

JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

# Gazette

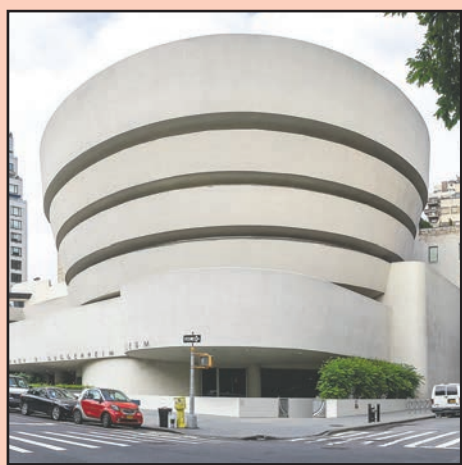
where possibility *plays!*

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

### IN THIS MONTH'S ISSUE



- A Grateful JKV ..... 2
- Wedding Traditions ..... 3
- Silver Scribes To Zoom ..... 3
- Chef Mark's In Good Taste Recipe ..... 4
- Book Review ..... 4
- Art Of Letter Writing ..... 5
- JKV Is Here For You ..... 6



- Visit The Guggenheim ..... 8
- Stay-At-Home Tech ..... 9
- The Work Of Adaptogens ... 9
- A General's Thoughts ..... 10
- The Doctor Is In ..... 10
- Staying Fit During Social Distancing ..... 11
- Train Your Brain ..... 12
- The Featured Mangrove Apartment 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

## Thankful Thursdays Celebrate A Grateful JKV Entire Village Comes Together To Honor Its Heroes



JKV President and CEO Gerry Stryker (left) shows his gratitude for members of the Home Health Agency.

**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 used this time of stay-at-home guidelines and social distancing to actually become closer in mind, heart and spirit. Since mid-April the entire Village has shared in a weekly event called *Thankful Thursday*, dedicated to honoring the many employees who work diligently to keep residents safe, healthy and secure.

### An Early Morning Inspiration

*Thankful Thursday* was an idea initiated by Monica McAfee, JKV's Chief Marketing & Innovation Officer. "An idea came to me at 3 o'clock one morning and I thought we have an incredible opportunity to bring residents and staff together to celebrate our JKV Heroes.

"Of course, our health care workers are on the front lines caring for our Elders and frailest of residents, who are in the demographic population consistently cited as being the most at-risk for contracting the virus," Monica told *The Gazette*.

"Yet many team members from all departments, completely shifted their job responsibilities. In many cases they began performing tasks they had never dreamed of carrying out. For

instance, our drivers were trained and became screeners at our gates. Once communal dining was prohibited, our dining staff was suddenly delivering breakfast, lunch, and dinner meals to residents in their apartment and villa homes."

Monica presented the idea of *Thankful Thursday* to the Meaningful Life and Life Enrichment Teams and empowered them to come up with a plan to honor all JKV staff and employees.

### The Idea Comes To Fruition

Marti Engel, Meaningful Life and Volunteer Manager; Jamisyn Becker, Life Enrichment Manager; and Kim Morgan-Vagnuolo, Marketing Director went to work. In concert with Wendy Bednarcik, Director of Human Resources; Mark Rayner, The Woodlands Director/Administrator; and Kelly McIntyre, Gardens West Administrator, times were developed to easily facilitate *Thankful Thursdays*: They would occur during the shift changes. The plan was put into action.

Jamisyn said, "The Life Enrichment Team sent out an email and set aside two days inviting 10 residents at a time to come to the Auditorium to make posters. We had an overwhelming overnight response with more than 40 residents participating.

"That was the first time we had any small regulated program,

See "Thankful Thursdays" on page 2

## The Bride Didn't Always Wear White

### History Of Wedding Dresses In Time And Place

**Nona Cree Smith**  
Gazette Contributor

In today's climate of social distancing, the traditional June wedding may become smaller, more intimate gatherings. However generally speaking, one constant will remain: The bride will most assuredly wear white.

In many societies the color white has been associated with virtue or purity, and is why many brides choose to wear white, especially in the West. It has become a tradition to select a white or ivory colored wedding dress. However, throughout wedding history, other colors were chosen far more frequently. For many centuries in Western societies, wedding dresses were a bounty of colorful fabrics, sometimes sprigged with flowers and enhanced with lace. This was for reasons of practicality, for no woman expected to wear her wedding dress only once. Brides tended to buy a wedding dress that could be worn again in different social settings. Some brides, who could not afford to buy a specific garment for their wedding, simply wore their "Sunday Best" dress.

### Why do so many of today's brides wear white?

They do so largely due to a tradition started with Britain's Queen Victoria's 1840 wedding to Prince Albert. The pretty, young Queen wore an opulent pale satin dress trimmed with exquisite handmade Honiton lace. She chose a simple wreath of orange blossoms for her hair rather than a diamond tiara

See "Weddings" On Page 3



Britain's Queen Victoria began the white wedding gown tradition at her marriage to Prince Albert in 1840. Alamy image.

# The Best In All Of Us Is Often Exemplified In Times Of Crisis

From “Thankful Thursdays” On Page 1

where residents could meet with other residents and staff. Each art station was six feet apart. Materials were supplied for poster-making, plus gloves and wipe downs for everyone.”

Jamisyn explained that Thursday, April 16 was set for the first *Thankful Thursday*. The celebrations would begin during the shift changes at 6:30 a.m. and then again at 2:30 p.m. to honor the health care staff, who directly care for Elders in The Woodlands, Seaside Cove and Gardens West.

John Knox Village President and CEO Gerry Stryker enthusiastically got on board and contacted the Broward County Sheriff’s Office and the Pompano Beach Fire Department, and both sent a representation including sheriffs’ cars and fire trucks with red lights flashing.

Monica coordinated with Marti and Norma Blanchard of the Human Resources Department in ordering individual bundt cakes from Nothing Bundt Cakes in Coral Springs, as thank you gifts for all staff members honored.

That first *Thankful Thursday* was a huge success, as more than 30 residents with signs and enthusiastic shouts of appreciation gathered in the dawn hours with staff and fellow employees. An even larger group of residents, staff, firefighters and Broward Sheriffs convened in the afternoon to reprise the activities during the next shift change honoring the John Knox Village health care employees.

## Thankful Thursdays Continue

Jamisyn said that after the success of the first *Thankful Thursday*, “The Administration, Marketing and Life Enrichment Departments decided it would be great to thank all employees. The idea was heartily and enthusiastically supported by residents, to plan *Thankful Thursdays* for all Village Departments, so each could enjoy and share a special day.”

Monica emphasized that unified sentiment. “From the very beginning, we dismissed the notion coming from government agencies which were differentiating ‘Essential’ and ‘Non-essential’ workers,” she said. “That is not the way we think of staff at John Knox Village. They are all essential. In fact, through this entire pandemic crisis, JKV has not let any staff go—or furloughed any team member.

“Our dear residents enthusiastically embraced *Thankful Thursday* as soon as they heard about it. They created Thank You posters and came to every one of our events, cheering, dancing and sincerely expressing their gratitude.”

## A Weekly Dance Party

When it comes to dancing at *Thankful Thursday*, much appreciation goes to Joshua “Teddy” Tennie, JKV’s Production and Events Manager. Teddy personally programs the musical selections broadcast during each gathering: Choosing many hit music cuts from the ‘50s, ‘60s, ‘70s and beyond. Residents and employees often spontaneously break into impromptu dance performances. As Jamisyn said, “Teddy emcees, creates the music play list for the day, and acts as the cheerleader, getting everyone to dance. It is just impossible NOT to dance and have a great a time when Teddy is on the the microphone.”

Residents Sandy and Jed Sprague have attended every *Thankful Thursday* holding their handmade “You’re Loved, So Much” poster. They are often first on the dance floor, with stylish groovings to the music.

“*Thankful Thursdays* have been an incredible opportunity for us to show our appreciation to the Village staff who keep us safe during these trying times,”



Dorrel Sewell, CNA at Gardens West, the Village’s Assisted Living Home, is honored by residents who gathered during the inaugural *Thankful Thursday* to thank JKV’s devoted health care employees.



*Thankful Thursdays* continue with another gathering of residents showing their love and thanks to the dedicated staff.

the Spragues said. “It is a way of getting together while maintaining social-distancing in a celebration of mutual love, support and appreciation.”

## Living At JKV, A Wise Decision

Two more Village residents who expressed their gratitude are Twylah and David Haun. The Hauns are involved residents who volunteer on many committees and activities. They have been in attendance at *Thankful Thursdays* holding signs and adding their support and appreciation for the staff’s dedication.

“We made our signs ourselves, using discarded boxes from orders received by Heritage Tower residents,” David said. “The idea of *Thankful Thursdays* is a fantastic means of saying thank you to a wonderful Village support team.

“One of the wisest decisions we have made in our lives, was the decision to make John Knox our home for our retirement. Our decision, 17 years ago, to choose John Knox as our residence, has led to 17 years of safety, care and enjoyable living. Each day we give thanks, both for our decision to come, and for the constant care we receive.

“The feeling most frequently felt, as we live through this pandemic, is amazement at how loyal our Village staff has been. As tragic as this pandemic has been, and no matter how long it lasts, Twylah and I are both so thankful that we are experiencing it in America, at John Knox Village.”

## We Are Family

One of the most played songs on Teddy Joshua’s musical playlist is the 1979 song by Sister Sledge,

“*We Are Family*.” The feeling of closeness and family extends throughout The Village: From Administration to each Department, residents and every employee.

Elizabeth Talatinian, Administrative Assistant for Plant Operations, expresses what *Thankful Thursday* means to her. “We have some amazing teams on campus. Together we get it done, co-workers and residents alike. We have become the example by which



Elizabeth Talatinian, Administrative Assistant for Plant Operations, shares the love during *Thankful Thursday*.

other senior living facilities strive to achieve. JKV is unlike anywhere else. I speak with many people every day. I hear it in their voices. I see it in the quality of their work. We are all committed to remaining healthy and safe.

“This past year has been tough. I’ve been battling breast cancer, and I didn’t think I would survive long enough to have seen this day. The support I have been given campus-wide has been nothing short of amazing: Co-workers and residents alike across the board. I couldn’t have done it without their kind words and support. I am so very thankful for all of you.”

Monica sums up the effect of *Thankful Thursdays*, and the feelings shared by nearly 1,000 residents and more than 800 employees alike.

“*Thankful Thursdays* are pick-me-ups that show everyone within our 15 departments how much they are appreciated. They are all JKV Heroes.”

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

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

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



John Knox Village Foundation Assistant, Odalys Rosua receives accolades of thanks, love and appreciation from John Knox Village residents.

# 'The Highest Happiness On Earth Is Marriage' – William Lyon Phelps

From "Weddings" On Page 1

to hold her veil. Her fashion choices were reported in numerous newspapers and ladies' journals and were soon influencing British and international wedding trends.

As accounts of the Queen's wedding attire spread, other European fashion leaders followed suit. To begin with, the rich fabrics and lace trims were copied by wealthier brides, and the new dresses were created of luxurious fabrics. Laundering clothing was difficult in the 19th century and white dresses were hard to keep pristine. Unlike today, wedding gowns were worn several times during a lifetime. Even Victoria wore her wedding dress as a ball gown and to receptions. She even had the lace repurposed onto other frocks.

## White Becomes The Bridal Norm

As white dresses gained popularity for weddings, they gained a new symbolism – the color began to signify purity and innocence, in addition to wealth. White also stood out and drew attention to the bride in early black-and-white or sepia-toned photography. By 1849, women's magazines like "Godey's Lady's Book" declared that "white had long been the choice of brides as it was a sign of purity and innocence of girlhood, and the unsullied heart she now yields to the chosen one."

For years, the 19th century crinoline style of dress with the fitted bodice and floor-length voluminous skirts was the most desired design. More adventurous brides, did not want to look like a "marshmallow" but wanted to convey their individuality through their wedding dress, chose different silhouettes, but usually stayed with the color white. One of the last, iconic crinoline dresses was the one designed for Lady Diana Spenser when she married Charles, Prince of Wales. Designed by the husband-and-wife team of David and Elizabeth Emanuel, Lady Diana's ivory taffeta gown was a stunning display of style and grandiosity, intricately lavished with lace, embroidered with sequins and 10,000 pearls.



The 2011 Royal Wedding of England's Prince William and Catherine Middleton. Alamy image.

## Every Girl's Dream

The ease and speed that people could see media images of celebrity and royal weddings were the inspiration for many brides' dream of the perfect ceremony complete with a dreamy white dress to make her feel like a princess. In 1956, the American actress Grace Kelly saw the dream become reality when she married Prince Rainer of Monaco and became Her Serene Highness, Princess Grace of Monaco. Her creamy white dress of lace, pearls and tulle became the inspiration for Catherine Middleton's wedding dress to England's Prince William in 2011. Both gowns featured fitted bodices with an overlay of French Solstiss lace. Catherine's dress featured a "V" neckline and long train which was carried by her equally elegantly dressed bridesmaid, her sister Pippa Middleton.

While celebrities and royalty greatly influenced the style of wedding dresses, the brides' personality and sometimes practicality dictated the overall dress design. During World War II, some brides resorted to parachute fabric for their dresses, as silk was unavailable. The rebellious 1960s used colorful fabrics and flowing designs for the dress, however some celebrities such as John and Yoko Lennon still opted for white, even though the style was anything but original.

## Love And Marriage Not Always A Match

Queen Victoria and Prince Albert were passionately in love and their wedding ceremony marked a shift from marriage as a legal agreement, to a culmination of romantic love into the perfectly happy union and family.

For most of its existence, marriage has been a legal and worldly matter with the transference of property,

the creation and support of heirs, and controlling women. It was usually a man and woman marriage, but that did not mean a wedding. Marriages were made official by the signing of a contract or transference of a dowry, and were not considered spiritual or romantic occasions, therefore there was not an official "wedding" dress.

For most of history, brides did not wear white. In ancient Rome, where marriages were celebrated with social events and banquets, brides wore long veils of deep yellow on a meticulously braided hairstyle. Ancient Athenian brides chose violet or light reddish-brown robes, tied by an intricate belt at the waist, which the groom would loosen later, symbolizing the bride's loss of virginity. The marriages were made official with a feast and a torchlight procession where family and guests led the couple to the marriage chamber.

In China, for many centuries, bridal couples were expected to wear specific colors, and those colors changed with each dynasty. For instance, during the Zhou Dynasty, more than 3,000 years ago, the bride and groom had to wear black clothing trimmed with red embroidery. Today, Chinese wedding attire is incredibly beautiful for both men and women. The main color is bright red, a traditional and sacred color. To the Chinese, red represents happiness, vigor, life and a symbol of good fortune. The garments are embroidered with gold thread representing dragons and phoenix birds. In spite of the beauty of the traditional red wedding dress, the bride often opts to change into a white dress for photography.

Some traditions will last forever, as long as there is love and marriage.



A Chinese bride's wedding attire often features a gown fashioned in bright red, a traditional and sacred color. Adobe Stock image.

# Ready To Write Your Book? Zoom Into Silver Scribes

Special to the Gazette

Silver Scribes, the autobiography writing and publishing classes sponsored by John Knox Village, has taken a hiatus during the past months of social distancing. However, many of our senior writers are eager to finish their personal

memoirs, and finally get them published and available on Amazon.

If you have been a regular attendee at the monthly Silver Scriber gatherings, or find that you finally have the time to start working on your autobiography, we would like to explore the possibility of holding regular classes on Zoom.

Marty Lee has hosted the monthly classes for more than four years at John Knox Village, and the classes are open to all seniors who are interested in writing their autobiographies or books of inspiration. Marty is the "What's Next" guy, who will take your Microsoft Word document, format it, design the cover and technically prepare it for printing via Kindle Direct, a division of Amazon.

The purpose of the program is to enable seniors to write their memoirs and to leave a lasting legacy of their lives, accomplishments and inspiration for their children, grandchildren, family and friends. To date, nearly 20 books have been published and many more are in process through the Silver Scribes program.

During this stay-at-home COVID-19 crisis, we know that many of our readers have gotten tech savvy by learning Zoom. In the immediate future, the Silver Scribes are planning to start regular gatherings via Zoom.

If you are a longtime Silver Scriber or a first timer interested in discovering how to write and publish your book, please email Marty Lee, the Silver Scribes organizer at: martyleepphoto@gmail.com. We will coordinate a time and date to begin the first of our electronic sessions via the magic of Zoom.

## Sudoku

Answers On Page 10.

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

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

# In Good Taste: Chef Mark's Mac & Cheese With Gouda Recipe Is Smokin'

**Rob Seitz**  
Gazette Contributor



*John Knox Village Executive Chef Mark Gullusci*

Surprising outcomes often come from actions taken out of necessity. Within an hour over the spring weekend in which Gov. Ron DeSantis prohibited communal dining, JKV greatly expanded its campus-wide Home Delivery Operation.

Front-of-the-house staff who normally would be taking orders in JKV's dining rooms, shifted gears and began taking phone and emailed orders for breakfast, lunch and dinner. Catering Team members used to pouring bubbly and offering award-winning entrees and appetizers for guests at on and off-campus events, were now re-deployed to delivering meals to our nearly 800 Independent Living residents.

Once Home Delivery Only became the "new normal," JKV Executive Chef Mark Gullusci began cooking up some new entrée ideas, including creating a half-dozen freshly prepared, then frozen entrees. Much like frozen entrees found in grocery stores (only better), Chef Mark wanted to provide his residents with additional meals options, above

and beyond the extensive and delicious weekly menu.

Out of his noodling about with entrée ideas, came a newfound resident favorite—Mac & Cheese with Smoked Gouda. Find his recipe that follows:

## Smoke Gouda Macaroni And Cheese (Yield 4 Servings)

- 2 cups whole milk
- 1 10-ounce bag of spinach
- 1 pound bacon, cook, cool, then chop
- 1 chicken bouillon cube
- 1/3 cup unsalted butter
- 1/3 cup all purpose flour
  - 1/4 tsp. white pepper
  - 1/4 tsp. granulated garlic



- 1/4 tsp. granulated onion
- 1/4 tsp. ground mustard
- 2 cups shredded smoked gouda
- Reserve 1/2 cup of smoked gouda to place on top to brown
- 8 oz. pasta (Cavatappi, Orecchiette, large elbows or wagon wheels)

### Method Of Preparation:

Cook the macaroni noodles in a pot of salted water, draining them 1 minute before the done time to keep firm.

Heat the milk to very hot, but not boiling, in a pot or in the microwave. In a heavy bottomed sauce pot melt the butter, whisk in the flour and cook for 2 minutes whisking the whole time. Add the milk, place the pot back onto medium heat until sauce starts to thicken, stirring the whole time, then start adding the cheese slowly. After all but 1/2 cup of smoked gouda is added, add the seasonings.

If the mixture is too thick, add some milk. The sauce should coat the back of a spoon and if you run your finger on the spoon the line your finger makes should remain.

Finally, add the pasta and mix well, add spinach and bacon bits. Place in a casserole dish, or a roasting dish. Add the remaining 1/2 cup cheese on top and bake until cheese is melted and the dish is bubbly.

## Book Review

### Luncheon of the Boating Party

By Susan Vreeland

**Donna DeLeo Bruno**  
Gazette Contributor

The setting for this book is the late 1800s in Monmartre (Paris), where the artist Pierre-Auguste Renoir is searching for the models, pigments and location for what would become his famous masterpiece "Luncheon of the Boating Party." This endeavor will be a challenge in many ways. First, he must secure a huge canvas, one with the largest width he can find – two meters. Then he must negotiate the rental fee with the owner of the riverside restaurant where he wants to pose his subjects. In addition, he must get the assurance that those he chooses to pose for his masterpiece are free and willing to sit for the two months needed for completion of the work.

### Planning Renoir's Masterpiece

These are monumental problems since he lacks the money to procure all that is necessary, including the expensive paints. Moreover, in order to become inspired he feels he needs to "love" (to feel a kinship and attraction) to his female models which makes the selection process more individualized. Once work is begun, it turns out to be much more difficult than he anticipated. For one thing, the number of subjects who consistently show up keeps changing between 12 and 13, the latter an unlucky number for the Catholic jury members of the Salon where he hopes to display this work. Then one woman in particular, Circe, can't seem to remain still for long, turning her head this way and that, talking, talking, constantly talking. His patience is tried as it is next to impossible to capture on canvas all of these various people interacting with each other, eating, drinking, flirting.

Artistically, he decided to use one angle of the lunch tables, with the figures around it closely overlapping, as several conversations ensue simultaneously. He employs foreshortening, the most difficult perspective to achieve. "How could he keep them all still? What had he been thinking? This number of people was unmanageable. Such glorious insanity. How could he keep them quiet, patient, cooperative

and immobile when they had come to the river just for the opposite ... he needed to be an octopus to paint all these people and bottles and glasses, tablecloth, fruit, foliage, river, boats, opposite bank."

This book would be of interest to art aficionados as there is much discussion about the Realist versus the Impressionist schools, with mention of various well-known painters – Cezanne, Pissarro, Monet, Manet, Degas, as well as Emile Zola's critiques of art.

### Choice Of Paints And Pigments

I found the descriptions of the various pigments lusciously delightful – for one of the woman's dresses "ultramarine blue made from precious stone lapis lazuli, in the Renaissance used only for The Virgin; the mix of cobalt with rose madder for the gorgeous violet shadow in her skirt; and Renoir's careful attention to the folds of the skirt."

Renoir attributed his sensory awareness of fabric, its textures and hues to being the child of a tailor and seamstress, at whose feet he learned the names of colors and was aroused by the sound of rustling taffeta. For me, a lover of luscious hues, it was a scrumptious delight: Veronese green for Jules' jacket, rose madder for Pierre's curly reddish beard, ultramarine for Cecile's torso, vermilion, magenta, yellow ochre. "Oh, he was loving this. Pure joy to touch down here and there." Also of interest to me was the description of the speed with which he painted – "hand flew from canvas to tin of linseed oil, to his palette, back to canvas, back to oil, canvas, palette ... frequent turning of wrist to change the way of applying paint like a violinist changing angle of his bow."

For those not interested in artists and their techniques, some of this may seem overlong; but for one who dabbles in art, as do I, and as a lover of words and imagery, I relished the keen description. At the end of his life, "gaunt and crippled ... as I held his palette ... I wanted to touch his hands, the thumbs permanently bent against the palms, the frozen fingers twisted toward his wrist as weirdly as the olive tree branches, the knobs of knuckles stretching the skin ... thin as parchment ... I yearned to cradle them in my palms. I loved his hands, so small and brittle."

When asked "What do you hope people will see when they look at this painting?" he responded, "The goodness of life." In my humble opinion, when I look at this painting, I would say he achieved that in spades.



"Luncheon of the Boating Party," 1881 by Pierre-Auguste Renoir (1841-1919) inspired the book by Susan Vreeland. Image source: Wikimedia Commons.

*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.*

# Rediscover The Art Of Letter Writing

Now That You Have The Time, Why Not Sit Down And Write That Letter?

**Marty Lee**  
Gazette Contributor

John Knox Village has twice welcomed the author, Ashley "Ash" Davis, to speak about his personal

crusade to rekindle the lost art of handwriting letters. At this time of social distancing and stay-at-home guidelines, now is a great time to rediscover the pen, paper, envelope and stamp and get to writing very personal letters to family members and good friends.

Ash published a book, "A Life Through Letters: An Aging Father's Legacy • A Son's Revelation • A Birth of a Movement," which is a compilation of letters his father wrote during his lifetime. Both Ash and his father knew a few things about effective letter writing, and now Ash is on a mission to explain the health and social benefits of letter writing.

In an exclusive interview with *The Gazette*, he explains the importance of it.

"My book, "A Life Through Letters" is based is on letters my father wrote to people about experiences in his life," Ash said. "They were written to friends, family, strangers, even inanimate objects. The letters form the foundation of my book. More importantly, they give an intimate portrait of his life for my family."

Ash's sons benefit from an intimate knowledge of a grandfather they never knew in life, and yet they gain from his timeless inspiration and experiences.

"Now my sons, who are eight and 10 years old, have a letter from their grandfather to their great grandparents and understand the loving relationship they shared. This can shape families for generations," he said.

## Letter Writing Respite From Isolation

Many of our *Gazette* readers now have the time, while in semi-isolation, to sit down and write. Technology offers instant communications with family and friends through Skype, Twitter and Zoom, but those same communications lack the permanence and thoughtful composition of a hand-written letter.

"While FaceTime and other ways to connect are great in times like these, I encourage people to follow up those conversations with a short note or letter," he said. "This will help reinforce the conversation and help the sender and recipient to remember and cherish the exchange. That personal touch will help you build your relationship now, and when we come out the other side of this, and are able to see each other again, you will pick right back up where you left off."



John Knox Village President/CEO Gerry Stryker is taking a page from Ash Davis's book and is personalizing more than 1,800 cards and notes of concern and dedication to residents, and expressions of thanks and appreciation to his valued staff who work 24/7 to keep the Village safe.

**THE Art OF Letter Writing**

**THE PURPOSE of a FRIENDLY LETTER**

There is no better way to communicate in an authentic manner than with a friendly letter. It could say I love you, I miss you, I wish you well, or all of the above. It could also relate your thoughts, feelings, or day-to-day events. Friendly letters are generally personal and can be either handwritten or printed.

**LETTER-WRITING PROMPTS**

To whom could you write today?

- high school teacher
- college roommate
- childhood friend
- mentor
- coworker
- family member
- neighbor
- children
- partner

**THE ELEMENTS of a FRIENDLY LETTER**

The friendly letter is typically less formal than a business letter.

You generally want to start the first paragraph with an **INTRODUCTION**. This gives the reader an idea of why you're writing to them. If you don't know the person very well, you can reintroduce yourself or remind them of how you met.

Following your introduction, your next few paragraphs consist of the **DETAILS** you want to share — why you're reaching out, what is on your mind, etc.

The last paragraph is **REPEAT AND WRAP UP**. You'll want to sum up the main context of your letter, thank the recipient, wish them well, and let them know how to contact you.

While the above gives you some guidance, this is an informal, friendly letter, so have fun! The most important part of any friendly letter is to come across as . . . well, friendly!

**TIPS on EFFECTIVE LETTER WRITING**

- Keep the recipient in mind, and write in a way that he/she can easily understand the letter.
- Proofread your letter after writing it — check for spelling, context, sentence structure, grammar, etc.
- Do not use abbreviations. This makes you look rushed and not as thoughtful as you want to be.
- If you make any revisions, proofread your letter again.
- Incorporate humor into your letter, when appropriate. Everyone loves a good laugh!
- Use personal anecdotes and stories to connect with your recipient.
- Oh yeah, did I mention to proofread?

## The Health Benefits Of Writing

"Now, more than ever, while isolated, we also need to protect our mental health. There is a tremendous amount of research that says the gratitude you feel internally, when writing a heartfelt letter of affection, can have a huge positive impact on your mental health and in turn your physical health. That's why it is so important to pick one or two people a week that you love and send them a note and tell them how you feel. You'll change their view of the world and you'll both feel much better because of it.

"While it may sound simple, the only way start is to simply write. Someone told me at a seminar, that they were terrified to write a letter because they may write the wrong thing. If you are writing from your heart, it certainly can't be wrong and most certainly not something of which to be terrified. I also tell folks that the recipient will remember the gesture and how they felt in receiving the letter, more than a small detail you think was wrong. That said, some tips would be to keep the recipient in mind and write in a way they can understand and use personal anecdotes and stories to connect with them. Always proofread your writing and try not to use abbreviations, as it can make you seem rushed."

## Now You Have The Time: Start Writing

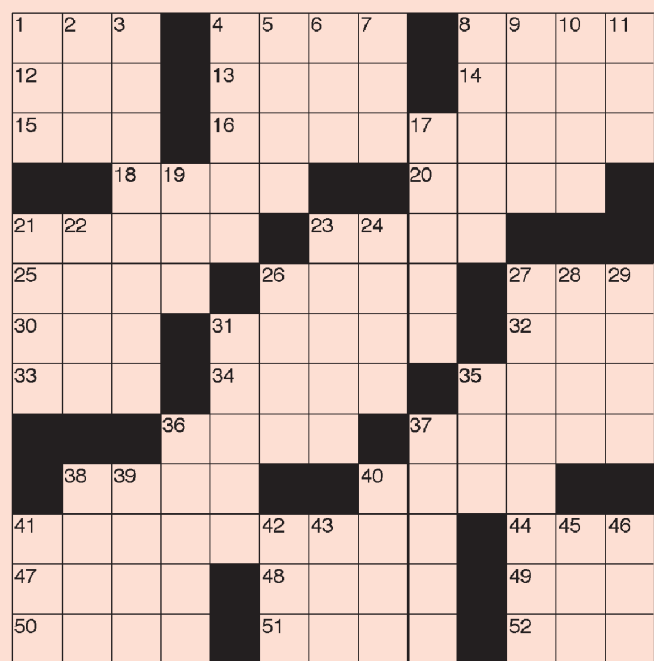
During these days of social caution and minimizing your exposure outside the home, it is a perfect time to sit down at your desk and start writing. As Ash said, "The act of writing letters changed my father's

life and continues to bring joy and new connections in my life daily. I would encourage everyone to take the time to write even just one letter in the coming weeks. I can assure you the process will impact you and the rewards for the recipient will have a ripple effect as we continue to deal with this new world in which we all find ourselves."

Ashley Davis's book "A Life Through Letters," is available on Amazon.



JKV resident Sally Harper meets author Ash Davis during a 2018 appearance at the Village's Centre Auditorium.



## Crossword Puzzle Of The Month

### ACROSS

- Sinbad's bird
- Niger-Congo language
- Stripe
- Abridged (abbr.)
- Fat (pref.)
- Economy (abbr.)
- Stinging insect
- Douse (2 words)
- Unclean in Jewish law
- Russ. inland sea
- Ring-shaped game piece
- Cover meat with bacon
- Fraction of a rupee
- Fillet
- Compass direction
- Press for payment
- Goodbye (Sp.)
- Europe (abbr.)

### DOWN

- Honshu bay
- Haw. goose
- City in Bihar India
- Irish nobleman
- Leg of mutton or lamb
- First principles
- Wine (pref.)
- Sinuus
- Clod
- Garden tool
- Galatea's beloved
- Monkey
- Molding
- Legislature
- Belonging to (suf.)

### DOWN

- Mortar mixer
- Laconian clan group
- Cotton fabric
- Item of property
- Hashish
- Presidential nickname
- One who is (suf.)
- Whiskers
- Recorded proceedings
- Carol
- Department of Natural Resources (abbr.)
- Line
- Estuary
- Arabian judge
- Alone (Lat.)
- Salt solution
- Tonic herb

- Polish border river
- Solan (2 words)
- Betel leaf concoction
- Quod \_\_\_\_\_ demonstrandum
- Umbel family herb
- Liquor
- Afr. fruit
- Alluvial deposit
- Anagram (abbr.)
- Roast
- Migratory worker
- Theater sign
- Male person
- Here (Fr.)
- Amer. Automobile Assn. (abbr.)
- Vertical airfoil

Answers On Page 10.



*The Best Decision We've Made!*



Residents Jed and Sandy Sprague



*We are very lucky and blessed to be at JKV during this uncertain time as we get our freshly made meals delivered three times a day, there are highly-qualified nurses on campus 24/7 and screening is diligent...what could be better than that at a time like this?*

Tom McKay, Heritage Tower resident

*"I am so happy I am here. John Knox Village is doing everything above and beyond what I would have expected to keep us safe."*

JoAnn Culligan, Cassels Tower resident



*This is a wonderful place and the best decision we've made as a couple. We feel safe and comfortable in our beautiful home. Thank you John Knox Village.*

Leslie Depenbrock, East Lake resident

*John Knox Village has done a great job. They put all sorts of checks and measures in place. We are all healthy...that is the proof!*

Sandy Kamp, Cassels Tower resident



*We are so happy we [moved to JKV]. The services provided are incredible and wonderful ever since day one.*

Mary Fehrenbach, Heritage Tower resident

651 SW 6th Street  
Pompano Beach, FL 33060

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



**JOHN KNOX VILLAGE**  
A LIFE PLAN COMMUNITY

*Now is the Perfect Time to Move to JKV*



For the past 53 years, JKV has been providing a fulfilling, engaging and stress-free lifestyle with all-inclusive full continuum of healthcare.

**The health and safety of our residents and staff is our top priority.** We have remained **virus-free** on campus and strictly adhere to Government Agencies to ensure the well-being of everyone at John Knox Village.

*Maintenance-Free Living*

Professionally maintained 70-acre botanical campus, housekeeping and laundry services

*Internationally-Award Winning Life Enrichment*

More than 400 activities to choose from each month

*Farm to Table Dining*

From morning to evening at Lakeside Dining, Patio Dining and The Palm Bistro café

*Beautiful Homes*

Select from lakeside Garden Villas and state-of-the-art Apartment Homes

*Security*

24/7 gated entrance and a professional emergency response team

*Home Health*

Highly-trained professional nursing staff available to all residents 24/7

*Wellness Park*

For furry friends & their humans to "run free"

*Life Care Contract*

Covers healthcare whenever the need arises

*Fitness Studio*

6,000 square foot center with a staff of licensed professionals

**Find out more at [johnknoxvillage.com](http://johnknoxvillage.com) or call (954) 783-4040 to make an appointment with a Life Plan Consultant.**



**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 New York's Guggenheim Museum Is Within Reach Of Your Fingertips

**Nona Cree Smith**  
Gazette Contributor

I was a 19-year old art student when I saw the Solomon R. Guggenheim Museum in New York

City for the first time. I was stunned as I walked on 5th Avenue, when the pristine sculpture-like building loomed into sight. This was my first visit to the U.S. from Britain, so I was already in awe of the city's skyscrapers – from the sturdy Empire State Building to the elegant Chrysler Building. Nothing, however, prepared me for the impact of the creamy gray building whose exterior is a work of art in itself. As I hurried inside with wide-eyed wonder, I was directed to go by elevator to the top floor of the rotunda under the iconic “oculus” skylight and walk down the spiral ramps to view the powerful collections perfectly displayed on slanting white walls.

## Great Art Needs A Magnificent Museum

The driving forces behind the concept of this art museum were Solomon R. Guggenheim, together with Hilla Rebay von Ehrenwiesen, who in 1937 formed the Solomon R. Guggenheim Foundation.

Guggenheim had become a multi-millionaire through copper mining and had a great interest in collecting works of art from the Old Masters. His wife, Irene, had met Hilla Rebay through a local gallery owner and thought Rebay should paint a portrait of her husband. While painting the portrait of Guggenheim, Rebay convinced the tycoon to invest in modern abstract art, which she avidly supported. Through her influence, Guggenheim learned to know and love the art of the European avant-garde, which Hilla called “non-objective” art.

In 1929, Hilla and the Guggenheims traveled to Europe on an art-buying trip. They visited the studios of many artists and Guggenheim bought his first piece of non-objective art: Wassily Kandinsky's “Composition 8.” By 1930, Guggenheim had acquired a large art collection with works by Kandinsky, Laszlo Moholy-Nagy, Marc Chagall, Fernand Léger, Robert Delaunay, Amedeo Modigliani, Georges Seurat and many more. With so much art in his possession he established the Solomon R. Guggenheim Foundation and housed more than 700 paintings in a rented space and called it The Museum of Non-Objective Painting.

## An Architect For Guggenheim's Museum

It soon became evident a larger, permanent location was need for the constantly growing art collection. Guggenheim asked Rebay, who had become curator of the collection, to find an architect to design a museum specifically for his modern art collection. She contacted the European artist and architect Laszlo Moholy-Nagy to compile a list of suitable architects. He replied with recommendations for Le Corbusier, Walter Gropius, Marcel Breuer and himself.

As she was still a German citizen, and the U.S. was at war, she shrewdly decided to choose an American architect. The obvious choice was Frank Lloyd Wright. At the age of 75, he was at the height of his design powers having just completed the Florida Southern College Industrial Arts Building. He was honored to be asked and accepted the design contract, despite the fact that a site had not been purchased and World War II was still raging, so building materials would be in short supply.

With Wright's signature on the contract, the prob-

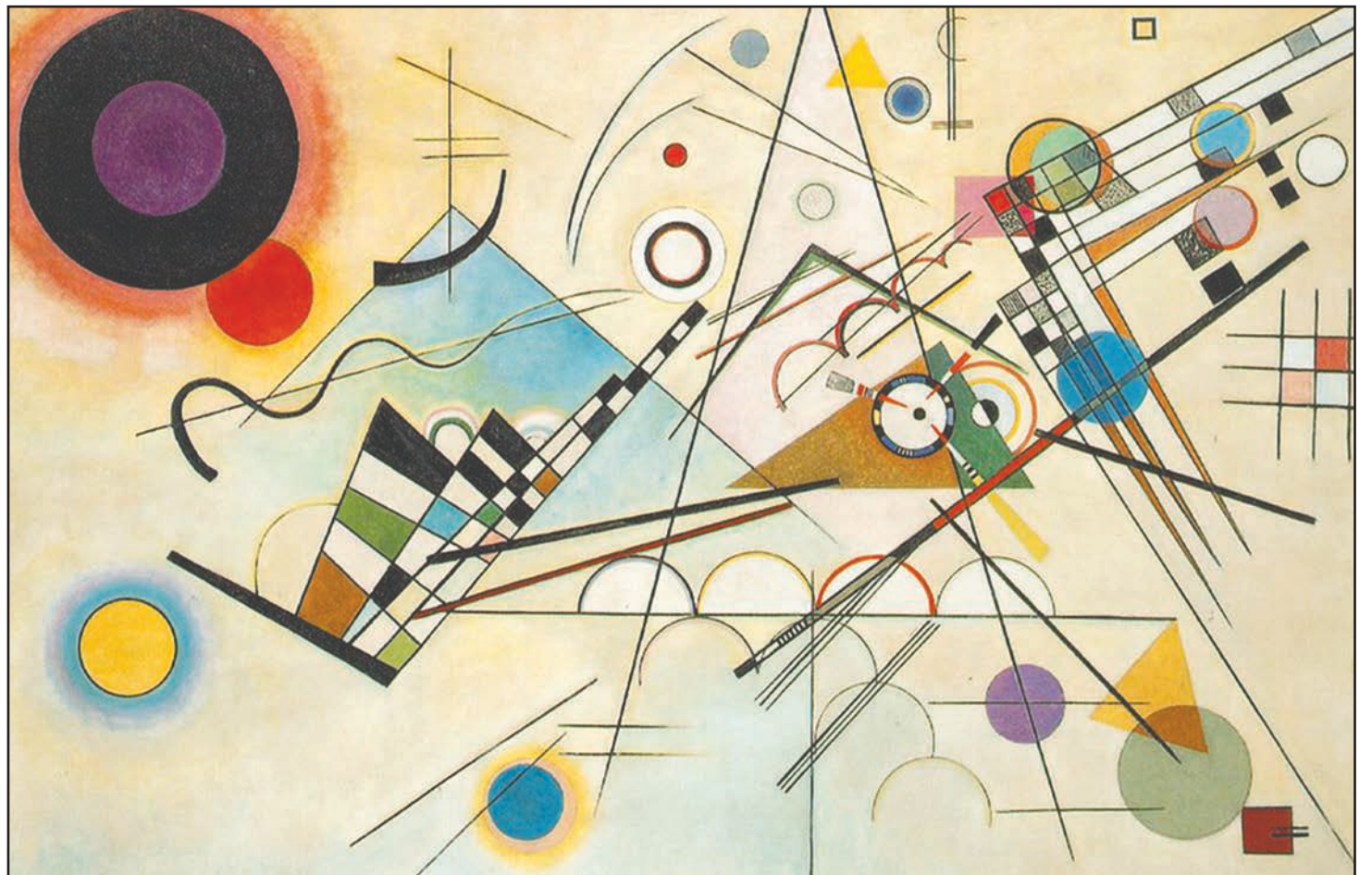


*The Solomon R. Guggenheim Museum. Photo by Ajay Suresh. Image source: Wikimedia Commons.*

lems were just beginning for Rebay and Guggenheim. The first major obstacle was finding a building site for the museum that fit with Wright's organic ideals. In 1944 they found land facing 5th Avenue, between 88th and 89th Streets, overlooking Central Park.

Wright's organic approach to architecture was in

guggenheim Museum officially opened to the public in October 1959 to much acclaim, but unfortunately six months after Wright's death at the age of 91. It may have been the most difficult project of Wright's long career, but it is an extraordinary homage to his creative originality and ability to amaze.



*“Composition 8” by Wassily Kadinsky, 1923. Image source: Solomon R. Guggenheim Museum, Wikimedia Commons.*

complete contrast to the typical rectangular Manhattan buildings. Consequently, he struggled during the design stage of the project with New York's building codes and the rules imposed by their zoning regulations. He redesigned the Guggenheim many times in response to the rules. Many of the schematics, drawings and dimensional models of the proposed building are treasured works of art in themselves.

Wright's use of hemicycle styling created the museum space as a series of organic shapes. Circular forms spiral down like the interior of a nautilus shell. Visitors to the museum begin on the upper level and follow a sloping ramp downward through connected exhibition spaces. At the core, an open rotunda offers views of artwork on several levels.

Wright, who was known for his self-assurance, said that his goal was to “make the building and the paintings an uninterrupted, beautiful symphony such as never existed in the World of Art before.” His organic-styled architecture made it culturally and socially acceptable for museum design to be as expressive as the art it contains, in spite of the New York City Commissioners. As Wright himself said, that his Museum would make the nearby Metropolitan Museum of Art “look like a Protestant barn.”

## 16 Years From Design To Completion

Construction finally began in the summer of 1956. The Solomon R. Gug-

On July 7, 2019, the Solomon R. Guggenheim Museum was added to UNESCO World Heritage List of Sites, which are judged to be important for the collective and preservative interests of humanity.

## Visit The Guggenheim From Home

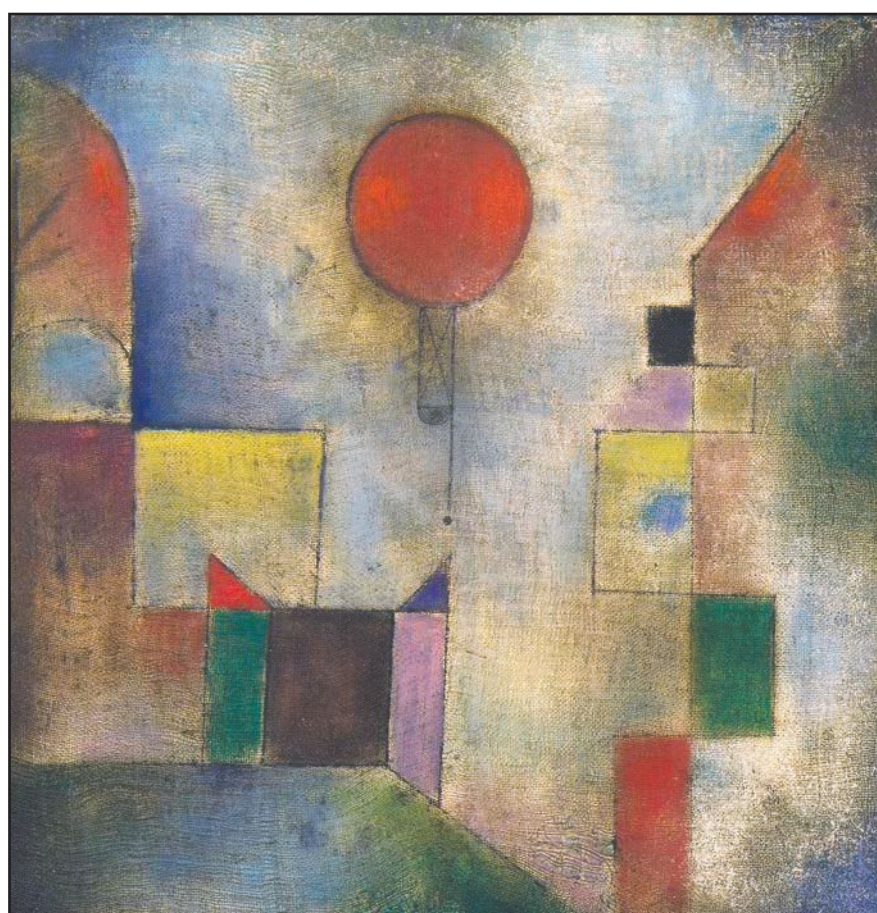
Although the amazing Frank Lloyd Wright-designed building might still be closed during the pandemic, the Guggenheim offers easy to use, on-line virtual tours. For the art lover, it is a heavenly cyber way to discover the Museum's art and architecture from the comfort of your home. You can tour the building, scroll through hundreds of astonishing photos or look at 360-degree images showing each floor. Listen to podcasts about the history of the Museum, its design and art collections.

My favorite area to explore is the Solomon R. Guggenheim Founding Collection, featuring many of the original purchases made with Rebay during their buying tour of artists' studios. Works by Wassily Kandinsky, as well as paintings by such notable proponents of modern art as Rudolf Bauer, László Moholy-Nagy, Rebay and my favorite artist, Robert Delaunay, whose work has strong beautiful colors and geometric shapes, are featured.

## A Word Of Caution

Make sure you have plenty of time to spend wandering the many galleries during your “visit from home” to the Guggenheim website. It is extremely easy to lose track of time viewing and learning about this iconic art museum, the influences of Hilla Rebay and Solomon R. Guggenheim and the extensive collections of modern art.

To visit the Guggenheim Museum, get on your computer or tablet and type in: [www.guggenheim.org/at-large](http://www.guggenheim.org/at-large)



*“Red Balloon” by Paul Klee, 1922. Image source: Solomon R. Guggenheim Museum, Wikimedia Commons.*



# These Entertainment Options Deserve A Standing Ovation

**Maurice Scaglione**  
Gazette Contributor



**Maurice Scaglione**

Last month, we examined various digital ways to stay in touch with the outside world, while following stay-at-home guidelines. We looked at video chatting, zoom conferencing and ways to educate yourself and how to learn and navigate the internet via **YouTube** video instructions during COVID-19 times.

Many of us have turned to binge watching our favorite video episodes on **Netflix, Amazon Prime, Apple TV, Pluto TV** and other subscriptions. If you do not already know how, we will explain how to **SmartCast** from your tablet or smartphone to your wide screen TV further into this column. Just remember to turn up the volume on your computer or smartphone or tablet so you can hear the production.

## Broadway Shows And More

When were you ever able to see all the **Shows on Broadway** for \$9 a month? Well even though New York theaters are closed, check out full Broadway productions at [www.broadwayhd.com](http://www.broadwayhd.com).

Want to watch a live musical performance and chat with the artist? Check out [www.stageit.com](http://www.stageit.com). “**Stageit** is an online venue where artists perform live.”

Want only standup comedians? Go to [www.nextup-comedy.com](http://www.nextup-comedy.com). This site shares 50 percent of the proceeds with the artist.

Can't get to the gym? Check out any free **YouTube**

video doing yoga or the exercise of your choice. For a paid service see: [www.beachbodyondemand.com](http://www.beachbodyondemand.com)

Want to play Bridge? Check: [www.bridgebase.com](http://www.bridgebase.com)

## Your iPhone Videos On Big Screen TV

How do I see smart-phone videos on my large screen television? The answer depends on what you own. If you have an iPhone or iPad: Order **Apple TV**. This allows you to mirror anything on your iPhone or iPad to the television, in addition to making your TV smart with new applications. An HDMI Cable is needed.

Less expensive solutions include the **Roku** box or **Amazon Firestick**.

Many newer flat-screen TVs have free castability to use your laptop with Chrome browser or your smartphone to cast to the TV. Check your manual or call the manufacturer. This feature is rather common on newer models.

Don't want to watch on your small laptop screen? You can use the larger screen on your TV. All you need is an HDMI cable that plugs into the side of most laptops that have an HDMI port. Since most of us can't get out right now, just repurpose an HDMI cable that might be currently connected to the back of an unused DVD player. Disconnect it from the back of the DVD player and plug it into the side of your laptop.



You can cast videos, photos and anything you can see on your iPhone, iPad or Android device directly to your wide-screen TV for a larger viewing experience.

Get the original remote control that came with the television, press input, and change the HDMI input on the television back and forth from cable TV to the laptop. Make sure you go into the windows settings and under display tell it to duplicate your output.

---

*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, smartphones and tablets such as iPhone, Android, iPad, etc. You are welcome to send your questions to him at [stupidcomputersllc@gmail.com](mailto:stupidcomputersllc@gmail.com) and he will attempt to include answers in future articles.*

---

# The Work Of Adaptogens Is All Natural

## Herbs Promote Stress Reduction

**Tereza Hubkova, MD**  
Gazette Contributor



**Dr. Tereza Hubkova**

al crisis, the pandemic has brought an enormous amount of stress to many of us.

Stress suppresses immune systems and can make us more prone to infection, but it can also take a toll on our cardiovascular system, increasing the risk of heart attacks, irregular heartbeat (arrhythmia), strokes and if persistent—increasing the risk of dementia.

It has a negative impact on our digestive system, but it can also cause flare up of autoimmune conditions such as psoriasis or rheumatoid arthritis.

At this time more than ever, we need all the help we can get. And, there is a lot of help we can get from Mother Nature.

## Nature's Stress Relievers

Adaptogens are plants and mushrooms that help us deal with stress. They can assist both physically as well as emotionally. These wonderful gifts of nature support our immune system and make us more resilient—less likely to catch an infection. In addition, adaptogens support our nervous and endocrine systems (normalizing hormone levels, sharpening focus and memory).

Herbalists use the term tonic for herbs that support healthy organ function. As such, tonics promote health and longevity. All adaptogens are tonics. Some are liver tonics, some are lung or kidney tonics, most are immune tonics. They protect our bodies from depletion.

Many adaptogens are antioxidants and anti-inflammatory, reducing the collateral damage of stress on our cells and organs. Through their effect on hormones and neurotransmitters, adaptogens also improve brain function: They can be very helpful for prevention and treatment of anxiety, depression and insomnia, as well as improving focus, memory and mental stamina.

For these challenging times, get acquainted with these

few adaptogens with available modern research.

With an over 3,000-year-long tradition of use in India, Ashwagandha (*Withania somnifera*) has been shown to improve sleep quality and the ability to focus, while reducing fatigue and anxiety. It improves many stress-related blood markers, such as C-reactive protein (CRP), DHEA-S (the vitality hormone), cholesterol and glucose and even improves muscle strength.

This is a wonderful plant to help you deal with stress, and also to promote recovery both physically and mentally from a disease or surgery. Ashwagandha seems to minimize the pathology of Alzheimer's (in a test tube and in animals) and has been used to boost memory and promote longevity for centuries. It is available in many forms including powder, pill, capsule, oil and liquid.

Rhodiola (*Rhodiola rosea*) may be my personal favorite adaptogen. Also known as arctic or golden root, Rhodiola contains more than 140 active ingredients.

Traditionally, Rhodiola has been used to prevent upper respiratory infections and, in the pre-antibiotic era, even to treat lung diseases such as tuberculosis. Modern studies support its use for depression, stress-related insomnia, fatigue and burnout. In studies, many noticed benefits in mental performance in less than a week.

Like many herbs, Rhodiola rosea is available in capsules, tablets, dried powder and liquid extract.

Astragalus (*Astragalus membranaceus*) was the first plant that turned me into a fan of botanical medicine. When my daughter was young, I would get sick each time she brought home another germ from her playgroup or kindergarten.

My immune system was weak due to sleep deprivation. My daughter was a terrible sleeper and thus, I was getting very little sleep myself. The infections often triggered a dry, asthma-like cough in me for weeks. As a physician, I felt ashamed that I could not handle this. That is, until I came across Astragalus.

With Astragalus my immunity improved, and I now rarely get a cold when I use it (and I use it each flu season). I have not used my inhaler for years.

In China, where Astragalus has been used for thousands of years, it was believed to strengthen the lung and protect it against negative external influences such



Adaptogens are plants and mushrooms that help us deal with stress.

as infections. It may even prevent immunosuppression caused by chemotherapy. My own experience with Astragalus started my herbal studies and I could not imagine practicing medicine today without using herbs.

There are dozens of adaptogens and tonics that might help you deal with the stress of COVID-19 and modulate your immunity. Once you start learning about them, a whole new world opens for you, full of support, gentle healing and deeper connection to nature.

## Adaptogens May Aid Your Health

Consider these times as an opportunity to broaden your knowledge and improve your health. These plants will continue to serve you long after COVID-19 is gone.

Certainly, more research is needed to understand how adaptogens may interact with medications, and to establish safety (although most seem to be quite safe with only a few warnings). Still, when using herbs, I recommend working with a trusted and experienced practitioner.

---

*Dr. Tereza Hubkova is former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS. Before the pandemic gripped the world, Dr. Hubkova was scheduled to be a guest presenter at John Knox Village for its residents and members of the greater community, including the Lifelong Learning Institute at Nova Southeastern University. Dr. Hubkova wrote this article for John Knox Village's Gazette.*

---

# The Importance Of A Flag

## Remember To Celebrate Flag Day June 14

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

When U.S. Army officers are promoted to generals, they are issued a flag. In my apartment, there is a statue of a warrior on a horse holding my two-star general's flag.

The general's flag is displayed in military posts whenever he is present. In the past, flags were carried into battle. Soldiers were heartened when they saw the general's flag as it meant he was with them on the battlefield.

In times of trouble, we rally around flags and strong leaders who can keep hope alive.

### Flags Represent And Motivate

Leaders use symbols such as national flags to motivate. In my mind, the world's most important flag belongs to the United Nations, a body that represents the 193 countries of the world. It has a flag that has been carried by U.N. Peacekeepers to many trouble spots around the world.

The U.N. flag has two wreaths that symbolize peace with images of land masses that represent the peoples of the world. It is a symbol that all nations can unite in a common purpose for cooperation and harmony.

The flag that signifies the United Nations is possibly more important today than ever before, in our world-wide need for cooperation.



*The United Nations flag represents the 193 nations of the world.*

During my years in the U.S. Army, I was referred to as the American "Peace General." In October of 2019, I was invited by a Chinese filmmaker to travel the 21 hours from Miami to Northwestern China, to meet with China's "Peace General."

Who is this Chinese general, who has a farm that is run by retired military members, many of whom served with him as Peacekeepers?



*"Peace General" Burn Loeffke (top 2nd from right) meets with his Chinese counterpart Gen. Zhi Yang Wan (top right) and Chinese children during his visit in 2019. Photo courtesy of Burn Loeffke.*

General Zhi Yang Wan earned the title of "Peace General," for his work as the commander of Chinese Volunteers in the United Nations.

The Chinese filmmaker had heard that I was called the American "Peace General" for resolving conflicts peacefully. He arranged for us to meet at the general's farm to film a documentary on two "Peace Generals." The documentary will show us cooperatively teaching preventive medicine to children, who later teach their parents what they learned.

Right now, the world is in turmoil. A virus has wreaked havoc in every country and wars continue that never seem to end. Many of us hope that this world-wide-health crisis will help bring us together to fight the three greatest threats of our time, any of which can end civilization as we know it: The danger of nuclear war, climate change and pandemics. Let us pray, that just as the two "Peace Generals" met in a common purpose, our world's leaders can unite around the U.N. flag to promote health, peace and cooperation.

*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

**Dr. Roberta Gilbert**  
Gazette Contributor



*Dr. Roberta Gilbert*

At the time of this writing, I am not sure if we Elders will be out of COVID-19 "lockdown" or not. The lockdown interfered with appropriate mention of Mothers' Day, last month but, because Fathers' Day is this month, let's put them together and call it a "Parents' Day" column. That is appropriate in many ways, because when it comes to rearing children: Both mother and father can be seen as

one. They are the emotional unit of the nuclear family.

Yes, if the unit known as the nuclear family has a nucleus, it is surely the relationship of the mom and dad. Everyone in the family is affected by that relationship. If it is conflicted, distant, over-, under-functioning, or triangling excessively, the relationship has a problem that has not been resolved. If either person sees these phenomena, there is good news. It only takes one to change a relationship. If one of the two decides to work on the problem, it will disappear. It is difficult to work on self alone in a relationship, but it can be done.

### Take The Time To Solve Problems

Family theory practitioners see this kind of turnaround on a regular basis. Several sources have pointed out research that concluded: If couples will stay together, through thick and thin, for five years, the problem will have disappeared. The marriage will survive. People aren't dumb, after all.

In five years, they do learn how to manage things. In my many years of family practice, I learned that the family theory hurries the problems on their way in a lot less than five years.

It would almost certainly reduce the divorce rate in our country. How can we get the word out? A colleague tried teaching the theory to high school girls. During the course of the class, one girl came to her and said, "This is wonderful stuff you are teaching. I certainly look for a different kind of guy to date than I did before this learning. In fact, I won't go out with some of the ones I did before."

That is why I write books about the theory. It has a

tendency to point out how one adds to the difficulty, and then, shows what to do about it. We can't change anyone else, but we can change self. That is all it takes, as if that were easy. It is not, of course, and takes time and Herculean effort. But it is so much better than our old, automatic ways. The relationship will respond.

Whenever I think of marriage in my practice, I think of a family I had counseled. When they started their sessions, their arms were crossed, and body language told me that they were distant from each other. They looked in opposite directions. Six months later, they told me that they used the sessions as a date night, going to dinner and a movie afterwards. They were full of gratitude for what could have been a divorce.

Another couple saw their pastor after our seminar. Pastors often see people in counseling only three times. If they require more, they refer them to a professional counselor. In this case, however, the pastor thought she knew enough to work them through some of their stucknesses. After six sessions they related to the minister that they didn't need any more and their marriage was where it needed to be for both.

### Single Parent Families

What about the segments of our society with only one parent? Family theory will point a way for them too. Friends and extended family become, for those families, to some degree, like a supportive spouse, though they are a substitute, and not the real thing. Moms here are usually the nucleus of the nuclear family. She and



*The solid relationship of parents is the nucleus of the family.*

her extended family, or friendship system all become part of the nucleus of that family.

How do grandparents contribute? You can kind of see from all this but stay tuned. We'll look at the grandparents' contribution in a future *Gazette* column.

*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 Sudoku on Page 3 and Crossword Puzzle on Page 5.

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

ROC	AKAN	BAND
ABR	SEBI	ECON
BEE	SEEK	WATER
TREF	ARAL	
QUOIT	BARD	
ANNA	ORLE	SBE
DUN	ADIOS	EUR
ISE	NENE	GAYA
AIRE	GIGOT	
ABCS	OENO	
SNAKE	LIKE	OAF
RAKE	ACIS	SAI
OGEE	DIET	EAN

# Keeping JKV Fit During COVID-19 Pandemic



Jasmine Tennie and Marsha Dixon (front row) and the entire Fitness Team moved their daily exercise classes outside, to avoid exercising in the Fitness Studio.

**Marty Lee**  
Gazette Contributor

So much of the John Knox Village lifestyle is centered around activities and during the coronavirus health crisis, those daily activities have been curtailed. As part of the communal area shutdown, the 6,000+ square foot Fitness Studio, with its weight machines, ellipticals, stationary bikes and aerobics classes, closed as of March 9.

the type of classes we wanted to teach. Top priority was safety; making sure there was enough space to hold 10 residents with 6 feet of space between. Access was another concern that needed to be addressed. This meant finding space without steps, uneven surfaces, or grass. Once planning was complete, we were ready to start our programming outdoors.”

Fitness Professional Jasmine Tennie said, “The residents appreciated our attempt to keep them safe

minutes instead of the typical 45 to 60-minute indoor classes. We have mini-breaks to encourage hydration during class, bottled water was provided at each outdoor class. Most of our classes were held under the large covered pavilion that provided shade for the entire class. We were able to get creative with our mat yoga and mat Pilates classes and have our residents meet on a quiet shaded area on the lawn.”

### Fitness Attendance Increases

Jasmine said that before the Fitness Studio closed, “We had an average of 50 residents a day attending group exercise classes and 10 employees attending employee fitness classes a day.” But something wonderful happened once the classes moved outside; attendance actually increased.

“We have definitely seen some new faces since we started our outdoor program,” Marsha told *The Gazette*. “I think most of our residents were looking for ways to engage and safely interact with other another. Our classes offered a change in routine that had become somewhat restrictive. Overall, we were surprised to have such huge participation for our outdoor program. We did not anticipate our classes filling up so quickly. After the first week, we needed to add additional classes to accommodate the requests from the residents.

### Teamwork Brings Results

“The entire fitness team stretched themselves to accomplish this project. There were many moving variables to consider, new procedures and regulations to follow, but each obstacle opened a new opportunity of service. Everyone pulled together and used talents and teamwork to make it all achievable. I am very honored to work alongside such heart and dedication.”

Marsha concluded with a congratulatory note about JKV residents. “I have seen such motivation from our residents, so much resilience: Still smiling through this entire ordeal. Not wanting to stay secluded and shut off, but willing to walk to an outdoor class to be among others who share the same values in fitness. This pandemic will not stop us from living our best lives.”



After the closing of the Fitness Studio due to COVID-19 guidelines, JKV’s staff adapted to the challenge and moved exercise classes outside to observe social distancing.

Marsha Dixon, JKV’s Fitness Manager said, “We taught our last group and were told by Senior Management to lock down the Fitness Studio. We sent a communication to the residents and employees that the Fitness Studio was closed due to the national emergency of COVID-19.”

### Time To Recreate And Adapt

Due to the quick and creative thinking of the Fitness Studio staff, suspension of supervised exercise was short-lived. “The Fitness Team went around the JKV campus to see which locations would be appropriate to teach our classes outdoors,” Marsha said.

“We found four locations; all beautiful and ideal for

during these uncertain times. Many suggested having group exercise classes outside. After our planning and research on safety precautions we have been able to offer fitness outside.”

### Outdoor Fitness In A Parklike Setting

Outdoor fitness programs began within two weeks, as the staff took advantage of the 70-acre campus with its park-like setting, green spaces and tree-lined walking paths and moved the programming outside.

Marsha said that since classes were moved from the air-conditioned Fitness Studio to the outdoors, special considerations needed to be made.

“The length of our classes was shortened to 30

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

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



The 70-acre John Knox Village campus is lush with open green spaces, tree-lined lakeside paths and plenty of room to walk, bike and exercise while maintaining social distancing.

# Tap Inner Strength To Help Brain Assets Thrive

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

Across the world, the COVID-19 pandemic has turned daily life upside down. As we face increasing uncertainty about what the future holds, we have a choice. We can run strong or run scared. If we choose to tap our inner strength, we will find a silver lining in this pandemic's dark clouds. We will thrive amidst the chaos.

The older we are, the more wisdom we have to bring to this sudden societal change. For example, the current

restrictions and shortages may remind someone over 80 of the bread lines of the Great Depression and World War II rations. Those born after 1945 have never seen such tough times.

So let's review some basics about how to roll with the punches, and even throw a few of our own.

Your brain is your most valuable asset, especially now. If you lose money, you can always get more. Your brain assets are irreplaceable.

You need a high-performing brain to thrive during the challenges and opportunities we face in the months ahead. Make wise decisions about your next move, in terms of what to do and to whom to listen.

The key to optimal performance is to make sure the brain's activity is balanced. You know the saying, "don't put all your eggs in one basket." Don't keep all the brain activity in one area. This exhausts the brain and darkens the mind. So, let's go through our four brain assets, and we'll discover how we can easily work each one while at home.

## YELLOW: Parietal Lobe

The first brain asset is the yellow area, called the parietal lobe, located at the top and back of the head. This brain asset is physical, and gives us these sensory perceptions: Taste, touch, and proprioception, or balance. The parietal lobe is fearless and likes adventures. It hates to sit still. It is self-reliant, so it is a

perfect brain asset to work while social distancing.

These days, I am working this asset more than I usually do, with hiking and walking, and hands-on activity such as cleaning and yardwork. I have started taking an online Zumba class. Other ways to engage the parietal lobe include home repairs, drawing and sculpting. Try an outdoor fitness class at JKV.

## GREEN: Occipital Lobe

The second brain asset is the green area, called the occipital lobe, located at the bottom and back of the head, next door to the parietal lobe. This brain asset is visual. It loves to sit still and gaze at the world through screens: Television, computer, smartphone, tablet, you name it. The occipital lobe loves to win and it hates to lose. Be very careful with this brain asset when cooped up, because it will fixate on bad news.

About a month ago, I was following COVID-19 updates for hours every day. I was so distracted and anxious. No wonder, a steady diet of scary news overwhelms the occipital lobe. So, I stopped following the news as much to reduce activity in my occipital lobe, and make other brain assets work more. Guess what? I became less anxious, and more thankful and proactive.

A good way to help your occipital lobe recover from bad news is to blow off steam with games of chance, such as bingo or cards. Other relaxing ways to engage this green asset are jigsaw puzzles or a movie. Try to avoid too much screen time though, especially at night.

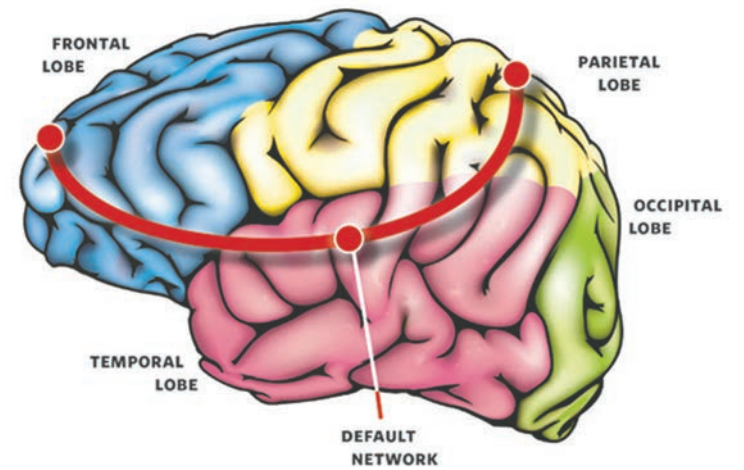
## PINK: Temporal Lobe

Our third brain asset is the pink area, called the temporal lobe, located on the sides of the head around the ears. The temporal lobe helps us with smell and hearing. The temporal lobe loves people and hates social distancing. I have been working this pink area extra hard to keep it happy by cooking for my husband, talking on the phone more with friends and family, praying, listening to music and singing.

Other ways to engage this brain asset include playing a musical instrument, listening to books on tape, looking through family albums, writing letters to friends and family, helping others and participating in the *Thankful Thursday* outdoor activities at JKV.

## BLUE: Frontal Lobe

Last, but not least, is the huge blue area, called the frontal lobe, which is easy to locate because it is out in front. The frontal lobe accounts for a third of



Pictured above are the four different lobes of the brain.

your brain, and it is the brain asset you really need right now because it loves meeting the challenges of a changing environment. That's what these times require us to do: Adapt and roll with the punches.

The frontal lobe does not live in the present moment, like the other three brain assets. The frontal lobe is always out in front, looking into the future. It scouts for opportunities, plans to achieve goals and delivers the behavior to get us where we want to go.

I am working my frontal lobe by writing my next book, doing yoga via Zoom, keeping a gratitude journal and delivering my teaching in new ways such as by video. Chess, bridge, golf and tai chi are also good exercise for the frontal lobe. Initiating and new healthy behavior works the frontal lobe.

There is a fifth brain asset, and it's the most important one, because it is in charge of your life story, as well as your memory and motivation. That fifth brain asset will be explored in next month's *Gazette* column.

Remember, don't put all your eggs, or brain lobes, in one basket. Make the right move to thrive in the days ahead by working all your brain assets for balance and strength.

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

# The 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 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.

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.

## 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 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.

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

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

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.

