

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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### IN THIS MONTH'S ISSUE

- Right On Schedule ..... 2
- Thanks For Asking ..... 2



- Machu Picchu ..... 3
- Living With COVID ..... 3
- In Good Taste ..... 4
- Book Review ..... 4
- JKV's Artistic Plans ..... 5
- Join Us At JKV ..... 6
- Ask Kim ..... 7
- Live Your Best Life Now ..... 8
- The End Of 3G ..... 8
- Mold Allergies Explained ... 9
- Meaningful Relationships ... 9
- Be A Good Citizen ..... 10



- A Friend Indeed ..... 10
- NSU Art Museum ..... 11
- Pompano Beach Music .... 11
- Train Your Brain ..... 12
- JKV's Featured Mangrove Apartment Home ..... 12

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John Knox Village of Florida, Inc.  
651 S.W. Sixth Street  
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## Pavilion Receives TCO, Westlake Rising From Its Foundations

### Project Right On Schedule Thanks To Army Of Ants-Like Efficiency



The JKV drone recently captured construction on the twin towers. The Vue and The Terrace at Westlake. The nearly completed Pavilion with its two restaurants and 400-seat Performing Arts Center, is at upper right.

**Rob Seitz**  
Gazette Contributor

With the efficiency of an army of ants, the construction crews working on Westlake—John Knox Village’s newest neighborhood—are remarkably coordinated in their daily efforts. They are building complex and sophisticated structures under the watchful eyes of the leadership team from Moss Construction.

Some of the local projects completed by the longtime Ft. Lauderdale-based company include: Marlins Park, the Nova Southeastern University Guy Harvey Oceanographic Center, ICON Las Olas and the BB&T Center (now called the FLA Live Arena).

“It has been an absolute pleasure working with the team from Moss,” JKV Director of Plant Operations Thom Price told *The Gazette*. Price knows a little something about construction with his more than 40 years of experience. “They are keeping this project right on schedule. If there is an issue with a particular supply, they will work on another part of the project. They’ve

completed our new Pavilion project and are keeping Westlake moving right along.”

Price received the Temporary Certificate of Occupancy (TCO) for the Pavilion from the city of Pompano Beach in March. JKV’s latest crown jewel, the Pavilion, features a 400-seat Performing Arts Center, with pre- and post-performance gathering space, two dining venues—Seaglass and The Pearl, along with Barton’s Nautilus Bar, named after JKV residents Bob and Diane Barton, who provided a generous donation to the project.

Once the restaurants are fully functional the current 50-year-old Main Dining Room will be razed. Moss will then begin enhancing JKV’s waterway system and digging what will be known as Rex Foster Lake, ultimately providing lakeside dining possibilities, along with the opportunity for residents and visitors to enjoy waterviews from more than half of the 70-acre campus.

See “Construction” on Page 2

### Final Preparations Underway For The Pavilion’s Opening.

## To Machu Picchu And Beyond

### Relaxed COVID-19 Restrictions Open South Florida Arts And Cultural Venues To JKV Residents

**Marty Lee**  
Gazette Contributor

John Knox Village has lived up to its responsibility to keep its residents safe and secure in the midst of the COVID-19 pandemic. JKV’s Woodlands was Florida’s first long-term skilled care home to receive COVID-19 vaccinations in December 2020, with general vaccinations throughout the entire Village starting in January 2021. While the past two years have been a strain on us all, the Village’s strict mitigation procedures have allowed JKV to begin relaxing its guidelines. Now at last, residents are beginning to stretch their wings and are ready to fly again.

### Road Trip To Machu Picchu

JKV is back on the road again, with field trips and travels to area museums and attractions. One of the first excursions was to the Boca Raton Museum of Art for the “Machu Picchu and the Golden Empires of Peru” exhibit. Machu Picchu is located 7,972 feet up in the Andes Mountains of Peru and is a venue many of our *Gazette* readers will not likely plan to visit in the near future. The exhibit, however, gave residents a glimpse into the lifestyle and art of the Incas, who built the citadel in approximately 1450 A.D.



Machu Picchu with the Huayna peak: The ruined city was built by the Incas in the 15th century at an altitude of 7,972 feet in the Andes (Peru). Photo by W. Bulach. Image source: Wikimedia Commons.

See “Machu Picchu” On Page 3



# Comprehensive Lifelong Long-Term Care Included At JKV

From "Construction" On Page 1

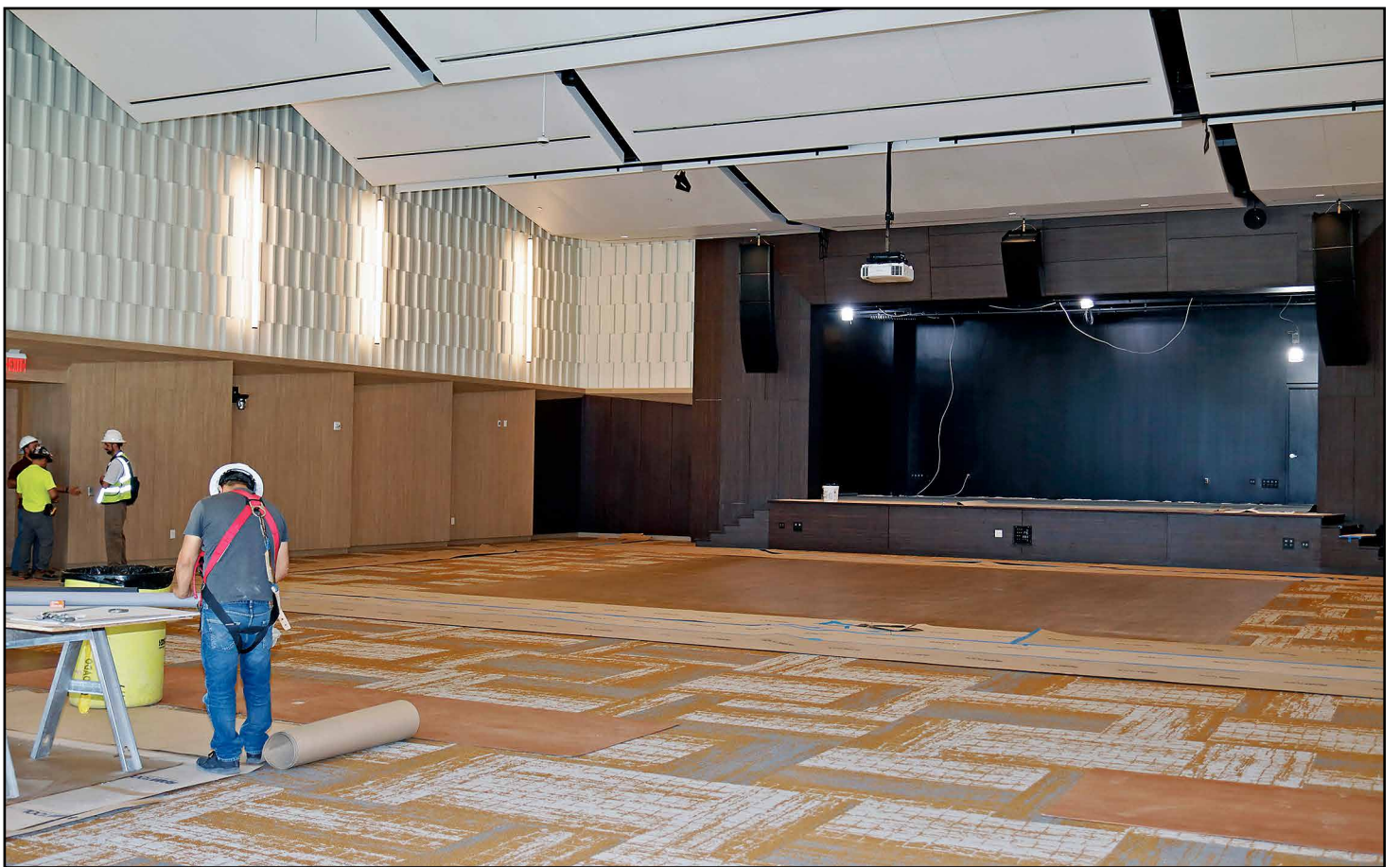
## Westlake: JKV's Most Ambitious Project

Westlake is the most ambitious project in JKV's 54-year history and even though Westlake is more than 75 percent pre-sold, there are still plenty of beautiful apartments available. One- and two-bedroom floorplans, ranging from 1,231 to 2,259 square feet of light-filled rooms with enviable views can be found in the 15-story The Vue.

The Terrace is an 11-story boutique-style tower offering two-bedroom apartments up to 1,845 square feet in size, and a stunning rooftop terrace for residents and guests to enjoy.

## You're Not Buying Real Estate

One misunderstanding many prospective residents have about moving into a JKV apartment or villa home is that they are taking part in a real estate transaction. In fact, JKV is a Life-Plan Continuing Care Community, meaning that all residents receive a Life-Care contract which secures their care, if and



Crews are finishing construction inside the Pavilion's 400-seat Performing Arts Center.



The Pearl is one of the Pavilion's two new restaurants.

when, any health care circumstances may arise; in addition to which they enjoy a beautiful apartment or villa their entire time as Independent Living residents.

## Comprehensive Long-Term Care Included

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 campus.

With a fully refundable 10-percent deposit, **Gazette readers are automatically enrolled as Platinum Level members of the Westlake Village Club, with benefits that include meals at any of the four on-campus dining venues.**

## Platinum-Level Benefits For Depositors

Ten-percent depositors also receive many complimentary services, including access to JKV's \$6.2 million Aquatic Complex, with its resort-style pool, four-lane lap pool, Jacuzzi®, Pickleball and bocce ball courts, the indoor and poolside Glades Grill restaurant and Stryker's Poolside Sports Pub.

Members also receive access to award-winning

Life Enrichment events, fitness classes, and admission to JKV community partner venues such as Bonnet House, the historic Sample-McDougald House and the NSU Art Museum in downtown Ft. Lauderdale.

Westlake is scheduled to open in 2024, with common-area first floor amenities that will include:

- A high-tech projection theatre
- Technology hub
- Business center
- Art studio
- Sacred space
- Library
- The French Press, a coffee and wine bar
- The Westlake Eatery
- Covered parking on the second and third floors

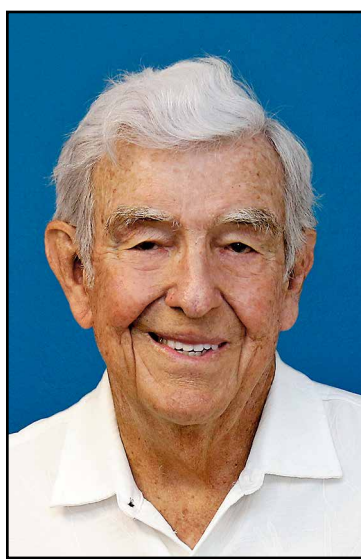
With Moss at the construction helm, confidence is high that their army of sub-contractors will be right on schedule.

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

# Thanks For Asking

## Is It True That No Good Deed Goes Unpunished?

Dave Bayer  
Gazette Contributor



JKV resident Dave Bayer

I'm not qualified to give tax advice, you may want to read a little further.

I'm well past 72, and although my IRA is very much on the smallish side, I do know enough about taxes to know that the way you take those required minimum withdrawals can in most cases determine how much you pay to Uncle Sam in taxes each year. RMDs are taxed as income, so the more you take out of your IRA, the higher your adjusted gross income. In addition to paying more income tax, more of your Social Security could be taxed and you could pay higher premiums for Medicare parts B and D.

## Charitable Donations Via A QCD

The good news is that if you are required to take minimum distributions each year and make charitable distributions, you can reduce your adjusted gross income by making your charitable donation via a qualified charitable distribution (QCD). The QCD is not deductible, per se, but it does reduce your adjust-

ed gross income. As previously mentioned, a lower adjusted income equates to lower federal tax and taxes on Social Security benefits and Medicare premiums. If you don't itemize – and many of us don't – a QCD provides a way to get a tax break for our charitable gifts. Using a QCD can be a bit complicated, but the potential savings are well worth the effort.

In 2021, I was able to donate all my required minimum distribution to charity. I was feeling pretty good about that. Again, my IRA is very much on the small side, but I went to the extra effort, the charities are very worthy, and the feeling that Uncle Sam helped a bit was a bonus. Wow, I felt that I had "done the right thing the right way." Unfortunately, that's where my "no good deed goes unpunished" feeling came from.

## My Own Experience

Last week I received an email from my broker stating that a check that they had issued on my behalf 180 days ago had not been cashed, so the broker had cancelled the check. This was not good news because it was a check from my IRA to a charity and was part of my required minimum distribution. In my situation, I try to take all that is required, but not a penny more. Without this check, my distributions were not large enough.

Of course, I "Googled" the IRS website and this is what I found:

**"Consequence for failing to take required minimum distributions:**

**If you do not take any distributions, or if the distributions are not large enough, you may have to pay a 50% excise tax on the amount not distributed as required.**

**• To report the excise tax, you may have to file Form 5329, Additional Taxes on Qualified Plans (Including IRAs) and Other Tax-Favored Accounts."**

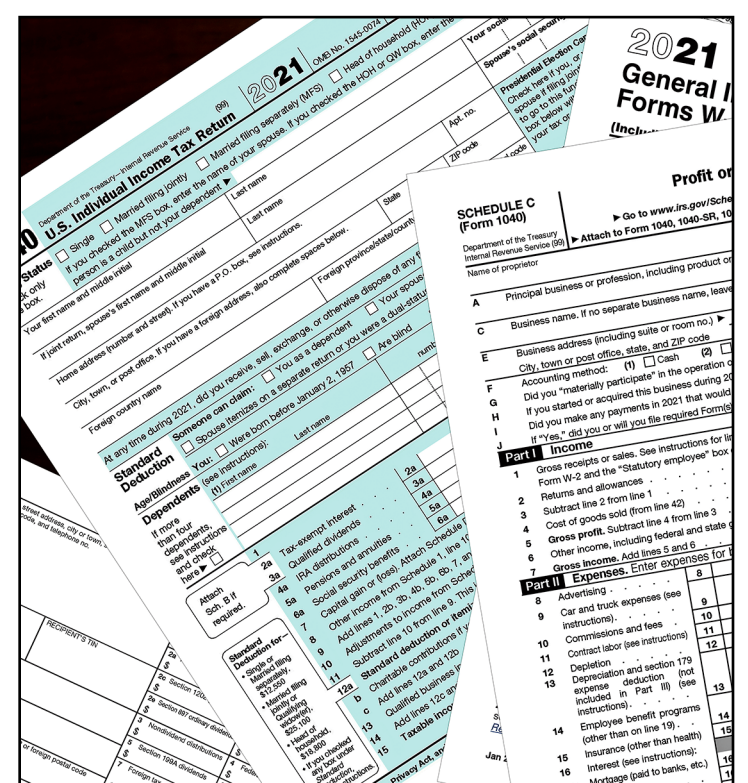
Yikes. At this point, I'm hoping that this gets sorted out for all the obvious reasons.

There is a bit of ironic humor that goes along

with this tale of woe. Within hours after the email about the cancelled check from my broker arrived, I got an email from the Editor of *The Gazette* suggesting that, because April 18th is tax deadline day and me being, in his words, an "astute financial guy," I might write about gifting one's RMD to an appropriate charity. Although the reason for his erroneous opinion about my financial astuteness is too long to explain here, the timing really was funny.

Regardless of this one-time problem (which really is correctable), I remain convinced that, if you do have an IRA from which you're required to make a minimum distribution and you make charitable donations through a QCD. It's a bit complicated and may require more work but it's worth the extra effort.

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



You have until April 18 to file your 2021 Income Tax.



# JKV Residents On The Road Again To Area Arts And Attractions

From “Machu Picchu” On Page 1

According to the Boca Raton Museum of Art’s website: “You walk among a stunning selection of 192 artifacts from royal tombs that include spectacular objects that belonged to noble Andean lords. Here you will plunge into the Amazon rainforest and come face-to-face with one of the most impressive collections of gold treasures to ever tour the world.”

In addition to the displayed treasures, JKV residents were also treated to an immersive experience, “Nestled in a cloud forest, this great Inca Empire’s enduring symbol of architectural prowess is protected by twin sacred mountains and is invisible from below. Further adding to its unrivaled beauty, the flourishing landscape of Machu Picchu has restored much of the original biodiversity that it enjoyed in Incan times through a recent reforestation initiative. In this dramatically staged expedition, the sounds of roaring jaguars, screaming macaws, and torrential rainfall are all around you as you unravel the mysteries of Andean cosmology and marvel at the sophistication of Andean artists.”

## Awe-Inspiring Experience

“It was spectacular,” exclaimed resident Russ Robinson. “I visited Machu Picchu about seven years ago, but even during the actual visit I did not see the Inca treasures I saw today. It was surprising that so many survived. The gold headdresses and the yokes across the chest were beautiful. Truly amazing.”



Barbara Kuntz, Jacquee Thompson, Andrea Hipskind and Carol Kitson view a display of Machu Picchu treasures.

Resident Maribeth Kraft also visited Machu Picchu in 1981. “The visit to the Boca Raton Museum of Art brought back memories of my visit to Machu Picchu. The artifacts were fantastic. So detailed, even at 1,000 years old. I never got to see them when I was there.”

Jacquee Thompson, Life Enrichment Coordinator, and the trip’s organizer said this was one of the first opportunities for a large group of residents to explore

the cultural and artistic offerings available in South Florida since the pandemic began.

“The Administration has done an admirable job in keeping COVID-19 in check throughout the community,” Jacquee said. “Our department had to postpone or cancel so many of our cultural visits outside the Village, so once the guidelines were relaxed, we jumped at the chance to engage in the Machu Picchu exhibit. The feedback we have received from the residents on the trip has been overwhelmingly positive. For many, who had not visited Machu Picchu in person, this was the opportunity of a lifetime.”

## Arts And Entertainment At JKV

Jacquee said this is an exciting time for residents who are returning to an extensive schedule of visits throughout South Florida’s arts and cultural communities. Additionally, the opening of the JKV Pavilion at Westlake with its 400-seat Performing Arts Center is expected as *The Gazette* was going to press.

“This is a very busy time for the Life Enrichment Team [the JKV department that plans programming, activities and entertainment for independent living residents]. We are back to scheduling engaging events both inside the Village and outside in the greater arts and entertainment community. We are all anticipating the opening of the new Performing Arts Center here on campus with a schedule of great performances.

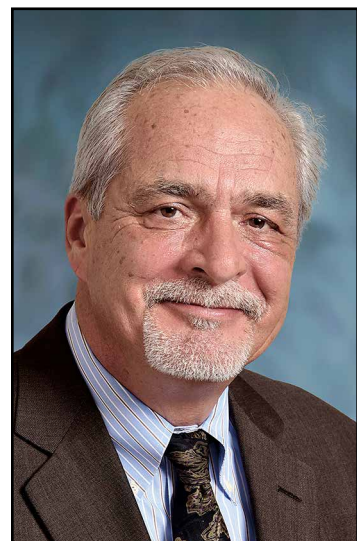
See the story on page 5 of this month’s *Gazette* for an update on JKV’s Performing Arts Center.



JKV residents enjoyed the virtual reality tour of Peru’s Machu Picchu at the Boca Raton Museum of Art.

# COVID-19 Status: Living With COVID In The Future

Dr. Mark Cochran  
Gazette Contributor



Dr. Mark Cochran

Where are we now in this pandemic and what is in store for our future? Let me speculate.

The variant Omicron has done us some favors but at a high price. The favor is that it has, through its higher infectivity rate, spread rapidly throughout the world leaving many with protective immune status, for now. The price is the toll on our health care system and in the consequential deaths. In the last 3 months Omicron-related deaths in the U.S. increased by 170,000 people.

## Fully Vaccinated Vs. Variants

Omicron has turned out to be the natural-live-virus vaccine that many experts were hoping for. Its job may be finished with its sub-variant BA.2, which is even more infective, but no more pathogenic. A fully vaccinated and boosted person is largely protected from these variants. We are all yearning for the aftermath to lead us into an endemic phase.

To get a glimpse into the future, I suggest we watch what is going on in Denmark, where the country recently declared an end to the pandemic and lifted most restrictions, even with increasing BA.2 cases. Other countries have done so as well. Denmark has accepted that they will not flatten the curve and that cases will increase. They are banking on the premise that severe illness cases will not grow to the point of clogging their health care system. Cases are in fact dropping.

The calculus that goes into such policy adjustments is based on risk assessment. The risk that is

most critical is the risk of hospitalization. Infection and illness are accepted. Most important, it is essential to assess the risk of our most vulnerable populations, which are the elderly and immunocompromised.

## Endemic Disease Explained: Think Flu

What does endemic mean for COVID-19? An endemic disease is one that is continuously present in a population at a stable level with occasional case spikes. Think flu. In the U.S. flu season of 2017-18, which was a bad season, there were 40 million cases, 700,000 hospitalizations and 52,000 deaths. Endemic COVID-19 could be expected to result in about 100,000 deaths per year, even with high vaccination levels.

COVID-19 will unfortunately be part of human existence for generations. Living with COVID-19 in an endemic phase will still require vigilance, such as building ventilation, selective masking, and vaccination. We will need to continue taking boosters at least annually; our grandchildren’s grandchildren may well also. The danger of outbreaks and spiking cases will come from unvaccinated people or those with lower protective immunity and new variants. Viral mutations will need to be tracked through continual surveillance.

## JKV’s Vigilant Approach

Vigilance is a risk assessment process. At John Knox Village, the Administrators are very carefully assessing risks and applying measures to minimize them to keep residents as safe as possible. Whenever a resident suspects symptoms, he or she can contact Wellness Nursing and will be tested immediately; if the result is positive, the resident will be put into a protocol and prescribed an antiviral such as Paxlovid.

The bottom line for the John Knox community is that residents can look forward to a less risky period some months from now, but all need to be vigilant – wearing masks in high density scenarios, social distancing, hygiene and current vaccinations including boosters. I am looking forward to then.



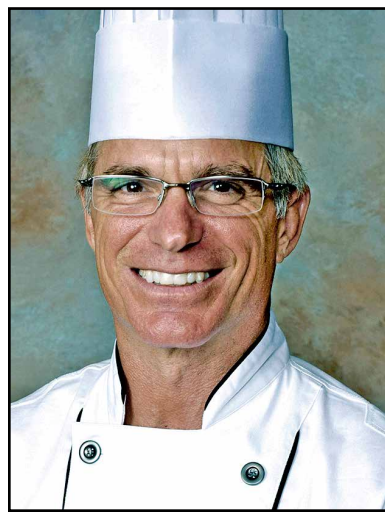
John Knox Village was at the forefront in scheduling COVID-19 vaccinations early in the pandemic for residents and staff.

Dr. Mark Cochran holds a doctoral degree in Microbiology and Immunology and has been JKV’s medical expert during the COVID-19 pandemic. He is retired from Johns Hopkins Medicine, where he built and led the Johns Hopkins HealthCare Solutions team, which included his work in creating the model of care used by residents and staff at JKV’s on-campus Center For Healthy Living. His experience includes drug discovery, vaccine discovery and development, business development, clinical research, disease management, Wellness and Lifestyle management, program management, and venture capital initiatives. He has also held leadership positions in organizations such as Johns Hopkins Medicine, Bayer Pharmaceuticals (in Germany and USA), Blanchette Rockefeller Neurosciences Institute, MDS Capital Corp., and NeuroVentures Capital.



# In Good Taste: Appetizer For New Restaurants Like Springtime On Toast

**Rob Seitz**  
Gazette Contributor



John Knox Village  
Executive Chef Mark Gullusci

In advance of the openings for two of John Knox Village's newest dining venues, Executive Chef Mark Gullusci has been putting his kitchen colleagues through their culinary paces, working on providing residents, staff and visitors with fun, inventive, creative and delicious foods.

One item that will be served at The Pearl and Seaglass is bruschetta, an appetizer Chef Mark is certain will be a favorite at



Chef Mark's Bruschetta is perfect as an appetizer before dinner or as a snack anytime.

both restaurants in short time.

Pronounced "brusketta," it is a great way to capture the flavors of vine-ripened tomatoes, bulb-fresh garlic, olive oil and fresh basil. Easy to make and delicious, it's like springtime on toast.

## Bruschetta (Serves 6)

- 3 large vine ripe tomatoes
- Kosher salt and freshly ground black pepper
- 3 tbsp. minced garlic
- ¼ cup finely sliced basil
- ½ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- ½ cup capers (optional, but highly recommended)
- 1 loaf French baguette or similar Italian bread

## Method Of Preparation:

First prepare the bread: Slice on bias about ½-inch thick. Place on top rack in a 450-degree oven for 5 to 6 minutes, until toasted. Rub garlic on the toasted bread for tons of flavor in the tiny toasts, then brush with the olive oil.

In a saucepan, bring ½ gallon of salted water to a boil. Have a bowl of ice water close by. Core tomatoes, score bottoms of tomatoes with an X just through the skin. When water comes to a boil, place tomatoes in the water for 30 seconds. Remove and shock them by placing the tomatoes in the nearby ice bath bowl.

You will see the skins already lifting up from the scored bottom. Remove skins (they should come right off). Cut tomatoes in half crosswise. Now you can gently squeeze the seeds from the tomatoes, leaving you with only the tomato pulp.

Cube the tomatoes, place in a bowl, add remaining ingredients except the bread. Place in refrigerator

for 1 hour to let flavors maximize. Scoop a spoonful of the bruschetta topping onto each slice of toasted baguette and enjoy.

Gazette readers who come for a tour of the campus can take with them

either a bottle of John Knox Village Cabernet Sauvignon (pairs great with bruschetta) or Pinot Grigio.

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



## Book Review

# Wish You Were Here

By Jodi Picoult

**Donna DeLeo Bruno**  
Gazette Contributor

Currently on Best-Selling lists, "Wish You Were Here" is Jodi Picoult's most recent of 27 novels. It comes at a most appropriate time. One of the principal characters, Finn, is a surgeon reassigned to treating COVID-19 patients in the ICU of a New York City hospital, since all elective operations have been suspended. Overwhelmed and burned-out, he encourages his fiancé Diane to go on a vacation alone to the Galapagos Islands: A trip that they had been planning together. Reluctantly, she follows his wishes and immediately regrets it as soon as she arrives in this isolated place.

## COVID-19 Restricts Travel Back To U.S.

Unable to secure transportation back to the U.S. due to COVID-19 travel restrictions, she is forced to make the best of her solo trip that ends up extended another two months. Making her more unsettled is

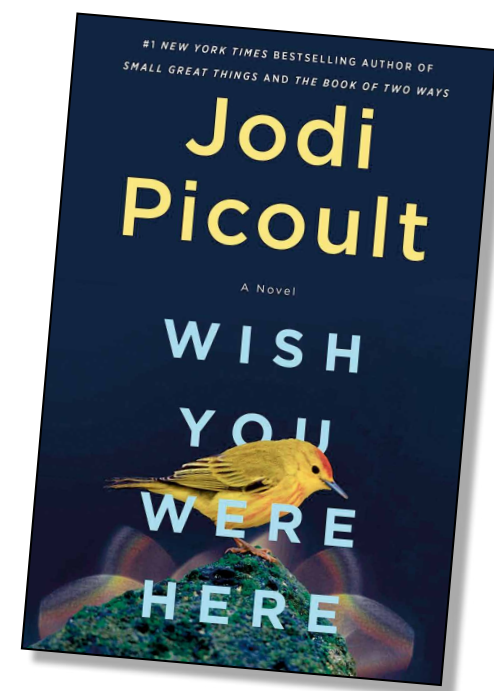
that internet and phone communication with Finn is challenging and sporadic with poor connections. What she does hear from him is his growing dissatisfaction and frustration with lack of proper supplies – masks, antibiotics, beds, ventilators – as well as lack of direction in treating these patients and his fear of getting the virus himself.

The epidemic is worsening and no one seems to have a handle on it. Amidst this escalating anxiety, Diane meets the son Gabriel and the troubled granddaughter Beatriz of "Abuela" in whose home she is renting a room. It is with these two locals that Diane spends most of her time swimming, snorkeling and exploring the terrain. As her sojourn lengthens because of continued restrictions, she is also concerned about being absent for so long from her position at Southby's Auction House.

The first portion of the book focuses on Diane's relationship with Beatriz and Gabriel, while the second deals with her return to Finn and New York City. I will leave the summary at this point, so as not to spoil the unexpected outcomes that await the reader – truly shocking.

## A Novel Based In COVID-19 Data

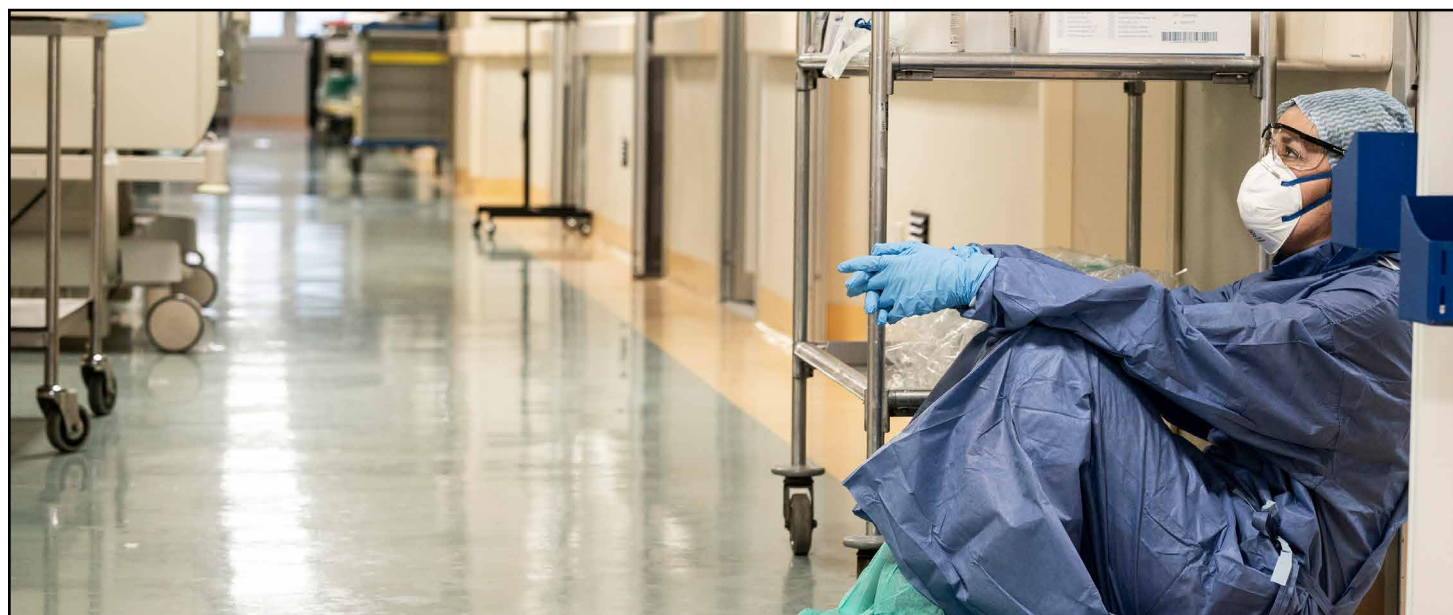
In order to write this story, Picoult researched a great deal on the COVID-19 outbreak over a year's duration, which it took her to assimilate the data and weave it into her plot. She learned not only about the physical and emotional havoc that the epidemic has wrought on the general population, but also on the aftereffects suffered by those victims who contracted the illness.



This is not only an intriguing and compelling tale but also extremely informative and enlightening about the physical and mental changes that occur in the victims, in some cases changing their lives forever, as it does with the book's characters as well. At the end, the author speaks of being a fast writer: This book "broke a land-speed record" in order to have it published while the COVID-19 situation remained. The author shares with us her own extreme isolation and trepidation of contracting COVID-19 that prevented her from concentrating on anything, least of all writing. Although feeling "alone and adrift," she began to realize that the situation could be "an agent of change." She decided to interview medical professionals, as well as the survivors themselves about how their experiences altered the way they viewed the rest of their lives. Understandably, they came out of it with an entirely different set of priorities.

This project was Picoult's attempt to "make sense of the past year" and reassess her own personal goals which is what her fictional characters decide in this novel of resilience, adaptation and change.

*Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale. Donna is a member of the John Knox Village Silver Scrubbers group, guiding authors in publishing their books.*



A common scene of exhaustion, as medical professionals worked 24/7 during the pandemic. Image Source: Wikimedia Commons.



# Welcome To The JKV Performing Arts Center

## Accomplished Arts & Entertainment Programmer Jody Leshinsky Joins JKV Team

**Marty Lee**  
Gazette Contributor

Final touches are being made on the new Pavilion at Westlake with its 400-seat Performing Arts Center,

located on the campus of John Knox Village (JKV) in Pompano Beach. Long recognized for its impressive schedule of live musical productions, dance and performance art, JKV has announced that Jody Leshinsky has joined the Staff as Life Enrichment Manager.

Jody's responsibilities will include managing the clerical, programming, technical and production staff for the Life Enrichment Department. In addition to bringing in exciting programming for the new Pavilion, as well as keeping the current robust programming going, she will continue to create community partnerships that enhance the programming that is already being offered to enrich the lives of JKV residents.

### From NYC To Pompano Beach

Jody grew up in a New York City suburb where her mother introduced her to the arts from the time she could walk and talk. She not only experienced the extraordinary conducting skills of Leonard Bernstein, the incredible talent of Rudolf Nureyev and Margot Fonteyn, but she also explored many of the Museums.

Jody moved to South Florida in 1979, began her professional career in Broward County government in 1981 with Parks and Recreation and then the Broward Cultural Division in 1986, the designated local arts agency for the County.

She was responsible for all of the public relations, marketing, advertising, social media and the website for the Cultural Division, including publishing a magazine, *Cultural Quarterly*, for 30 years. Her team received many local and national awards over the years.

In 2016, Jody leaped into the nonprofit world where she worked with the company responsible for the Pompano Beach Amphitheater and the opening of the new Pompano Beach Cultural Center. The following year she was hired to run two cultural organizations for the Pompano Beach Community Redevelopment Agency. Most recently, Jody was the Cultural Venues Programming Manager for the newly created Pompano Beach Cultural Affairs Department where she was responsible for the programming of the city's cultural venues, the Green Market Pompano Beach, Old Town Untapped and the Jazz Festival Pompano Beach.

### Programming Performing Arts

Now leading JKV's entertainment programming, Jody will bring her extensive professional experience to establish the foundation and imagination for the new Pavilion Performing Arts Center's schedule.

"My vision is to create series of programs that include local, regional and national entertainment," Jody told *The Gazette*. "These series will touch on different genres of the arts – dance, music, film, theater, comedy and variety.



Meaningful Life Manager Gloria Gantes (left) joins new Life Enrichment Manager Jody Leshinsky in front of the Rome Saladino group during a recent performance at the Village Centre Auditorium.

"Locally, we are fortunate to have more than 1,500 nonprofit cultural organizations and more than 10,000 artists here in Broward County. I will be contacting many of these organizations and artists to enhance our programming season here at JKV.

"As a member of the Florida Professional Presenters Consortium, I am able to tap into the regional and national performing artists that are routed through the southeast. These acts will be more affordable and provide a varied and unique choice for residents.

"Many of these routed programs offer arts education and "meet the artist" opportunities."

### Upcoming Plans For JKV Residents

Jody's efforts will also expand beyond just the entertainment programming in the new Performing Arts Center, and will include learning experiences and visits to venues outside the Village.

"Some of the programs provide opportunities for the residents to have hands-on experiences in the arts – whether in the visual or performing arts – while other programs are thought provoking and encourage meaningful and fruitful conversations," she said. "In addition, there are many off-campus activities that are coordinated by the Life Enrichment team members and include trips to historical properties, museums, art galleries, art walks and author lectures on college and university campuses."

Jody's experience and ties to the Pompano Beach Arts and Culture scene will provide additional opportunities for coordination.

"There are so many cultural arts events taking place

right here in the city of Pompano Beach," Jody said. "There are monthly art walks on the first Friday of the month, twice monthly Green Markets events, lunch time interactive events on different topics from poetry to visual arts, music, history, monthly jazz events, and so much more. Many of these events are offered free of charge.



### Jazz Fest Pompano Beach

The city is presenting the "Jazz Fest Pompano Beach" at the Great Lawn on the beach on Friday, April 15 featuring Arturo Sandoval with Nestor Torres as emcee and vocalist Ashley Pezzotti. On Saturday, April 16, the Pompano Beach Cultural Center, with two outdoor stages during the day, presents Sammy Figueroa, Bryan Lynch, Magala Herrera, Ashley Pezzotti and Dr. Ed Calle and his jazz students from Miami-Dade College. The closing night concert will feature Cécile McLorin Salvant inside the Cultural Center.

True to Jody's goal of building a cultural alliance, JKV will take advantage of the "Jazz Fest Pompano Beach" opportunities right on campus. On April 15, jazz flautist Nestor Torres will appear with Ashley Pezzotti in the John Knox Village Centre Auditorium.

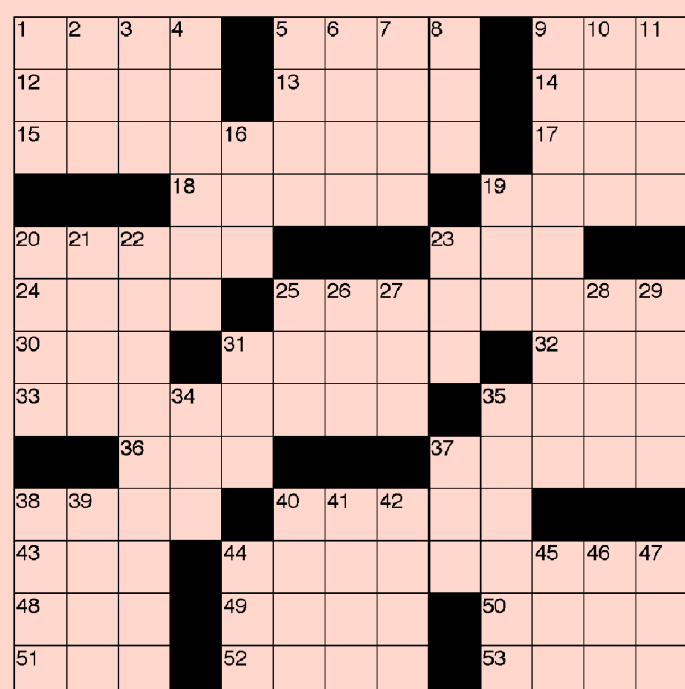
The upcoming opening of the new JKV Performing Arts Center brings to mind that popular '50s Steve Allen song, "This Could Be the Start of Something Big."



**Meet and Greet Vocalist Ashley Pezzotti and Acclaimed Jazz Flautist Nestor Torres on April 15 at 1 p.m. in the John Knox Village Centre Auditorium.**

Space is very limited for this exclusive event and reservations are a MUST.

**Call 954-871-2655**



## Crossword Puzzle Of The Month

### ACROSS

1. Son of Loki
5. Buddhist monk
9. Amer. Expeditionary Forces (abbr.)
12. Alpine mountain goat
13. King killed by Samuel
14. Recommended daily allowance (abbr.)
15. Lush
17. Adjusted gross income (abbr.)
18. Ahead
19. Two-man fight
20. Jazz style
23. Political action committee (abbr.)
24. Allusion
25. Blanch
30. Gelderland city

### DOWN

1. Nothing
2. Father: Arabic
3. King
4. Stage direction
5. Hole
6. Bedouin's cord
7. Numerous
8. Agent (abbr.)
9. Monkey puzzle
10. Border
11. Fall short
16. Newspaper
19. Arabic letter
20. Pronoun contraction
21. Roomy
22. Limp
23. Veteran politician
25. Over (pref.)
26. Knot lace

27. Island (Fr.)
28. Dravidian language
29. Noble (Ger.)
31. Snow (Scot.)
34. Guido's note (2 words)
35. Awn
37. "The Jungle Book" python
38. River through Florence and Pisa
39. Cognomen
40. Three-banded armadillo
41. Conrad's "Victory" heroine
42. Card
44. Choose
45. Org. of Amer. States (abbr.)
46. Article (Fr.)
47. Bravo (Sp.)

Answers On Page 10.





# No Spring Chicken?

You've only gotten better with age. Every moment, every action, every lesson has led you to right now. This is the time when you can take everything you've experienced in life and use it to craft the seniorhood you desire. There's no need to spend too much time reflecting on the past when the future is so wide open at John Knox Village.

DON'T AGE GRACEFULLY. AGE GREATLY.  JOHN KNOX VILLAGE

## Join us for brunch to learn more about...



South Florida's award-winning Life-Plan Retirement Community. People move here for the opportunity to chase their dreams, to pursue their passions, to feel engaged and embraced.



The newest resort-style neighborhood at John Knox Village features two all-new, chic and modern residence buildings: High-rise luxury in The Vue, and boutique-style living in The Terrace.



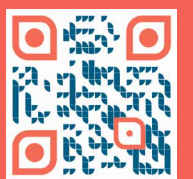
### Learn More At

# Two Brunches:

**Thursday, April 7**  
**11 a.m. – 12:30 p.m.**

**Thursday, April 21**  
**11 a.m. – 12:30 p.m.**

**RSVP for these events by calling 954-871-2655**

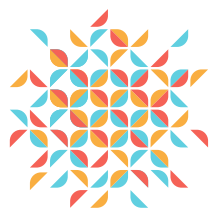


*Attendance will be limited and we will follow all current state and local CDC safety guidelines.*



web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
   [JohnKnoxVillage](https://www.youtube.com/JohnKnoxVillage)





JOHN KNOX VILLAGE

# Have you *Asked* Kim?



**Dear Kim:** "Is it easy making friends at John Knox Village? What do some of your residents say about living at John Knox Village?"  
— **Outgoing in Coral Springs**

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

**Dear Outgoing:** Yes it is, in fact I would like some of our residents to answer that question.

**Dear Kim:** "With all the wonderful things that the Westlake neighborhood will offer, it sounds like it will be outrageously expensive. Is that true?"  
— **Excited in Plantation**



"I'm grateful for the sense of community at JKV, my neighbors and team members all look out for each other."  
*Mark Levey*

**Dear Excited:** Absolutely not at all. It is true that Westlake at John Knox Village will be one of the most innovative and popular communities in South Florida, with an exciting resort lifestyle and long-term health care security, but it will also be a remarkable value. Entrance fees start as low as \$335K. We are filling up fast and future Westlakers are as excited as you are. **With a fully-refundable 10% deposit, you can select and secure a residence and become a part of the Westlake Village Club.** The club will allow you to enjoy John Knox Village's lifestyle even before moving in. Feel free to give me a call to get more information.



"This is a wonderful place and the best decision we've made as a couple."  
*Leslie Depenbrock*



"I am so happy and thankful to be at John Knox Village."  
*JoAnn Culligan*



"We are very lucky and blessed to be at JKV."  
*Tom McKay*

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

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



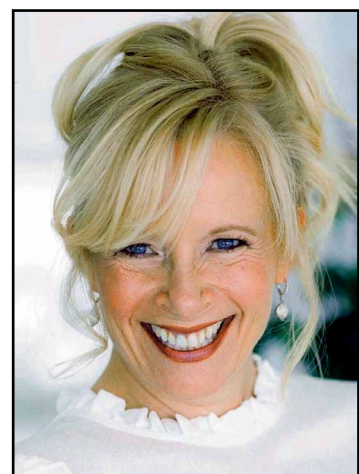
John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village 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.



# Live Your Best Life Now

## Occupational Dimension Of Wellness: The First In A Seven-Part Series

**Melissa Jill Clark**  
Gazette Contributor



*Melissa Jill Clark, JKV Lifestyle and Aquatics Coordinator*

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

ICAA has declared these Seven Dimensions of Wellness as the important elements that we should focus on in order to create a happy, healthy and most fulfilling life.

Over the course of the next seven months, I’d like to expand on each dimension with you, in order to inspire and empower you to apply these principles to create your very own best life.

April is National Volunteer Month, so it seems appropriate to begin with the “Occupational” dimension of wellness.

What do you think of when you hear the word

occupation? Many of us think of it as it applies to one’s career. Once retired, it could be natural to think that having a vocation or occupation will be only a thing of the past.

Many years ago, when I first began working in a retirement community as a brand new Director of Life Enrichment and Community Outreach, I came in completely enthusiastic and chock-full of ideas and programs for residents to engage, in order to enrich their lives.

I made a point to meet as many residents as I could and invited them to the many opportunities that I was providing.

Some came and enjoyed, others told me that they had lived their lives, they had worked hard and now it was their time for rest. They explained that was why they were here in this retirement community.

I listened to what they told me, I heard how hard they worked their whole lives, and understood that they wanted to finally kick back and take it easy.

This was the good life, and I agreed that they deserved to rest.

What I’m about to tell you is harsh, but it is the harsh reality: The truth.

Little did I know, the decision that these residents were making, not to not get involved, was the beginning of their demise. I literally watched many of those people who decided to stop engaging, deteriorate and die, over the course of only a few years.

This was an eye-opener for me, a true realization



## 7 DIMENSIONS OF WELLNESS

that staying engaged and involved is exactly what we need to stay fully alive.

I learned that age is only a number. Your true age is the value of the sum of three things: Your attitude, your lifestyle and your health. This is so true.

So how do you enhance your wellness in the Occupational dimension?

Think about what you could do vocationally, something that you could use to occupy your time, to remain purposeful, contributing to our world, and to keep you feeling your value, all while making meaningful connections with others along the way.

Here are just a few ideas to get your creative juices flowing.

- Look at volunteer opportunities in your community
  - Take a part time job
  - Visit the elderly
  - Start a club
  - Join a club
- Contribute to a cause
- Continue your lifelong learning
- Make baby blankets, booties or hats and donate them
- Enjoy recreational activities
- Join an exercise class

The list goes on. There are so many ways that you can choose to get involved, to use your greatest talent and skills, to make a difference in the world.

Follow this advice so you can enrich the lives of others, as well as your own, and feel a wonderful sense of purpose in living each day to its fullest.



*More than 50 percent of JKV residents volunteer at JKV or in the Greater Broward County Community.*

# The Impending Ending Of 3G

## What Does That Mean For You?

**Bernard Nixon**  
Gazette Contributor



*Bernard Nixon*

We are in the midst of a landmark moment in the history of telecommunications. All around the world, countries and organizations are officially phasing out 3G telecom networks in favor of maintaining 4G and emerging 5G networks. Each one is exponentially more efficient at transferring data than the last.

The United States is slated to make the switch and shutdown 3G in the country before the end of the year. But what does this historic technical development mean for everyday people and the way we use our devices?

### Is Your Phone Safe?

Most modern phones operate on at least a 4G network, and thus will not be affected by the shutdowns. These include phones as old as the iPhone 5, HTC Evo 4G, and Samsung Galaxy S 4G (including all subsequent models). If you aren’t sure which model phone you have, an easy rule of thumb is: If it was released after 2012, it should be at least 4G compatible with very few exceptions. Any phones older than that threshold run the risk of losing networking when the 3G network is shut down.

In addition to older phones, E-readers and smart meters are likely to meet the same fate. Small devices aren’t the only ones affected either. In February,

BMW among other auto manufacturers, notified customers who use their ConnectedDrive system to use apps and access the internet, that those features were going to be totally gone due to the change.

On the other hand, some industry sectors have been able to adjust more smoothly. Home security company ADT went as far as purchasing a telecom company to upgrade their subscribers’ networks. As a result, there is not expected to be any disruption to home security for their subscribers in the foreseeable future.

### When Are They Shutting Down?

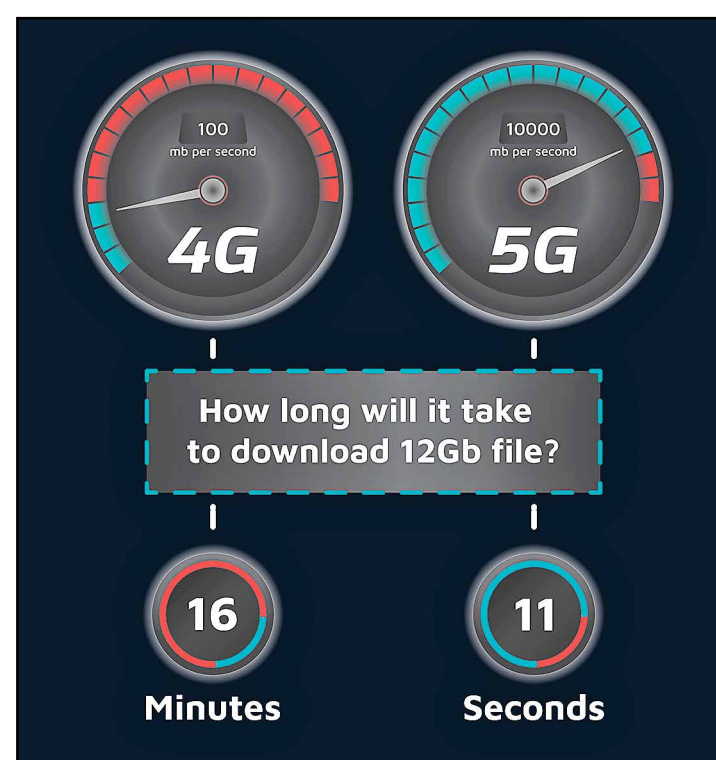
Each telecom company has its own self-determined schedule for drawing down their 3G support. This is in order to expand and maintain the much faster 4G/5G networks currently supported by smartphones. Here are a few of the dates for the major industry players:

- AT&T - Shutdown took place in February
- T-Mobile - Shutdown planned for June
- Verizon - Shutdown planned for December

If need be, it is possible to switch carriers to maintain access to 3G for just a few months longer. Remember however, that whichever you choose, 3G will be gone across all providers by the end of the 2022 calendar year.

### Why Are They Shutting Down?

5G networks are the “next step” in telecommunications technology (by the way, the “G” stands for “Generation”). First deployed in the United States in 2019 by Verizon, the network has multiple advantages over both 3G and 4G networks. First, 5G supports many more devices on a given network, boosting cellular reception and data in crowded environments like city centers, concerts or public venues. 5G is



also much more power-efficient and can give small devices like the Apple Watch great reception without costing battery life. Finally, and most importantly, 5G is 10 times faster than 4G networks, meaning loading pictures, videos and music will be noticeably more seamless and rapid. Despite these strides in capabilities, it’s worth noting that the current 4G network is not slated for decommissioning in the foreseeable future, so you can hang onto your 4G phones,

The only constant in technology is change. Huge events, like the 3G shutdown or the Windows 11 launch, are often under-reported and almost never explained to the people who actually use them. Now that you have an overview of the 3G situation, don’t be afraid to dive deeper.

*Bernard Nixon is a personal technology trainer for GroovyTek, a five-year-old company which takes a personalized approach – anchored in respect and patience – to help people become confident navigating personal technology independently, and on their own terms.*



# What Is Mold Illness?

*'All truth passes through three stages: First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as self-evident.'*

— Arthur Schopenhauer

**Tereza Hubkova, MD**  
Gazette Contributor



Dr. Tereza Hubkova

Awareness of the effects of mold and the toxins produced by mold (aptly named, mycotoxins) on human health has increased steeply over the past decade—while our understanding of it is still evolving.

Physicians have long realized a person can be allergic to mold, leading to common symptoms, such as sneezing, runny or stuffy nose, or even asthma. But the possibility that someone could become sick from ingestion, inhalation or skin exposure to mycotoxins has not

been entertained by many physicians until relatively recently. Some of the pioneers of mold/biotoxin research are Dr. Ritchie Shoemaker, who first described biotoxin illness in fishermen affected by Pfiesteria in the mid-1990s, followed by infectious disease specialist Dr. Joseph Brewer in Kansas City, who detected mycotoxins in patients with chronic fatigue syndrome in 2013, and studied mycotoxins and mold biofilms in chronic illness extensively.

## Exposure To Mycotoxins

Frequent intake of mycotoxins is felt to be responsible for liver cirrhosis in childhood in Asian countries, and massive exposure to mycotoxins can even lead to death – such as exposure to aflatoxins from maize in India that killed 106 people in 1974.

But many of us are unknowingly exposed to small

quantities of mycotoxins in the air, often from our own house or place of work, on a daily basis – if the building has been water damaged.

This turns out to be surprisingly common, with around 50 percent of the buildings in the U.S. estimated to have had some form of water damage. Varieties of mycotoxins can also contaminate our food, such as highly carcinogenic aflatoxins, trichothecenes, fumonisins, patulin, ochratoxins and zearalenone. Twenty-five percent of the world's harvest crops are contaminated with mycotoxins each year, affecting everything from grains, peanuts (virtually all peanut butter contains a carcinogenic aflatoxin), tree nuts, soy, corn, rice, coffee and cocoa beans, and thanks to contaminated animal feed, also accumulating in milk, meat and eggs. Most mycotoxins are resistant to heat – thus unchanged by cooking or pasteurization.

Most of us get exposed to small amounts that will not cause acute toxicity but in an estimated 20 percent of us with certain genetic predisposition, it may result in chronic adverse effects on our health (our brains, livers, kidneys, immune systems or our DNA).

## Symptoms Of Mycotoxins

Not everyone exposed to mold gets sick, as everybody's immune system deals with it differently, but those with genetic predisposition can develop a chronic inflammatory response manifesting as an array of seemingly disconnected symptoms affecting many organs in their body.

Those affected may suffer from brain fog, memory problems or confusion, insomnia, weakness, tingling or burning sensation in their skin, vertigo and lightheadedness, headaches, joint or muscle aches, cramping, night sweats, mood swings, sinus congestion, cough, shortness of breath at rest described as "air hunger," blurry vision, sensitivity to light, frequent static shocks, frequent urination and more. It is often baffling to physicians who can't find anything wrong. After many trips to various specialists, these patients ultimately may get offered an anti-depressant (as it "must be all in their head"), unless they are lucky to find one of the few physicians familiar with mold illness.



Sneezing, runny or stuffy nose, even asthma may be symptoms of allergic reactions to mold.

Many physicians have not heard about the existence of mycotoxin related illness despite thousands of articles published on mycotoxins, possibly since we do not have any new and profitable prescription medication available to treat it. Everybody will know about it then, I bet you.

**So what to do if you think you might be affected by mold?** Find an integrative or functional medicine physician who will be able to test you for the presence of mold toxins and for their effect on your immune system and a variety of hormones, then treat you by supporting your ability to excrete it out of your body with various binders, biotransformation supporting supplements and sauna.

As with anything new, we still have much to learn about the best way to prevent, diagnose and treat mold-related illnesses, but no progress can be made by sticking our head in the sand.

*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.*

# The Power Of Meaningful Relationships

**Dr. Roberta Gilbert**  
Gazette Contributor



Dr. Roberta Gilbert

The longer I live, the more I believe that most important things in life occur through the power of meaningful relationships. It could be the love of your life, a friend, a co-worker – someone who helps you to be the right person.

Relationships are incredibly important in all our lives. There is much we don't know about human to human relating.

However, we can learn from the family systems theory of Dr. Murray Bowen, which is a new

theory of the human, mostly based upon how relationships work. Almost all of us have interactions with others going on all the time that are meaningful to us. How we handle ourselves with people has a lot to do with how our most important relationships go, and that would be our family relationships. Conversely, how the family relationships go, determine much about all relationships in life. The intensity of emotion in our important relationships may leave them vulnerable to mishandling.

We took on much of what we practiced with small children in our families. There was always room for improvement. We can practice relating better to all people better every day.

## Tips From The Family Systems Theory

It's helpful to keep the relationship "postures" in mind. Try to stay out of them as much as possible: Distance, Conflict, Over- and Under-functioning and Triangling.

- **Distance:** Stomping out of the conversation, refusing to talk, isolating, refusing to "drop it."

- **Conflict:** Fighting in words if not physical fighting. Projecting blame to the other. Not seeing my responsibility for any part of the problem.

- **Over-functioning:** Insisting on the last word or making the rules. Telling the other what to do. Dominating the conversation. Being bossy in general.

- **Under-functioning:** Finding someone to be one's

boss, not thinking for self, unable to make decisions, a shrinking violet.

- **Triangling:** Gossiping or talking about someone not in the room, when what is needed is to get quiet and think things over before speaking.

Here are some pointers to combat these relationship postures:

- **Try to be the calmest possible person in the room.** If I do my part, the whole relationship will change for the better.

- **Stay in touch with my extended family.** The more I communicate with all my family and the bigger the picture I see, provides guidelines towards being the kind of person I want to be with others.

- **See the best in people.** People are not perfect, but instead of zeroing in on all the faults, what happens when we see their assets? With some, this takes some effort, but it is always worth it. It's the same idea as counting our blessings on an otherwise bad day. It's a great way to change our attitude.

## Who Do We Love?

The Bible teaches us to love everyone, as we love God. Of course, this is a spiritual love not a romantic one, and we will all fall short, but this guideline keeps me much more intentional. We are called to love each other even when the other is unlovable. Yes, this includes even the rude and the crude that come across our paths at the supermarket or on the highway.

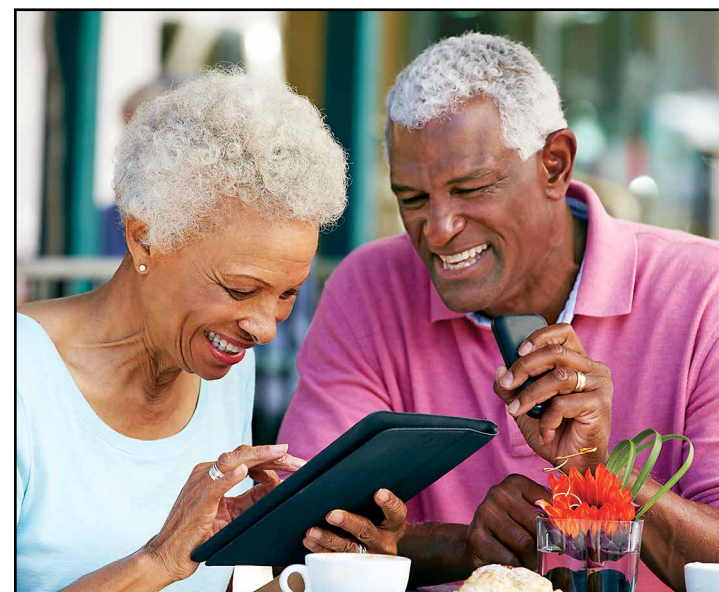
## Helpers Are Available

When we get really stuck in a relationship mess, helpers can be invaluable. By being more objective, they can help us see the big picture and get back on track. Many have already been assisted by therapists, counselors and life coaches, as people learn family systems theory and apply it to life.

## Faith, Family And Friends

At times of crisis, family and friends are often approached on a given problem but this can merge into their doing our thinking for us. It can serve to further agitate things. Thinking for self may involve thinking differently than family and friends. A spiritual director can be invaluable.

Until next month, best to you as you try to understand relationships better and better.



To have a friend, be a friend.

*Dr. Roberta Gilbert is a psychiatrist and Distinguished Retired faculty member of the Bowen Center for the Study of the Family, (formerly Georgetown University Family Center). The John Knox Village resident is a published author of several books on the Bowen Theory, therapy and leadership, and continues to teach master classes for leaders and therapists nationally. Dr. Gilbert engages in writing, music, travel, friends and community activities.*

## Sudoku

Answers On Page 10.

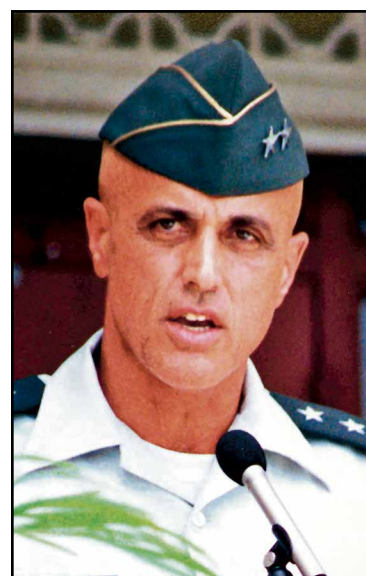
Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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



# If You See Something: Do Something

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

There was a bang as her automobile slammed into the side of my new car and I had become another statistic. Another hit and run. It was a beautiful morning in Hollywood Beach, FL. We had been running on the beach and then a quick swim in the cold ocean. When I got out of the water, I saw two men standing near my car. They told me that they had seen a woman crash into my car. They had yelled for her to stop, but she ignored them and sped away. In her rush to leave the scene, she almost crashed into another car turning into the street. Her sudden stop to miss the incoming car, gave one of the bystanders time to take a photo of the speeding car. Unfortunately, the photo was blurry with no identifiable license plate.

### It Happens All The Time

We called the police. Within 20 minutes a patrol car arrived. A pleasant policewoman explained that the photo was not helpful, but that she would file a report for insurance purposes. Without the license

plate number, nothing could be done. She commented that in the last several years hit and runs had increased with people driving carelessly.

### Good Citizens

There is a positive side to this story. It embodies a phrase that I have often used: "All that is necessary for the powers of evil to conquer the world is for enough good citizens to do nothing." The four witnesses who saw the incident volunteered to wait for the police and give statements. Two of the four witnesses were Brazilians who were working on the outside of an apartment. The other two were a Chinese couple who were visiting Hollywood Beach.

### Not All Immigrants Are Bad

There are some Americans who are quick to blame immigrants as the reason for the increase in crime in our country. The statistics show otherwise. Most immigrants who have become citizens are our most patriotic and loyal citizens. For the most part they are hard workers and family-oriented.

### What Is Happening To Us?

The instance that happened to me exemplifies three things: Irresponsibility to accept blame for our actions; The kindness of strangers in helping another; The dedication of our law enforcement officers who serve and defend the public.



*Responsibility and mutual respect are essential to a civil society, so that we all work together to create a more perfect union.*

### Law Enforcement Is A Tough Job

In 2020, according to [www.fbi.gov](http://www.fbi.gov), 60,105 law enforcement officers were assaulted while performing their duties. In 2021, the National Law Enforcement Officers Memorial Fund reported 84 officers died from felonious assaults, including 61 officers who were killed by firearms. We are told the political divide is great and seems to be increasing. Church attendance has decreased and hate crimes increased.

"Do unto others as you would have others do unto you," is not being heard enough. My recent incident with a woman who crashed into my car and sped away has energized me to get more involved with those who are protecting us. I sent a check to our local police to help them purchase badly needed body armor.

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

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## 'That's What Friends Are For'

### Make Friendships A Priority And Work On Being A Good Friend

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



*Rev. Rachael Gallagher*

We all need good friends. The songs, "You've Got a Friend In Me" by Randy Newman, "That's What Friends Are For" by Stevie Wonder, and "You've Got A Friend" by Carole King express the acute roles good friends play in our lives.

As we move through life, we find out there are many things beyond our control. One thing we can control is who our friends are, and these decisions can either make our lives more abundant and delightful, or more trying and disheartening.

Some research even suggests that choosing the right friends is just as important as choosing the right foods and exercise habits. Friendships can help us find purpose and meaning, stay healthy, and even live longer.

On Friday, Feb. 25, some 70 John Knox Village residents gathered in our Wellness Park to celebrate friendship by making a public commitment to uphold the friendships in our lives. There was joy, laughter, and even a few tears as our friends declared their support for one another.

It was important to make time for such a celebration because our friendships are some of the most important relationships in our lives.

In her book, "Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond," science journalist Lydia Denworth writes, "the science of friendship gives you permission to hang out with your friends and call it healthy."

That's because the intimacy, support, equality, and emotional bonds we have in our friendships are unique. We're not legally and biologically beholden to our friends, and yet we make choices to spend time with our friends, to be generous with our friends, and to even sacrifice for our friends.

Maintaining friendships through the years can take some work from time to time, but friendship is important and it should be prioritized. If you are always canceling on your friends or failing to make a point to

keep in touch with them, then you aren't being a good friend and you're not maintaining a strong relationship with them. We have to put in the work along the way in order for our friends to be there for us down the line. Friendship does take some time, but that's good news, because hanging out with your friends is likely to be fun.

I've compiled some tips for putting more time and energy into friendship:

**1. Start by simply paying attention and prioritizing your friends.** Get together with your close friends and people you care about seeing. Make an effort to make the plan and then make an effort to get there – to show up. Showing up is a really critical piece of friendship.

**2. Take time to catch up through a phone call.** This shows that it's worth your time to know what's going on in your friend's life.

**3. Think about what you contribute to your friendships and how you could contribute more.** Have you been helpful lately? When was the last time you said something nice to your friend?

There's a richness to being with your friends in person, so when you can, face-to-face visits are always best. You can have more natural conversation and there's an ease and a warmth and naturalness that we get when we are with our friends. Whether you're able to get together in person, or virtually, we all get a lot of benefits out of our friendships. Make friendship a priority, call a friend, and work harder on thinking about the importance of being a good friend. It will ultimately benefit you and those around you.



*In a recent ceremony, Rev. Rachael Gallagher helps residents celebrate their unending friendships.*

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

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

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



# Currently On View And A New Exhibit

## At NSU Art Museum Fort Lauderdale

**For Immediate Release**  
Special to The Gazette

### NSU ART MUSEUM

FORT LAUDERDALE

#### Now On View

**“Photographing the Fantastic”**  
Through Spring 2022

**“Thomas Bils: Still Cheaper Than Paying”**  
Through April 10, 2022

**“William J. Glackens: From Pencil to Paint”**  
Through April 17, 2022

**“The New Woman: Recent Acquisitions”**  
Through April 17, 2022

**“Keith Haring and Pierre Alechinsky”**  
Through Sept. 25, 2022

This exhibition explores Keith Haring’s work from the perspective of his relationship to the European avant-garde. In 1977, the then 19-year-old Haring was exposed to the work of the Belgian CoBrA artist Pierre Alechinsky, at the latter’s exhibition at the Carnegie Museum of Art, Pittsburgh, PA. Subsequently, throughout his career, Haring credited his early exposure to Alechinsky’s work as a watershed moment that instilled him with a “rush of confidence” to pursue his own experimentation with self-generating shapes and creating work on a monumental scale.

This exhibition will address the personal relationship that was established between these two artists, the visual connections that present new insight into the history of Haring while raising awareness of the radical work of Alechinsky, whose work is central to NSU Art Museum’s CoBrA Collection (the largest in the U.S.). The exhibition is curated by Ariella Wolens,

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



Luis Gispert and Jeffrey Reed, *Stereomongrel*, 2005. Super 35mm film, color, sound, 12 min., transferred to video. Courtesy of Lundgren Gallery. © Luis Gispert and Jeffrey Reed.

Bryant-Taylor Curator, with Bonnie Clearwater, Director and Curator, NSU Art Museum.

#### Upcoming Exhibition:

**“Lux et Veritas”**  
Opens April 2 Through October 23, 2022

“Lux et Veritas” explores a transformative period in contemporary art by focusing on a generation of artists of color who attended the Yale School of Art graduate program between 2000 and 2010. The exhibition’s title alludes to Yale University’s motto, *Lux et Veritas*, which translates from Latin to “light and truth.” The title references how these artists used their time at Yale to think with more complexity about their work and their movement through institutional structures. Like similar programs, Yale School of Art had not been historically diverse, which spurred artists of color to construct networks and affiliations to provide essential support and feedback.

The cumulative impact of these relationships made a significant contribution to contemporary art discourse and the formulation of more expansive and inclusive educational experiences that encompass community and collaboration.

Among the artists included are: Mike Cloud, William Cordova, Njideka Akunyili Crosby, Abigail DeVille, Torkwase Dyson, John Espinosa, Luis Gispert, Rashawn Griffin, Leslie Hewitt, Jamerry Kim, Eric N. Mack, Wardell Milan, Wangechi Mutu, Mamiko Otsubo, Ronny Quevedo, Mickalene Thomas, Anna Tsouhlarakis, Shoshanna Weinberger and Kehinde Wiley.

The exhibition is curated by Bonnie Clearwater, Director and Chief Curator, NSU Art Museum, with advisors: Mike Cloud (Yale, MFA 2003), William Cordova (Yale, MFA 2004), Leslie Hewitt (Yale, MFA 2004) and Irene V. Small, Associate Professor, Contemporary Art & Criticism, Princeton University (Yale, Ph.D. 2008).

# Pompano Beach Arts Music Series Sizzles

## Jazz, R&B, Motown Stars Take The Stage

**Kay Renz**  
Special to The Gazette

Music Series featuring virtuoso performances by award-winning, globally acclaimed vocal artists and musicians.

Starting in April, the Pompano Beach Cultural Center will be a wellspring of world-class talent with different styles of popular music including jazz, R&B, soul, disco and pop.

“This year, we are delighted that our audiences will have the opportunity to enjoy these phenomenal concerts live in person,” said Phyllis Korab, from the Cultural Affairs Department. “While each concert showcases a different musical era, all the performers share the same passion for providing high-energy and extremely entertaining shows for their fans.”

#### **Carole J. Bufford:** **Saturday, April 9**

Honoring International Jazz Day is New York-style cabaret singer Carole J. Bufford performing: “ROAR! Music of the Jazz Age,” featuring classics from the Jazz Age songbook made famous by the likes of Sophie Tucker, Louis Armstrong, Al Jolson, Fats Waller and many more. A recipient of the Nightlife, Bistro and Broadway World Awards for Outstanding Vocalist, Carole has become one of the most sought-after



young performers on the American jazz and cabaret scene. Swing with Carole as she travels back to a time where flappers, vamps and sheiks were shimmying in gin joints as great social and political change whirled around them.

#### **Evelyn ‘Champagne’ King:** **Saturday, May 21**

This American singer, songwriter, and record producer is best known for her hit disco single “Shame,” which was released in 1977 during the height of disco’s popularity. Evelyn “Champagne” King went on to place 14 additional singles in the R&B Top 20 list. Some of her other hits include, “I’m in Love,” “Love Come Down” and “Your Personal Touch.” King is a spirited soul-R&B-disco artist who continues to delight audiences with her funk, musicality and prodigious voice. Join us for a night of hits that will have you dancing in the aisles.



#### **The Motowners:** **Saturday, June 11**

Celebrate African American Music Appreciation Month and relive the glory years of the Detroit sound with an incredible concert by The Motowners. The songs of that era will never lose their appeal, and this group faithfully recreates the smash hits of The Temptations, The Four Tops, Diana Ross & The Supremes, Smokey Robinson, Marvin Gaye, Stevie Wonder and many more.



This unique and family-friendly show has been an audience favorite since their founding in 2005, with a classic group sound and approach that remain ever-green crowd-pleasers.

The concerts, featuring Carole J. Bufford, Evelyn “Champagne” King, and The Motowners will all begin at 8 p.m. Tickets are \$45. For more information, please visit [www.pompanobeacharts.org](http://www.pompanobeacharts.org)

The Pompano Beach Cultural Center is located at 50 W. Atlantic Blvd, Pompano Beach, FL. Call 954-545-7800 for more information.

#### **The Pompano Beach Cultural Affairs Department**

The mission of the Cultural Affairs Department is to provide cultural programming that includes visual arts, digital media, music, film, theater, dance and public art for the enjoyment and enrichment of residents and visitors to Pompano Beach, Broward County and the greater South Florida area. The department programs and manages the City’s premier cultural arts venues, including the Pompano Beach Cultural Center, Ali Cultural Arts Center, Bailey Contemporary Arts Center, and the Blanche Ely House Museum. The department also oversees the City’s Public Art Program and the prestigious National Endowment for the Arts’ Our Town grant awarded to the Pompano Beach Crossroads place-making arts initiative.



# The Show Must Go On

*“All the world’s a stage,  
And all the men and women merely players;  
They have their exits and their entrances,  
And one man in his time plays many parts,  
His acts being seven ages.”*

– “As You Like It” by William Shakespeare

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

At a recent “Better from Within” workshop, Jane, an 84-year-old widow, shared how lonely she was. When her husband of 60-some years died suddenly four years ago, she moved from New Jersey to Arizona to live with her son and his family. She missed her longtime friends back east, and found it hard to make a new friend, who could never be like an old friend anyway.

Karen, another 80ish widow in the workshop, encouraged Jane to quit

the lonely-hearts club and make the most of the time she had left. By the time they departed, Karen and Jane had made plans to get some widows together for fun and games and “to enjoy each other’s company.”

Well done, Karen and Jane. As long as we live, “the show must go on”—as they say in the show biz world.

During the first year or so after a big loss, our brains go through a period of adjustment. A depressed mindset can set in. But after that, our brains are ready to move forward: The show of life must go on.

## Stages Of Life

In a humorous passage called The Seven Ages of Man in “As You Like It,” Shakespeare points out that our lives unfold through different stages. Each stage has its rewards and challenges. The longer we live, the more life stages we get to experience and the more ups and downs we can expect.

We have all had a lot of twists and turns lately, including a two-year pandemic and a new war in Europe. This is all on top of whatever difficulties we face as individuals.

Yet we’re still standing. We owe it to our departed loved ones—and to our brains—to make the most of every day we are alive. We cannot do this alone. We are meant to share our lives with others. If we give our brains the idea that we are taking an early checkout, we are asking for cognitive trouble.

## Find The Win

Here’s a little tip from the world of finance. There is no way to make money without taking risks, and sometimes a risk turns into a loss. The way to win at investing is not to avoid losses, but to diversify your holdings so that your gains exceed your losses.

As with our finances, changing circumstances in our lives can bring losses. People can die. Jobs can end. Health and finances can take a turn for the worse. In the wake of a personal loss, the only way to “win” is to:

- **Count your blessings.** Take stock of the good parts about your life. In Jane’s case above, she agreed that her husband’s sudden death was better than a long goodbye due to Alzheimer’s. She was also glad to be near her son and the sun.

- **Find a new gain.** Smile and say hello to someone new. Sit at a different table at a meal. Turn off the TV, phone or tablet, and take a walk. Start a new hobby. Embrace life with new friends.

## The Next Stage

Life is a stage and all of us are players in the grand drama of life on Earth. Now may be the perfect time for you to consider getting involved in community and charitable activities, especially if you want your brain to last as long as your life.

The human brain thrives on shared meaning through storytelling, which social interaction delivers. Consider how a new role on the stage of life can bring the next gain to your life and your brain health:

- **On stage:** Get involved as a “player” in a group, such as a theater or singing group or discussion group.

- **Behind the curtain:** Volunteer to help a charitable organization do its work, such as helping the hungry and homeless.



*All the world’s a stage and whichever theater you choose, whether it’s the arts or community volunteering, embrace life and get involved.*

- **Front of house:** Offer your skills and experiences to help a charitable organization interact with the public.

- **Audience:** Encourage friends and family to join in and support charitable service organizations.

According to Shakespeare, we are all players on the stage of life. Enjoy the show.

*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](http://www.brainwealth.org)*

# The Mangrove Home Is Available For Mid- Or High-Rise Apartment Living

John Knox Village will be ready for you, when you are ready to make the move to life-plan security. Choose from a great selection of apartments and villas, including the April featured Mangrove Apartment Home located in your choice of the mid-rise East Lake overlooking Lake Maggie, or in the 17-story Cassels Tower offering expansive panoramic skyline views.

## Mangrove Apartment Home Features:

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

## Master Suite

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

## Bright, Spacious Interior

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

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

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

[JohnKnoxVillage](http://JohnKnoxVillage)

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



*The Mangrove Apartment Home is available at East Lake overlooking sunsets on Lake Maggie.*

## The Mangrove 2 Bedroom / 2 Bath – 1,143 Sq. Ft.

