenges which will arise.

The most freeing thing is truly realizing we don't need Jan. 1, to start working towards anything. All the months and days of the year are the perfect time to begin any goal.

You messed up and ate outside your eating plan on Wednesday? Don't wait for next Monday to start, just begin again at the next meal. Missed exercising for three days in a row? At the moment you recognize you've done so, you don't have to wait for a new month to start, just begin again.

Know you don't need to beat yourself up when things don't go as planned. It will never be perfect. But I love that we can be creative each day, trying new things, forgiving ourselves for what doesn't work and starting over again the next day, week or semester. Each new day is a new day. You can simply just begin again.

Crossword Puzzle Of The Month



ACROSS

- 1. White matter of the brain
- 5. Tactical Air Command (abbr.)
- 8. Semitic deity
- 12. Outbreak
- 13. Harem room
- 14. High (pref.)
- 15. Tidy
- 16. Entangle
- 17. Broad structural basin
- 18. Again
- 20. Regard
- 22. Never (Ger.)
- 23. Red deer
- 24. Reef (2 words)
- 28. Arrow poison
- 32. Kwa language
- 33. Goddess (Lat.)

DOWN

- 35. John, Gaelic
- 36. Tanzania island
- 39. Military formation
- 42. Legendary celt
- 44. Computer aided manufacturing (abbr.)
- 45. Last section
- 48. Husband/brother of Isis
- 52. Down with (Fr., 2 words)
- 53. Central processing unit (abbr.)
- 55. Take on cargo
- 56. Ignoble
- 57. Brown
- 58. Key
- 59. Tennyson character
- 60. Eight (pref.)
- 61. Attention-getting sound

DOWN

- 1. Wild buffalo
- 2. Willingly
- 3. Swine
- 4. Be present
- 5. Blonde
- 6. "Fables in Slang" author
- 7. Pole in Gaelic games
- 8. Ram
- 9. Wings
- 10. Tamarisk salt tree
- 11. Loess
- 19. Family relative
- 21. Old Fr. coin
- 24. Small drink
- 25. Presidential nickname
- 26. Name (Fr.)
- 27. Caddoan Indian
- 29. Trouble

- 30. Indo-Chin. language
- 31. Roadhouse
- 34. Report
- 37. Oblique
- 38. Atlantic (abbr.)
- 40. Laughter sounds
- 41. Wife of Iago
- 43. Hundred (pref.)
- 45. Gooseberry
- 46. Dayak people
- 47. Heb. patriarch's title
- 49. Skin eruption
- 50. Inactive
- 51. Appear
- 54. Lumberman's boot

Answers On Page 10.



Fewer than 25 Luxury Apartments Left!

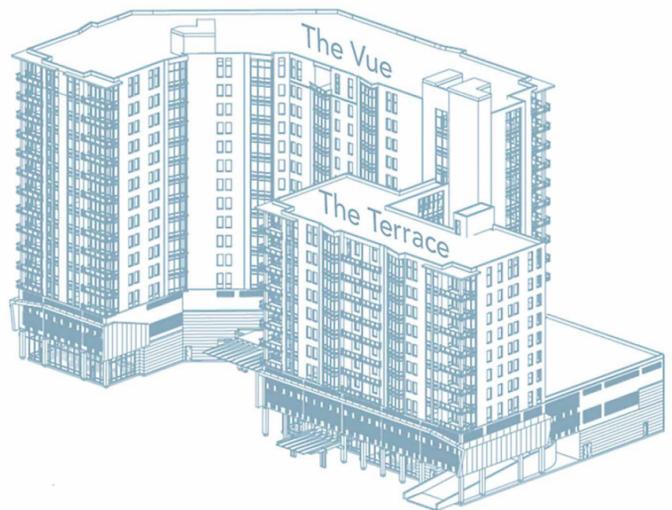
Westlake AT JOHN KNOX VILLAGE

Westlake

The newest resort-style neighborhood at JKV featuring two all-new, modern residence buildings.

JKV Advantage

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



To schedule your one-on-one appointment with a Life Plan Consultant **954-871-2655**



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web JKVgrows.com

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JOHN KNOX VILLAGE

An Award-Winning Life-Plan Retirement Community

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, Westlake. That's why we started this friendly column to help you make the right informed decision.

Dear Kim: Can you tell me about your most popular events at JKV? I heard that you have a new Cultural Arts Center.

— *Interested in Lighthouse Point*

Dear Interested: JKV is known for its lifestyle and engaging events at the community. We just built a \$34 million Performing Arts Center and currently have a robust entertainment schedule with lots of talent to enjoy. Call me at 954-871-2655 or email me at: askkim@jkvfl.com to check out a show.



HEALTH & WELLNESS SERIES

Introducing Mark Rayner, Director of Health Services at John Knox Village. Mark oversees all skilled nursing care for our guests. The Woodlands is a seven-story building that features all private bedrooms, with baths for each guest. There are 12 homes, each consisting of 12 private bedrooms, each with a private bath, surrounding a kitchen, dining room and living room. All meals are prepared in each home by universal caregivers who cook, clean and provide daily caregiving.

Dear Mark: I heard that the rehabilitation at John Knox Village is so good, we are willing to come to Pompano Beach for it.

My doctor has recommended that I come to "The Woodlands at John Knox Village" for short term rehabilitation after my hip replacement. However, I am an insulin-dependent diabetic and I am lactose intolerant and on a low-salt diet. Does John Knox have a special diet to meet my needs?

— *Diet-Restricted Annie in Pompano Beach*

Dear Diet-Restricted Annie: We most certainly have custom-tailored diets to address any dietary restrictions you may have. The Chief Clinical Dietitians (yes, we have two) will work closely with the physician and you, to create a delicious custom meal plan to meet all of your dietary restrictions and ensure you are well-nourished. All fare is made from scratch daily using only fresh ingredients in our Chef-created meals. Each Green House Rehabilitation home, with all private rooms, has a residential-style kitchen open 24 hours a day for access to food, drink and snacks at any time.

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 | jkgrows.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.

Partnering With Musicfor America

JKV Has Built A Cooperative Alliance With More Than 20 Community Partners

Jody Leshinsky
Gazette Contributor



*Jody Leshinsky, JKV
Life Enrichment Manager*

Musicfor America is a Florida-based not-for-profit corporation created for the purpose of furthering the Musicfor mission in America, and is the newest member of the Musicfor International Alliance.

A large part of Musicfor's efforts focus on the humanitarian sector helping to fund music educational programs, the purchase of musical instruments, the presentation of scholarships to deserving students and sharing the magic of live musical presentations.

Musicfor's headquarters is in Switzerland, with branches in Italy,

UK, France and the U.S. The South Florida branch was incorporated in 2020 during the pandemic, with veteran classical musician Renee LaBonte at the helm. LaBonte

has more than 40 years of experience bringing classical music programming to the area.

Partnering With JKV

When John Knox Village formed a community partnership with Musicfor America, the intent was to bring arts educational programming to the Residents.

On a quarterly basis, Musicfor America will present programs on different orchestral instruments focusing on a "family" of instruments during each event. Brass will be presented in January. There will be a Polyphonic Picnic in conjunction with the Innovation Charter School in March. Woodwinds will be explored in May, and piano and/or harp will be presented in August.

JKV Residents who attend any Musicfor America concerts scheduled in South Florida performing arts venues receive a 10 percent discount on tickets.

In addition, Residents will be able to have hands-on education by signing up for six one-hour monthly ukulele classes. These classes will be held on the JKV campus and will be offered for a fee. JKV will provide the ukuleles.

Music provides so many benefits to people, from sparking creativity in the brain to influencing our moods. Music therapy can also aid in healing. Musicfor-America brings immersive and joyful programming, to



JKV Residents Faye Kartrude and Diane Barton examine a string instrument after a Musicfor America concert.

not only entertain, but also to educate. John Knox Village recognizes the impact music can have, and continues to bring dynamic, diverse, purposeful programming to our Residents.

Gazette readers interested in participating should contact Sales Director Kim Ali for details. She can be reached at 954-871-2655.

Upcoming Entertainment At JKV's Cultural Arts Center

Jody Leshinsky
Gazette Contributor

It's a new year, with new beginnings and new resolutions. Hopefully you had a wonderful New Year's celebration with family and friends. Maybe in the last year you've made some new friends. Well, now it's time to experience some new entertainment and John Knox Village has a wonderful lineup for 2023.

Bachelors Of Broadway

On Friday, Jan. 13 at 7 p.m., the "Bachelors of Broadway: The Gentlemen of the Theatre" will grace the stage at JKV's Cultural Arts Center. With their dashing good looks and soaring melodies, you will be enthralled by their contemporary three-part harmony. Their lush symphonic arrangements range from modern to classic Broadway.

South Florida Symphony Pops

If classical music is more your style, join us on Tuesday, Jan. 17 at 7 p.m. when the South Florida Symphony Pops Concert series continues. Their performance will feature music from some of your favorite movies, including "Star Wars," "Frozen," and the Harry Potter series, to name a few.



The Bachelors of Broadway will grace the JKV Cultural Arts Center stage on Jan. 13 at 7 p.m.

Laugh Last Wednesdays

Are you ready to laugh? Come out to "Laugh Last Wednesdays" on Jan. 25 at 7 p.m. for an unforgettable night of uncontrollable laughter with some of the country's funniest comedians. We'll be bringing you

comedians that have been featured on Netflix, Comedy Central, Sirius XM and more.

February's Entertainment Schedule

Looking ahead to February, love is in the air and what melts hearts more than the music of Bubl ? On Thursday, Feb. 9 at 7 p.m., "Shades of Bubl " will delight you with swinging standards, original chart-topping hits, and thrilling Motown and rock-and-roll covers from Michael Bubl 's multi-platinum career, elevated to new heights with three-part-harmony in a one-of-a-kind concert event.

On Tuesday, Feb. 21 at 7 p.m., join us for a tribute to Mardi Gras as the Glyn Dryhurst Dixieland Jazz Band transports you to New Orleans with French Quadrilles, Biguine, ragtime and blues with collective, polyphonic improvisation.

Tickets for all performances are \$26 per ticket for nonresidents. To RSVP for these concerts, visit www.JohnKnoxVillage.com. If you have questions about these events, please call the John Knox Village Life Enrichment Department at 954-783-4039 or visit www.johnknoxvillage.com for a full list of upcoming performances at JKV.

Reflect, Refresh, Renew: Your New Year Plan

Melissa Jill Clark
Gazette Contributor



*Melissa Jill Clark,
Life Wellness Coach*

We are once again at the horizon of a brand new year. There is something that I do on a regular basis, and I coach my clients to do the same. I call this "Reflect, Refresh and Renew."

Reflect

Take the time to stop, breathe and focus inward. Reflect on your life. Reflect on each day.

Be grateful for the beautiful positive things that you have

been blessed with along the way. Pay attention to what you need for your own personal health and well-being. Think about your actions and how you feel about them; about your accomplishments, the things of which you are really proud, and about the things you wish you would have handled differently.

Notice and observe these things without judgment. The path to your own enlightenment is simply having an awareness. Being aware is a huge accomplishment, in and of itself. Awareness is the first step to literally everything.

Refresh

This stage is all about your mindset. Everything begins with your thoughts.

Take the time to notice everything positive in your life and to focus on these things. Know that it is what you focus on, that creates your experience in life. This is why a gratitude list or journal is instrumental to your overall happiness and well-being.

It is also important to acknowledge the negative thoughts so you can change them. Notice if these thoughts are mere stories in your mind. Negative stories that are not true, are called limiting beliefs. These limiting beliefs can hold us back from everything that we desire. Some common limiting beliefs are, "I'm too old," "It's too late," "I don't have energy," "I don't have time," "I'm too tired," "I'm not (fill in the blank) enough," etc. The list goes on.

I have tools and exercises that I share with my clients to help them overcome these beliefs, but the truth is you can just choose to let it go. It's as simple as that.

Choose thoughts that empower, energize and motivate you to create the life you desire.

If we think negative thoughts for long enough, they can make us feel tired, and lethargic. This is when we need to change our state, as well as our thoughts. The best way to change your state is to move your body, listen to music, do something that changes your physical state while you are working on your thoughts at the same time. This may sound overwhelming, but as quick as I can write this, and as quick as you can read this, you can practice this, and change your state in just one minute. It's absolutely possible because it's a choice. You have the power to change. It all begins with your desire and your will to follow through.

Renew

Now, here's the fun part. This is where all the work



This year, pay attention to what you need for your own personal health and well-being.

you've done, with the power of your mind, can come to fruition. You've already made the decision. You have already begun the journey. All you have to do is keep on walking. Step through the threshold into the life that you dream of, desire and deserve.

You can do this for the new year and you can repeat it as often as you like. This is a great practice for you to live your very best life now.

Supplements A Benefit, Or A Waste?

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

“Do you want me to order some supplements for you?” I asked my sister while placing my own order on Black Friday. I might as well restock our supplies while enjoying the 50 percent discount. The centerpiece of our dining room is a tray of supplements my husband and I use daily, and I have more for “as needed” use in the kitchen cabinet.

“No, thanks,” she answered. “I read somewhere that they are just a waste of money.”

Ouch. Just like that she summarized her opinion

about my 30-year long dedication to personalized medicine. In my practice, I have been relying almost entirely on foods as medicine, lifestyle changes and individualized supplement recommendations to prevent or delay illness and restore health. And when restoring health is not possible, such an approach, at least, improves vitality and quality of life.

I could not practice medicine without supplements and herbs. In fact, I rarely use prescription medications.

So, am I delusional? Am I imagining the success stories I see every day? (I see complex patients who have often already seen several physicians before turning to me). Do supplements truly work or do they just make for expensive urine?

The Answer Is: It Depends

The “one size fits all” approach might be a waste of money, but some studies do show a difference, despite this major flaw in design. Results of 21 studies cumulatively evaluating over 91,000 people with an average age of 62, demonstrated a small trend towards reduced all-cause mortality (statistically non-significant but smaller risk of dying from any disease) in those taking a multivitamin compared to those not taking any.

The results of a large placebo-controlled trial called VITAL, following over 25,000 participants over age 50 taking vitamin D, fish oils or a placebo for five years, were accompanied by negative headlines. “Another trial shows no point in taking vitamin D.” But when digging deeper, it suggested a (statistically non-significant) 17

percent reduction of cancer death among those taking vitamin D. What’s more, there was a trend towards 23 percent reduction in cancers in African Americans taking vitamin D. Worth mentioning? I think so.

Benefits Of Vitamin D

Better results when giving vitamin D to those with darker skin might just reflect the possibilities of targeted approach. Skin pigment functions as a natural sunscreen and reduces vitamin D formation, therefore African Americans tend to have lower vitamin D levels. It is not a stretch to see how they might benefit from supplementation more than those with a lighter color of skin, whose vitamin D level tends to be better to start. Imagine if we could target supplements based on the knowledge of not only the color of one’s skin, but also their genetics, metabolism, diet, lifestyle, knowledge of their toxic exposures and gut microbiome? How much more impressive would those results be, compared to giving everybody the same multi, or giving everybody the same dose of vitamin D or the same dose of fish oils?

Benefits Of Fish Oils

Speaking of fish oils, often touted as useless, how did they perform in the VITAL trial? While not statistically significant, there seemed to be 23 percent fewer heart attacks among those taking fish oils, and the risk of dying from a heart attack was cut by 50 percent. The benefits of fish oils were even higher in African Americans, who seemed to enjoy as much as 77 percent fewer heart attacks if taking the supplements. Should we pay attention?

Better yet, should we do studies where we measure what people truly need, replenish all, and then compare notes? Wouldn’t that make more sense?

There are several reasons why we need supplemental nutrients. Our soil is depleted and pesticides damaging the roots’ microbiomes interfere with plants’ ability to absorb nutrients. Our diets are deficient while our demand for nutrients is higher, due to the environmental toxicants we all breathe and eat.

Our livers need a rainbow of nutrients to be able to help us neutralize these and our cells need more nutrients to battle oxidative stress and inflammation (the evil twins of aging). We are even more likely to be obese and develop diabetes when we are nutritionally depleted (despite the caloric excess). How much of what we need is individual? When even one essential nutrient is depleted, it has a detrimental effect on our biochemistry and optimal function.



The benefits of supplements may just improve your pathway to a healthier 2023.

Sure, there are numerous studies that did not show any benefits from taking supplements and some that even suggested possible harm, but none of them was based on measuring and replenishing what was truly needed. Since they are not FDA regulated, choosing quality, third-party tested, unadulterated supplements is key.

I have seen countless people whose health has been transformed by targeted supplements, and so do my colleagues practicing personalized medicine on daily basis.

Find a physician who will individualize your diet and your supplements based on the knowledge of your health, your diet, lifestyle, family history, genetics and laboratory data. There is no need to be guessing, and certainly no need to be confused by conflicting studies done with “one style fits all” mindset.

As for me, I ordered my vitamin D/K2, fish oils, magnesium, multi, pectin fiber, adaptogenic herbs, some collagen, curcumin and sulforaphane, a probiotic, and thus restocked my supplies with gratitude for good health.

All the best, and don’t forget to take your relevant supplements.

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.

Oh Hack No, Tips For Online Security



Jason Cook
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

In these trying times, we always need to be on our guard. The same holds true when we are surfing the web. There are many threats in the cyber world, such as viruses, which can spread from computer to computer, changing the way your computer works.

Viruses can usually be avoided by not opening suspicious emails and not accessing the links or attachments that come with them. The Cyber Bad Guys can be very clever and sophisticated, offering a subject line that could tug at your heart, prey on your emotions and make offers that sound too good to be true (almost always they are).

Viruses, Ransomware And Fraud

Another possible threat is losing control of your computer either through ransomware or through remote control software.

Wikipedia defines ransomware as: “...a type of malware from cryptovirology that threatens to publish the victim’s personal data, or permanently block access to it, unless a ransom is paid.

“While some simple ransomware may lock the system without damaging any files, more advanced malware uses a technique called cryptoviral extortion. It

encrypts the victim’s files, making them inaccessible, and demands a ransom payment to decrypt them.”

So, hackers will encrypt your hard drive and only allow you access to it after they have received payment. Often, they pose as computer technicians who ask to take control of your computer so they can find and remove “the problem.”

Once allowed into your system they will head right to your Settings and change your password for the computer, meaning the next time you want to use your computer, you will need to get access from them. Therefore, I recommend only letting someone you know very well take control of your computer.

The Biggest Threat Out There Is You

Most of these scams rely on you panicking, having a quick, knee-jerk, reaction to what the scammers tell you needs immediate action to resolve. You may not think clearly in this highly stressful moment.

Clicking on a link, or calling a number from a phishing email, is probably the most popular and successful type of fraud. As mentioned above, if you ever get an email claiming something is too good—or bad—to be true, it probably is.

If you get an email from your bank claiming something is wrong and you need to click a link immediately to fix it, NEVER do it. Get your bank statement, find the customer service phone number on it and call.

At John Knox Village, there is an added level of security by having technical support (me) stationed in various apartment building lobbies on scheduled days and times. Recently, a resident was heading towards the parking lot, but stopped, came back in, and walked over to my office. He said, “I am heading to Target to get some gift cards to pay Microsoft to fix my computer. Does this sound right to you?”

I immediately informed him that Microsoft does not fix computers by expecting to be paid in gift cards, and that anytime someone wants to be paid in gift cards, it is a scam. Thankfully he sensed something was wrong—and having a resource to ask—he did not spend (and potentially lose) \$2,500 on Target gift cards to continue to support the scammers.

For Its Residents, JKV Thinks About IT

Always an industry leader and at the forefront of innovation, John Knox Village is one of the only senior living Life-Plan Continuing-Care Retirement Communities in the nation to provide a dedicated full-time employee to assist its residents with technology issues on every platform, from mobile phones and tablets to laptops.

John Knox Village Technology Engagement Coordinator Jason Cook provides Residents with personal assistance, as well as classroom-style training.

Overwhelmingly, the Residents are tremendously grateful to have Jason on the JKV Team and see the value in the important work he does.

Sudoku

Answers On Page 10.

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

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

Breaking Up Is Hard To Do

Burn Loeffke
Gazette Contributor



Burn Loeffke

People do it all the time, but why was it so difficult for me? Mainly, because I had been in this relationship for more than 40 years. It had not been an issue until now.

If I was going to move on, I had to break up with Justin Case. But every time I tried, my mind held me back. Justin kept telling me to hold on.

I Needed Help

I could not do it alone. Fortunately, a friend volunteered. She was just what I needed. Within a week I began to feel better. We now had a plan. Every time I hesitated, she asked three questions.

1. Is this relationship giving you joy?
2. Will you need it in the near future?

3. In the last six months have you needed this relationship? If the answers for these questions are no, it is time to move on.

Justin AKA "Just In Case"

Soon, I saw that Justin was holding me prisoner. Now I was able to make the hard decisions. I still needed help as it was hard to get rid of something that had been with me for years. I had finally decided to move from my condo. I needed to downsize. With the help of a move manager the process became simpler. After seeing that Justin Case had been holding me back, I was able to plan my move to John Knox Village.

Tips From Marie Kondo

I was unaware of the award-winning author and consultant Marie Kondo when I began my journey into downsizing – readying for my move to JKV. However, today I am very aware of her helpful hints. Her book, "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing," has been a revelation to me. The book is a tremendously helpful guide, as the book's description read: "to help clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire."

To Run The Race

The Bible tells us, "We are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and



Plan to break up with Justin Case and declutter in 2023. You will relieve yourself of many burdens and feel better for it.

let us run with endurance the race that is set before us to throw off anything that will slow us down." – Hebrews 12:1

We need to focus on what is important and get rid of the clutter in our lives. I speak from experience. Two months after letting go, I did not even remember much of what I gave away. I was prepared to make my move to JKV and am happier for it. This exercise served two purposes: One, the people who received my donations were grateful; two, my apartment is now more enjoyable and so is my life.

Bernard "Burn" Loeffke is a retired Major General of the United States Army. 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 awards including the silver star, bronze star and others. He later served as the commanding general of U.S. Army South. In the 1980s, He was the first American Army General to serve as Defense Attaché in the Peoples Republic of China and was also Army Attaché in Moscow. In 1992, he retired and was called back four months later to head a year-long delegation looking for POWs in the old USSR. He retired again in 1993, and immediately started his second career in medicine. He finished his medical studies in 1997, and participated in medical missions in war-torn or impoverished areas such as Bosnia, Haiti, Kenya, Iraq, Niger, Darfur and the Amazon jungles.

JKV's Longest-Tenured Employee Retires

After 42 Years, Career Anything But Murphy's Law

Rob Seitz
Gazette Editor

After an on-campus stint as a private duty nurse for a Cassels Tower resident three years prior, it was 1980 when Fran Murphy made one of the most important decisions of her life. One that would have a profound impact on John Knox Village as well.

That year the Coral Springs resident returned to JKV as an LPN in what was the former Health Center, located where the Fitness Studio and Seaside Cove stand today. In short time she was promoted to Unit Manager and by 1990 was on the now-named JKV Wellness Nursing Team.

At that time, JKV consisted of its three Villa neighborhoods—Lakeside, South Gardens and Northeast Gardens—and two apartment buildings East Lake and Cassels Tower, the 17-story apartment building with its iconic JKV clock that can be seen by motorists along I-95.

The Village has grown to include two 10-story apartment buildings—Village Towers and Heritage Tower, plus the recently opened Pavilion—and construction is taking place for Westlake, with its 15-story The Vue and 11-story The Terrace apartment buildings.

"In 1992, I became an RN," Mrs. Murphy said in a July 2018, *Village Voice*, JKV Magazine article commemorating the Village's 50th Anniversary. "That was thanks to the Village's continuing education fund that paid for my night classes. I had several positions at the Village Home Health Agency and eventually became the Administrator supervising a staff of about 150."

A rising star, Mrs. Murphy was named JKV's first (and only) Compliance Officer in 2002, a position she has held for the subsequent 20 years. The distinction of being the second Corporate Compliance Officer in JKV's 55-year history has gone to Kelly McIntyre, who has been Administrator at Gardens West—the Village's assisted living center—for the past five years.

42 Years Of Dedication

On Dec. 15th—after 42 years and as JKV's longest-tenured employee—Mrs. Murphy retired.

During a recent retirement party with Team Members and Residents, the mother of three told the well-wishers: "I have been at John Knox Village since I was in my early 20s and I have loved, loved, loved

every minute of it. I don't know what I am going to do [after retirement], but I will figure it out. It's going to be hard leaving, but it's time."

She is certified in Health Care Compliance, Health Care Privacy and Geriatrics. Her important duties were to oversee the Village's compliance with existing health care regulations, handling of legal matters, assisting with ethical decision-making, as well as administering worker's compensation and employee injury programs.

She has educated Staff regarding compliance, ethics, privacy, and emergency management that includes the very challenging task of hurricane preparedness.

Loved And Respected By All

Perhaps JKV Resident Relations Manager Joanne Avis said it best during her retirement party: "Fran, you have been one of the most flexible and adaptive people I have ever know at JKV, all while coming from an amazing position of gratitude. Our entire community is a better place because of you and your legacy will live on for a very long time."

Fran has worked for four CEOs during her tenure: Robert Rigel, Robert Scharmann, Gerald Stryker and most recently Dr. Salvatore Barbera. She will now have more time to spend with her two daughters and



Fran Murphy (left) with friend and co-worker Joanne Avis during her retirement party.

one stepson.

"I've seen the Village evolve into what it is today, and I feel fortunate to have grown in experience and responsibility right along with it. It has been a great journey."

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

A	L	B	A	T	A	C	B	A	A	L	
R	I	O	T	O	D	A	A	L	T	O	
N	E	A	T	W	E	B	T	A	L	A	
A	F	R	E	S	H	E	S	T	E	E	M
			N	I	E	R	O	E			
S	A	N	D	B	A	R	U	R	A	L	
I	B	O		D	E	A		I	A	N	
P	E	M	B	A	E	C	H	E	L	O	N
			I	T	H	C	A	M			
F	I	N	A	L	E	O	S	I	R	I	S
A	B	A	S	C	P	U	L	A	D	E	
B	A	S	E	T	A	N	I	S	L	E	
E	N	I	D	O	C	T	A	H	E	M	

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

Plan A Holiday Visit To NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM FORT LAUDERDALE

Now On View

“Lux et Veritas” through January 8, 2023

“William Kentrige: Ursonate” through April 16, 2023

“Malcolm Morley: Shipwreck” through April 16, 2023

“Kathia St. Hilaire: Immaterial Being” through April 23, 2023

“Scott Covert: I Had a Wonderful Life” through April 23, 2023

“Animation Generation” through May 21, 2023

“Eye of CoBrA” through Spring 2023

“By the Sea, By the Sea, Waterscapes and Beach Scenes by William J. Glackens and the Ashcan School” through Fall 2023

Upcoming Events:

Sunny Days/Starry Nights: Free First Thursday, Jan. 5 from 11 a.m. to 7 p.m.

Enjoy FREE Museum admission and 2-for-1 Wine,

Plan a visit to NSU Art Museum during January and enjoy the 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.

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. Starry Nights is presented by Broward Health.

Bank of America Museums on Us: Saturday, Jan. 7 and Sunday, Jan. 8

Bank of America, Merrill Lynch and U.S. Trust credit and debit cardholders receive free access to over 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.

David Posnack JCC and NSU Art Museum Fort Lauderdale Present: “Love It Was Not,” Sunday, Jan 8 at 1:30 p.m.

The Second Sunday Film Series will include an afternoon of art and film held at NSU Art Museum Fort Lauderdale.

“Love It Was Not,” is the story of an SS officer who falls in love with Helen Citron, a prisoner in Auschwitz. Thirty years later, Helena is asked to testify on Wunsch's behalf. The film is directed by Maya Sarfaty, based on her 2016 Student Oscar Winner short.

Museum tour at 1:30 p.m. The film at 2:30 p.m. Pricing: \$10 for members; \$20 for non-members.



Create a Wish Jar on Jan. 14 at NSU Art Museum. Creativity Exploration photo is courtesy of Lark Keeler.



Plan to attend one of the upcoming events at NSU Art Museum Fort Lauderdale. Take advantage of special free admission opportunities for Bank of America cardholders and Ft. Lauderdale residents.

Creativity Exploration: “Wish Jars,” Saturday, Jan. 14 from Noon to 1:30 p.m.

Set an intention for the new year, creating a visible and tangible reminder to inspire and move towards the future with your goals in mind. Fill a jar with images, words and objects that keep you on your path. Workshops are led by award-winning instructor, Lark Keeler. Advanced reservations are required, space is limited. Pricing: \$10 for members; \$15 for non-members. Age 18+.

Fort Lauderdale Neighbor Day, Sunday, Jan. 29 from 11 a.m. to 7 p.m.

Every LAST Sunday of every month, Fort Lauderdale residents receive FREE admission to NSU Art Museum as part of Fort Lauderdale Neighbor Days.

Fort Lauderdale residents receive: 2-for-1 Wine in the Museum Café and FREE admission (residents must show a photo ID, driver's license, or residential utility bill with proof of Fort Lauderdale address).

Visit the Museum Café & Store and receive 10 percent off books published by NSU Art Museum.

NSU Art Museum is located at One East Las Olas Blvd., Ft. Lauderdale, FL 33301. For more information about NSU Art Museum Fort Lauderdale, visit the website at: www.nsuartmuseum.org

Pompano Beach Arts & Music January Events

Kay Renz
Special To The Gazette

It's a new year with a plethora of fun and exciting events in Pompano Beach, including a world-class jazz festival featuring Grammy Award-winning musical masters, a poignant and moving art exhibition, and a soul-stirring performance by an eclectic and diverse chanteuse.

Old Town Untapped

Enjoy the best in music, art and fun. January's headliner band is Girlfriend Material, one of the most dynamic party bands in South Florida. Meet this month's featured artist in residence, mosaic wizard Darcy Roberts at Bailey Contemporary Arts Center (BaCa). Attend the opening reception for the stirring new exhibition, “Love Is a House That Even Death Can't Knock Down.”

Enjoy craft beer, food trucks, and artist vendors selling unique and artistic merchandise, and meet and mingle with the bustling crowd. Old Town Untapped is

free and open to the public on Jan. 6, from 6 to 10 p.m.

Exhibition At BaCa: “Love Is A House That Even Death Can't Knock Down”

Three visual artists explore the roots of their Southern Black families in a photo-based exhibition that celebrates Black life through the veneration of family archives. Monica Kennedy (MK), Irene Antonia Diane Reece and Jamie Robertson, each work with their respective family archives as the grounding element of their creative endeavors. Collectively their works address themes of life, death and memory in relation to a Southern Black experience.

The opening reception takes place on Friday, Jan. 6, during Old Town Untapped, from 6 to 10 p.m. The exhibition, in the East and Central Galleries, runs through March 28.

A Taste of Jazz

Meet and mingle with fellow music lovers at this audience favorite every second Thursday at BaCa. Enjoy entertaining and educational encounters by Gold Coast Jazz Society musicians as they explore the origins of jazz and how it transitioned to the sounds of today. Join us on Jan. 12, at 7 p.m. for wine tasting, followed by the music at 7:30 p.m.

Jazz Fest 2023

The much anticipated second annual Jazz Fest will take place on Friday and Saturday, Jan. 20 and 21. The headlining act for the Friday night opening on the Great Lawn by the beach is 13-time Grammy Award-nominated jazz fusion band Spyro Gyra. Saturday's headliner is six-time Grammy Award-winning iconic jazz saxophonist David Sanborn, who will perform in Pompano's Old Town. Also performing during the two-day extravaganza of music is a choice selection of stellar jazz artists that includes Fanni Sakozy, Yanier Horta, Julio Montalvo and the Dixie Kings, FIU Jazz Big Band with the FIU Student Vocal Studio, and Nanny Assis.

Divas Of Soul Featuring Alfreda Gerald: Black History Month Preview

International singing powerhouse Alfreda Gerald



Alfreda Gerald performs Thursday, Jan. 26, in the Pompano Beach Cultural Arts Center.

presents Divas of Soul, a musical celebration of the classic songs of Bessie Smith, Ella Fitzgerald, Aretha Franklin, Diana Ross, Natalie Cole, Whitney Houston and more. Alfreda is an eclectic singer, seamlessly performing music in genres as diverse as classical, soul, pop, blues, rock, R&B and electronic dance music. She has toured and/or recorded with Elton John, Celine Dion and Gladys Knight. Her impressive classical vocals have put her center stage with the London Philharmonic Orchestra and the New York Philharmonic Orchestra.

Gerald's performance on Thursday, Jan. 26, is ticketed and the \$45 ticket price includes a post-concert champagne and dessert reception with the artist.

This event is the third in the new Bell'Arte Concert Series, in its inaugural season, which consists of four fine arts salon-style concerts, each unique in topic and genre. The impressive lineup of internationally acclaimed artists will continue with violin phenom Rachel Barton Pine on Feb. 22.

For more information, www.pompanobeacharts.org



Jazz saxophonist David Sanborn is one of the featured performers during Jazz Fest.

Define Your Goals In 2023

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

The beginning of a new year stirs up the wishing well for desirable lifestyle changes.

Resolutions abound for ways to live life to the fullest: Eat less, exercise more, get organized, learn a new skill or hobby, quit smoking, spend less, read more, travel more. Unfulfilled resolutions often fall by the wayside before the Chinese (lunar) new year rolls around, which is on Jan. 22 this year.

The mind gets whimsical with ideas that the brain doesn't go along with. Begin with the end—and the brain—in

mind to get what you want in 2023 and beyond.

The Mind Likes To Win

Over the past few decades, psychology researchers have revealed a dashy tidbit: The mind likes to win. The mind knows happiness only through winning. In our species, this desire to win is socially defined, imbedded in the brain when we start to eat, walk, talk and play checkers.

The mind's winning instincts are mediated by dopamine, the brain's second-most powerful neurotransmitter. In the brain's reward system, dopamine drives behavior toward rewards (wins) and away from pain (losses). This potent feel-good neurotransmitter is a prerequisite for learning, movement and a healthy, growing brain (neuroplasticity). Dopamine-related disorders include Parkinson's disease.

The brain's reward system reveals an essential truth of the mind that many overlook. The desire to win is seamlessly integrated into rhythms of daily life: Our behavior, memories, mental health, social activity, vital signs and the will to live.

Many have learned the hard way that dopamine is hard to get just right. On the one hand, low dopamine

levels bring hopelessness and inactivity. However, too much of a good thing is dangerous. When dopamine runs the brain, addiction is the result.

The Goldilocks Zone

What does a "Goldilocks Zone" of dopamine look like? Let's consider the people who are getting the job done: The SuperAgers, people who live long and well over age 80. According to researchers, SuperAgers like to indulge themselves. On a regular basis they treat themselves to "unhealthy" substances—such as bacon, cookies, or whiskey—in moderation.

Dopamine is not in charge of the SuperAgers' brain chemistry, because dopamine takes a "more is more" approach to pleasure (the habituation effect). What allows SuperAgers to rein in their dopamine and indulge in moderation? Of the dozens of neurotransmitters in the human brain, there is only one that is powerful enough to rule over dopamine. And the winner is: Oxytocin, nicknamed the cuddle, hug, love or trust hormone. The ultimate feel-good neurotransmitter, oxytocin is generated by touch, eye contact, voice, hugging, social connection and self-esteem.

This biochemical queen of hearts rules over dopamine by making social bonds stronger than pleasure in the brain, shutting down the habituation effect. Over time, we become even more attached to friends and family rather than getting sick of them.

Oxytocin also brings stress-busting, pain-reducing, anti-inflammatory, and anti-microbial benefits to the brain. Synthetic painkillers that imitate oxytocin, such as oxycodone and oxycontin, are highly addictive and harm brain tissue over time.

Make Behavior Change Easy

The mind can be more easily directed towards new rewards if you include social support. Oxytocin elbows dopamine aside when you include other people in the new activity—especially peers. It doesn't matter if they are people you don't know. Over time, they will become familiar, and oxytocin will have a chance to make you friends as dopamine locks in a new habit.

There's no point to continuing self-destructive "rewards" just because the mind likes to win. Consider using a social approach to get oxytocin's help in pursuing new rewards:



JKV Resident Jane Middleton tries her painting skill during a class at Sample-McDougald House.

1. **Eat less:** Try in-person meetings with Weight Watchers or a similar organization.
2. **Exercise more:** Start taking a new exercise class, walking with a friend or working with a personal trainer.
3. **Get organized:** Ask an organized friend to come over and help get you started.
4. **Learn a new skill or hobby:** Take a class and let the teacher teach you something.
5. **Stop obsessions:** Find a support group for people with similar challenges to help you stop drinking, smoking or gambling.
6. **Read:** Join a book club or start a new one.
7. **Start Traveling:** Take a trip with a friend or an interest group (alumni, house of worship, museum).

To change a habit, dopamine needs to work for us and not against us. Let relationships help you reap new rewards to make your dreams come true in 2023. Happy New Year.

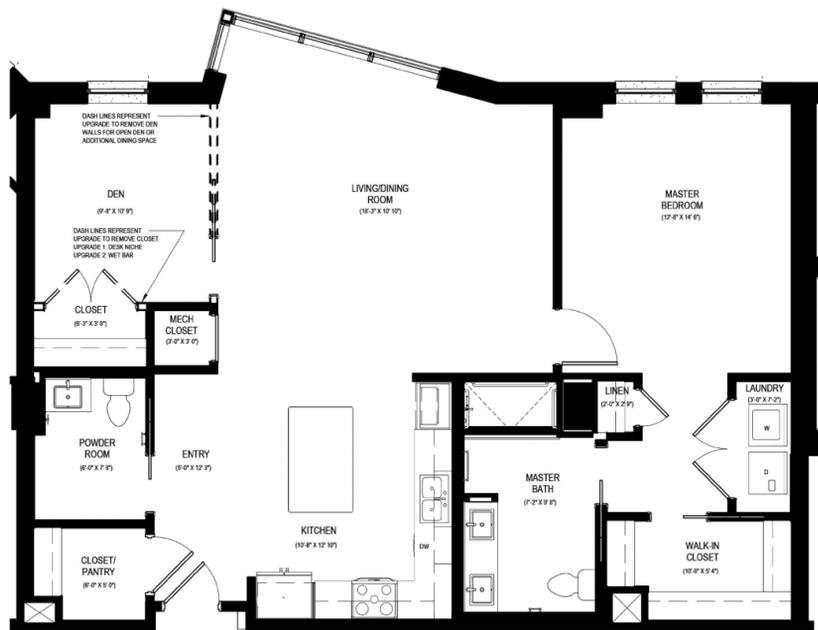
Brain Wealth founder **Phyllis T. Strupp, MBA**, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it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

Limited Availability To Lock In 2022 Rates

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

This month's featured apartment home is the Amelia, available in The Vue, now under construction in JKV's new Westlake neighborhood. Occupancy is expected in the first quarter of 2024. Make your 10-percent deposit by Jan. 31, 2023, to lock in 2022 rates and become a Westlake Club member. Plan a visit to John Knox Village and enjoy a complimentary lunch in the Glades Grill overlooking the Aquatic Complex.

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

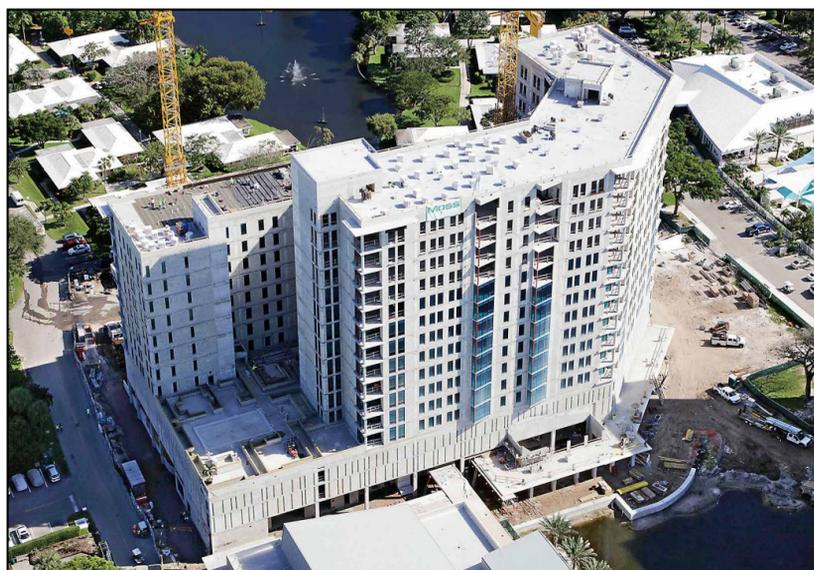


As a Resident of JKV, you will enjoy a comprehensive long-term care insurance policy, unlimited use of the Aquatic Complex with two pools, Glades Grill, Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with Cultural Arts Center, the Pearl and Seaglass restaurants, Barton's Nautilus Bar and much more. Call the Sales Department at (954) 871-2655 to schedule a tour and secure your apartment by Jan. 31, 2023.

web JohnKnoxVillage.com



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



The 15-story Vue at Westlake will overlook the reconfigured Lake Maggie.



Relax at either the resort pool or the lap pool at JKV's Aquatic Complex.