

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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JKV Opens Much-Anticipated \$6.9 Million Aquatic Complex



The highly-anticipated JKV Aquatic Complex opened grandly with a St. Patty's Day celebration. The Irish Dance troupe Tir Na Greine kicked off the festivities. Marty Lee photo.

Marty Lee
Gazette Contributor

This has been some 12 months. Since March 2020, John Knox Village health care administrators and management have worked diligently to keep residents and staff safe and physically distanced by following the most stringent guidelines suggested by health and government officials. The early vaccination program instituted at JKV which started in December 2020, has resulted in more than 90 percent of residents now fully vaccinated.

Amazingly, even during the past 12 months, the planned expansion and construction of the JKV Master Vision Plan was underway. Today, as the CDC has issued new guidelines for those who have been fully vaccinated: "You can gather indoors with fully vaccinated people without wearing a mask (www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html)," JKV residents have started to take advantage of some of the highly-anticipated, newly completed amenities and services.

The Aquatic Complex Is Now Open

In early-March, residents got their first taste of the offerings at the Glades Grill, a casual Caribbean-inspired restaurant. Opened in the renovated Village Centre Auditorium, the Glades Grill overlooks the Aquatic Complex with its resort-styled walk-in pool, four-lane lap pool, two Pickleball and two bocce ball courts and the now popular Stryker's Poolside Sports Pub.

Residents David and Twylah Haun joined with Harry and Joyce Wood for lunch at the opening of the Glades Grill. The enthusiasm David shared with *The Gazette* was as fabulous as his meal.

"We always have appreciated the quality of the meals served here at the Village," David said. "Our meal on the first day of the opening of the Glades was fantastic. The service was outstanding, the surroundings so pleasant, and the food

See "Aquatic Complex" on page 2

Spring Break: Ft. Lauderdale's '60s Legacy

Marty Lee
Gazette Contributor

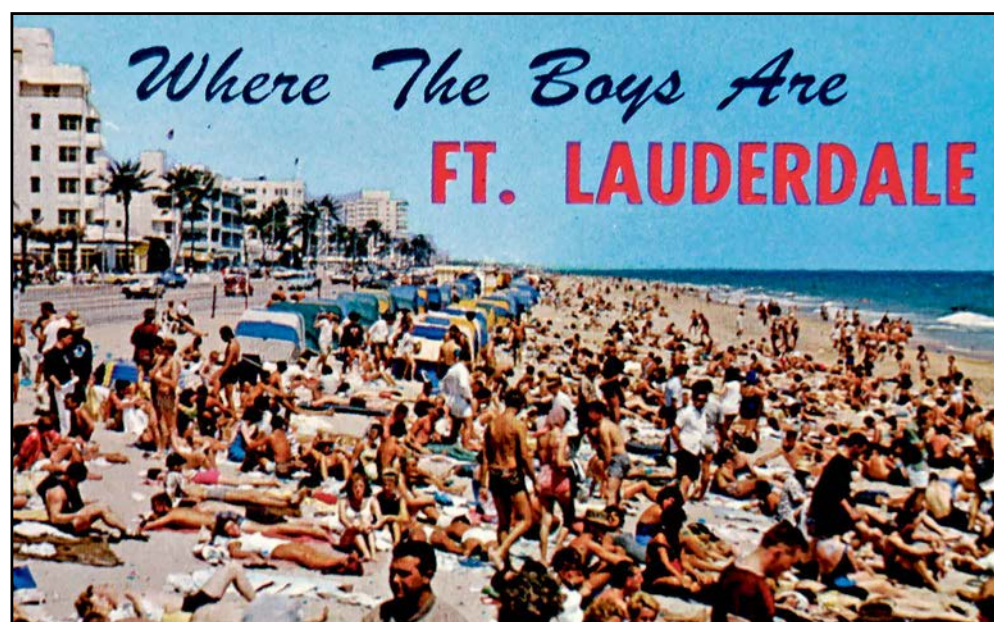
The John Knox Village Centre Auditorium has a special photo collection on display, entitled "Where The Boys Are," commemorating the 1960 feature film that kick-started Ft. Lauderdale's spring break fame.

The 24-photo exhibition will take you back to the '60s, when "Ft. Lauderdale" was the center of college shenanigans during spring break – when colleges and universities scheduled a week-long "vaykay" before the push to final exams and the end of another school year.

According to JKV Life Enrichment Coordinator Jacquee Thompson, "through our partnership with History Fort Lauderdale, we were able to secure the exhibit for display. Executive Director of HFL Patricia Zeiler offered the exhibit to us after it had been on display at the Galleria Mall for the 60th anniversary of the movie's premiere on Dec. 21, 1960."

How Ft. Lauderdale's Spring Break Began

Sam Ingram, the swimming coach from Colgate University in frigid upstate New York, decided to take his team down to Ft. Lauderdale in 1936 to train at the Casino Pool, the first Olympic-size swimming pool in Florida, located directly on the beach just south of Las Olas Boulevard. The idea caught on with other college and university swim coaches and with the Ft. Lauderdale city fathers.



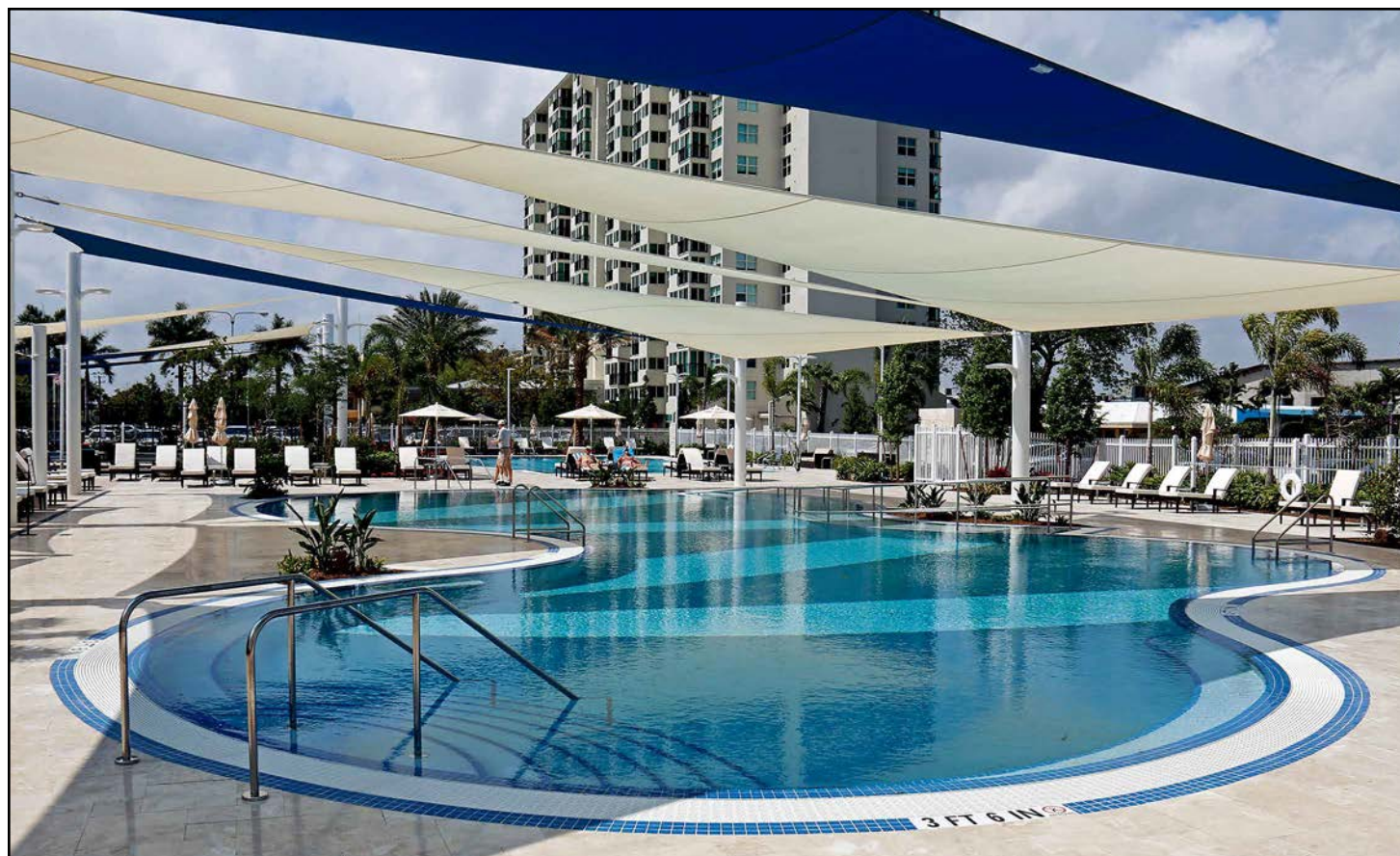
Poster from the 1960 film, "Where The Boys Are." Photo credit: History Fort Lauderdale Gene Hyde Photograph Collection.

In a March 30, 2009 article in *Time*, Loren Bohrn wrote, "In 1938, sensing a marketing opportunity, the city hosted the first *College Coaches' Swim Forum* at the Casino Pool; according to one source, by 1938 more than 300 swimmers were competing at the event, and a bacchanal was born."

The pace of the bacchanal was slowed during the World War II years of the '40s and Korean War in the early '50s. However, with the mid-'50s came the advent of rock 'n roll, a more permissive outlook on societal norms, cheap cars, cheap gas and even cheaper beer. Spring break was on again.

See "Spring Break" On Page 3

Resort-Styled Aquatic Complex Focuses On Recreation And Fun



The resort-styled pool in the foreground with the lap-pool in the background are integral to the new Aquatic Complex, which also includes Pickleball, bocce ball courts and Stryker's Poolside Sports Pub. Marty Lee photo.

From "Aquatic Complex" On Page 1

was delicious. We also have ordered food from the just-reopened Bistro, and feel their new menu matches or surpasses any menu at any restaurant in the area."

As David scanned the entire Aquatic Complex just outside the Glades Grill window, he further added, "What an amazing complex we have added here to the Village. In my years as a minister, and in our visitations [to other retirement communities] when The Woodlands was being considered here at the Village, I never have seen a retirement community with an aquatic complex as grand as what we now have at John Knox.

"For anyone who loves to swim, or float, there is no facility around that matches what our Village offers. And even if water is not your thing, Stryker's Poolside Sports Pub may be a worthy draw. Sincerest thanks to all who made it possible."

As David predicted, Stryker's Pub was a big hit during the St. Patty's Day Happy Hour held at the Aquatic Complex. After a virtual yearlong lock-down, residents experienced all the Aquatic Complex has to offer with that special brand of JKV camaraderie. The entertainment was provided by *Tir Na Greine*, a talent-

ed group of Irish dancers, while residents raised their glasses to offer a collective hearty "Sláinte!"

Resort-Style Pool And Lap Pool

While the two new dining venues add to the wide variety of options JKV residents enjoy for daily meals, the hit of the Aquatic Complex opening are the two pools: Resort-style pool for aquatic exercise, fitness, and just cooling off, plus the four-lane lap pool for those seeking a more endurance-oriented activity.

Marsha Dixon, JKV's Fitness Studio Manager, has scheduled the days and times for free swim sessions in both the resort and lap pools, plus scheduled water exercise classes.

Pickleball And Bocce Ball

Dozens of residents are regular participants in the variety of exercise classes offered at JKV's Fitness Studio. They have all been anticipating the opening of the swimming pools, and the Pickleball courts. Once the courts were completed and ready for play, Marsha and fellow fitness professional Jasmine Tennie worked the phones. Within minutes, both instructional sessions quickly filled with at least 10 participants each.

Since most JKV residents are new to Pickleball, the Fitness Department recruited Bob Savar to lend his talents. Bob has been playing Pickleball for several years and is a PPR Certified Pickleball Instructor.

Residents Jackie and Dave Bayer jumped at the opportunity to give Pickleball a try. "All of us were first timers," Dave said. "We all need work on our mobility and eye-hand coordination, but that was why we were there. At this point, we are encouraged and enthusiastic. Pickleball practice may replace our morning walks.

"The Aquatic Complex is first class in every respect. We also hope to do the water aerobics every Monday, Wednesday and Friday."

With the opening of the much-anticipated Aquatic Complex, JKV residents will enjoy, not only a great venue for exercise and fitness, but also for sunning poolside and socializing in a COVID-careful environment. Add to that casual dining at both Glades Grill and Stryker's Poolside Sports Bar, and you have the makings of the new focal point at John Knox Village.

Call the Marketing Department at (954) 871-2655 to schedule a tour of the new JKV Aquatic Complex.



Cassels Tower resident Cecilia Dehlin was one of the first to play on the new Pickleball courts at JKV's Aquatic Complex.

Thanks For Asking

The Difference Between A Life-Plan Community And A Continuing Care Retirement Community

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

When looking at literature about retirement, we frequently see the phrase "Continuing-Care Retirement Community, also known as a Life-Plan Community," or words to that effect.

Of course, that begs the question: "What's the difference?" The short answer is none. They are basically the same thing. The reason for the difference, however, is both longer and much more interesting.

Reportedly, the term Continuing-Care

Retirement Community (CCRC) was first coined in 1981 by Walter Shur, former Chief Actuary of New York Life Insurance Company. CCRCs have been around for years, providing a continuum of care generally including independent living, assisted living and skilled nursing. Many communities also offer memory care.

Life-Plan Community Explained

The term Life-Plan Community resulted from an initiative by LeadingAge (a national association of nonprofit aged service providers) marketing task force in 2015. It was apparently felt at the time that the term Continuing-Care Retirement Community was not resonating with prospective residents. The main purpose of the name change was to focus on the fact that Life-Plan Communities are placing

more emphasis on the individual while maintaining a high-level continuum of care.

When my wife Jackie and I first moved to John Knox Village in early 2017, it seemed that the term Life-Plan Community was not in wide use on campus. In fact, the contract that we signed then stated, "John Knox owns and operates a Continuing-Care Retirement Community...designed to provide residences and services in a senior living environment..."

When I was told some months later that JKV was calling itself a Life-Plan Community, I must admit that I did not care for that description. My feeling was that I really didn't need anyone to plan my life for me. Also, after having been a primary caregiver for my mother- and father-in-law and also my previous wife in our home in the years preceding their deaths, the potential need for "continuing care" certainly resonated with me.

During the intervening years, however, I came to appreciate the message that LeadingAge was sending and why they felt the need to do so. Many of today's generation of adults entering retirement age are, more than ever, enjoying good health and looking forward to maintaining their health while living their absolute best life at any age. Many of the new retirement communities are for profit, and stress amenities while offering some limited "pay as you go" health care.

To remain competitive while maintaining the traditional continuum of care, the Continuing-Care Retirement Community, also known as a Life-Plan Community, recognized the need to offer more and better amenities. JKV has done exactly that.

In 2019, I wrote the following: "JKV enjoys an active resident-led "Life Enrichment" program. Last month's Life Enrichment Events Calendar listed over 400 activities, including recurring events such as spiritual life group meetings and church services, a trivia night, a French Connection luncheon, a wide

variety of card games, board games, bingo, educational DVD classes, movies, dance lessons, choral groups, Al-Anon, flower arranging, art classes, table tennis, fitness classes and computer club. In addition, JKV has an active and comprehensive variety of lectures, concerts and celebratory events."

Keeping Residents Safe And Engaged

That was pre-COVID. During the pandemic, there were almost as many activities, while of course observing the appropriate regulations regarding in-person gathering, the use of PPEs and physical distancing. There have also been many new and innovative opportunities that started during the pandemic. These include personalized training in computer technology and interesting Zoom discussions on a wide range of subjects. During that period there was also a significant amount of construction on campus, and details of the new Westlake Pavilion and the new Aquatic Complex are well covered elsewhere in this edition. Jackie and I attended the first tour of the Aquatic Complex and it is truly fantastic. We even signed up for six water aerobics classes.

John Knox Village has done so much more than merely adopt being called a Life-Plan Community. It's not a place for a person to just sit around and grow old. Rather, it's a place where a person can plan and live his or her best life in an environment that promotes wellness, engagement and camaraderie in very pleasant surroundings. None of us know exactly what to expect when life returns to normal, or more likely a new normal. Regardless, based on JKV's demonstrated dedication to provide a large variety of great amenities and an excellent continuum of care, Jackie and I are really looking forward to what the future holds here in our friendly Life-Plan Community.

Dave Bayer and his wife Jackie have been residents of John Knox Village since 2017. Prior to that, they both had lived in Ft. Lauderdale since the mid-1970s.

They have been involved in a variety of volunteer activities in the local community and at JKV.

Dave is a retired U.S. Navy Captain, and currently serves on the Board of Directors of both the National Continuing Care Residents Association and the Florida Life Care Residents Association.

'Where The Boys Are' Started The Springtime Invasion

From "Spring Break" On Page 1

"The tradition of college swimmers traipsing to Florida in droves continued well into the swinging '60s. *TIME* first highlighted spring break in an April 1959 article titled "Beer & the Beach" ("It's not that we drink so much," noted one attendee, "it's that we drink all the time.")

In an article on the website: www.people.howstuffworks.com, a book published in the late '50s was the impetus to spring break's furious attraction.

"The uncontested landmark moment in spring break history was the publication of a little book originally titled "Unholy Spring," but smartly changed to "Where the Boys Are." In 1958, Glendon Swarthout was an English professor at Michigan State University who tagged along with his students to witness their Beatnik-era shenanigans in Ft. Lauderdale.

"Back then, hooking up was called "playing house" and Swarthout witnessed enough house-playing, beach cruising and beer-chugging in Ft. Lauderdale to fill his breakout novel, published in 1960. MGM quickly turned "Where the Boys Are," into a blockbuster romantic comedy that made spring break in Florida seem like paradise – or at least a version of paradise where you sleep 20 people to a hotel room, but the cute guy has a yacht."

Hollywood Comes To Ft. Lauderdale

According to the website: www.rottentomatoes.com, the film focuses on four "beautiful midwestern college girls Angie (Connie Francis), Melanie (Yvette Mimieux), Tuggle (Paula Prentiss) and Merritt (Dolores Hart) [who] take off to Florida for spring break. On their search for romance and adventure, Merritt falls for the charismatic Ryder Smith (George Hamilton), while Tuggle becomes briefly involved with the somewhat dim TV Thompson (Jim Hutton). Though the young women have plenty of good times, they find that the trip isn't all fun and games."

The movie is definitely a time capsule look at college life in 1960. Just consider this quote from Tuggle Carpenter: "Girls like me weren't built to be educated. We [girls like us] were made to have children. That's my ambition – to be a walking, talking baby factory."

Good, bad or indifferent, "Where the Boys Are," debuted at Ft. Lauderdale's Gateway Theater on



The faces are different, but the corner of Las Olas Blvd. and A1A in Ft. Lauderdale looks virtually the same. This 1960 photo was shot during the making of the film, "Where the Boys Are." Photo credit: History Fort Lauderdale Gene Hyde Photograph Collection.

Dec. 21, 1960 and went on to make \$3.5 million (about \$30.5 million today). While the movie did not break box office records, it positioned Ft. Lauderdale as the "springtime place to go" for college students in the '60s and beyond.

According to www.howstuffworks.com, "After "Where the Boys Are," the spring break floodgates were officially wide open. Seemingly overnight the numbers of college students visiting Fort Lauderdale over Easter vacation went from 20,000 to 50,000.

The Spring Break Phenomenon

"By 1985, an estimated 350,000 students mobbed Ft. Lauderdale during spring break. In response, the town passed tougher public drinking laws and the mayor even went on "Good Morning America" to tell spring breakers to take their balcony-diving, drunk-driving antics somewhere else."

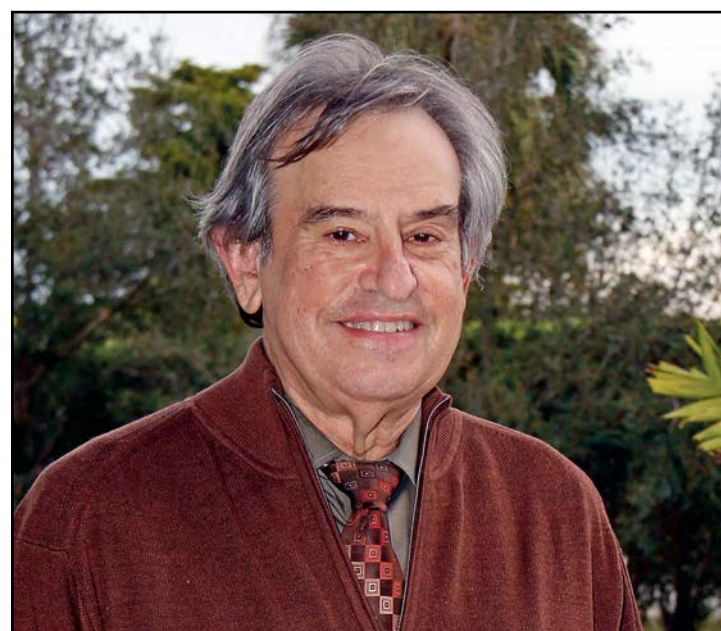
While the Ft. Lauderdale spring break phenomenon slowed, other beachside cities took up the slack. Panama City and Daytona Beach, FL as well as South

Padre Island, TX are top domestic destinations. Mexico's Cancun, Cabo San Lucas and Playa del Carmen are leading non-U.S. spring break contenders.

Hopefully, our wise and erudite college students will play it safe during this pandemic and remain physically distanced and curtail their spring break activities for another year.

Readers of The Gazette can relive their memories of spring break and view the exhibit featuring photos from "Where the Boys Are," by calling the Marketing Department at (954) 871-2655. Take a COVID-careful tour of the new Aquatic Complex and enjoy lunch at Glades Grill or Stryker's Poolside Sports Pub. Learn about the community's future expansion, its all-inclusive Life-Plan opportunity, and enjoy "spring break," everyday, for years to come at John Knox Village.

Center For Healthy Living Opens At JKV



John Knox Village residents enjoy the convenience of an on-site primary care physician, Howard S. Koch, M.D.

Rob Seitz
Gazette Contributor

John Knox Village continues to be at the forefront of promoting wellness by providing easy access to first-class health care with the opening of its

Center for Healthy Living (CFHL) last month.

CFHL has strategic partnerships with Everside Health, Johns Hopkins HealthCare Solutions, and Holy Cross Health. This partnership combines JKV's excellence in managing health care, with the partnership's top-tier research, clinical discoveries, and advancements in achieving optimal mind and body health.

This collaboration embodies the vision of JKV President & CEO Gerry Stryker who believes that creating a platform for integrative complimentary wellness programming with the overall objective to improve the lives of those inside John Knox Village, and eventually the greater community, is paramount to well-being.

He states, "On-campus health centers are at the forefront of evidence-based medical and behavior change best practices that tailor health solutions to get results and meet patients wherever they may be in their personal health journey."

The Professional Team

The on-site CFHL Holy Cross Health provider for JKV residents is Howard S. Koch, M.D. With some 40

years of medical experience, Dr. Koch practices in various retirement communities, has a Medical Director certification in long-term care facilities, and 20 years' experience in hospice and palliative care.

A longtime Florida resident, Dr. Koch initially practiced in Miami Beach for 10 years and returned home to Broward County where he established his geriatric practice of 30 years.

For the past five years he has served as the Associate Program Director for the University of Miami's Internal Medicine Training Program at Holy Cross Hospital. Throughout his many roles, Dr. Koch has stayed true to his passion and continues to practice as a geriatrician in the community.

Holy Cross board-certified Physician Assistant Myrlene Ismael-Allyne, PA-C will attend to the needs of JKV employees. She specializes in Internal and Rehab medicines, with more than 19 years' experience.

Myrlene has served as an Internal Medicine PA for medical facilities such as Heartland Rehabilitation Center of Boca Raton and the prestigious Maimonides Medical Center in Brooklyn, NY. She has six years' experience in Internal Medicine and 19 years in Rehab Medicine, serving populations in various retirement communities and long-term care facilities.

Employee Health And Wellness

By building clinical protocols into JKV's electronic medical records system, the Village is better equipped to treat the chronic diseases that impact up to 90 percent of resident and employee health care costs, including diabetes, depression, hypertension, chronic kidney disease, COPD, hyperlipidemia, obesity and cancer patient and caregiver advocacy.

These protocols allow JKV residents to receive quality and consistency in life-changing care right on campus. Among services, the CFHL will provide are:

- Routine physicals: Well Women and Well Men
- Wellness counseling
- Immunizations and vaccinations
- Chronic condition management (Diabetes, Asthma, High Cholesterol, Hypertension, Depression, and more)
- Diagnosis and treatment of routine ailments or medical conditions such as colds, flu, etc.
- Office-based lab work, urinalysis and blood draws



JOHN KNOX VILLAGE
CENTER for HEALTHY LIVING

- Office-based diagnostic testing (i.e., EKG)
- Lab services for bloodwork, strep, pregnancy, mononucleosis, and glucose rapid testing
- Preventative care services
- Health, disease prevention and wellness
- Education programs and activities
- The Seven Dimensions of Wellness
- And much more

Integrative Wellness Programs

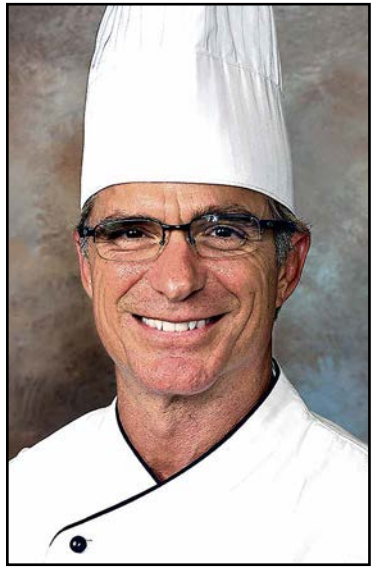
To enhance the overall wellness and well-being of JKV residents and employees, the JKV Center for Healthy Living will work with its Everside, Johns Hopkins and Holy Cross partners to implement Integrative Wellness programming. The CFHL's ultimate goal is to find ways for all residents and employees to be well, healthy, fit, engaged, mindful and, perhaps most importantly, happy.

The John Knox Village Center for Healthy Living is located at 550 SW 3rd St., Pompano Beach, FL 33060 on the first floor of the formerly named JKV Professional Center Building.

**You Are Invited
To a COVID-careful
Grand Opening and
Ribbon Cutting at the
Center for Health Living
on Tuesday, April 6
at 10:30 a.m.
RSVP for details to
(954) 871-2655.**

In Good Taste: Chef Mark's Miso Salmon Is Flying Off Glades Grill Plates

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

The Glades Grill, John Knox Village's newest restaurant and an integral amenity within the campus' new \$6.9 million Aquatic Complex, has been open for nearly a month and among the more than 30 items being offered on its ambitious menu, the miso glazed salmon stands out as one of the most requested.

In Executive Chef Mark Gullusci's hands, this Japanese-styled sweet and savory recipe showcases his vision for JKV's premiere dining venue.

"The Glades Grill menu offers fresh, seasonal, organic and more healthful items than have previously been offered," Chef Mark told *The Gazette*.

Miso is a wonderful marinade and goes well with meat and seafood, but especially so with this mildly flavored fish. Salmon are known for their leaping ability as they go to spawn, and after trying this quick, easy and delicious recipe, you will see why it is flying off the plates at the Glades Grill.



The Japanese-styled sweet and savory Miso Salmon is one of Chef Mark's specialties at the Glades Grill.

Glades Grill Miso Glazed Salmon (Yields 4 Servings)

- 4 six-ounce salmon fillets
- ¼ cup brown sugar
- ½ cup red or white miso paste
- ¼ cup sake (plus one cup for the chef!)
- ¼ cup mirin (sweet sake)
- ¼ cup low sodium soy sauce
- 1 tbsp. sesame oil

Method Of Preparation:

Place all ingredients, except for the salmon, in a bowl and mix well. Pour mixture into a small baking dish. Place salmon flesh-side down and marinate for at least one hour.

Preheat oven to 400 degrees. Remove salmon and place flesh side up on a baking sheet pan. Bake 12-15 minutes. Turn oven to broil high setting and open the door slightly to watch.

Broil until a nice dark brown crust forms; this is from the sugars in the marinade caramelizing. Remove and serve with sliced scallions and sesame seeds on top if desired.

The dining venues at John Knox Village are expanding. In addition to the newly opened Glades Grill and Stryker's Poolside Sports Pub, construction on The Westlake Pavilion is now underway with additional dining options. To try Chef Mark's recipes and watch him preparing many of his delicious dishes visit the John Knox Village YouTube channel at: www.youtube.com/user/JohnKnoxVillage/videos

Despite Pandemic, JKV Wins 2 Prestigious International Awards

#1 Beacon Award & #1 Pinnacle Award For 'Best In Wellness'

Rob Seitz
Gazette Contributor

In a nod to the obvious, 2020 was a challenging year...for everyone. A worldwide pandemic has a way of doing that.

By March 2020, as COVID-19 was beginning to ravage the planet, the programming at JKV shifted from large-group, closely held wellness, educational and entertaining events to one-on-one, small group or Zoom sessions.

"With the pandemic looming over us for much of 2020, we had to take a more personalized, one-on-one approach to wellness," JKV Chief Marketing & Innovation Officer Monica McAfee told *The Gazette*. "At JKV we incorporate the Seven Dimensions of Wellness [physical, emotional, spiritual, intellectual, social, environmental and occupational] in our programming across the campus."

Shifting To Meet The Challenge

"Pivoting," "flex-mode" and "all-hands-on-deck," became JKV programming buzz words. For the JKV Life Enrichment, Meaningful Life, Fitness and Spiritual Life teams, on whom programming of the Seven Dimensions of Wellness fall, that challenge was met, subdued and continues to be drubbed.

For the teams' collective efforts in 2020, JKV was recognized by the prestigious International Council on Active Aging, with Number One ranking for both the ICAA NuStep Pinnacle Award for "Top 5 Best in Wellness" senior living communities in North America and NuStep Beacon Award for "Top 25 Best in Wellness."

Best In Wellness

"We are incredibly proud to receive the first-place Pinnacle and Beacon Awards for best in wellness, especially since 2020 was such a challenging year," said JKV President & CEO Gerry Stryker. "JKV prides



John Knox Village was honored with two first-place awards from the International Council on Active Aging for the community's lifelong learning and life enrichment programming during COVID-19 wracked 2020. JKV staffers shown here (L-R) are: Life Enrichment Manager Jamisyn Becker, Chief Marketing & Innovation Officer Monica McAfee, President & CEO Gerry Stryker, Fitness Manager Marsha Dixon and Meaningful Life Manager Marti Engel.

itself in always staying relevant and forward-thinking for all of our 1,000 residents, so that each one continues to pursue purpose, stay active and engaged, with the security of being cared for today and in the future."

The award was created as a joint effort between ICAA and NuStep, LLC, a major manufacturer of recumbent cross-trainers used in healthcare, senior living and fitness.

The ICAA is responsible for leading, connecting and defining the active-aging industry. CEO and Founder Colin Milner told *The Gazette*, "Senior living communities have long been aware of how important wellness is for the health and well-being of its residents, but in recent years, wellness has evolved from being a programming option to becoming a way of life."

This evolution is also reflected in a survey recently conducted by the ICAA in which it was found that 59 percent of senior living communities state their business model will be wellness-centered with care

services by 2023, however John Knox Village has successively partnered with its residents and staff to create relevant, meaningful opportunities and inspire participants to improve their quality of life, added Milner.

"To be recognized by the ICAA and NuStep for first place in Wellness in North America is a tribute to our staff and residents alike who embrace this philosophy," McAfee said.

"As the older adult population continues to grow and more individuals seek a better, longer life, where they choose to live is becoming increasingly important. How communities structure their wellness culture can have a significant effect on health and longevity. It is more than just practicing wellness; it's about having it permeate all aspects of life. As winners of the Pinnacle and Beacon awards, JKV is leading the way. Words can't describe our delight that we made our decision to choose John Knox Village."

It's Tax Time: JKV Resident Volunteers Give Seniors Many Happy Returns

Marty Lee
Gazette Contributor

This column continues the ongoing series, introducing John Knox Village residents, their lives and their aspirations. One of the hallmarks of residents at JKV, is their sense of giving back to the community. Nearly 50 percent of residents volunteer their time and talents either at John Knox Village or in the greater Broward County community.

Tom McDowell and Mary Busenburg are two of those eager volunteers. They, along with many other like-minded retired professionals, have joined the AARP Foundation Tax-Aide offering tax-filing help to those who need it most.

The mission of the AARP Foundation Tax-Aide is to offer free tax preparation help to any senior, with special attention to older, low-income taxpayers. The tax volunteers work with clients to find credits and deductions they've earned but may have missed since they can't afford to pay for professional tax preparation.

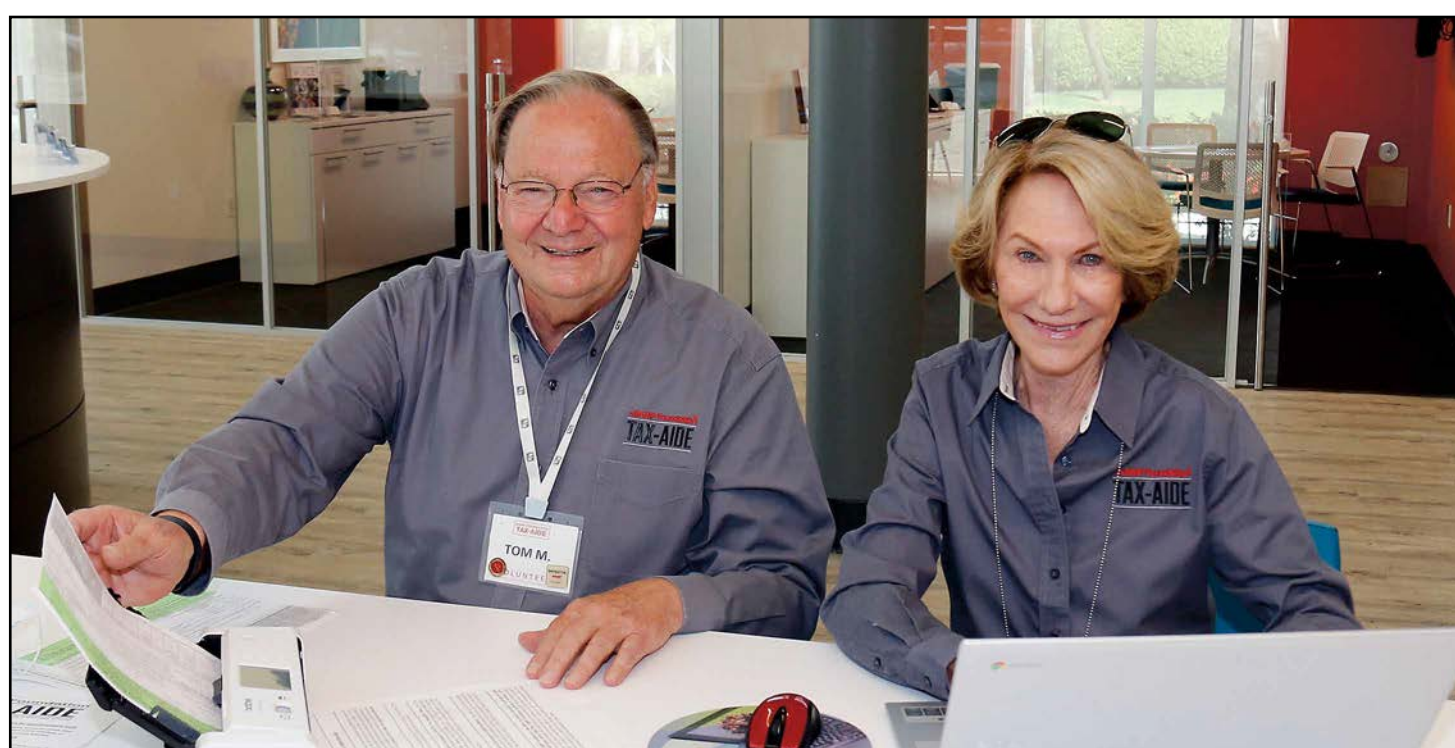
Tom McDowell

Tom McDowell enjoyed a 37-year career in commercial and real estate lending and credit risk management before retiring in 1998. A resident at JKV since April 2017, Tom and his wife Sue were well aware of the Village, since Tom's parents were two of the original residents of Heritage Tower. Sue is now a long-term resident in The Woodlands, JKV's award-winning skilled nursing center, and he visits her often.

Since moving to JKV, Tom has served as Chair of the Resident Senate Fiscal Committee, as a member of the Healthcare Services Committee and as a Director of the John Knox Village Foundation. He also has volunteered with the AARP Foundation Tax Aide program, first in North Carolina, then again after moving to Florida. Tom is now District Coordinator for the aide program in Broward County.

Mary Busenburg

After a career in business, finance and government, Mary Busenburg moved to John Knox Village in January 2019. Mary has a long and impressive resume including serving the Legislature of the Virgin Islands as Chief of Staff for the President and Vice President, with responsibility for coordination and oversight of staff in three locations, monitoring legislative operations, budget matters, bill drafting, legislative research, public information, and committee report



JKV residents Tom McDowell and Mary Busenburg volunteer with the AARP's Foundation Tax-Aide program, offering free tax-filing help to those who need it most.

preparation. She has also been involved in property management in both the U.S. mainland as well as the U.S. Virgin Islands.

After returning to the States, Mary joined the AARP Foundation Tax-Aide program in 2016 while living in Washington, DC. After moving to JKV, she joined the Tax-Aide program in Broward County, and also became a Ballot Inspector for the Broward County Board of Elections in 2020.

Mary has also found time to volunteer at JKV and is a Legislative Committee member, Volunteer & Technology Committee member, Co-Chair of the Employee Holiday Gift Fund, RAS Board member and she also works in the RAS on-campus thrift store for residents and staff.

No-Cost Tax Preparation For Seniors

With years of financial experience between them, both Tom and Mary are trained and certified in tax preparation through the AARP Foundation Tax-Aide program. The past year has been a very different experience however.

"Typically, taxpayers come to one of our centers with their documents and sit across the table from a tax counselor while their return is prepared, signed and filed," Tom said. "This year, because of COVID, and as required both by Tax-Aide and our local hosts,

in-person service is not allowed. Instead, our clients receive a document package by email, complete it and come to one of four parking lot kiosks by appointment to have their information scanned into the system so that their return can be prepared by counselors working from home. Upon completion, the return is emailed to the taxpayer for printing and signature."

Mary said, "Prior to COVID-19, there were 11 sites in Broward County where taxes were prepared, usually at community centers or libraries. This year there were only four sites and no tax preparation is done there – only scanning of taxpayer documents."

Due to the limitations of physical distancing and personnel during this pandemic year the AARP Foundation Tax-Aide program had to close appointments early in 2021. So now is the time to start thinking ahead to 2022.

"Regrettably, because of the processing times involved in preparing returns remotely and the popularity of the program, it is fully booked to capacity for this tax season," Tom said.

For Tom McDowell and Mary Busenburg volunteering is a way of life. As Tom says, "I volunteer so as to help others, to utilize such skills as I have, to stay active mentally and physically – and because one can only play so much golf."

The Doctor Is In: Why Be Calm?

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

The brain works best in an emotionally calm atmosphere. After a certain point, the brain's reliability, as far as logic, decision-making or long-term planning seems to check out. The higher the anxiety in the person; the less logic is involved in decision-making.

Take, for example, the pilots of the United Airlines Boeing 777-200, during a flight from Denver to Honolulu, with 231 passengers and 10 crew onboard, where all lives were saved.

The pilots stayed as emotionally calm as possible, even while they were conveying, "Mayday," reports to the control tower. I attribute the safe landing back home at least partly due the pilots' calm and logical thinking throughout what could have been a much more horrific experience, involving the loss of many lives. People on the plane reported quiet, calm. I attribute that to the emotional tone the pilots (in their position of influence) set for all.

When the brain is not flooded with anxiety it works at its best:

- **It makes good decisions.** A good decision is logical, appropriate to the circumstances, adheres to guiding principles, and that one would stand by for the long term.

- **It is more able to take in all the facts.** At a time like the United flight was facing, there were a plethora of facts from the plane's dashboard dials, noise and sights from a burning motor, and what the pilots knew, from much training, all asking to be attended to.

- **It is more able to prioritize** in what order and what

value to give to all of these facts. It is most able to keep stressing the need for calm to self. In such an emergency, there is no time to calm down. There is only time to think and act. The brain, though on high alert, and even with adrenaline flowing freely, must be given the best conditions possible. It would need as much emotional calm as possible.

The Importance Of A Calm Demeanor

People are more socially attracted to emotionally calm people. There are so few of them that they are special. When we meet a calmer-than-usual person, we know this is someone special. We want to be around them.

Those of us who are anxious about whatever big challenges are going on in our lives tend to pass along that anxiety to others. People, instinctively afraid of catching it, try to get away from other anxious people. You'd like to be liked by others, have more friends? Maybe excess anxiety is working against you.

Less Physical And Mental Illness

Research shows that there are many fewer illnesses when anxiety is lowered: Especially immunological ones like asthma, allergy, arthritis and many others. Mental illness has been less studied, but, after many years of watching people, I believe the same data will soon be emerging in that field.

Better Family Relationships

During the physical distancing of the past year, social opportunities were curtailed. Life felt very different. Under conditions of change, the brain can become excessively anxious. When that happens, we may need to back up and start thinking according to principle. How much more thoughtful should I be?

The same thing will take place with all relationships. With parenting and grandparenting, how much better could I do under calmer conditions? How much more fun can I be to be with?

The extended family needs attention from all of us

as well. Even, during physical distancing, how many more phone calls, emails, messages could I send? How much better are all family relationships when I manage myself with a modicum of calm?

Dr. Murray Bowen, the creator of the amazingly useful "Bowen Family Systems Theory," stressed that we need not be perfectly calm. Just try to be the calmest one in the room.

Does anxiety cause or contribute to Alzheimer's disease, autism or cancer?

No one knows the answer to this question at this point. But from what we know about some other diseases, it is entirely possible—and I would say probable—that anxiety plays a role. I once heard a noted cancer researcher at a meeting say that he had never met a cancer patient who was not intensely angry or depressed at the onset of, and some time before the diseased appeared. Since then, I have heard others in the field say the same thing. But no conclusions as yet.

More friends, less illness, better sleep?

So, during this time, when we hope that the worldwide pandemic is closing out, and we'd like a better quality of life, with more friends and less physical and mental/emotional illness, let us all try to keep an inner calm. One that is less disturbed by outer circumstances.

Calmness becomes more automatic over time, by means of dependable, practiced, frequent comfortable use whenever it is needed. If we can learn to get emotionally calm at will, we will also find it easier to get to sleep and stay there at will. Sleep will be less troubled by anxious dreams and be more restful.

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.



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Indeed, John Knox Village has something for everyone!



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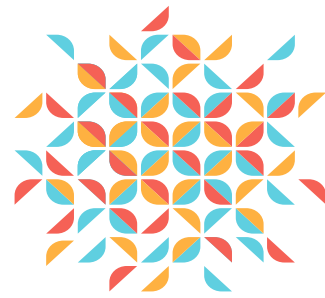
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John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village have a legal obligation to treat each individual in a consistent and equally fair manner. In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents and occupants currently residing at the community have met these requirements. There may be residents and occupants that have resided in the community prior to these requirements going into effect. Additionally, our ability to verify whether these requirements have been met is limited to the information we receive from various credit and screening services used.



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The Heart Of The Matter About Blood Pressure

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

What is your blood pressure? It is vital information as high blood pressure is a risk factor for strokes, vascular dementia and heart attacks. It damages the kidneys and eyes and puts a strain on the heart leading to heart failure over time. It is often called the “silent killer,” as it can damage our bodies for many years before symptoms develop, but by then an irreversible damage has often been done.

Normal blood pressure is equal or less than 120/80. Up to 120-130/80 is called “elevated” blood

pressure and blood pressure above 130/80 is considered high.

Based on those criteria, over 40 percent of American adults are suffering from hypertension. But is that really the case?

With pressure on productivity in the business of health care, appointments tend to be rushed, and blood pressure is often measured incorrectly, with potentially harmful consequences. Pay attention next time you go to see your health care provider and do not be afraid to speak up if you suspect that the proper protocol was not followed.

Proper Blood Pressure Checks

Blood pressure should be measured in a quiet and warm setting, after five minutes of rest, with both feet on the ground and back support. You should also be reminded not to have any caffeine, alcohol, tobacco or exercise within 30 to 60 minutes of your appointment and use the bathroom first if you feel that your bladder is full.

The blood pressure cuff must be of the correct size



High blood pressure is a risk factor in a number of ailments.

– too small a cuff can falsely elevate the reading. Your arm needs to be completely relaxed, supported by a chair or a counter so the cuff is at the level of your heart.

Remain silent when your blood pressure is being taken, repeat measurement a minute or two later and average the two numbers or do a third measurement if the first two numbers are more than 10 points apart.

Our blood pressure fluctuates during the 24-hour cycle of day and night—our circadian rhythm. It is usually the highest in the morning, upon awakening, and should go down (“dip”), by 10 to 20 percent at night. “Non-dipping” signals a higher risk of cardiovascular problems. In fact, it may even be worse than having high blood pressure during the day with proper nocturnal dipping. But how do you know if you are a “dipper” or a “non-dipper?”

The answer is a 24-hour blood pressure monitor that you walk around with and take care of business as usual, and which takes automatic readings every 30 minutes or so, even when you sleep.

The same device should also be used to confirm “white coat hypertension” – a situation when some people with normal blood pressure have high read-

ings only in the doctor’s office (which can be intimidating), but not at home, and thus should not be treated. On the contrary, it can also detect “masked hypertension,” when people have normal readings in the doctor’s office (perhaps as they feel all relaxed, “in good hands”), but live with high blood pressure at home. It is estimated that masked hypertension can occur in up to 20 percent of untreated people and can truly be “the silent killer.”

Despite being invaluable, 24-hour blood pressure monitoring is not widely used, and not always covered by insurance.

Maintaining Proper Blood Pressure

What about preventing high blood pressure in the first place? I recommend enjoying primarily a plant-based diet rich in fiber, colorful polyphenols, antioxidants, vitamins and minerals, healthy oils such as extra virgin oil, sustainably and organically harvested fish, a daily handful of nuts, a few stalks of celery, leafy greens, berries, a couple cloves of garlic, mushrooms, and miso soup with a little bit of seaweed. Avoid sugar and excessive salt, maintain optimal weight, exercise at least 150 to 300 minutes per week, sleep seven to eight hours per night, spend time in nature, and have a daily routine to manage stress and staying socially connected.

Be well and stay tuned.

Dr. Tereza Hubkova is former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS. Dr. Hubkova is a regular contributor to The Gazette.

Time For New Beginnings

Anne Goldberg
Gazette Contributor



*Anne Goldberg
The Savvy Senior*

Late in 2012, my life blew up. Relationship problems, financial problems, kid problems.

I was a wreck. As 2013 marched on, I had to support myself and took a series of jobs, all of which I hated and was ill-suited for. But I had to work, right? So, I plodded on until one fateful day in October.

I had just been fired from a job I never should have taken, and I was frustrated and upset and spent. On the drive home it came to me that something had to change. But what to do? I had no idea. I needed a new beginning.

When I arrived home, I did the only thing that seemed to make sense at that time; I hit my knees. I surrendered. I remember exactly what I said. “I don’t know how to earn a living. I don’t know what I do well and what people would pay me for. So, I’m not going to do anything except work on being happier and while I’m doing it, I promise I will look for the signs. Please send me a sign.”

About 10 days later, I was staying with a friend,

helping her after wrist surgery when my phone rang. This particular caller was the sixth senior from my community to call me in those 10 days, each saying almost exactly the same thing, “I heard you teach computers to seniors. Can you help me?” The curious thing is that I had never told anyone that I teach computers as a living. It was not on my radar, but six people somehow got that message.

Eureka: I Know What To Do

I hung up the phone and said to my friend, “I know what I’m going to do. I’m going to teach computers to seniors.” That was the birth of Savvy Senior Services.

Since then, I have been helping seniors with technology and my work has evolved into so much more than that. I’ve never been happier in any job or career in my life. It is perfectly suited to me and people are happy to pay me to help them. On my own, I would never have gone down this road. In my surrender, I allowed for things to happen and in so doing, I found my purpose.

Retiring is not a whole lot different. Everything you’ve known, your routines, your purpose was likely tied up with what you did on a day-to-day basis and now that’s all changed.

Who are you now? If you’re not working or raising the kids, who are you? It’s at this point in life where you have the chance for a new beginning. What are your priorities and interests? What has meaning for you? Answering these questions may help you connect with your purpose.

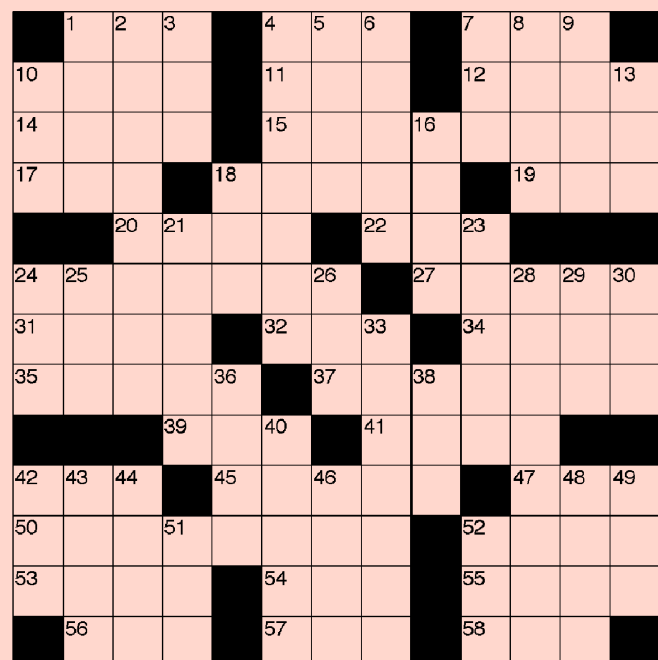
If nothing calls to you, don’t despair. You might simply stop trying to control what’s going on and allow for a little faith and quiet time. Faith is about letting go of your own ideas and believing in something you can’t see or touch. Quiet time helps you receive a clearer message.

Be a Savvy Senior. Relax, let go and don’t try to control your life. Have faith and allow for things to come to you.



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

Crossword Puzzle Of The Month



ACROSS

1. Compass direction
4. Caviar
7. To be announced (abbr.)
10. Other (Sp.)
11. Yale student
12. Heat
14. Charged lepton
15. Apt
17. Aid to Dependent Children (abbr.)
18. Flexible wood
19. Noun-forming (suf.)
20. Ironwood
22. Nose (pref.)
24. Fort
27. 19th century rifle bullet
31. Blue (Fr.)
32. Stool pigeon
34. Estrade
35. Showy flower
37. Therm
39. Crab-eating macaque
41. Wool (Lat.)
42. Dead on arrival (abbr.)
45. Aloe derivative
47. Possesses
50. Slub (2 words)
52. False friend
53. Half a ticket
54. Indo-Chin. language
55. Trolley
56. This one (Lat.)
57. Finesse
58. Trouble

DOWN

1. Detachable button
2. Upholstery fabric
3. Eternity
4. Roe (2 words)
5. Strong-scented
6. Iron (Ger.)
7. Brace
8. Low
9. Son of Zeus
10. Tumor (suf.)
13. Physicians, for short
16. Carriage
18. Old times
21. Seal with oakum
23. Ancient Syrian port
24. Can. Broadcasting Corp. (abbr.)
25. Bantu language
26. Shellac
28. 4th incarnation of Vishnu
29. 3 (Rom. numeral)
30. Compass direction
33. Palm
36. Russ. inland sea
38. Swed. county
40. Bastard wing
42. Abnormal (pref.)
43. Pledge
44. Aoudad
46. Mosque in Jerusalem
48. Bedouin headband cord
49. Benedictine title
51. Television channel
52. Thus (Lat.)

Answers On Page 10.

Why Transition To Digital Banking?

Matt Munro
Gazette Contributor



Matt Munro

As we, at GroovyTek, often discuss with our clients, we find ourselves living in the midst of the digital revolution.

The traditional ways in which we acquire information, consume our entertainment, stay connected with friends and loved ones, take and save pictures, use coupons when shopping, and more is changing and becoming more and more based on applications designed for our personal technology – smartphones, tablets and computers.

For many of us, myself included, one of the last areas of our lives that we are comfortable converting to a more digitized approach has been banking. I personally always held onto traditional banking because I had an affinity for the tangibility of handwriting my checks. I always felt more in control of my finances when I was writing the checks, reviewing the paper bills, and walking the bills out to the mailbox. It just felt right to me.

The Digital Shift To Banking

That being said, for years, banks have been hoping, and working, to convince their users to convert their transactions to digital means. In fact, for most millennials and younger folks, there is no difference between online or digital banking and traditional banking. To them, it is all just banking.

Along with so many other consumer services, tran-

sitioning to online banking became more necessary for folks due to the pandemic. Now, most banks hope to capitalize on this “forced” conversion trend and maintain the momentum related to converting more and more of their clients to online or digital solutions.

So, is it time to make the change? Is it time to move away from paper checks and convert to online bill pay? Is it time to set up online banking accounts to enable 24/7 access to account balances, statements and more? Obviously, this is a personal decision, and individual factors come into play, but in general, the time is right to make a move.

Save Time, Save A Trip To The Bank

Why? Well, the banks are investing in their digital banking platforms. The services will continue to evolve and improve; most of the banking innovations moving forward will be related to their digital capabilities. Further, just like how cell phone companies have transitioned away from flip phones, moving to digital accounts and bill pay is inevitable.

Banks will most likely begin to cut down on in-person staff and hours, so you might as well start the transition now, on your terms. Just imagine the time you might save by not having to visit a brick-and-mortar bank for basic banking services ever again, no drive-time, no wait-time; you can now bank from home.

The next concern that leads many to avoid making the transition has been security related. As we all know, banking is a very regulated business. At this point in 2021, it is safe to say that online banking has become extremely secure; over the past decade or more, there has been enough runway in this area that the banks have worked to develop the safest environments possible for online transactions.

Yes, you need to be aware of how you are operating online as always, but once you are logged in securely

to your banking accounts, you can act with confidence that you are operating securely. Again, keep your guard up against the usual scams and hacking suspects, such as phishing emails and bogus offers for a free cruise.

Still, if you are securely logged in and operating within the bank’s online environment, you should be confident and comfortable knowing the stakes are super high for the banks to do everything in their power to have a safe and productive online service.

If you are interested in learning more about making the transition, call the John Knox Village Marketing Department at (954) 783-4040 to receive a complementary GroovyTek consultation.

Matt Munro is President of GroovyTek, a five-year-old company which takes a personalized approach—anchored in respect and patience—to help people become confident navigating personal technology independently and on their own terms.

Gazette readers who meet with a Life-Plan Consultant and tour John Knox Village will receive a complimentary over-the-phone consultation with a GroovyTek expert. Learn more about this innovative partnership, by calling the JKV Marketing Department at (954) 783-4040.



How Does Your Space Garden Grow?

Mars will come to fear my botany powers.
– The Martian, Mark Watney

Nona Cree Smith
Gazette Contributor

When NASA sends humans to Mars, the astronauts are going to need a lot of prepacked, nutritious foods for the

trip. But freeze-dried meals for a 2½-year mission to the Red Planet can take up a lot of weight and room on an interplanetary ship.

The less weight to carry the better, especially deep space travel to Mars or beyond. That is why NASA is developing ways to add fresh produce to supplement astronauts’ diets, with plants grown from seeds that can be used in space and sprouted on other worlds. Scientists at NASA’s Kennedy Space Center have been experimenting since 2010 with growing plants in a space environment with low gravity, like the Moon and Mars.

Fresh Produce On Long Space Flights

Humans have always had an adventurous spirit. Looking longingly at the stars has produced the desire to explore space. We have come a long way to reaching the stars with long duration spaceflight, such as a planned mission to Mars in 2030. But on the 2½-year journey, it will be important to keep astronauts healthy and supplied with vitamin rich food. Currently astronauts eat prepared packaged meals, but having fresh



Astronaut Scott Kelly nursed space zinnias back to health on the International Space Station. He photographed a bouquet of the flowers against the backdrop of Earth. Image Credit: NASA Scott Kelly, 2016.

salads and vegetables will be more than nutritious, it is good for morale to bring a little piece of Earth on long journeys into space

“Veggie” The Astronauts’ Garden

NASA is researching ways to provide astronauts with nutrients in an easily absorbed form such as fresh fruits and vegetables. The challenge is how to do grow produce in a closed environment without sunlight or Earth’s gravity. The answer could be: The Vegetable Production System, affectionately known as Veggie, a space garden experiment with far-reaching benefits. The Veggie chamber is about the size of hand luggage and is a self-contained “garden” with LED lights to create optimal daily light cycle conditions for the plants and a filtered water system. And they have been successful, growing varieties of lettuce, radishes, peas, zinnias and sunflowers.

A Bouquet Of Zinnias

The most recent gardening experiments on the International Space Station (ISS) include crew members taking a more active part in cultivating, by helping seedlings emerge. They water the plants and monitor their progress. They give their opinions on the taste and smell of the vegetables, as well as their overall mood following cultivating the plants.

The findings of the experiments suggest that having something new and fresh in the diet, with a different flavor and texture, has a wonderful effect on the crew

by helping them get past ‘dietary fatigue’ and adding enjoyment to their meals. Also, the tending of plants reminds the crew of Earth and has a positive psychological impact.

In 2016, ISS crew member, and now U.S. Senator, Scott Kelly loved the zinnia flowers he grew so much that he took selfies with them all over the ISS, then he picked a colorful zinnia bouquet as a Valentine gift for his fellow crew members.

Advanced Plant Habitat (APH)

In order to travel into deep space, astronauts must be able to grow their own food rather than relying solely on prepacked food. Experiments have shown how to successfully grow plants on the ISS in the automated growth chamber of the Advanced Plant Habitat (APH). Like Veggie its growth chamber uses LED lights and a porous structure with releases of water, fertilizers and oxygen to the plant’s roots. But unlike Veggie, it is entirely automated, with the addition of cameras and sensors that are in constant contact with a team of scientists back on Earth.

When a harvest is ready for research, the crew prepares plants by freezing and using chemical fixatives, then send them back to Earth for further study. Recent experiments have included planting seed tapes and growing plants in mediums unlike Earth’s soils.

Space travel is life-enhancing.

– Ray Bradbury



Three different varieties of plants grown in the Veggie plant growth chamber on the International Space Station Photo credit: NASA ISS.

Sudoku

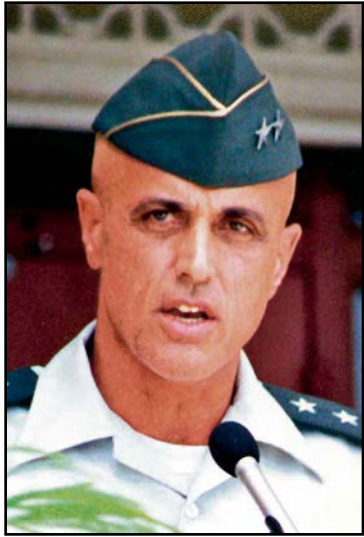
Answers On Page 10.

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

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

A Brave Man Is A Majority Of One

Burn Loeffke
Gazette Contributor



Burn Loeffke

Nothing is forever.

It had been a tough day. Things had gone wrong around the world. People had gotten hurt and homes were destroyed.

I had been reading about the atrocities in South Sudan, where I had served as a missionary, and the combination of violence around the world that seemed never ending.

I came home with sadness. We always tried to be positive around our children, but today I had lost it.

Our five-year-old son, seeing a hurting Dad, gave me a hug. He then looked at me and with a smile said, "Dad, don't be sad, it's not that bad." He was right. It could have been worse. We had been spared.

Today 25 years later, I have come home sad for many days. It has been sad to witness a mob invading our Capitol on live TV, destroying offices and hurting people. That incident which happened only three months ago is now history, and yet it many ways it seems like only yesterday.

The Future Is Not Hopeless

If we look around, we find leaders with courage who are willing to lose careers and do what is right. Congresswomen and Congressmen, who after their lives had been threatened and their offices trashed, courageously returned to the congressional chambers to continue their duty to certify the presidential election. In one tragic afternoon, we witnessed despair, pain and evil. But good news also exists. The Mother Teresas among us exist. Journalists who brave threats

and write the truth exist. Soldiers and police officers who die defending human rights exist.

A Brave Man Is A Majority Of One

A brave man will inspire others to selfless deeds. Eugene Goodman is the Capitol Police officer who faced a raging mob by himself. He consciously led the rioters away from where Senators were sequestered. This kind of action stiffens the resolve of those around him. His courage led to a unanimous decision to award him the *Congressional Gold Medal*. This was one of the few instances where Republicans and Democrats have been united.

"The only thing that saves the world is the little handful of disinterested men [and women] in it. I have found a few. I wish I had found more. I can name two or three whom I have never found thinking about themselves or their own interests, and I tie myself to them as you would to an anchor: Men willing to die in obscurity, if only they might serve. The princes among us are those who forget themselves and serve mankind."

— Former U.S. President Woodrow Wilson

My Own Hero

I recall my own military experiences. In particular, I think about a man of principle, who was a soldier in the unit I commanded in Vietnam. Every day I thank Sgt. Larry Morford. He was a man who, indeed, lived his words.

Sgt. Morford was a role model. He influenced me more than anyone else in the four years I spent in Southeast Asia. Larry did not believe in war as the way to resolve conflicts. I once asked him since he felt this way, why had he volunteered for Vietnam and combat duty? He responded, "Sir, the job you and I are doing is the job of a beast and the least beastly should be doing it." That was Larry's sermon and he backed it up by volunteering for dangerous missions. He explained that he could not have stayed at home while others were fighting for his country. Sgt. Morford was killed a few days before he was to return home.



*Sgt. Larry Morford (4/8/48- 2/12/70)
199th Light Infantry Brigade,
killed in Vietnam.*

*"Blessed are the Peacemakers for they shall be called the children of God."
— Matthew 5:9*

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

A Season For Renewal



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

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

Nature in springtime. It is a glorious and sometimes mysterious creature. In

nature, we see life, death and rebirth. As we come into this spring season, we are given the opportunity to see rebirth.

Nature creates music in the sound of chirping birds and nature creates beauty in the blossoming of flowers. It is a time of the year, where hope springs eternal and where renewal of life is witnessed. It is the time of year when different faith rituals and holidays are celebrated. It is the time of year that we "spring" forward.

Every year, spring brings us a renewed sense of hope in life. Growing up in the north, spring was the time we waited for the snow to thaw and got ourselves ready to plant the seedlings that we started on our kitchen counter in egg cartons. We could not wait to get outside without all the snow jackets, boots and gloves. We were excited to see some little patches of green grass popping up after what seemed like a long dark snowy and definitely cold winter. Spring

was also the time that the smell of the air seemed to change, and it was invigorating. There is something powerful about spring. And even though it seems the same happens every single spring, it never seems to get boring or outdated. It is that time of the year that we seem to become a little more aware of our surroundings.

It is important for us to grab hold of this time and allow it to bring hope and renewal into our lives as well. We are fortunate that John Knox Village residents live in a community that appreciates nature, a spirit of hope and renewal. Appreciating this special time of year on our beautiful campus is as easy as stepping outside.

Celebrating The Sun's Journey

Sunrises and sunsets are not just romantic, they are uplifting and rejuvenating. They help us to mark time and provide us with much needed Vitamin D. There are many communities that gather just to watch the sunrise or sunset and after it's witnessed all the people clap in admiration. It is motivating to be among people who appreciate nature so much. So, step outside and enjoy a beautiful sunrise or sunset.

A wonderful thing about JKV's campus is that we are able to dine outdoors. Grab a chair at the new Glades Grill or Stryker's Poolside Sports Pub and watch your neighbors and friends share in the new activities at the Aquatic Complex. Take a to-go meal and make yourself a picnic at one of our lovely seating areas. Or, as you stroll through our grounds meet with a friend for a nice refreshing iced tea. Spring is all about reconnecting and what a great way to spend time with your friends outside sipping an iced tea and watching the birds, squirrels and other cute little animals entertain you. You cannot help but smile when you watch them darting to and fro being so silly and active.

Take A Stroll Among Nature

If early mornings and late evenings are not on your to-do list, why not just take a walk? Enjoy the light breezes that we are so fortunate to have. Focus on nature and what makes our environment so colorful and alive. Focus on something positive and uplifting, and renew the rewarding journey of our lives.

Artist and author Liz Chase said, "Hope is not pretending that troubles don't exist. It is the trust that they will not last forever, that hurts will be healed, and difficulties overcome. It is faith that a source of strength and renewal lies within to lead us through the dark into the sunshine."

May your spring be one filled with sunshine, green trees, colorful flowers, adorable animals that flit about from sunrise to sunset. May spring be the time of you.

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

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

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

NSU Art Museum Fort Lauderdale Events

Iké Udé: Select Portraits Opens April 4

Jessica Graves
Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM

FORT LAUDERDALE

11 a.m. to 5 p.m. and closed on Mondays.

April Featured Events

Iké Udé: Select Portraits Opens April 4

A selection of full-length portraits including works from his Sartorial Anarchy and Nollywood (Nigerian film industry) portraits as well as recent portraits.

Free First Thursdays Sunny Days, Presented by AutoNation April 1 from 11 a.m. to 5 p.m.

Free admission. Enjoy NSU Art Museum Fort Lauderdale's exhibitions and all day happy hour in the Museum Café.

Bank of America Museums on Us April 2 and 3

Bank of America cardholders receive free admission to the Museum.

Creativity Exploration: Live Virtual Annual Stanley and Pearl Goodman Lecture on Latin American Art With Dr. Jennifer Field: Surrealism in Mexico April 15 at 6:30 p.m.

This talk will examine a robust artistic moment in Mexico between approximately 1940 and 1955 that was made possible through liberal ideas about collaboration, immigration and gender roles.

Free for Members / \$5 for Non-Members. RSVP on Museum Website for Zoom Link.

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

All Fort Lauderdale residents receive free admission to the Museum.

Plan a visit to enjoy the exhibitions at the NSU Art Museum Fort Lauderdale. The *Iké Udé: Select Portraits* exhibit opens on April 4. Museum hours are Sunday: Noon to 5 p.m., Tuesday through Saturday:



Image Credit: Eric N. Mack, "Seat Pleasant," 2019. Dye, cotton fabric, REI climbing rope, straight pins, electric fan. Brooklyn Museum, Gift of the artist, 2019.32 © Eric N. Mack.

Exhibitions Now On View

The World of Anna Sui Through Oct. 3

A major retrospective exhibition of fashion designer Anna Sui. With over 100 looks, "The World of Anna Sui" explores the glamorous and eclectic world of one of New York's most beloved and accomplished designers and invites viewers to step inside Sui's imagination to discover her creative process and the diverse influences that contribute to her signature aesthetic sensibility. Advanced Ticketing available on Museum Website.

Eric N. Mack: Lemme Walk Across The Room Through Fall 2021

"Lemme Walk Across The Room," the large-scale installation by New York-based artist Eric N. Mack (b. 1987), that premiered at the Brooklyn Museum in 2019, is being reimaged for NSU Art Museum's grand second-floor gallery.

I Paint My Reality: Surrealism In Latin America Through Fall 2021

Examining the flowering of the Surrealist movement in Latin America in the 1930s and today.

William J. Glackens: From Pencil To Paint

Featuring over 100 works from the 1890s to 1930s, highlighting Glackens' role as an illustrator and painter. Through Spring 2021.

NSU Art Museum is located at One East Las Olas Blvd., Fort Lauderdale, FL. For additional information, please visit nsuartmuseum.org or call (954) 525-5500. Follow the Museum on social media @nsuartmuseum.

Shopping Is A Breeze @nsuartmuseum

From KAWS collectibles to original handmade works of art, find the most unique gifts while supporting museum exhibitions, educational programming, and local makers. Visit the store at:

www.nsuartmuseum.org/visit/store/
Museum Members receive 10% off and first dibs on all limited editions.

Ceremony Raises Roof On JKV's New Pavilion

JKV, Moss Construction Celebrate By Topping Out



Bob Moss, founder and chairman of Moss Construction, spoke during the topping out ceremony for JKV's new Westlake Pavilion, as his project team managers look on. In front of the stage were just some of the many items raffled off as part of the celebration.

Rob Seitz
Gazette Contributor

Topping out is a tradition dating back some 1,300 years and remains a treasured ceremony within the construction community. In 700 AD Scandinavian mythology, a topping out ceremony was held once the last beam was placed atop a structure.

The lore had it such that there is a spirit of its own in each tree. The builders would ask the forest to allow them to use a tree and once the home was constructed, the highest leafy branch of that tree was attached to the roof so the tree spirit might still have a place to live.

This ages-old tradition was celebrated on March 11 at John Knox Village, South Florida's premier Life-Plan Retirement Community. In partnership with Moss Construction, JKV residents and staff were welcomed, for the first time, into the Westlake Pavilion.

Along with Moss managers and construction workers, all were treated to a delicious lunch, listened to congratulatory remarks by VIPs and had chances at raffle prizes ranging from smoker grills to a 75-inch high-definition television set.

JKV's Westlake Pavilion is the latest jewel on the horizon for its 1,000 residents, 800 employees and the greater community. The 37,117-square-foot project will

have two indoor and lakeside restaurants, a nautically themed bar, pre- and post-event space and a 400-plus seat Performing Arts Center, which is where the topping out ceremony was held.

"There are four important milestones in a construction project," Bob Moss, chairman and founder of Moss Construction, told the gathering. "First is earning the contract, second is the ground-breaking, third is the topping out celebration and fourth is the grand opening. Thanks to your hard work we are right on schedule to celebrate the grand opening milestone in the first quarter of 2022."

Speaking for many of the residents and staff in attendance, as well as those throughout JKV's 70-acre botanical campus, President & CEO Gerry Stryker said: "Many, if not all of us, have watched from several perches around the Village at the amazing work you have done in a such a short period of time. From all of us, to all of you, 'thank you.'"

A two-minute time-lapse video was shown during the ceremony capturing the work rising from a dusty cleared field to the roof beams being placed atop the Pavilion. *Gazette* readers can view the video at this link <http://bit.ly/JKVpavilion>.

To learn more about John Knox Village, the Westlake Pavilion, JKV's 150-apartment home Westlake project, or tour the new \$6.9 million Aquatic Complex, call (954) 871-2655 to schedule a COVID-careful tour.



JKV residents, employees, along with Moss Construction workers and managers enjoyed the topping out ceremony in JKV's new Westlake Pavilion. The celebration was held in what will be JKV's 400-plus seat Performing Arts Center.

Positive Attitude About Aging

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Welcome to the decade of healthy aging, which began this year. Optimizing “functional ability” is the goal of The United Nations’ Decade of Healthy Aging (2021-2030).

On the heels of the COVID-19 pandemic, it may be tempting to overlook long-term aging concerns and return to your usual lifestyle. Not so fast, especially if you are over 60.

Another Pandemic

We have another pandemic to be concerned about. A dependence

pandemic is also affecting the whole world, regardless of economic status.

The World Health Organization (WHO) recently published a report entitled, “Decade of healthy aging: Baseline report.” According to the report, at least 142 million people over age 60 are currently unable to meet all their basic daily needs. That is over 20 percent more than the 116 million people who have had COVID-19.

Over the past year, we have had to break our habits to stay healthy. Before we go back to our old lifestyle ways, let’s consider what healthy aging is all about, and how we can promote it.

Definition Of Healthy Aging

WHO defines healthy aging as “the process of developing and maintaining the functional ability that enables well-being in older age.”

Functional ability is defined as five interrelated abilities that all older people should enjoy:

1. Meet basic human needs.
2. Continue to learn and make decisions.
3. Be mobile.
4. Build and maintain relationships.
5. Contribute to society.

Cultural Hostility To Aging

Avid readers of my column have already figured out that brain health is key to these five abilities of healthy aging. The good news is that this Decade of Healthy Aging campaign may help us improve our brain health, as well as quality of life.

But first, we have to navigate a major obstacle: Cultural hostility to aging. Many Americans view aging as a bad thing. The older brain is a piece of equipment that is wearing out and losing its social utility. Senior moments and failing memory are giggled at as normal. Retirement is a loss of usefulness.

Here’s a more positive attitude about aging. What does not kill you makes you wiser—and more useful—every day. The longer you live, the more wisdom you have to harvest and to share. Wisdom, not speed, is the brain’s performance benchmark over age 40.

It’s time we pioneer new ways to see aging in a positive light and embrace healthy aging.

Brain Health Requires Growth

The WHO report’s five abilities of healthy aging (mentioned above) require a healthy brain. You have to keep your brain growing to keep your brain healthy. Over the past 15 years, I have worked with thousands of people ages 60 to 110 on brain training to “use it” rather than “lose it.” From my experience, these five habits keep brains growing and getting better with age:

1. Choose your words carefully.

The brain submits to physical surgery, but words are the scalpel of the mind. Beyond midlife, the struggle to maintain brain health is won or lost with words, more so than nutrition, exercise or supplements. Words let you conquer fear and maintain hope. Take charge of your words. Choose to say kind things to yourself and others.

2. Challenge yourself to learn.

Curiosity motivates the mind to learn. Learning makes your brain grow new connections. Commit yourself to lifelong learning in a class. If you stop learning, your brain takes an early checkout.

3. Motivate yourself to move.

If you like to move, good for you, keep it up. If you like to sit and have trouble motivating yourself to move, use social momentum to make it easier. Walk with a friend or participate in a class.



Commit yourself to lifelong learning.

4. Have a personal MAP.

Meaning and purpose are different for everyone. It is your duty to find purpose in meaningful ways. Ask for help if you are having trouble figuring it out. Without a personal MAP, your brain becomes confused and disorganized.

5. Remain useful.

Sharing our wisdom to serve others is the evolutionary point of a long life. Gray hair, wrinkles, retirement and physical challenges mark the beginning of a new life chapter, not the end of our stories. Find new ways to share wisdom from your own life experiences. You will remain socially useful and help your brain get better with age.

Before you return to your usual lifestyle in the months ahead, consider if one of these tips could help you maintain your functional abilities and independence in the years ahead. While you are at it, have fun as you model healthy aging for others.

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

The Sanibel Floorplan: Just One Of Many Offered At JKV’s Exciting New Westlake Project

Now is your opportunity to get in on the ground floor of the Westlake at John Knox Village apartment project. Westlake will be comprised of two apartment towers – The Vue at 17 stories and the 15-story The Terrace. For a **fully refundable \$100 deposit**, Gazette readers will be placed in the queue for their preferred new apartment home.

For April, *The Gazette* is featuring the luxurious Sanibel floorplan. Located in The Vue, there will only be 24 Sanibel apartments available. This two-bedroom, den and 2-1/2 bath beauty offers 1,896 square feet of open-air living. Plan a COVID-careful visit to John Knox Village to find out about the Sanibel and much more. If you are looking for life-plan security, convenience and elegance, call the Marketing Department at (954) 871-2655.

The Sanibel Apartment Home Features:

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

Master Suite

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

Bright, Spacious Interior

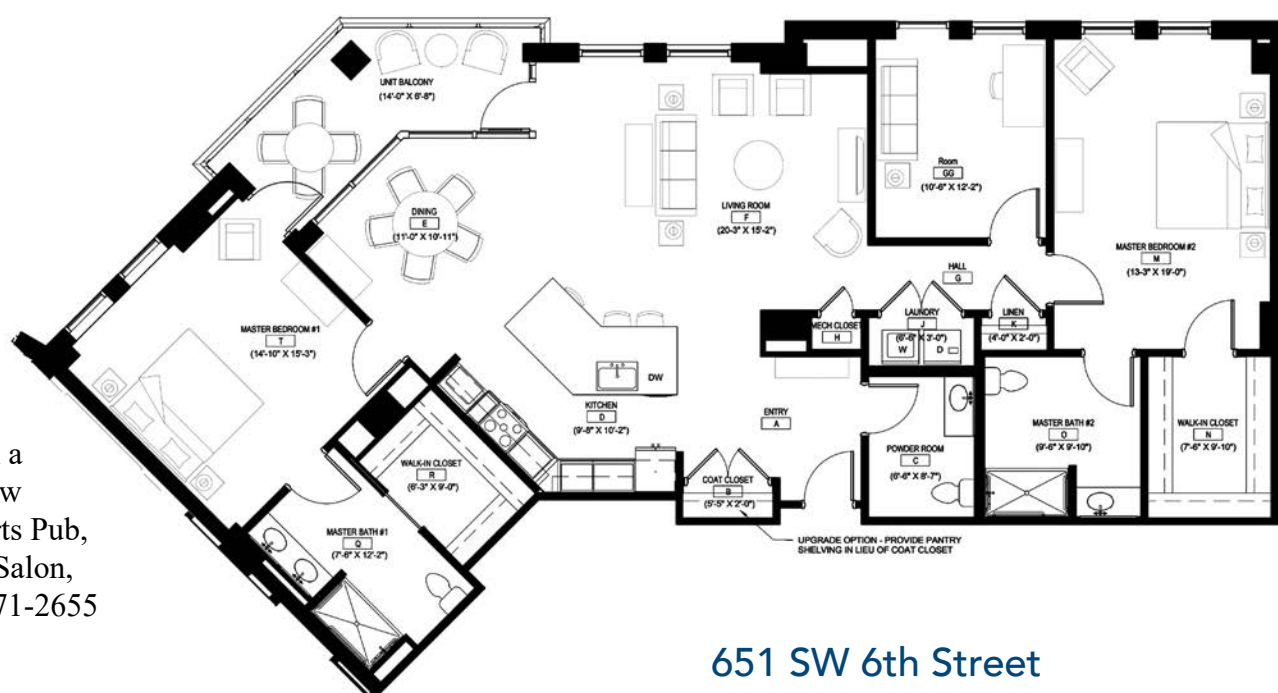
- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

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



With a \$100 fully refundable deposit, you can get in the queue for the Sanibel apartment home, located in The Vue – part of the new Westlake at JKV project.

The Sanibel Apartment Home 2 Bedroom / 2 1/2 Bath / with Den / 1,896 Sq. Ft.



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

web JohnKnoxVillage.com
JohnKnoxVillage