



JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

Gazette

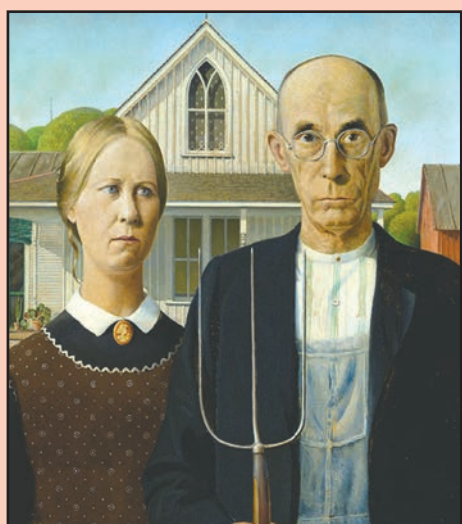
where possibility *plays!*

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

IN THIS MONTH'S ISSUE



- JKV's Unsung Heroes** 2
- Keeping Us Safe** 2
- Honoring Our Mothers** 3
- Chef Mark's In Good Taste Recipe** 4
- Cinco De Mayo Peppers** 4
- JKV Expansion Update** 5
- Savvy Senior** 5
- JKV Is Here For You** 6



- Online Museum Tours** 8
- Stay-At-Home Tech** 9
- Challenging Times** 9
- A General's Thoughts** 10
- The Doctor Is In** 10
- Message From JKV's CEO Gerry Stryker** 11
- Train Your Brain** 12
- The Featured Juniper Villa Home** 12

web JohnKnoxVillage.com
JohnKnoxVillage

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

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

Sing The Praises For Unsung Heroes

JKV's Employees Dedicated To Security, Wellness And Health

Marty Lee
Gazette Contributor

John Knox Village (JKV), the Pompano Beach Life-Plan Continuing Care Retirement Community of nearly 1,000 residents and more than 800 staffers, has mobilized its emergency plan to keep residents safe at home while redeploying staff to efficiently care for the daily needs of those residents.

According to Gerry Stryker, JKV President & CEO, "Our vigilance and responsibility to the well-being of all our residents, staff and vendors is undoubtedly worth our preventive measures.

"We are all responsible for doing our part to stop the spread of this virus. Fear, anxiety and the spreading of rumors is counterproductive. Rest assured; we are working diligently to protect everyone.

"We are engaged on a daily basis with a variety of industry and governmental agencies, either through daily conference calls or by monitoring their notifications. Those groups include: LeadingAge Florida, the not-for-profit senior living industry trade group, the Centers for Disease Control and Prevention (CDC), Centers for Medicare and Medicaid (CMS), Agency for Health Care Administration (AHCA), World Health Organization (WHO) and others."

Long before Florida issued its stay-at-home guidelines, JKV departments had implemented the plans to keep residents and employees safe during the COVID-19 crisis. The three most visible departments implementing these plans involve: **Security and Transportation** to assure the campus remains safe and sheltered-in-place while providing transportation for those residents requiring essential "outside the Village" medical appointments, **Dining Services** to make sure all residents are well fed with daily home delivery of breakfast, lunch and dinner meals, and **Wellness Nursing** to maintain and oversee resident health during the crisis.

Security Of The Village

On the front line of JKV's plan is Transportation and Security Manager Wesley Letscher, whose staff's responsibility starts at the Village's entry gates.

"Currently only essential visitors are authorized to enter JKV. This means someone who is a caregiver, rather than a social visitor." Wesley told *The Gazette*. "Deliveries are allowed at this time and Security has been assisting to ensure the packages and groceries aren't being misplaced or deliv-



Safety and security start at the Entrance Gates. During the pandemic, JKV implemented strict protocols for screening and monitoring all who entered.

ered to the wrong address.

"We have a screening process that everyone entering the Village must pass in order to be granted access. The questions range from travel history, to current symptoms and, of course, any contact with someone who has been diagnosed with COVID-19. Should anyone answer yes to any of these questions, access will be denied, and they will be turned away."

Wesley said that currently off-campus transportation is limited for essential medical appointments only. "All shopping trips have been cancelled, groceries and prescriptions are being delivered to the residents by outside services. We are handling all resident special needs on a case-by-case basis.

"Each and every day, our Transportation and Security staff goes above and beyond their call of duty to serve the residents of JKV," he said. "We have a really special team that understands what caring and customer service mean. The people on the front lines screening at the gates, are working tirelessly to ensure nobody enters JKV without the proper screening. I am so thankful for our Transportation and Security employees, they have remained flexible, show up every day, never complain and the residents are also so appreciative."

Keeping Residents Fed Daily

With nearly 800 independent living residents, all now sheltering at home, a major consideration has been keeping them all well fed. Under normal times, residents took buses, campus carts or strolled to the Patio and Lakeside Dining Rooms or The Palm Bistro for breakfasts, lunches and dinners.

See "Unsung Heroes" On Page 2

Celebrating Mothers Of The Famous And Notorious

Motherhood: All Love Begins And Ends There — Robert Browning

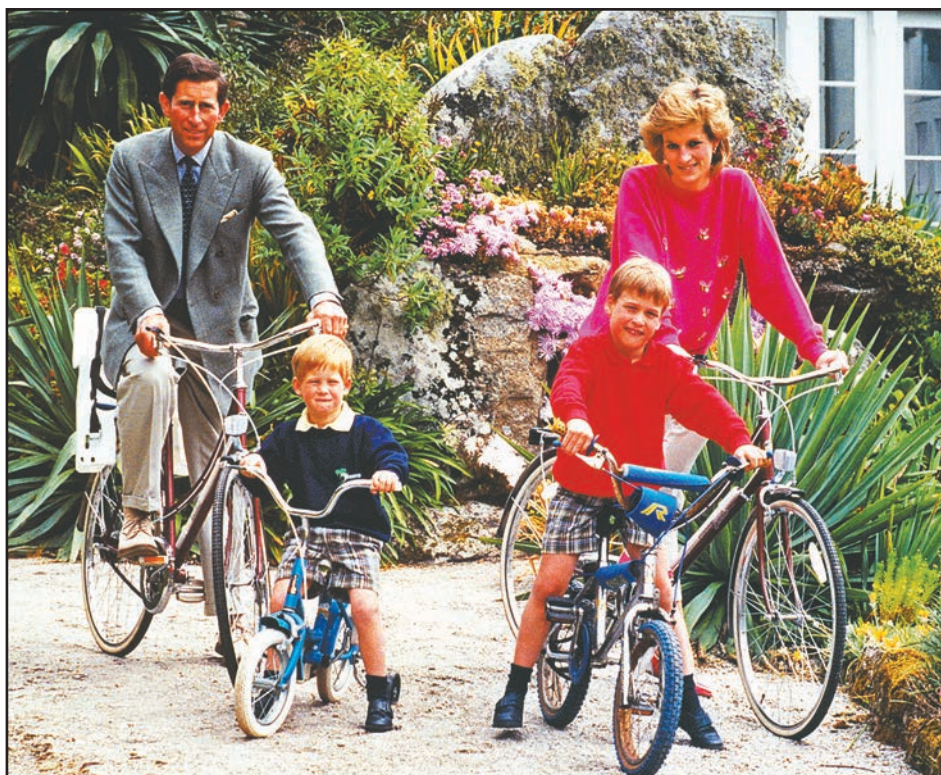
Nona Cree Smith
Gazette Contributor

The poet, writer and suffragette Julia Ward Howe remembered for writing the "Battle Hymn of the Republic" pioneered Mother's Day in the United States when she wrote "A Mother's Day Proclamation" in 1870. She passionately called on all mothers to bring their sons home from wars. She wanted there to be a "general congress of women without limit of nationality" and together form a powerful alliance for Mother's Peace Day.

In 1907, Anna Jarvis of Philadelphia, took up the cause and began a campaign to have Mother's Day officially recognized and to make white carnations the official symbol for the day. In 1914, President Woodrow Wilson proclaimed it a national holiday and a "public expression of our love and reverence for all mothers."

Mother's Day in the U.S. is observed on the second Sunday in May; for 2020, it is on May 10.

It is a celebration of motherhood, maternal bonds and the influence a mother has in children's lives and on society. Our mothers give us life, nurture us, and support us as we grow from babies to adults. They teach us, take care of us, and give us advice (wanted or unwanted), and often provide motherly love for many others in their lives. Throughout history mothers have been recognized as a vital force in the lives of children who achieved greatness and, some, notoriety.



We were all entranced by Britain's Royal Family. Here Princess Diana rides bikes with her husband Prince Charles and sons Harry and William. Alamy image.

See "Mothers" On Page 3

'When The Going Gets Tough, The Tough Get Going' — Joseph P. Kennedy

From "Unsung Heroes" On Page 1

Meals were a major opportunity to socialize and linger over a delicious entrée and catch up on the day's events. Today's situation dictates that all meals are ordered by residents via phone or internet, and the meals are delivered fresh and directly to residents' homes or villas.

Joe Mallen, JKV's Director of Dining Services, implemented a phased plan to keep all residents well fed, weeks before the coronavirus crisis became prevalent.

"I put together a 'what if' scenario, if the dining room was in fact closed [due to social distancing]," Joe said. "I included the Palm Bistro in that scenario as it is in a health care setting and probably would be closed before the dining room, out of an abundance of caution.

Currently Dining Services is following its detailed plan. With the dining rooms and Palm Bistro closed, daily meals are available for home delivery only. Also, as part of this plan, Executive Chef Mark Gullusci and his kitchen team have developed frozen meal options. "We're starting with four different meals, in three different sizes, freshly prepared and frozen," Joe said. "There's Baked Ziti, Grilled Chicken and Broccoli Alfredo, Hearty Beef Stew and Chicken Verdicchio."

Dining Services currently has a staff of 103 including Catering & the Palm Bistro. Joe praised his staff saying, "They have really come together to function as a unit. Teamwork has never been better. We are fully staffed right now and have deployed staff based on their skill set. Some are great on the phones, others efficient at fulfilling the orders, still others at navigating through the campus and delivering the meals with a smile. We will continue to evaluate the schedule, and ensure our employees are productive and deployed as necessary.

"It's a team effort all the way. We were proactive and prepared for the worst. My team put systems in place so when the time came to implement them, there wasn't the chaos that there could have been.

"Rob Seitz [Communications Manager] and the team [in Marketing and Life Enrichment] have done a wonderful job keeping everyone updated. This daily communication has taken a lot of the fear out for many. I am so proud of how my managers and staff have responded during this unprecedented time of uncertainty. Everyone has stepped up and pitched in to learn new roles and responsibilities. The morale has never been better, and I think they understand now the seriousness of the situation, as well as how important they are to the health and welfare of our John Knox Village Residents."



The Dining Services Staff has been mobilized to prepare and deliver all meals to residents' apartments and villas.

Health Care Services

As a Life-Plan Continuing Care Retirement Community, John Knox Village provides a continuum of care from independent living, to assisted living and higher levels of care, both short-term and long-term on its beautiful 70-acre botanical campus.

Leslie Schlienger, John Knox Home Health Agency Administrator, supervises a health care services team of 200 Home Health Agency Nurses and Aides, and a staff of 25 in Wellness Nursing. These ladies and gentlemen are on the front lines, keeping residents healthy and safe.

At this time of social-distancing, and in the interest of maintaining the health of all residents and staff, procedures have been modified.

"Much of the daily screening done by Wellness Nurses is now being done by phone," Leslie said. "Home Health Case Managers have minimized visits to only essential functions. We are getting very good at telephone triage."

Protocols are in place so that: "If we suspect virus-like symptoms, the resident will need to self-isolate and the physician will be notified," Leslie said. "They manage the symptoms in the home as best

as possible. Nursing will call twice a day to check on the resident, and if indications dictate a need for more sophisticated management they will be transferred to a higher level of care."

So far, JKV's social-distancing protocols have kept the Village's independent living residents safe.

Leslie credits her health care staff with heartfelt commitment far beyond the call of duty. "I am overwhelmed and impressed with their dedication, kindness and loyalty to the John Knox Village community. In this time of heightened anxiety, I see our people are being very kind and considerate and that is what is bringing out the very best in us."

Bringing Out Our Better Angels

She said the feeling of humanity and assistance has extended beyond the walls of JKV. "Nuage Designs, a textile company in Miami, contacted us and sent more than 50 cloth face masks to distribute to our aides, who ride public transportation to and from work for their personal use. They also gave a small bottle of hand sanitizer with each mask. This is an example of how we are all working together in this."

JKV Residents Appreciative, Adaptive And Resourceful

Marty Lee
Gazette Contributor

While stay-at-home guidelines are in place at John Knox Village, residents are finding the time to be creative and appreciative in their daily activities.

Tom McKay is one of the many residents who usually spends much of his time involved in committees – volunteering to make the community operate smoothly. With social distancing in order, Tom says he is busy putting closets and paperwork in order, catching up on movies, books and walking.

"I always meant to enjoy, getting my full 12,000 steps walking around our campus," Tom said. "There are friends to catch up with, and family members on the phone and by text. I have learned to use Zoom for meetings I would otherwise have to miss."

"We are so fortunate here at John Knox Village with many good friends on campus. We say hello, as we do our daily walks around campus. We provide each other with items from our pantry for our individual cooking or entertainment needs. We support each other.



David and Twylah Haun are spending their free time sewing up masks for resident wear.

"The staff here are amazing in how they are compensating. They have put together a Life Enrichment book that provides detailed instructions on how to access live entertainment, virtual museum visits, fitness activities, movies, games. If you have nothing to do, it is because you do not want to do anything, not because it is unavailable to you. Sometimes naps are good too."

Enjoying Each Other And Writing Books

Heritage Tower residents Twylah and David Haun have taken the time to enjoy each other's company. "We both agree that we enjoy simply sharing together in our apartment, without all the obligations and opportunities here in Village life," David said. "I have been writing another book—and plan to have it finished when things open up again, and most every day we walk."

"One of our pleasant surprises has been how good the meals are, which are delivered each day. It still is a surprise each time the meals are delivered to see how much we enjoy them.

"Just this week, we have started cutting and sewing face masks for people to wear for protection against the virus. Some of them will be going to the hospital, where our granddaughter works; some can come to John Knox for our employee staff who are doing such a great job in both giving us protection and offering suggestions and ideas how to keep busy."

Staying At Home And Informed

Residents Diane and Bob Barton appreciate the dedication of the JKV staff for establishing stringent guidelines to keep everyone safe.

"The daily printed and emailed COVID-19 updates have been an excellent source of timely and accurate information," Diane said. "The updates explain the gate screening process; self-isolating when necessary; the six-foot social distancing; proper handwashing and how to learn to use Instacart. We've learned the importance of staying on campus except for essential needs; our responsibility to keep JKV residents and staff safe and providing a process to secure paper goods. The updates



JKV residents Jan Spalding and Trevor are finding new ways to invest their time.

explain the symptoms of COVID-19 and how to care for a partner with symptoms, but not in distress. Plus, we have been guided to websites that offer entertainment, exercise, music, education and games."

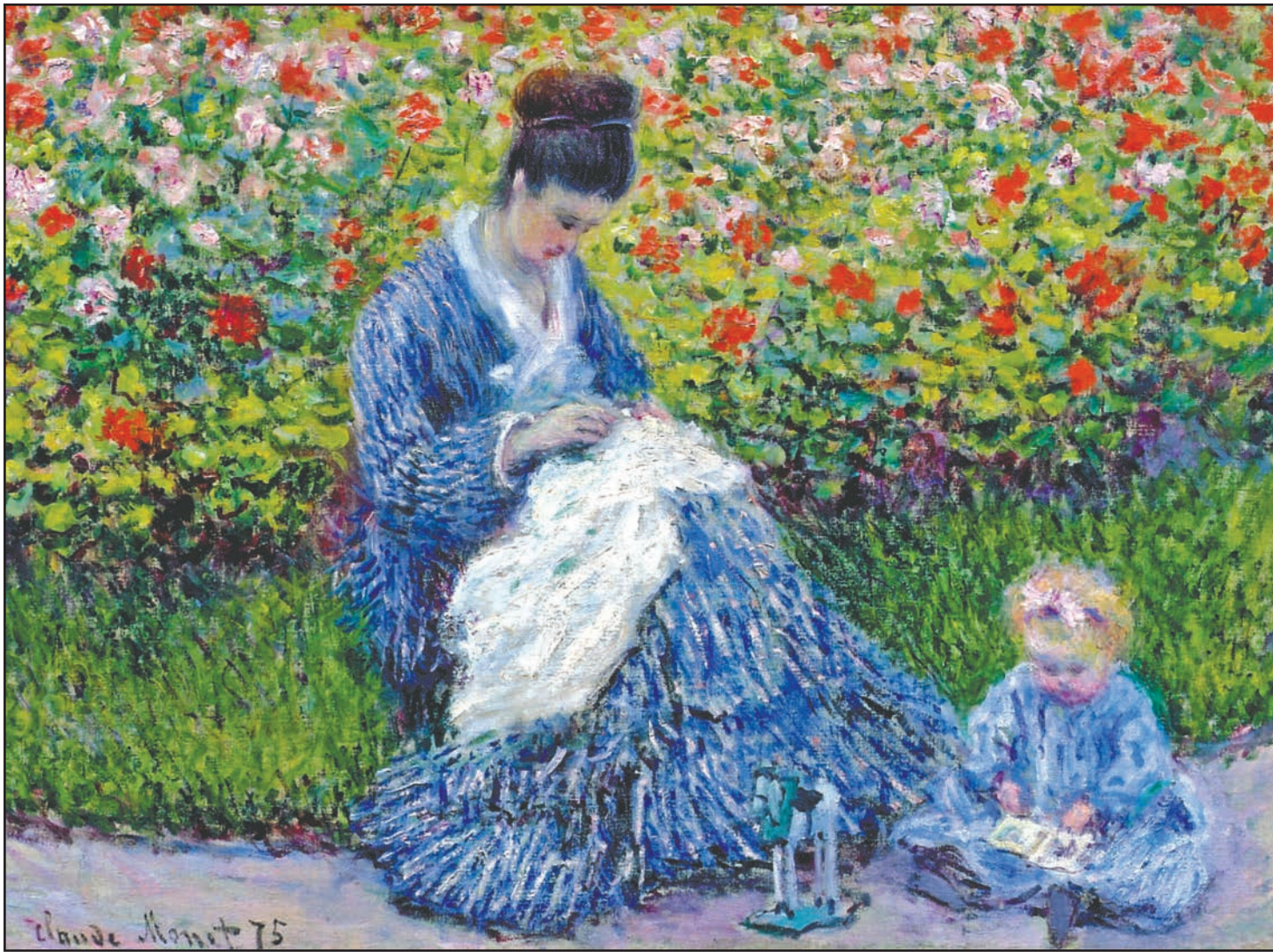
Counting The Blessings

Jan Spalding shares her Garden Villa with her faithful companion Trevor. Jan said that Trevor keeps her busy and exercising with lots of walks. Even though Jan has been a JKV resident since 2008, their daily walks allowed her to "discover lovely little niches to sit and enjoy the beauty of JKV."

"I feel we are truly blessed living here," Jan told *The Gazette*. "There is not a thing that we have to worry about. There are many residents that are fearful. Sometimes that fear can have people make poor choices. We must remember that many of the staff that are being so wonderful to us all are also fearful.

"I just hope that we don't all start to feel so safe that we forget about social distance, handwashing, isolation, etc. If every one of us can act like we are a contagion, everyone we see is a contagion and that we want to look after each other, we will lick this."

'A Mother's Arms Are More Comforting Than Anyone Else's' — Princess Diana



"Camille Monet and a Child in the Artist's Garden in Argenteuil," by Claude Monet. Camille Doncieux Monet was the first wife of the French painter and mother to their two sons. Image source: Wikiart.org

From "Mothers" On Page 1

Queen Hatshepsut (1508 BC — 1458 BC): Moses' Egyptian Mother

Most historians agree that the 18th Egyptian dynasty was the one involved in the Hebrew exodus. They also concluded that Hatshepsut, the king's daughter, was the woman whose servants pulled Moses out of the river for her.

Moses's birth mother, Jochebed, a Hebrew, had given birth to a "fine" son and to protect him when he was three months old, placed him in a rush basket and floated the basket among the reeds by a riverbank. The Pharaoh's daughter, Hatshepsut, found him and took pity on the Hebrew child. She asked an older sister to find a wet nurse for him, even offering to pay for his care. In a twist of fate Miriam, brought the baby boy to Jochebed, his birth mother, to care and nurse him. When he grew older, the mother brought him to the Pharaoh's daughter, who adopted him as her son. She named him "Moses" because she had drawn him out of the water when she first found him. He lived for many years as the privileged offspring of royalty until he was called to save Israel.

Hoelun (1139 — 1212): Mother Of The Supreme Leader

Hoelun was the very beautiful, strong mother of Genghis Khan. She survived getting kidnapped, widowhood, and being an outcast, forced to survive with her children. Eventually, she became the mother and advisor to the leader of one of the largest empires the world has ever known (as well as being one of the few people who could yell at Genghis and get away with it).

Around the time of her first marriage, she was kidnapped by Yesükhei, the chief of a minor clan. Several years and children later, Yesükhei was killed, and Hoelun and her young children were kicked out of the clan, forced to live on whatever they could forage on the Mongolian steppes (grasslands). Eventually, one of her children with Yesükhei, would become the great conqueror Genghis Khan, but his mother could still put him in his place.

According to Frank McLynn in "Genghis Khan: His Conquests, His Empire, His Legacy," Genghis was planning to execute his brother for treason when Hoelun found out, traveled to Genghis's headquarters, and begged Genghis to be merciful. When that didn't work, "Hoelun grew angry, got to her feet and roundly rebuked the Khan for thinking to execute his brother. Genghis raised her up and said he would grant her wish because of his love and deference for his mother."

Abigail Adams (1744 — 1818): Wife And Mother Of Presidents

As the wife of President John Adams, Abigail Adams was the second First Lady of the United States. Because her husband was often away from home, she single-handedly ran their farm, wrote letters supporting equal rights for women and the abolition of slavery. She also educated their five children, including the future Sixth President John Quincy Adams.

He wrote of his mom: "My mother was an angel upon earth. She was a minister of blessing to all human beings within her sphere of action. Her heart was the abode of heavenly purity. She had no feelings, but of kindness and beneficence; yet her mind

was as firm as her temper was mild and gentle ... She was the real personification of female virtue, of piety, of charity, of ever active and never intermitting benevolence." He soon became Secretary of State before serving as President of the United States from 1825 to 1829.

Diana, Princess of Wales (1961—1997): Devoted Royal Mother

Diana, Princess of Wales used her status as a royal figure to work with charities that supported children's hospitals and to raise awareness and combat landmines, which had killed and crippled thousands of people. Princess Diana was a young, modern princess, unused to the stiff protocol of British royal lives.

She gave birth to two princes, "an heir and a spare" and was determined to define the lives of her young sons, William and Harry, on her own terms. She took them outside the protected palace world to visit homeless shelters, enjoy theme park rides and eat at fast food restaurants. Yet, as is often the case when someone in the public eye breaks with tradition, Diana's resolve was met with appreciative praise and unfortunately, by censorious criticism as well.

Years after her death in 1997 (her sons were 15 and 12 years old at her passing), her legacy remains one of humanitarianism. Her oldest son, Prince William, notably became a royal patron of a Child Bereavement Charity. Speaking about Mother's Day, he said: "I, too, have felt and still feel the emptiness on such a day as Mother's Day." He will bring empathy and humanity to his role as King due in part to his mother's careful upbringing.

Marie Curie (1867—1934): First Woman To Win A Nobel Prize

Although scientist Marie Curie is best known as the first woman to win a Nobel Prize, she also raised her two daughters alone after her husband's accidental death in 1906. One of their daughters, Irène Joliot-Curie became her mother's assistant and during World War I worked with her treating patients in field hospitals using early, rudimentary X-ray machines. Irène went on to co-win the Nobel Prize in Chemistry with her husband, Frédéric Joliot (1900 —1958) for their work with radioactivity.

Irène Curie was homeschooled by her mom and showed an aptitude for science at an early age. After the war, Irène studied at the Radium Institute in Paris. Joliot-Curie said her mother taught her the value of hard work and flexibility: "That one must do some work seriously and must be independent and not merely amuse oneself in life—this our mother has told us always, but never that science was the only career worth following."

Indira Gandhi (1917 — 1984): India's Mother Figure

As India's first female Prime Minister, Indira Gandhi worked to institute democracy and create jobs to combat food shortages—she was responsible for India's green revolution, which made the country self-sufficient and no longer reliant on imported grains.

"Education is a liberating force, and in our age, it is also a democratizing force, cutting across the barriers of caste and class, smoothing out inequalities imposed by birth and other circumstances," she famous-

ly stated. She also entrusted a sense of duty in her two sons, Rajiv and Sanjay Gandhi, who both grew up to become politicians. Rajiv became Prime Minister of India after his mother was assassinated in 1984.

Nancy Matthews Edison (1810 — 1871): Enlightened Motherhood

"My mother was the making of me. She was so true, so sure of me; and I felt I had something to live for, someone I must not disappoint," Thomas A. Edison wrote of his mother. He was the youngest of Nancy's seven children. She homeschooled him after she was told he was "addled" by his schoolteacher. The homeschooling produced worthwhile results.

When he grew up, Thomas became a prominent inventor and businessman, who invented and developed devices that improved life for many people around the world. From the practical light bulb, to the phonograph and the motion picture camera, Edison held more than 1,090 U.S. patents in his name.

Alberta King (1905 — 1974): Mother Of A Civil Rights Activist

Alberta Williams King was born in Atlanta, the only surviving child of Jennie Celeste Williams and Adam Daniel Williams, pastor of Atlanta's Ebenezer Baptist Church. She was the mother of Martin Luther King, Jr.

Alberta played the organ and founded the choir at Ebenezer Baptist Church. She was also involved with women's groups, the NAACP and the YWCA. She raised her three children with a healthy sense of self-respect and taught them that the segregation they saw every day was simply "a social condition rather than a natural order."

Her son Martin Luther King, Jr. wrote in his autobiography, "She made it clear that she opposed this system and that I must never allow it to make me feel inferior." His mother had no premonition that the little boy she raised with such uplifting ideas, would write the speech that defined the Civil Rights Movement: "I Had a Dream."



Bill Gates, pictured with his wife Melinda, was greatly influenced by his mother both in business and in philanthropy. Image source: Wikimedia Commons.

Mary Maxwell Gates (1929 — 1994): Collective Intelligence Entrepreneurs

The mother of Bill Gates, Mary Maxwell Gates served on the board of directors for corporations and nonprofit organizations in Seattle. She convinced leaders at IBM to hire Microsoft to create an operating system, and following that contract, Bill Gates and his business partner Paul Allen founded and built the world's largest software business, through technological innovation, keen business strategy and aggressive business tactics. In the process, Gates became one of the richest men in the world.

Microsoft went on to achieve massive success. But more importantly, Mary Maxwell Gates encouraged her son to focus on philanthropy, and the effects of his success are now contributing to worldwide causes because of it. The Bill and Melinda Gates Foundation has given billions of dollars to fight malaria, HIV, polio and poor sanitation; to improve opportunities for education and to combat the effects of global warming.

Remember Mom On Her Day

Of course, we must remember the greatest mother of all: Mother Nature. Keep her in mind and observe sound ecological practices every single day.

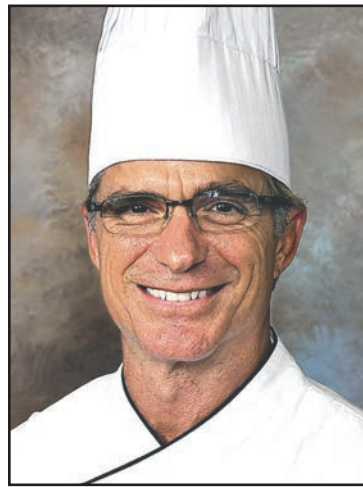
So, this Mother's Day, even if we are still isolated from each other, call, **FaceTime** or send some pink, red and white carnations to your mom or grandmother, and show your appreciation for her love, guidance and devotion.

web JohnKnoxVillage.com

[f](#) [t](#) [v](#) JohnKnoxVillage

In Good Taste: Chef Mark's Latest Creation A Product Of Being Nimble, Flexible

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

Some of the great defining moments that came out of John Knox Village's efforts during the COVID-19 crisis was how staff embraced what became a "new normal" of being nimble and flexible as situations changed on a nearly daily basis. Within hours of the State of Florida ordering the closing of communal dining areas to better enforce 6-foot social distancing mandates, JKV's staff quickly got nimble and flexible.

Front-of-the-house team members, who normally would be greeting, seating, taking orders and serving nearly 800 independent living residents, were suddenly answering phones and recording online meal requests. The entire Dining Services Team switched from a traditional restaurant model of service, converting to a strictly Home Delivery food provider for residents.

Instead of residents coming in for breakfast, lunch and dinner, staff were preparing, cooking, placing meals into disposable containers and then were deployed through the Village's 70-acre campus—delivering meals to four apartment buildings and more than 200 villa homes.

The menu nearly replicated the old standards, despite everything being To Go, with offerings of soups, meats, seafood, poultry, pork, starches, vegetables, sandwiches and even omelets, with all the fixings.

Always searching for additional options to provide the

residents, Executive Chef Mark Gullusci got his creative culinary juices flowing and came up with four freshly frozen entrees. Much like frozen meals for purchase at grocery stores, after preparing them Chef Mark and his team placed them in containers with reheating instructions on them.

Hearty and delicious, his Chicken Verdicchio was just one of his creations, the recipe for which is our *Gazette* recipe of the month. Although Verdicchio is a white Italian wine grape grown primarily in the Marche region of central Italy, this recipe does not call for any. Chef Mark is sure you will enjoy this as much as our residents have.

Chicken Verdicchio (Yield 4 Servings)

- 4 chicken breasts (boneless, skinless)
- 1 14-ounce can tomato sauce
- 1 8-ounce can diced tomatoes in juice.
- 2 tbsp. fresh chopped basil
- 1 small jar marinated artichokes (4 ounces)
 - 1 tsp. chopped garlic
 - 1 cup chopped Spanish onion
- 1 small can roasted red peppers, chopped (4 ounces)
 - 2 tbsp. capers
 - 1/2 tsp. oregano
 - 1/2 tsp. black pepper
 - 1/2 tsp. granulated sugar
 - 1/2 tsp. kosher salt
- All purpose flour as needed to dredge
- Blended oil to sauté



Chef Mark's Chicken Verdicchio, packaged and frozen, ready to be heated at home.

Method Of Preparation:

For the chicken: Heat 2 tbs. blended oil in frying pan, dredge the breasts in seasoned flour and brown for 2-3 minutes each side, then place chicken on a baking dish.

For the sauce: Heat oil in pot, add garlic, sauté 1 minute until light browning appears, add onions and seasonings and sweat for 5 minutes. Add remaining ingredients and bring to a boil. Simmer 15 minutes. Pour sauce on top of chicken, the plan in oven for a short time in oven to finish cooking. Enjoy!

Some Like It Hot: Know Your Chilies And Peppers



Nona Cree Smith
Gazette Contributor

Welcome to the wonderful world of chilies and peppers. Whether you like your mouth to burn, sizzle,

tingle or enjoy no heat at all, peppers add gorgeous color and a distinctive flavor to any dish and cuisine.

Chili peppers contain a compound called capsaicin, which adds spiciness and is usually found in the seeds and pith of the pepper. Be careful when preparing chili peppers for a recipe. Wear gloves and do not touch your face or eyes as the residue will burn.

Scoville Heat Units Define HOTNESS

The heat in chili pepper is measured through the Scoville Heat Units or SHU for short. The higher the SHU, the hotter the chile. Some chilies barely register on the SHU scale, such as bell peppers with a SHU of zero, while hotter peppers like cayenne register in the 30,000 to 50,000 SHU. The hottest pepper known to man is called the Carolina Reaper with "heat" up to 2.2 million SHU: Almost hot enough to do some welding.

Even people relatively new to hot peppers know of the jalapeño and think of it as very spicy, but in terms of the SHU scale, it is just a mild to moderate pepper. The jalapeño is most popular and used a lot in Mexican/American cuisine, as is the chipotle. These two peppers are actually from the same plant. Chipotle peppers are just red jalapeños that have been smoke dried. From tacos, burritos, tamales and chili con carne to more exotic fare, the chili peppers make



Chilies and peppers are available in a palette of colors from yellow to green, orange and red, and in a huge range of HOT from the mild bell pepper to the scorching "Carolina Reaper."

everyday food exotic and delicious.

Hot peppers have been a part of the human diet since at least 7500 BC in the Americas. There is archaeological evidence in southwestern Ecuador that hot peppers were one of the first crops cultivated by man aided by the fact that it is self-pollinating. Christopher Columbus was one of the first Europeans to encounter hot peppers. When the peppers were first introduced into Europe, they were grown in the gardens of Spanish and Portuguese monasteries. The monks

experimented with the hot peppers and discovered that they could be used as a substitute for the extremely expensive black peppercorns.

On the second Columbus voyage to the Americas in 1493, Diego Álvarez Chanca brought the first hot peppers to Spain, where he used them for medicinal purposes and for their health benefits.

With Cinco de Mayo just around the corner, plan to spice up your cuisine with your choice of peppers from mild to hot.



Crossword Puzzle Of The Month

ACROSS

1. Relative pronoun
4. Melville's captain
8. Open
12. Computer chip
13. Calif. wine country
14. City slicker
15. Presidential nickname
16. Mock
17. Verbal
18. Point
20. Endearment
22. Belch
25. Cymry
28. Port. lady
31. Hence
33. Honey-eater bird
34. Guido's note (2 words)
35. Grandfather of Saul
36. Dallas sch.

DOWN

37. Month abbr.
38. Orient
39. Asterisk
40. Black (Sp.)
42. Appoint
44. Sharpen
46. Covered by water
50. Night (Fr.)
52. Ivory (Lat.)
55. Certified Public Accountant (abbr.)
56. She (Sp.)
57. Oleaginous
58. Energy unit
59. Liang
60. Italian lake
61. Poem

DOWN

1. Cloak
2. Ryukyu islands viper
3. Foretoken
4. Fr. historical provinces
5. Have (Scot.)
6. Imitate
7. Pointed remark
8. Unburnt brick
9. Venire (2 words)
10. Amer. Dental Assn. (abbr.)
11. Electric reluctance unit
19. To be announced (abbr.)
21. Absent without leave (abbr.)
23. Midianite king
24. Light reflector
26. Muttonfish
27. Time period
28. University officer
29. Gr. leather flask
30. Water pipe
32. Jap. clogs
35. Time period
39. Mend
41. Of wheels
43. Kernel (pref.)
45. Equal Employment Opportunity Commission (abbr.)
47. Pointed (pref.)
48. Nail with a hole
49. Geological vein angle
50. Ensnare
51. Diminutive (suf.)
53. Life (pref.)
54. City on the Danube

Answers On Page 10.

Two JKV Projects On Schedule

One Is A Welcoming Project, The Other Is All Wet

Rob Seitz
Gazette Contributor

Even with restrictive COVID-19-related preventive measures imposed on construction workers, John Knox Village’s ambitious multi-year Master Vision Plan remains on schedule and two projects continue the transformational work taking place within its 70-acre Pompano Beach campus.

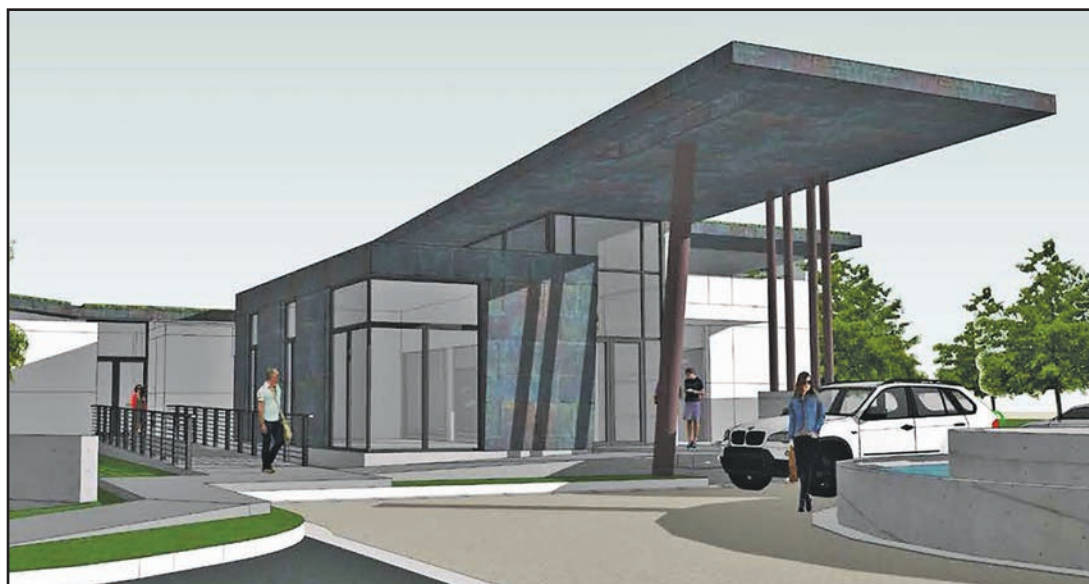
Contractors working on JKV’s Welcome & Innovation Center and Aquatic Complex are screened upon entry to the campus, then remain on their respective construction sites—away from JKV residents and staff—for the entire day.

“The safety and well-being of our residents and staff is John Knox Village’s number one priority,” said Monica McAfee, John Knox Village Chief Marketing & Innovation Officer. “These restrictions protect our community, while we continue progressing on these two very important projects.”

A summer grand opening is expected for the \$3.9 million Welcome and Innovation Center, which will include offices for the Sales, Marketing and Innovations Teams, along with Discovery Rooms in which prospective new residents can learn more about JKV. There will be conference rooms and a nearly 2,500-square-foot open-air space for on-campus events and gatherings for the greater community.

The next Master Vision Plan puzzle piece coming up out of the ground is the \$7.6 million Aquatic Complex, which is replacing a small pool and gathering area with a resort-style pool, a four-lane 25-meter-long lap pool, 60-seat indoor restaurant, an open-air sports bar and grille, two each pickleball and bocce ball courts, a Jacuzzi and fire pit. An autumn grand opening pool party is anticipated.

“There are a lot of moving components to both of these projects, but they are fun ones to work on,” JKV Director of Operations Thom Price told *The Gazette*. “Once they’re completed, we will have a completely new set of amenities added to our campus. They will provide great enhancements for our current residents and help keep us as leaders in the industry.”



The Welcome and Innovation Center design (above) and construction progress (below).



The Aquatic Complex design (above) and construction progress (below).



Behind-the-scenes work is currently taking place on the grandest plan ever for South Florida’s premier Life-Plan Continuing Care Retirement Community—its \$100-million-plus Westlake at John Knox Village project.

Priority deposits are being taken as folks get in the queue for one of the 150 new independent living apartment homes. For more information visit www.jkvgrows.com or call the JKV Sales and Marketing Department at (954) 783-4040.

The new Westlake homes will boast 1,277 to 2,364 square feet of light-filled living throughout the spacious open floor plans. A number of homes will have access to private gardens, along with towering floor-to-ceiling windows and balconies.

As JKV’s newest residents, Westlakers—as they will affectionately be known—will also enjoy choosing and customizing their new homes from a selection of one and two-bedroom floor plans, many with dens, and all thoughtfully designed for the entertaining of friends and family. Two penthouses are also in the unit mix.

All JKV residents will enjoy enhanced water views as the entire Village undergoes a huge expansion of its current lakes system. Additional amenities in Westlake will include covered parking, as well as first-floor common space offerings, ranging from a Bistro-like restaurant and mini-theatre, to art studio, business offices and a Sacred Space.

The Westlake Pavilion will rise at the northwestern corner of the project, with its 300-plus seat multi-purpose performing arts center, terrace and outdoor dining and much more.

Through all the changes, one constant remains for residents and that is the peace of mind that comes from living in a Life-Plan Retirement Community with its all-inclusive comprehensive long-term care insurance policy.

To learn more visit www.JohnKnoxVillage.com or www.JKVGrows.com, or call (954) 783-4040.

Comforting Another Comforts Oneself, Here’s How

Anne Goldberg
Gazette Contributor



Anne Goldberg
The Savvy Senior

What do we do when our calendar is empty and all we have is time? For now, anyway, I feel a certain calm and relief that the busy, ‘must-do,’ ‘must-rush’ of the life as I previously knew is gone. What has come in its place is a hush, a blank page because now I have to fill each day with activities that stimulate and inspire, without leaving the house very much.

For the time being, we have the chance to be with certain close friends (while maintaining 6-foot social distancing), pursue

outdoor activities like gardening, walking and biking, and indoor activities like gardening, reading, decluttering/organizing and cleaning (yes, I said cleaning. It’s good exercise). Give yourself permission to do all the things you’ve been putting off for the last decade. I can’t wait to digitize the million or so photos I have laying around my home. Literally, I have wanted to do that for more than 10 years.

For those of you who have been retired for a while and don’t have those long-standing projects (are there any of you out there with no long-term ‘to do’ list?), then perhaps take this time to write your memoir. You can record yourself on your phone, use your computer to type it out, or go old-school with pencil and paper. Let the stories flow through you. Once done, send them to your family. Or, better yet, use *FaceTime*, *Google Hangouts*, *Skype*, *Zoom* or *Facebook Messenger* and read your stories to them.

Try to remember to reach out to your friends. Everyone is feeling out of balance so let’s be there for each other. Comforting another brings comfort to oneself. Being comforted brings relief. It’s a win/win.

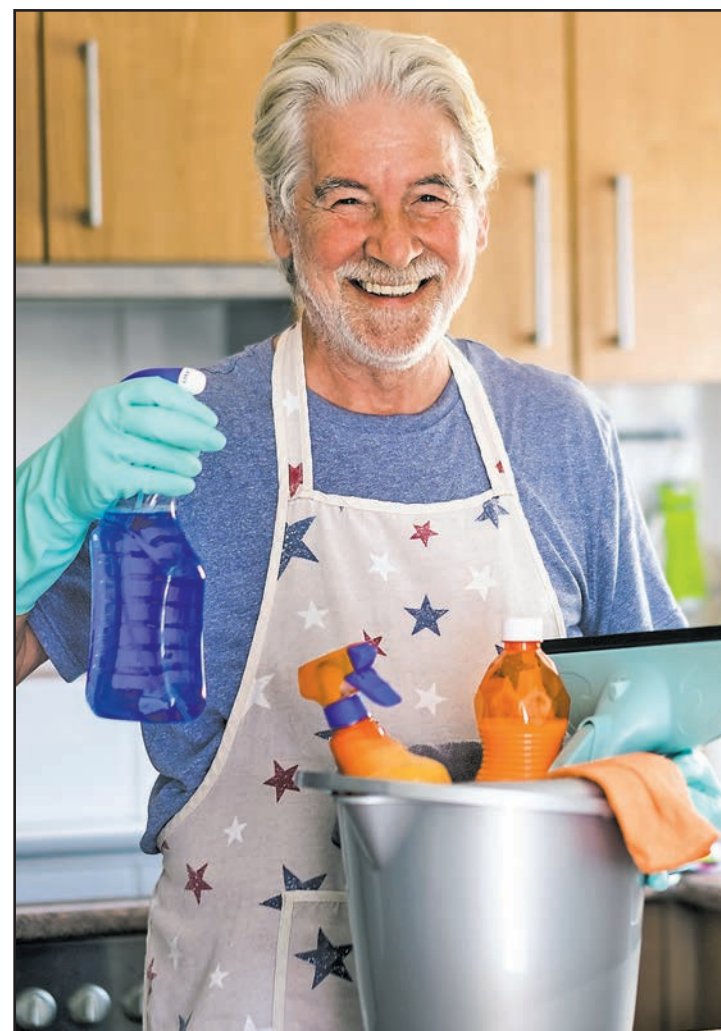
And while you’re figuring out what to do, go to *YouTube* and do a search for: *The Savvy Seniors Show* – Anne Goldberg, David Hall.

Until next time, be smart and stay safe.

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



While following the stay-at-home and social distancing guidelines, take the time to get organized. Declutter and organize your home, condo, townhome or apartment, and get onto your spring cleaning.



– Margaret Mead

Care

THANK YOU to you and all of our wonderful JKV employees for all you do for us every day.

– Anne Swoboda, resident



Community

John Knox Village describes itself as a community Where Possibility Plays. During these past weeks, and I'm sure in weeks to come, the administration and staff of John Knox have gone the second and third mile in giving care and offering protection to the almost 1,000 residents. All of us who call John Knox Village home thank you who make our home possible, for your wisdom, your courage, and your determination to take every step necessary to protect each of us. Your efforts during these past weeks, your smiles and your attitude make us both pleased and proud to be residents in this community.

– David and Twylah Haun, residents

Connectedness

Thank you for the daily updates that have been released every day since March 11th. In these strange and uncertain days, the daily update has been something to look forward to.

– Mark Levey, resident

At this distance, we have watched the goings on at JKV through the daily written briefings. All parts of the staff seem to be working efficiently to provide excellent support to the residents. I can assure everyone living at JKV that life on the outside here in the New York area can be very tough. Some days those of us who are house bound don't know where the next meal will come from because the prevalence of the virus in the community is so high that those of us over 80 years are seriously risking our lives to go to the market where at least 50% of shelves are often bare and fresh produce is almost nonexistent. So my advice to JKV residents is enjoy and be thankful for your home delivery meals. It is a blessing to have the support you are receiving from all of the JKV employees.

– Residents who live at JKV and also own a home in New York, Dr. Paul and Mrs. Mary Sue Rosen



651 SW 6th Street
Pompano Beach, FL 33060

web JKVgrows.com



[JohnKnoxVillage](#)



Dear Friend,

These are unprecedented times and we want to remind you that we are all in this together. Now, more than ever, it is important to remember that we are all still **connected**.

At John Knox Village, we know for certain that brighter days are ahead. For the past 53 years, we have remained committed to the absolute well-being of everyone who lives in our community and all of our staff who consider JKV residents as extended family.

I don't think you could find a more dedicated and compassionate team of individuals – who as our CEO and President, Gerry Stryker likes to say, *"We are in service with, for and alongside our residents."* I will add – *"No matter what."*

The health, safety and well-being our residents and staff is our Number One priority. This is part of the JKV "Secret Sauce" that some of you have heard me speak of. It is what makes JKV unique and singular in how we respect and appreciate one another, the broader community and especially our residents.

The JKV Leadership Team participates in daily, state-wide conference calls with Leading Age, Florida, the not-for-profit senior living industry professional trade group. As a member of this organization, they provide JKV with up-to-the-moment news and developments from the Centers for Disease Control and Prevention (CDC), Centers for Medicare and Medicaid (CMS), Agency for Health Care Administration (AHCA), World Health Organization, and other government agencies.

Because we strictly follow mandated safety guidelines, our campus gathering places, dining venues, fitness studio and auditorium are all closed until it is safe to reopen. With the residents' comfort and well-being top of mind, we have implemented:

- Home delivery of freshly prepared meals for breakfast, lunch and dinner
- 24/7 access to Wellness Nursing
- Guided online shopping for groceries and essentials
- *At Home Life Enrichment Book that outlines a plethora of activities including virtual book clubs, cooking and fitness demos, online performances, educational programs and more

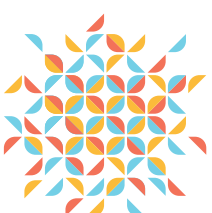
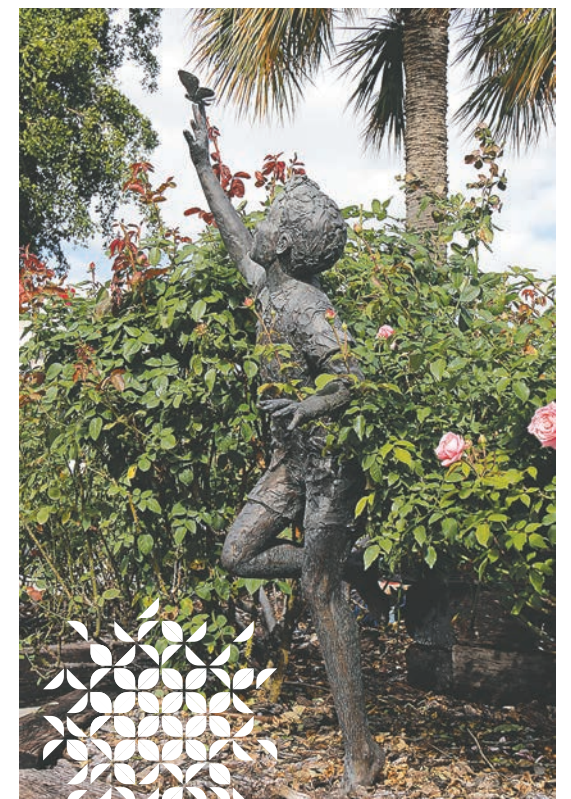
We look forward to staying in touch with you and having you on campus very soon. In the meantime, stay safe, be well and know you have a trusted friend here at John Knox Village to help in any way possible.

Kind regards,

Monica McAfee

Monica McAfee
Chief Marketing & Innovation Officer

**If you would like to receive a complimentary copy of the At Home Life Enrichment Book, please call the Marketing Office at (954) 783-4040.*



JOHN KNOX VILLAGE

Where possibility plays



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 resided at 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.

A Visit To The World's Great Museums Is Within Reach Of Your Fingertips

Marty Lee
Gazette Contributor

Every John Knox Village resident enjoys the lifestyle of a total life-plan package

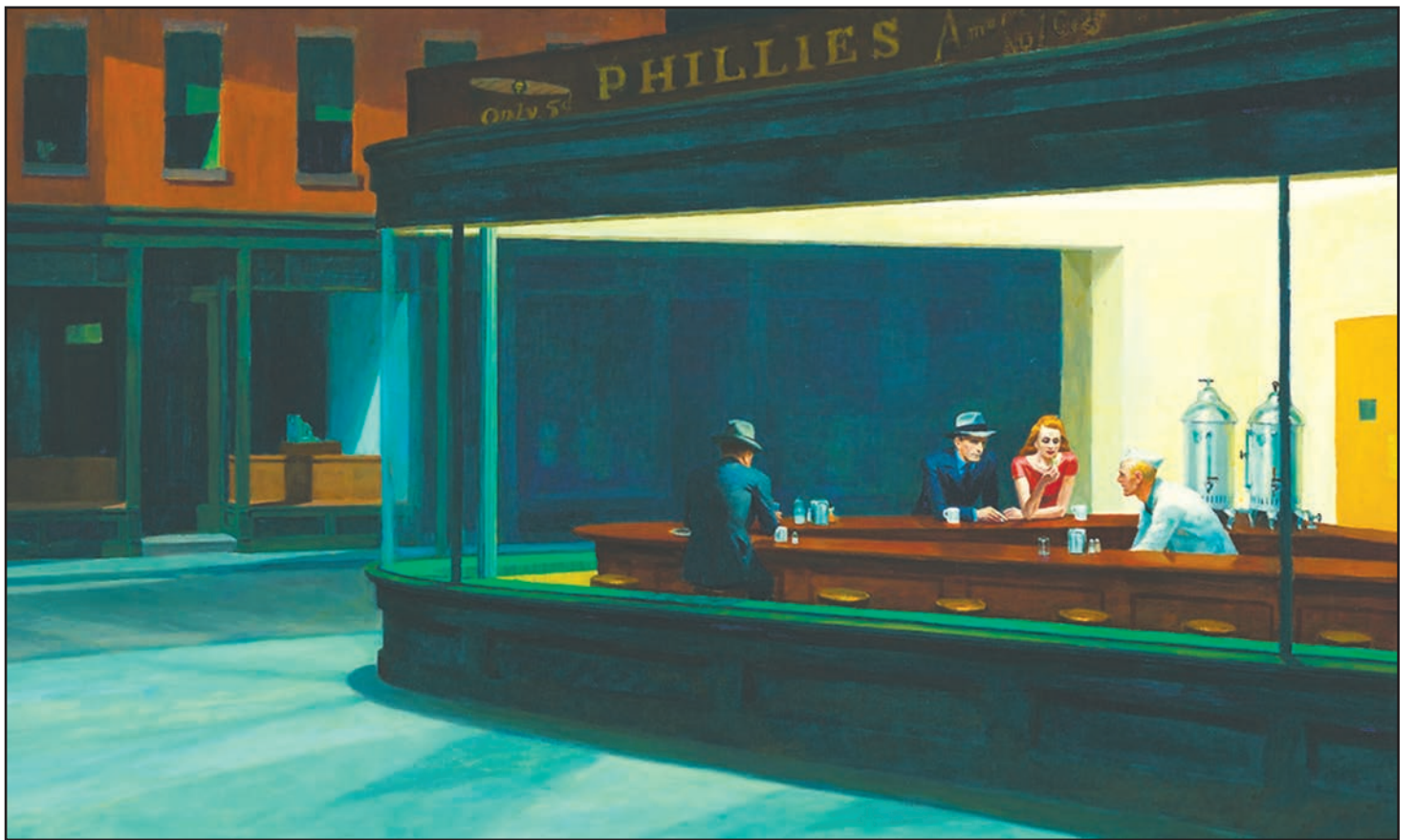
for their health, security and home environment. Up until the current crisis, it was so simple to just lock the door, let the Village know they would be on a trip for two weeks, and everything would be taken care of at home, while they traveled to their chosen destinations.

Current circumstances will keep you at home for the term. Staying at home, does not mean you have to distance the links between you and your chosen destinations. Lovers of art, travel and culture can use a portal like: www.smithsonianmag.com to open the world to you via your computer, smartphone or tablet.

I have found the *Smithsonian* website to be an essential link to interesting stories and visualizations on history, science, travel and "Smartnews." Just like a reality visit to the Washington D.C. Smithsonian Museums, you can lose yourself, wandering in and out of the variety of "exhibits" available to you online. As a subscriber to the monthly magazine, I often read it from page to page shortly after it arrives in the mail. If you are not a subscriber, however, you can visit the website and enjoy the same experience to read all the stories contained in the printed monthly.

View The World's Great Art Museums

One interesting way to use www.smithsonianmag.com is to let it become your entry point to visiting fine art and history museums and their exhibits



"Nighthawks" by Edward Hopper 1942. Image Source: Chicago Institute of Art, Wikimedia Commons.

site (<https://www.artic.edu/artworks/6565/american-gothic>), "The impetus for the painting came while Wood was visiting the small town of Eldon in his native Iowa. There he spotted a little wood farmhouse, with a single oversized window, made in a style called Carpenter Gothic. 'I imagined American Gothic people with their faces stretched out long to go with this American Gothic house,' Wood said. He

section called "Explore The Collections: Museums, galleries, and institutions around the world." Then click "Step Inside." Without counting all the links (I stopped after counting 2,000) to some of the world's greatest repositories of art, memorabilia and collections, you could probably visit several new sites every day for more than a year.

Tomorrow, The Louvre

Ah yes, perhaps tomorrow I will do a one-minute jet trip via the internet to Paris and the famed Louvre. Here, I will quickly shuttle to view one of the most enigmatic paintings in all of history: "The Portrait of Lisa Gherardini, wife of Francesco del Giocondo," or as it is most famously known, the "Mona Lisa." Then on to the Department of Greek, Etruscan, and Roman Antiquities to gaze upon the sculpture of Aphrodite, better known as "Venus de Milo."

The Next Day To The Guggenheim

The native New Yorkers among our *Gazette* readers may well be familiar with the Guggenheim Museum. Visit: www.guggenheim.org and take a quick trip to the Thannhauser Collection, including the French Impressionists and Post-Impressionists, the Italian Futurists, and regularly featured contemporary German artists.

View works from Impressionists: Paul Cézanne, Edgar Degas, Paul Gauguin, Édouard Manet and Pierre-Auguste Renoir. If Pablo Picasso or Vincent van Gogh are more your style, you will be able to view quite an exhibit in the Thannhauser Collection.

Through the rich resources of the internet, the world's great art collections are literally at your fingertips. Plan your daily trips by artistic styles through the Flemish masters, Italian Renaissance artists, English Romantic landscape painters or just meander from museum location to location.



"A Sunday on La Grande Jatte — 1884" by the French Impressionist George Seurat. Image source: Chicago Institute of Art, Wikimedia Commons.

throughout the world. Go to the *Smithsonian* magazine website and do a search for: "Ten Museums You Can Virtually Visit." Read through that story and click on the different links to connect you with exhibits at 10 of the world's greatest museums.

Want To Visit More Museums? Google Your Favorite

Having grown up in the Midwest, I was a frequent visitor to the Chicago Institute of Art. I did a search on the google.com site, and typed in the words: "Chicago Institute of Art." Eureka; I then clicked on the link www.artic.edu

I then scrolled across the top of the [artic.edu](http://www.artic.edu) page and clicked on "The Collection."

Once I clicked on that link, "The Collection" opened to a page of great art, including a photo of one of my favorite paintings: Edward Hopper's 1942 "Nighthawks." The first time I saw that painting, I was in my early 20s, and it definitely got my attention. It was reminiscent of so many George Webb coffee shops I had frequented working long into the night during my college years. I had a personal connection with that painting, as I could imagine myself joining the four occupants of the restaurant at 2 a.m. after the last call at The Avalanche or Hooligans. Funny how we can implant our own self, experiences and emotions into a painting.

Keeping with the Americana theme, "American Gothic," by Grant Wood is a familiar painting that most of us will recognize. According to the web-

used his sister and his dentist as models for a farmer and his daughter, dressing them as if they were "tin-types from my old family album."

Returning to "The Collection" page, I clicked on the painting, "A Sunday on La Grande Jatte — 1884" by the French Impressionist George Seurat. I remembered how overwhelmed I felt when I first saw, in person, that very large painting. Measuring nearly 7 feet tall by 10 feet wide, I needed to stand back to take in Seurat's masterpiece in one glance. The Institute's website describes the painting, "Bedlam," "scandal," and "hilarity" were among the epithets used to describe what is now considered Georges Seurat's greatest work, and one of the most remarkable paintings of the 19th century, when it was first exhibited in Paris... With what resembles scientific precision, the artist tackled the issues of color, light, and form. Inspired by research in optical and color theory, he juxtaposed tiny dabs of colors that, through optical blending, form a single and, he believed, more brilliantly luminous hue."

Peruse the Chicago Institute of Art collection. There is so much to see and much background information to learn about the artists and their art, their inspirations and their histories.

Your Portal To Great Art, Great History And Great Museums

Another great place to continue your virtual art tour is by searching: www.artsandculture.google.com Roll down from the first page and find the



"American Gothic" by Grant Wood. Image source: Chicago Institute of Art, Wikimedia Commons.

Tech Tips For Self-Isolation Communications

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

Staying in touch today is more important than ever. The easiest thing, of course, is to pick up the phone and talk. But with all this self-isolation, it is nice to see our friend's faces. We are going to discuss different free solutions to help with video chat, all of which are very simple to use. Additionally, some websites to keep us busy.

Apple makes it easy with a program built into their devices called **FaceTime**. This is a built-in video capability of the iPhone, iPad, and Mac if it has a built-in camera.

On the iPhone, go to the green phone icon as if you were making a regular phone call. Search for the person in your phone book. When you look at the contact details right below the name you will see the words "message, call, FaceTime," click on **FaceTime**.

Face-To-Face Phone Calls With FaceTime

You will now be able to video call each other. **FaceTime** also has **Group FaceTime** that lets you add many people to the same video call. Just click the + sign in the upper right and add people from your phone book to the video call.

FaceTime will not work for video calling friends on non-Apple products. To be cross-platform both of you will have to install an application on each phone. Go to the App Store and download the application that both of you can use. We will discuss **Facebook Messenger**, **WhatsApp** and **Skype**. Pick the one that works best for your friends.

Are you already on Facebook? Consider using **Facebook Messenger**. It works on your laptop since most have a built-in camera and microphone. Click on

a friend on the list, click the camera button and start talking.

It will work on any smartphone regardless of brand, Apple or Android. Go to the application store on your phone and download the **Facebook Messenger** application. Launch the application and login with your username and password. Search for your friends or family, select them, in the upper right corner is a camera icon, click on that to call them.

If you are not on Facebook and don't want to be, then download **WhatsApp**. **WhatsApp** is one of the world's most popular video/chat applications, especially for international use, and it's completely free. You can also send many photos in a text to many people all at once. It also lets you share rather large video files. Go to www.whatsapp.com for details.

Skype has been around for years and is also very popular. Once again, both parties need to have **Skype** installed (www.skype.com). Just add your friends in the search bar, click the video icon up top. Calls are free.

Zoom is a very popular business application that needs to be set up by a host. You can have 50 people on the call. Unique to **Zoom** is that you can simply dial a phone number and participate in the conference call without the use of a computer or smartphone. Google search [www: zoom.us](http://www.zoom.us) for details.

When In Doubt Check YouTube

All these different technologies can be seen on **YouTube.com**. Just go to **YouTube** and search the words: "Skype tutorial" or "FaceTime tutorial," as examples.



Jacquee Thompson, of the JKV Life Enrichment Department, assists Cassels Tower resident Carol Strandberg with her Instacart grocery order during the COVID-19 crisis.

You'll be able to watch a training video of someone showing you exactly how to use it. You can learn how to use any of these at your own pace.

To keep ourselves entertained, of course, there are **Netflix**, **Amazon Prime Video**, **Pluto TV** and a host of other subscriptions. Remember to turn up the volume on your computer, smartphone or tablet so you can hear the production.

Need food delivered? Go to www.instacart.com which is a shopping service that represents many local grocery stores. There is a fee involved, since a person goes to the store and actually picks your order.

*Maurice Scaglione is a 25-year veteran of the computer industry. He runs **Stupid Computers, LLC** (954) 302-3011, offering personal computer training in home or office. He resolves problems and instructs on the use of computers, smart phones and tablets such as iPhone, Android, iPad, etc. You are welcome to send your questions to him at stupidcomputersllc@gmail.com and he will attempt to include answers in future articles.*

Other Times We Were Challenged

Ann Burnside Love
Gazette Contributor



Ann Burnside Love

Since we're all facing a challenge new to us requiring the major part of our attention, here's a bit of perspective — a tale of other times when the people of our country had to pull together.

With the COVID-19 death toll exceeding those of 9/11, we remember where we were and what happened to our lives when New York's Twin Towers were destroyed, the Pentagon hit by an airplane, and another plane forced down by real heroes in Pennsylvania.

I'd been watching the news on television, a sight none of the millions who saw it will ever get over. I was still watching TV, horrified, when the Pentagon was hit, falling to my knees because it looked to me like the plane hit right where my Army major son had his office. I got a call from him an hour later, saying he'd been assigned to a different building for that day. He confirmed that the plane had indeed penetrated the "impenetrable exterior wall" near his office. He lost several colleagues.

As I caught my breath realizing my child was fine, my heart began to break separately for my friends and neighbors and all those who would not say the same.

The shock of losing so many, so fast, on 9/11 is not so different from what New York is experiencing during this world-wide pandemic. Then as now, first responders, medics and those who can step up without thought for their own safety in efforts to protect, save or comfort as many strangers as they can.

We remember the horror, and yet the heroism and kindness that followed marks our souls.

Memories Of The Cuban Missile Crisis

The Cold War with Russia went on for years, and there were often "incidents." I will forever remember the period in 1962 when Russia set up missiles in Cuba aimed at us in what became known as The Cuban Missile Crisis. Those missiles were focused on key government buildings in Washington, including the presidential retreat Camp David in the mountains just above Thurmont, MD.

At that time, we'd lived in Thurmont for a few years nurturing my husband Tom's medical practice. Sometimes known affectionately by his older patients as "the youngster" or "Ma, call the Kid," he had become beloved by his patients for miles around, and I knew that if there were troubles, a disaster in the area or on the mountain, his medical oath would take precedence: His patients would come first.

I was home with three tiny boys. And I was terribly upset because I didn't see how I could carry all three boys — and I couldn't let Tom know how I was feeling when many people around us were bringing their hysteria to him. Not wanting to upset the littles, I gradually filled the trunk of the car with blankets, water, food, clothes, shoes, diapers, plus my own and Tom's equivalents — and got gasoline. The news was frightening. All. The. Time.

Eventually Kennedy and Khrushchev came to an agreement, and it was over. Except for this: A Russian submarine in Cuba almost ended the world by loading an atomic missile and starting the countdown before the sub commander received orders not to proceed. And yet gradually, we found ourselves returning to business as usual.

Rationing During World War II

The third story is about a very young me during World War II when we had points for food, clothing, gasoline, etc. Every adult smoked in those days, and I was in

charge of soaking the cigarette wrappers to separate the foil from the paper — creating large balls of aluminum foil to turn in for the war effort.

We also had no fresh vegetables, as our yard was all shaded. But there was sun in the yard next door, so we went in together to create a Victory Garden. My mother was totally at home in a garden; together with the neighbors we grew all kinds of veggies.

Because I loved popcorn, they planted a row of corn. My favorite memory was rubbing two ears together to pop the popcorn off — then eating the popped corn. Popcorn has been a go-to comfort food most of my life. Popcorn is also a symbol, for me, of people coming together to share what they have for the benefit of others.

Innovative Responses Will Shape Our Culture

Right now, we are seeing and hearing amazing stories of people managing their fear, stepping up, contributing to their neighbors' well-being, and protecting those in need. The incredible, thoughtful, innovative responses and actions that will come from this raging COVID-19 will shape our world, our neighborhoods and our culture for years to come.

Just as with challenges of the past, we will always know where we were when the virus began impacting our lives. We will also harness our fear and make that energy work toward our survival. People working, loving and helping together, while staying apart. Preparing for a new normal.

Ann Burnside Love writes from Frederick, MD. This column was first published in *The Frederick, MD News-Post*.

Sudoku

Answers On Page 10.

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

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

Mothers Day Memories Of Mother 'A'

Burn Loeffke
Gazette Contributor



Burn Loeffke

May and Mother's Day remind me of the story of a man who had to make a tough decision during a hurricane out at sea. He was trying to hold on to his mother and his wife when he realized he needed to let one go. When they rescued him and his mother, they asked him: "How did you make the decision of which one to save?" He replied: "I can always marry another woman, but I can never replace my mother."

"Dad, I know you love and want to take care of me, but I want to go to Mother A's house."

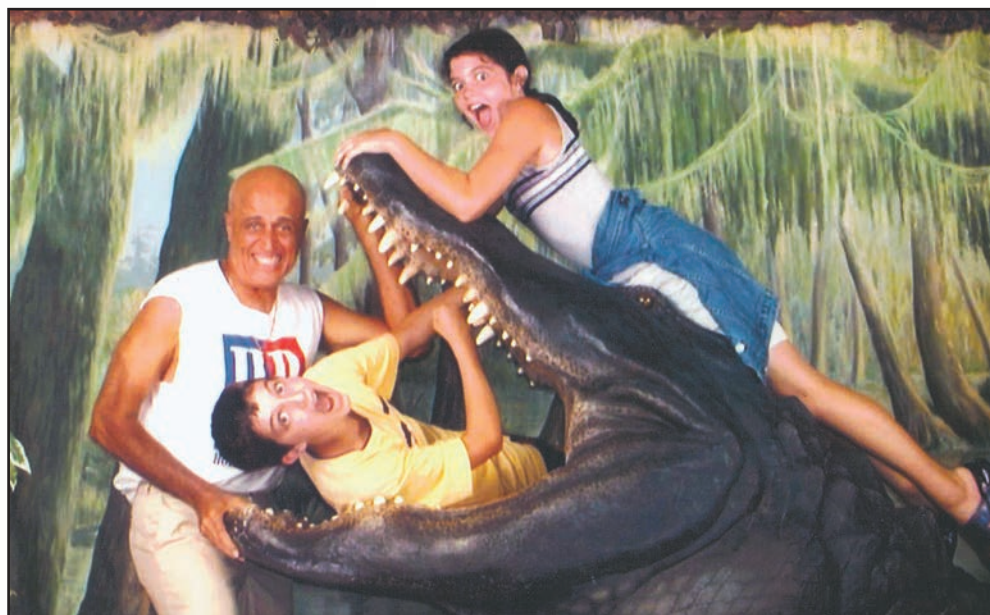
Mother A is the name I have always called our children's grandmother. A stands for Adler, her last name. Mother A is the kind of mother, and grandmother, everyone dreams of having. She is always pleasant, never too busy to not listen. Her home is spotless and her kitchen eternally smells of something "YUMMY" she is preparing.

Our five-year old son Marc was sick, and I had been taking care of him for the last two days. In the priority list of our children, Marc and Kristina, first comes their grandmother (Mother A), second, their mother and then far down the list in third place is dad. I reluctantly took him to Mother A's house. An hour later he called me. "Dad guess what I am doing?" He then proceeded to tell me he was drinking coke. Something we never gave him. He was very happy, as Mother A fed him goodies and his grandfather told him adventure stories.

The Strength Of The Women In My Life

Women have always been a strong influence in my life. I was raised by a single mom. She was smart, selfless and hard working. Later in life, when I became a soldier, my respect for women grew.

In the late 1960s, I served in a parachute unit in combat in Vietnam. It was there that I learned what a difference a woman makes in times of trouble. Our unit of 500 men and one woman had suffered almost 40 percent casualties either killed or wounded. I vividly remember my first combat parachute jump with our unit. An outpost had been overrun and reinforcements were needed. Our unit boarded the planes and I was seated opposite our nurse. Just knowing there was a woman aboard calmed those of us



Burn Loeffke in earlier years with his daughter Kristina (top) and son Marc.

who were nervous about what would be greeting us when we landed. As we exited the aircraft, we could see bullets whistling by and ripping holes in our canopy. The enemy quickly disappeared into the jungle. We entered a village that was destroyed, with many wounded and dead. The surviving men sat dazed while the women were busy bringing normalcy to the village by picking up the pieces.

On my next combat tour, I again experienced the influence of women. This time I was commanding 1,000 soldiers. We had been in a costly fight, when two Red Cross women came out of a helicopter. They were the famous Donut Dollies who come at difficult times to cheer up the troops. Women are powerful weapons in the arsenal of a nation.

Thank you Mother A and all the mothers who are serving in the front lines of our hospitals and elsewhere, fighting yet another enemy "the coronavirus."

Burn Loeffke, a retired military officer, has been wounded, survived two parachute malfunctions and two helicopter crashes in combat. As a captain in his 20s, he was an Army swimming champion. As a colonel in his 40s, he participated in a military decathlon in Russia. As a general in his 50s, he ran three marathons in China. He has been an advisor to the President's Council on Physical Fitness. As a senior, he starts each day at Hollywood Beach, FL with 200 stomach crunches, 10 minutes of stretching, and with Dr. Carmen Queral, they sprint one-minute dashes with 30 seconds of rest in between. They finish with 10 - 20 second dashes with 10 squats in between.

The Doctor Is In

A Half-Full Look At COVID-19

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Well, how are we doing? I've always wondered how people like Julian Assange, on house arrest in an embassy in England, did it for years at a time. Now we get a chance to have a small taste of what people like him endure. A reader writes, wanting to have some guidelines for yet another month of solitary.

Far be it for me to tell anyone what to do. Everyone is so different,

unique and individual in their life and personality that it would never work if I did. But I will share how I have been thinking about the month of May, should confinement continue. It may have to continue for those of us with risk factors for COVID-19. So, for what it is worth, I am a list-maker. The lists are mostly in my head (I think of that as a mental exercise to help stave off memory deficit difficulties).

We can look at anything as a blessing or a curse. You know, the glass half-empty or half-full. By looking at a glass as half-empty, we give ourselves negative emotions that will lead to more vulnerability to illness. Here are my glass half-full thoughts.

How I Invest My Time Alone, At Home

1. Tasks I have been putting off: Put that mattress topper on my bed, read books that are stacked awaiting my attention, do my new hobby of jewelry repair, clean out a closet. When doing sedentary tasks like reading, I will get up and walk around the apartment every 20 minutes to keep bones and muscles in some kind of shape.

2. Thankfully eat the really delicious meals prepared by the John Knox Dining Services, delivered to my door, by smiling, energetic young people.

3. Count some more blessings: A lovely apartment to "shelter in place," be thankful for it and everything in it, including the sheets on the bed and the washer

and dryer to clean them in, outside lakes to walk around, exotic water birds to study, books to read. I'll take a few more naps, and yes, I will connect with people on my cell phone.

4. The most important point of all, this "time out" gives me pause to think about who I am and who I want to become. My legacy. Part of a legacy is thankfulness. Some research studies have connected thankfulness with a happier life. So here goes: Thanks for having this time to get to know myself better—my dreams, goals and motivations. A great part of who I am is my family, so I'll use that cell phone, laptop and computer to get in touch and stay in touch for the duration and ever after. If I don't find ways to be social during "social distancing," the brain will lose important parts of itself.

I'll remember to be thankful for brothers and sisters, who once were a bother, and remember them fondly.

Parents, the emotional nucleus of the nuclear family are honored at this time of the year—Mother's and Father's Days. I can scarcely think of one parent without the other, in my family. I will honor them and thank God for the home they gave me. For those abused people in our culture: How about forgiving the abuse and then giving it to God, asking for a change of heart and mind? Then we'll call them. It doesn't matter who makes the call, only that the call is made.

I'll get in touch with old friends that I have neglected. My legacy is not only a legacy of work but one of people—those I have loved, taught and nurtured. But I will ask God's blessing on my work as well. Speaking



Keep in touch daily with family and friends.

of work, I'll be thankful for those who protect us all over the earth—our military men and women who do such a great job of keeping the world safe for democracy. Two holidays this month honor them.

5. With all this, I will go to an untroubled sleep at night. If I have a problem, I'll say *The Lord's Prayer* three times. It works for me.

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.

Answers to Crossword Puzzle on Page 4 and Sudoku on Page 9.

WHO	AHAB	AJAR
RAM	NAPA	DUDE
ABE	JEER	ORAL
PUNTO	BABY	
	BURP	WELSH
DONA	ERGO	IAO
ELA	ABIEL	SMU
APR	EAST	STAR
NEGRO	MAKE	
	HONE	AWASH
NUIT	EBUR	CPA
ELLA	OILY	RAD
TAE	COMO	ODE

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

JKV President's Message During Uncharted Times: 'It Takes A Village'

Dear John Knox Village Gazette Readers,

Gerry Stryker
JKV President & CEO



Gerry Stryker

As we all navigate these uncharted times, I wanted to take a moment to send best wishes for your safety and well-being. Even with the world's new mantra of "six-foot social distancing," now more than ever, it is so important to remember that we are all still connected.

As of *Gazette* press deadline, John Knox Village and the State of Florida are deep within the second full month of measures to hopefully prevent the spread of COVID-19.

Through our nearly 53-year history, JKV has developed and maintained a full compendium of

emergency readiness plans. Over those many years, our plans have been fine-tuned before, during and after natural disasters, such as hurricanes, and provided us a clear path and steady direction.

As mentioned in my opening, though, a world-wide pandemic is uncharted territory.



JKV's Dining Services staff take phoned in, or emailed meal orders for home delivery direct to each resident's door.

The shining beacons during this are our many partnerships with senior living industry, health care and governmental agencies. In concert with them, our JKV Emergency Preparedness team (EP) has been able to develop and implement protocols for the safety of our residents and staff alike. We are certain the actions we put into place have lessened the terrible possible effects of the pandemic.

Daily Conference Calls

This agency involvement includes everyday state-wide conference calls with LeadingAge Florida, the not-for-profit senior living industry trade group. As a member of this organization, their steady hand provides the EP team with up-to-the-moment news and developments from the Centers for Disease Control and Prevention (CDC), Centers for Medicare and Medicaid (CMS), Agency for Health Care Administration (AHCA), World Health Organization (WHO) and other government agencies.

As far back as January, our EP team was monitoring the Novel Coronavirus as it started spreading out of Wuhan, China. We began by distributing flyers with

preventive tips from the World Health Organization and Centers for Disease Control and Prevention to our nearly 1,000 residents and more than 800 staffers.

Additional notices gave direction for anyone beginning to feel or display virus symptoms to contact our Wellness Nursing team of health care professionals.

I am grateful that in short order, our Security and Transportation team members took the necessary actions and began screening all residents, staff, guests and vendors wishing to come through any of our three entry points. We closed high-traffic areas on campus where large groups could congregate, such as our Auditorium, Fitness Studio and the lounge in our Lakeside Dining Room.

Socialization was one of the first casualties of the virus, not the least of which was the cancellation of a month's worth of events—our 4th Annual ArtSage celebration of all things arts. With nearly 60 events lined up, ranging from large-scale entertainment productions to intimate presentations in our art studio, we had all of March devoted to this 31-day-long revelry.

Adapting To The New Normal

Ever nimble and flexible, the Marketing, Sales, Life Enrichment, Fitness, Meaningful and Spiritual Life teams shifted their focus from live-action events to the virtual and online. They created a 20-page "At Home Enrichment" guidebook chock-full of brain games, virtual museum tours, cooking demonstrations, college lectures and much more—all to be enjoyed in the comfort of our residents' apartment and villa homes.

With no in-person events, the Life Enrichment team regrouped and helped train residents in online grocery shopping, so residents would not have to leave the campus. The team created outdoor musical Pop Up events (with social distancing). Our Fitness team starred in follow-along videos, guiding residents in yoga, meditation and the sort.

Our newly created JKV Tech Talk videos provided instruction in how to FaceTime, set up online accounts and sign-up for our resident engagement portal, JKV-Connect.



Breakfast, lunch and dinner meals are freshly prepared and delivered by dedicated Dining Services staff, to the doors of JKV residents in their apartment or villa homes.



JKV's Technology Coordinator Nicholas Sconiers assists Village Towers resident Harriet Sams with her Instacart grocery order.

Speaking of being nimble and flexible, in the span of a 30-minute weekend day our Dining Services team went from the traditional restaurant model of providing three meals a day to "Home Delivery Only." Once the Florida Department of Health shut down communal dining, the team went from face-to-face meeting, greeting and serving to taking orders over the phone, packaging meals into one-time-use containers and delivering them around our 70-acre campus to residents in our four apartment buildings and 200-plus villas.

Our dedicated Housekeeping team was redeployed, concentrating on sanitizing and re-sanitizing (and re-sanitizing) high-touch points and potential problem areas. They were charged with filling and refilling the many strategically placed hand sanitizer stations around campus, and much more.

Sing The Praises To Unsung Heroes

The real front-line heroes are our health care workers: The ones in whose capable care are, in many cases, our most frail and vulnerable—and not just to COVID-19. These dedicated professionals check in on our independent living residents as well as those in our assisted living Gardens West and two skilled nursing centers—The Woodlands and Seaside Cove.

Along with award-winning, top-notch health care, our Meaningful Life team keeps our Elders entertained, calm and engaged.

I do not pretend to know what our Village, county, state, country, indeed the world, will look like when this edition of *The Gazette* is delivered to your mailboxes in May.

What I do know and what I can say with pride is that our staff, "working in service with, for and alongside our residents," helps make John Knox Village, a place "Where Possibility Plays."

Please stay well and take good care.

Sincerely,

Gerry Stryker

President & CEO
John Knox Village

web JohnKnoxVillage.com
f t y JohnKnoxVillage

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



John Knox Village is one of South Florida's premier Life-Plan Continuing Care Retirement Communities and is home to nearly 1000 residents. More than 800 staff members are dedicated to resident care, safety and security.



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 resided at 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.

Boost Your Brain During COVID-19

Embrace Positive Thinking

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Amidst the lifestyle changes brought on by the coronavirus pandemic, your brain is more important than ever before. Toxic inflammation created by negative emotions and stress hormones can undermine your immune system. Your brain can help you embrace positive thinking and adaptive behavior in these challenging times.

Self-isolation gives us an excellent opportunity for re-energizing our brains. By the time it is over, your brain could be performing

better than ever on attention, focus, learning and memory. You might even be happier.

So, limit your exposure to the alarming news on TV and social media. Try invigorating your brain to some new activities that honor the need for social distancing physically, but not emotionally. No more excuses like “I don’t have time.”

Here are some tips to help you make self-isolation pay off in building your Brain Wealth (new brain connections) by working all 5 brain assets:

1. Get A Good Night’s Sleep

If you have been shortchanging your sleep, now is the time to catch up. Your brain creates a lot of waste, and the garbage gets taken out at night. If you are waking up at night with fears and worries, it’s time to boost your executive functions, which lets you sleep like a baby no matter what’s going on. Whip your frontal lobe (the master of executive functions) into shape by playing chess online.

2. Listen To Music

Play music that delights you to enjoy your time at home more. Your favorite songs from your teens and 20s will be especially reassuring. If you can make your own music by playing an instrument or singing, that’s even better for your brain.

3. Renew Relationships

Call and write letters to family and friends to whom you haven’t spoken recently. Reconnect and reminisce about good times with loved ones who are gone. Your domestic animal companions will be thrilled that you are around more to pay attention to them. All of this connecting activity will soothe key brain areas that panic during social isolation.

4. Help Others

Do small favors or kindnesses for people who are home bound and perhaps at high risk for infection. Buy gift certificates from local restaurants and small businesses to help them keep the doors open. This can be done online or by phone, but you will still feel just as good.

5. Tackle The Piles

Many people are taking on piles in various parts of the home. Dig into piles of whatever you have lying around, such as frozen food, bookshelves crammed with unread books, papers, or boxes full of old stuff.

6. Express What You Feel

Let friends and family know how you feel about them by phone, video conferencing, or hand-written cards and letters. Write in a “quarantine journal” to diffuse anxiety with positive, proactive thought patterns. Either way, as Brain Wealth enthusiasts know, requiring the brain to perform “motor output” through speech and writing is an important tool for managing negative emotions.

7. Establish New Fitness Habits

Try moving to online exercise, yoga, dance, Pilates, and other physical training programs. Swap gym workouts for walks, hikes, golf, tennis and outdoor exercise with proper social distancing.



Perhaps you have a piano at home but have not touched it in many years. Now is a great time to get back into music by playing and singing.

8. Find New Ways To Work Your Mind

Sign up for an online class with Harvard or a local school. Practice the piano or watch someone else play online. This is a perfect time to learn more about your brain assets and how to keep them growing by reading “Better with Age: The Ultimate Guide to Brain Training.” All of these activities calm the mind and help build the brain’s resilience.

Enjoy your freedom from your usual routines. Before you know it, the quarantine period will have just whizzed by.

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

Juniper Garden Villa Is A Perfect Choice For Single-Story Home Living

Many prospective John Knox Village residents plan to move from a single-family house, and prefer the convenience of single-story living. If that is your preference, then the Juniper Garden Villa is for you. Choose a location in a garden setting or in proximity to Lake Maggie.

While you are sheltering at home, now is a great time to plan for your future. Call the Marketing Department at (954) 783-4040 to get all the details.

Juniper Garden Villa 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 Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and much more. Call the Marketing Department at (954) 783-4040 for more information.

web JohnKnoxVillage.com

JohnKnoxVillage

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



Villa homes are available in a choice of lakefront or garden settings.

The Juniper Garden Villa
2 Bedroom / 1 ½ Bath – 1,296 Sq. Ft.

