

JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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A Place To Call Home For JKV's Most Nomadic Department



The Welcome and Innovation Center at John Knox Village finalizes construction for a projected opening this month.

Welcome And Innovation Center Opens This Month

Rob Seitz
Gazette Contributor

John Knox Village, South Florida's premier life plan retirement community, is home to nearly 1,000 residents. Finding the right apartment and villa home for the 62-plus set is the job of JKV's four expert Life-Plan Consultants and Sales Director.

It helps them that those homes are located on a beautifully maintained botanical-style 70-acre campus, complemented by a rich and diverse internationally award-winning Life Enrichment activities program, all while providing the peace of mind that comes from knowing 5-Star quality health care is available should the need arise.

A New Permanent Home

Much like the cobbler's barefoot children, those experts at pairing people and homes have been arguably the Village's most nomadic group.

Over the years, the Sales and Marketing teams had office space in Cassels Tower, the 17-story building with the iconic clock and JKV sign on its west-facing side, familiar

to motorists traveling along Interstate 95. At another point in time they occupied seven apartments in the Village Towers building until, you guessed it, the Consultants sold those very apartments to new residents.

For more than three years the Department has not even, technically, been on JKV's campus at all, rather just west of the Village as a tenant in the John Knox Village Professional Center Building. To meet prospects, the Consultants travel onto the campus, and then open a Heritage Tower apartment converted into a Discovery Center, where they begin illustrating how exciting life at JKV can be.

When the \$3.9 million Welcome and Innovation Center (WIC) opens later this month, they will be nomads no more.

Located just to the east of the Village's Main Gate, the WIC will include offices for the Sales, Marketing and Innovations Teams, along with Discovery Rooms in which prospective new residents can learn more about JKV. Within the WIC will be a Design Center where new residents can select their modern and classic finishes, cabinetry, flooring and more.

There will also be an in-house video production area, meeting and conference rooms and a nearly 2,500-square-foot open-air space for on-campus events and gatherings for residents and the greater community.

See "Welcome Center" on page 2

A New Era Of Manned U.S. Space Flight SpaceX Crew Dragon Heads To The International Space Station (ISS)

Nona Cree Smith
Gazette Contributor

On May 30, NASA once again made space travel history as Space Exploration Technologies Corp., known as SpaceX, in partnership with NASA, made history with the first launch of American astronauts into orbit from U.S. soil in nearly a decade. The mission, called Demo-2, is the first crewed test flight of SpaceX's new Crew Dragon capsule and the first time astronauts have flown into orbit on a commercial spacecraft.

Riding inside the sleek Crew Dragon, NASA astronauts Bob Behnken and Doug Hurley lifted off from NASA's Kennedy Space Center in Florida on a Falcon 9 rocket. The perfect launch was from a familiar setting, the famed Launch Complex 39A which once served Apollo missions and the space shuttles. But the rocket and Dragon capsule that took them into space was operated and built by Elon Musk's company, SpaceX, not by NASA. Elon Musk is also famously known as the founder of Tesla, Inc., the electric automobile company.

Americans In Space

During the 1960s, President John F. Kennedy committed to put an American on the Moon before the end of the decade, and gave the United States space program the impetus which made Congress appropriate the funds for the Apollo program.

After the tragedy of Apollo 1, a total of 11 Apollo manned-missions followed, including Apollo 11's delivery of Neil Armstrong and Buzz Aldrin as the first men on the Moon, and five more lunar landings. What would be NASA's next achievements?

See "NASA" On Page 3



The first Space Shuttle Mission, STS-1, launched on April 12, 1981. Image source: NASA.

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JKV's Master Vision Plan Continues Strong

From "Welcome Center" On Page 1

"To have a permanent on-campus home is a dream come true for the teams," Monica McAfee, Chief Marketing & Innovation Officer told *The Gazette*. "We will be able to meet and greet prospective new residents in this beautiful new Welcome and Innovation Center, help guide them on their next chapter's journey from here and to have the entire team all together is fantastic.

"It's wonderful to see John Knox Village's Master Vision Plan coming together."

Aquatic Complex Is The Next Step

Speaking of which, the next Master Vision Plan puzzle piece coming out—and going into—the ground is JKV's Aquatic Complex. Located just west of the Village Centre, the \$6.9 million complex is replacing a small pool and gathering area with a resort-style pool, a four-lane 75-foot long lap pool, the Tropics Grille with indoor seating for 60, an open-air sports bar, two each Pickleball and bocce ball courts, a Jacuzzi and fire pit.

"We are converting old fitness, and arts and crafts center spaces in the Village Centre into the Tropics Grille," said Thom Price, Director of Plant Operations. "It will provide yet another on-campus dining option for residents and their guests. The lap pool concrete has been blown in, so it very much looks like the pool it will become. The exterior walls for our outside sports pub and other facilities are up. We have the resort pool work taking place and the bocce and Pickleball courts are coming together.

"The project is looking good for a late-fall opening."

Behind-the-scenes work is also taking place on the grandest plan ever for the Village—its \$100-million-plus Westlake project.

Westlake Reservations Now Available

Priority deposits are being taken as folks get in the queue for one of the 150 new Independent Living apartment homes in the Vue and the Terrace. A fully



The large resort-style lap pool is under construction at John Knox Village.

refundable \$100 Priority Deposit secures your place in line for selecting your favorite floor plan, location and new home.

Call the Marketing Department at (954) 783-4040 or visit www.jkvgrows.com for more information.

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, balconies and water views.

Construction on part of the \$6.9 million Aquatic Complex – the 75-foot long lap pool – is progressing along nicely.

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 400-plus seat multi-purpose performing arts center, terrace and outdoor dining and much more.

Through all the changes one constant holds true for JKV 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.

web JohnKnoxVillage.com

[JohnKnoxVillage](#)

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



When completed later this year, the Aquatic Complex will include a resort-style pool, a four-lane 75-foot long lap pool, a 60-seat Tropics Grille indoor restaurant, an open-air sports bar, two each Pickleball and bocce ball courts, a Jacuzzi and fire pit.

JKV Open For Tours

Book Your COVID-Careful Visit

John Knox Village has begun allowing prospective new residents to again visit its spectacular 70-acre campus, keeping its months-long-and-strong COVID-19 campus safety protocols in place, utilizing precautions greater than state, county and municipality mandates.

Guests will be asked to bring masks—and wear them at all times—while on campus. If a prospect does not bring a mask, one will be provided. Upon arriving for their appointment, guests will be asked a series of screening questions and have their temperatures taken at either the JKV Main (John Knox Village Boulevard) or Dixie Highway gate entry point.

The guests will be directed to an outside location, where they will meet their Life-Plan Consultant (LPC), who will also be wearing a mask. Hand sanitizers will be available and expected to be used when they enter JKV's apartment-styled Discovery Center. Once inside, the LPC will maintain 6-feet of physical distancing.

Tour The Campus Following Safety Guidelines

If the guest wishes to tour the campus, as well as visit a model apartment or villa home, a JKV Marketing cart will be used. The LPC will request that individuals take separate row seating in the cart during the tour, unless it is a couple that has been quarantining together. The sanitized carts will be wiped down completely before and after tours, including high-touch areas such as handles, doors and seats. Tour John Knox Village and see all the new expansion projects now underway.

To reserve your COVID-Careful Tour call the Marketing Department at (954) 783-4040.



Tour move-in ready apartments and villas.

To Boldly Go Where No Man Has Gone Before – Star Trek

From “NASA” On Page 1

The dream planned to follow the Apollo Moon program with a similar commitment to land men on Mars was scuttled. A new blueprint, altogether different from the space plan of the 1960s, had solidified thinking. The goal of the new approach was to develop a practical, reusable transportation system that could be used for scientific research in Earth orbit and continued exploration of the Moon and beyond.

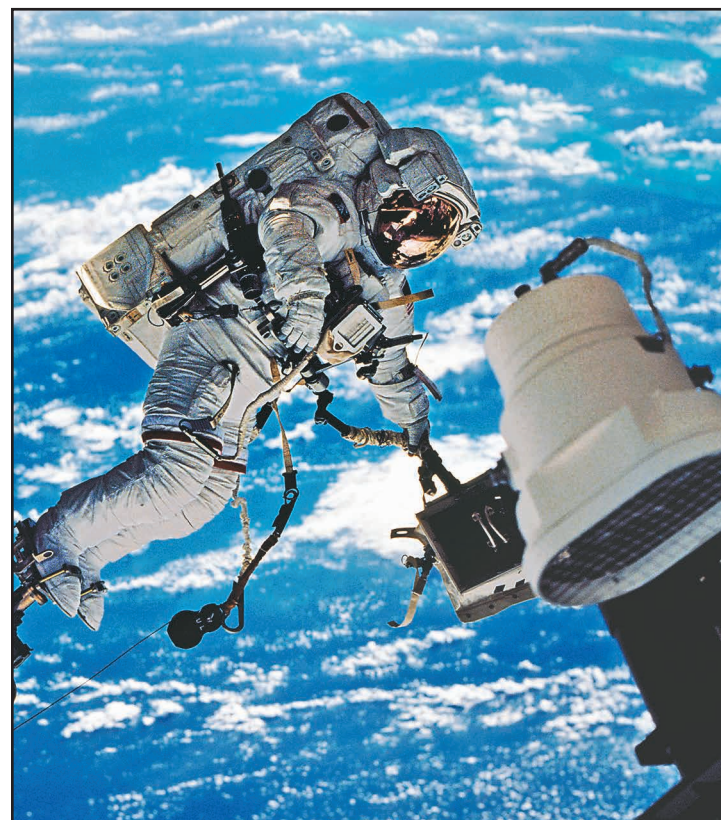
The Birth Of The Ambitious Space Tug

Development of the Earth-to-orbit shuttle, which would also be used by the U.S. Air Force, emerged in 1970, as the key step in the new post-Apollo manned space program. Although there was a lot of disagreement on the timetable for the new program and how much the U.S. could afford to spend, the general direction was agreed on: To produce a new family of reusable space vehicles whose costs could be amortized by repeated use.

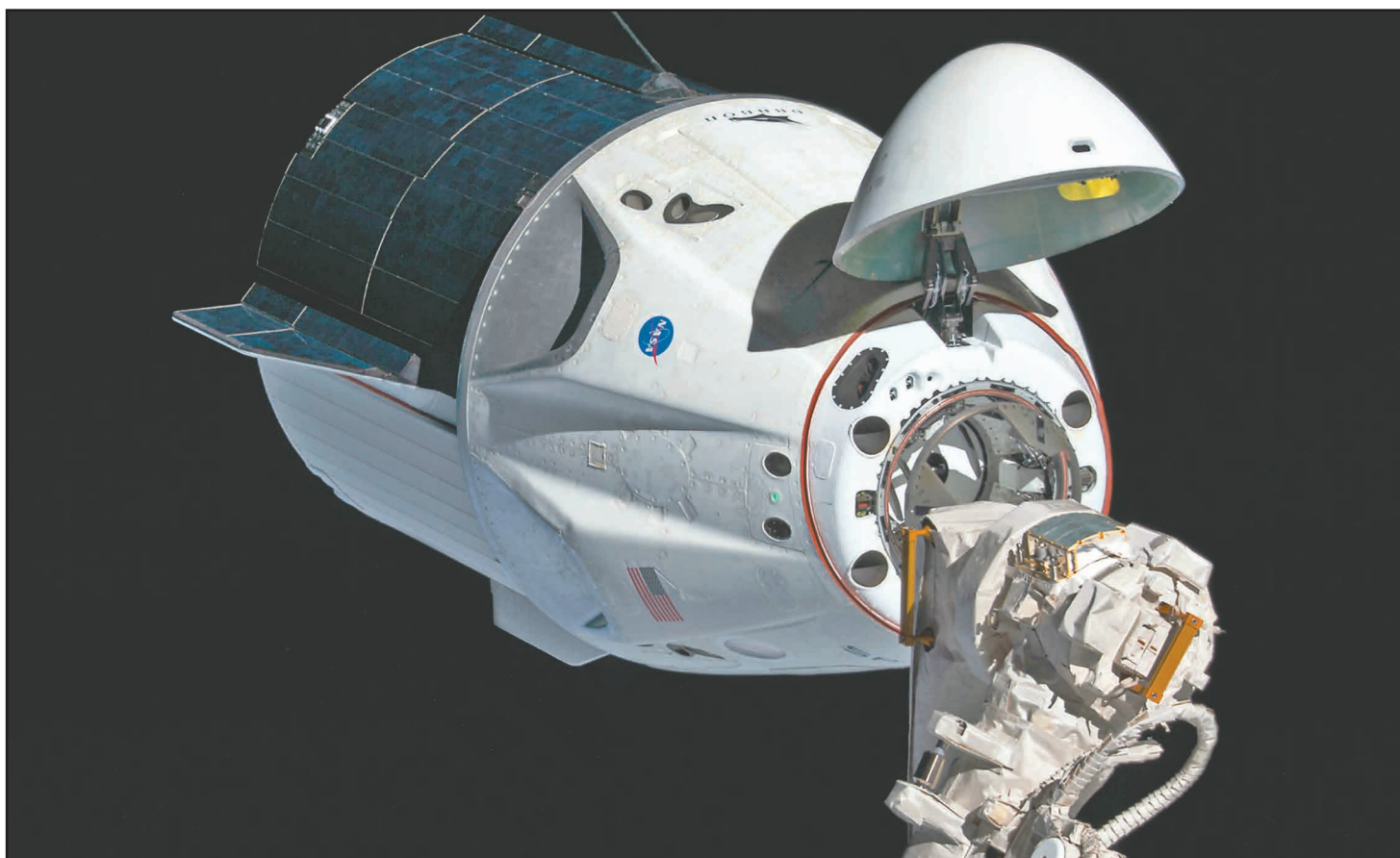
The shuttle craft would operate routinely between the ground and Earth orbit; a so-called “space tug” which could move heavy objects like building materials for space stations or scientific observatories and take cargo between the surface of the Moon and a space station in lunar orbit. The idea included plans to establish a way station from the Moon for future space travel to Mars and beyond, and even for taking scientific payloads to neighboring planets directly from Earth’s orbit. The possibilities were exciting and endless.

Space Transportation System (STS): The Space Shuttle

Once in service, NASA’s shuttle fleet achieved numerous firsts and opened space for more people than ever before. Enterprise was the first space shuttle in the program, although it never flew in space. It was used as a test vehicle to make sure various critical components of space flight, such as approach and landing, worked perfectly. To test landing capabilities, Enterprise was released over vast dry lake beds to prove it could glide and land safely, much like an airplane. Once safety guidelines had been estab-



Atlantis STS-112 Mission Specialist David Wolf works outside the ISS in October 2002. Image source: NASA.



Crew Dragon at the ISS for Demo Mission 1. Image source: NASA.

lished, NASA prepared for the shuttle’s first voyage into space.

The Grand Vision Of Space Exploration

Between the first launch on April 12, 1981, and the final landing on July 21, 2011, NASA’s space shuttle fleet – Columbia, Challenger, Discovery, Atlantis and Endeavour – flew 135 missions, helped to construct the International Space Station and inspired generations to pursue careers in space. NASA’s space shuttle fleet began setting records from the first launch and continued to set high marks of achievement and endurance through 30 years of missions.

The spacecraft carried people into orbit repeatedly, launched, recovered, and repaired satellites, conducted cutting-edge research and built the largest structure in space.

The first shuttle to launch into space was the Columbia. It was a critical mission as it verified the performance of its twin solid rocket boosters, the orbiter, three space shuttle main engines, its giant fuel tank and more than 2.5 million moving parts. The orbiter, or what we think of the actual shuttle, is the only part that made it into orbit. The booster was jettisoned into the ocean and retrieved for further use. The fuel tank was the only part not used again. The unique and most thrilling feature of the shuttle was that it glided back to Earth on a pair of wings and landed on a runway.

As the world’s first reusable spacecraft to carry astronauts, scientists and large payloads into orbit, the design of the shuttle was unique. It had a 60-foot-long payload bay and a robotic arm to carry and place satellites into orbit: Retrieve the satellites and bring them back to Earth for repairs, then deploy them again. The shuttle also brought building materials, astronaut supplies to the International Space Station (ISS), and laboratory scientific experiments. Each shuttle had unique tasks to accomplish and racked up many firsts, but the most interesting was in 1990, when Discovery deployed the placement of the Hubble Space Telescope (HST), which ushered in a new era of space imaging and astronomical research. The Endeavour

also accomplished the first repair mission to the HST, basically giving the telescope contact lenses so it could look to the farthest edges of the universe. The Hubble Telescope has shown us extraordinary views of other worlds and galaxies during its life span.

Another exciting Endeavour event took place when three spacewalking astronauts made the never-done-before effort to grab an orbiting satellite with their gloved hands and pull it into Endeavour’s cargo bay so it could be repaired and relaunched from the shuttle.

NASA’s space shuttle fleet set records and received high marks of achievement and endurance through 30 years of missions. The five spacecrafts carried more than 850 astronauts and scientists into orbit, and traveled a total of 542,398,878 miles. The final space shuttle mission, STS-135, ended July 21, 2011 when Atlantis rolled to a stop at NASA’s Kennedy Space Center in Florida.

SpaceX Refuels America’s Space Mission

Elon Musk took off where NASA left off, when in 2001 he envisioned Mars Oasis, a project to land a miniature experimental greenhouse and grow plants on Mars. According to Wikipedia, “Musk tried to buy cheap rockets from Russia, but returned empty-handed after failing to find rockets for an affordable price. On the flight home, Musk realized that he could start a company that could build the affordable rockets he needed.

“Musk calculated that the raw materials for building a rocket actually were only three percent of the sales price of a rocket at the time. By applying vertical integration, producing around 85 percent of launch hardware in-house, and the modular approach from software engineering, SpaceX could cut launch price by a factor of 10.”

The excitement in the space program is back with the successful launch of SpaceX carrying astronauts Behnken and Hurley to the ISS. We reaffirm, just as the 1966 television show Star Trek, proclaimed: “To boldly go where no man has gone before.”

Sudoku

Answers On Page 10.

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

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

Silver Scribes Continues To Zoom Monthly Sessions

Special to the Gazette

Silver Scribes, the autobiographical writing and publishing classes sponsored by John Knox Village, is back with monthly gatherings on Zoom. If you have been a regular attendee at the monthly Silver Scriber gatherings, or finally have the time to start working on your autobiography, we would like you to join us virtually on Zoom.

In the more than four years that the Silver Scribes have met for regular writing and publishing sessions, nearly 20 books have been published. Marty Lee has hosted the monthly classes at JKV, and the classes are open to all seniors who are interested in writing their autobiographies or books of inspiration. You just do the writing and Marty will take your Microsoft Word document, format it, design the cover and technically prepare it for printing via Kindle Direct, a division of Amazon. Plus, you will meet an interesting and diverse gathering of new friends.

Write The Story Of Your Life For Your Family

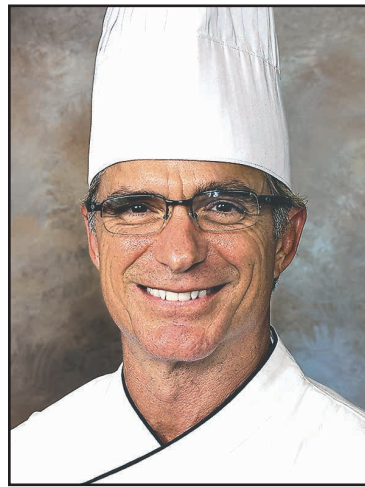
Leave a lasting legacy of your life, accomplishments and inspiration for your children, grandchildren, family and friends. Take the time to let those most dear to you, learn the story of your life.

The Silver Scribes hope to resume in-person gatherings in the near future, however for the time being, we will connect digitally through the internet.

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: martylephoto@gmail.com. We will coordinate a time and date for our next electronic session via the magic of Zoom.

In Good Taste: In Chef Mark's Hands, These Zucchini Balls Are Downright Fruity

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

over time: All of which is good and fine, however did we also not say they are delicious?

A common misconception surrounding the summer squash, known as zucchini, is calling it a vegetable.

"In a culinary context, the zucchini is treated as a vegetable; it is usually cooked and presented as a savory dish or accompaniment. Botanically, zucchinis are fruits, a type of botanical berry called a 'pepo,' being the swollen ovary of the zucchini flower," according to Wikipedia.

Officially, the full Latin species name for zucchini is *Cucurbita pepo*. The residents at John Knox Village care little what it is called. When Executive Chef Mark Gullusci puts these zucchini balls on the menu, they are a crowd pleaser.

Not only delicious, zucchini contains beneficial antioxidants that may help lower blood sugar and insulin levels. Low in calories and rich in water and fiber, eating zucchini may help reduce hunger and help you feel full—possibly leading to weight loss



Chef Mark's vegan zucchini meatballs over pasta with marinara sauce.

Zucchini Balls (Yields Approx. 15)

• 3 large zucchinis shredded on a grater and squeezed dry.
If they are waxed (to extend shelf-life in stores) the skin should be peeled. Also, larger zucchini (nine inches or more) should be peeled first because the skin can be bitter.

- ¼ cup chopped fresh basil leaves
- ¼ tbs. Italian seasoning
- 3 whole eggs
- 2 ounces Parmesan cheese

- 1 cup panko breadcrumbs
- ¼ tsp. granulated garlic
- Salt and pepper to taste

Method Of Preparation:

Place ingredients into a bowl and mix well.

Put 1 cup of blended oil in a skillet, heat the oil to 350 degrees. With a scoop, place a ball of the zucchini ball mixture into the oil gently, so as not to splash the hot oil.

Continue until you have the skillet half-way filled. Do not overfill, as the oil will cool down too much and your zucchini balls will be greasy.

Cook until browned on both sides. Place in marinara sauce and simmer for 20 minutes. Serve over pasta, brown rice, or a salad.

Book Review

The Girls in the Picture

By Melanie Benjamin

Donna DeLeo Bruno
Gazette Contributor

If you are a fan of the early Hollywood film industry, you will enjoy this book which focuses on the relationship between Mary Pickford, the first "Queen" of motion pictures, and her scenarist Frances Marion who helped make her a star.

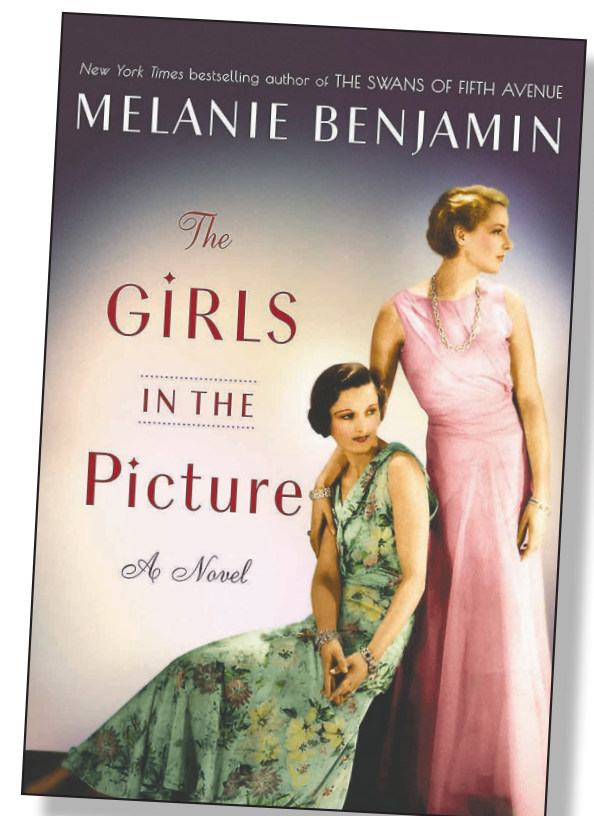
Mary was a struggling actress when she began to collaborate with twice-divorced Frances who wrote scripts exclusively for Mary, making her the biggest star in Hollywood. Together they made a cre-

ative team that possessed an uncanny sense of what worked in pictures. Audiences absolutely adored the sweet young girl and her hijinks in hits like "Pollyanna," "The Poor Little Rich Girl," "Rebecca of Sunnybrook Farm," "Little Annie Rooney" and many others. Eventually Mary, along with her husband – famous movie idol Douglas Fairbanks – created their own studio, United Artists in order to exercise artistic control over their own films. No longer would they submit to orders and constraints of early movie moguls Adolf Zukor (whom Mary called 'Papa'), Cecil B. DeMille, Louis B. Mayer, Sam Goldwyn and others.

Great Names Of The Silver Screen

Throughout the novel, the names of famous people associated with the film industry proliferate: Anita Loos, Charlie Chaplin, Marie Dressler, Theda Bara, Joan Crawford, Rudolph Valentino, Gloria Swanson, Clara Bow, as well as people like gossip-columnist Hedda Hopper, who wrote about them for the new fan magazines. Though Mary and husband Douglas were the biggest and most highly paid actors in Hollywood, things changed with the arrival of the "talkies" and the creation of the Motion Pictures Producers and Distributors of America. The innovation of using sound in movies put great stress on Mary and Douglas, since both excelled in conveying emotion through body language, physicality, facial expressions, and the like. Now they had to master the use of the voice as the primary venue to convey the story.

This was the end for many silent film stars, although these two professionals continued to make films. Another problem was that the little-girl image Frances had created for Mary had become stale and not believable as she entered her 30s. As a result, Frances created scripts for a young woman, rather than a child-star, and their first endeavor, "The Love Light," did not reap the success of her earlier movies.



Time Derails The Starlet's Career

The author notes that Mary "was trapped... by the cruel inevitability of time" – time that edged her out of her earlier role as a "child on screen," which is what her adoring public wanted her to remain. What had been the closest, most affectionate friendship between the two women now began to change. Mary seemed to blame Frances for encouraging her to play more adult roles; but rather, it was the newer generation that was invading Hollywood and the motion picture industry.

The novel becomes interesting as the characters are developed, their personalities displayed and revealed. The story follows the arc of the Sunset Boulevard tragedy about the deterioration of a silent-screen star, who succumbs to alcoholism and lives in the past as a recluse in her decaying mansion. This is a good story of genuine talent, immense female ambition in a male-dominated industry, the unraveling of an exceptionally successful partnership and friendship, love, glamor, struggle, disappointment and change. "The Girls in the Picture" is a good summer read if you don't compare it to Benjamin's earlier work "The Swans of Fifth Avenue."



American actors Mary Pickford (1892-1979) and Douglas Fairbanks. 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.

JKV's New Spiritual Life Leader Offers Attitude Of Gratitude

Rev. Dr. Bridgette A. Sullenger
Gazette Contributor



Rev. Dr. Bridgette A. Sullenger, JKV's Spiritual Life Director

The science that has studied gratitude has shown that having an attitude of gratitude has multiple positive outcomes for people in the midst of a crisis: Positive outcomes mentally, physically and spiritually. Benefits include more satisfaction in life, lowered levels of stress, increased cellular health, decreased inflammation, a more intentional

faith-life and stronger relational ties.

Experiencing The Kindness Of JKV

As a newcomer to the greater community—and here as JKV's Spiritual Life Director—arriving days before full COVID-related shutdowns and guidelines, I have observed attitudes of gratitude in full operation. Not once did I see anything but kindness towards each other.

This was not observed in one specific department, or with one group of residents. I saw staff and residents all over JKV change their perspectives and participation in on-campus events, while discovering new ways of connecting in more meaningful manners: From the ways in which daily care was given, to the emotional support that resonated in kind inquiries of "how are you doing, is there something I can help you with?"

JKV staff and residents have shared in support and care emotionally, spiritually and physically through alternate programming during this very difficult world-wide pandemic.

I have, with newfound appreciation, witnessed both residents and staff, step outside of their own areas and roles of comfort to assure the Village was kept healthy and functioning, including through intentional connections complete with the aforementioned attitude of gratitude.

JKV has not allowed a pandemic to hamper attitudes. They have gone about fitness classes, ice



JKV residents Karen Audet and Andrea Hipskind meet with the Village's new Spiritual Life Director, Rev. Dr. Bridgette A. Sullenger.

cream socials, Bible studies, TED Talks, and parades six feet apart with masks. They have kept on, joyfully, every day. JKV will not be deterred.

Residents and staff have found new ways to connect and support one another. And, I may add that, I am highly impressed with the proficiency of Zoom meeting usage. Do not let anyone tell you that those over "a certain age group" are not flexible or open to new learning.

While I believe that the faith and spirituality at JKV is a testimony in how they live their lives, witnessing this firsthand and watching people genuinely care about one another, making sure everyone is okay and getting what they need, confirms that JKV is a Village that lives in kindness.

Sharing The Love

I watched as one resident received a package of food and goodies from out-of-state family, only to share it with several of her neighbors. I listened as residents expressed gratitude for how they felt. They were able to remain connected despite social distancing, masks and restructured events.

While my faith and vocation call me to live in a very specific and intentional manner, I see God present and working here at JKV. I was shocked

when the article of my arrival was published and the very next day my email inbox was full of welcomes and well wishes (and my email had not even been published). JKV residents and staff might have been COVID-grounded, but they made sure I knew I was welcomed and received into the family.

Kindness Comes In All Forms

What does this mean for me as the new Spiritual Life Director? I believe it has shown me that kindness comes in all forms, that support is here because both residents and staff are grateful, kind, caring people who will remain connected in some manner, shape or form no matter what circumstances they find themselves facing.

Also, I am fortunate to be sharing time with a Village of amazing souls. I am thankful, grateful, and inspired by all the kind gestures, of intentional connections done with attitudes of gratitude through creative daily care, exceptionally creative programming of events and radical changes to daily routines.

I look forward to gathering—in person as physical distancing guidelines relax—and share with pride that I am a member of this remarkable John Knox Village Family.

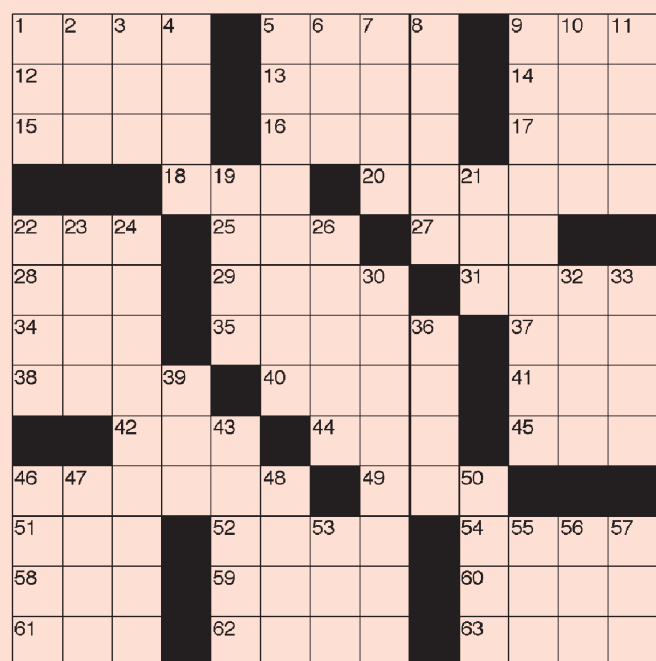


JKV resident Carol Ann Woodburn designs a poster to thank staff for their dedication.



Village residents congregate in a Thankful Thursday celebration.

Crossword Puzzle Of The Month



ACROSS

1. Beat rapidly
5. Indian music
9. Center (abbr.)
12. N.Z. locust
13. Jewish month
14. Exclamation
15. Occupational Safety and Health Admin. (abbr.)
16. Yesterday (Ital.)
17. Name (Fr.)
18. Licensed practical nurse (abbr.)
20. Follow
22. Clothe
25. Amazon tributary
27. Skin vesicle
28. Bygone days
29. Concentrated (abbr.)

DOWN

31. Before (Lat.)
34. Turk title
35. Indian prince
37. Unfavorable
38. Chin. poet (2 words)
40. Pressure (pref.)
41. Legume
42. Egg (pref.)
44. "Faerie Queene" lady
45. Exclamation
46. Ahead
49. Art (Lat.)
51. Fellow
52. Gamin
54. Arabic (abbr.)
58. Gelderland city
59. Half (pref.)
60. Deride
61. The (Ger.)

DOWN

62. Unfledged hawk
63. Kiln
1. Indo-Chin. language
2. Bronze (Lat.)
3. Ultimate degree
4. S. Afr. language
5. Mack
6. "Fables in Slang" author
7. Global Atmospheric Research Program (abbr.)
8. Alexandrian theologian
9. Draft
10. Quaker pronoun
11. City of the Seven Hills
19. Bitter (pref.)
21. Least bit
22. S. Afr. dialect

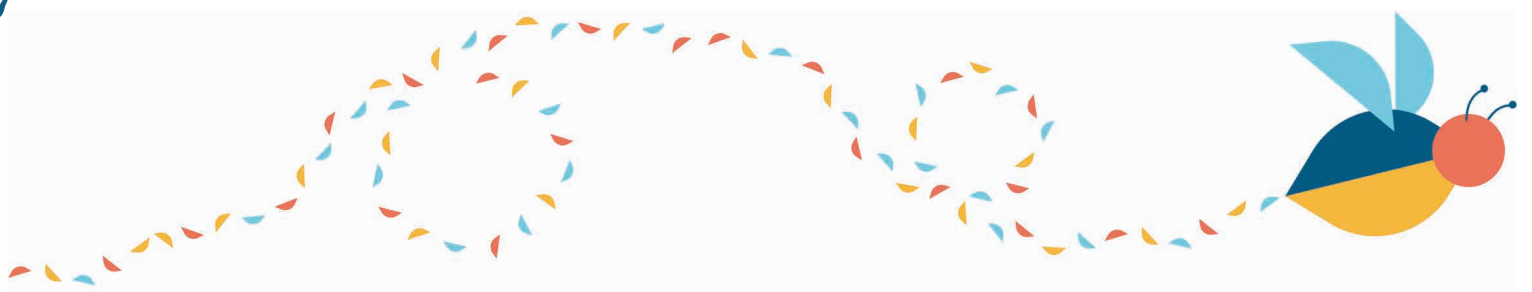
23. Today (Ital.)
24. Araroba (2 words)
26. Fr. historical provinces
30. Hemp
32. Anchovy sauce
33. King of Israel
36. White with age
39. Eggs
43. Sultan's decree
46. Son of Ruth
47. Bare
48. Squirrel's nest
50. Pudding
53. Candelnut tree
55. Estuary
56. Away (pref.)
57. Gamble

Answers On Page 10.



John Knox Home Health Agency, Inc.

*Be well.
Be safe.
Be happy.*



Premier customized care and support services to keep you healthy at home.

HOME HEALTH SERVICES INCLUDE:

- **24 hour on-call private duty** nurse and home health aides, short or long term
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- **Companionship and Home Help**, including meal preparation, grocery shopping and errands, light housekeeping, and much more
- **Transportation** to medical appointments, salon appointments, shopping, family visits and more
- **Pet Care**, including feeding and walking pets
- **Pre and post-surgery care** and discharge assistance
- **Travel Care** for family vacations, trips and special events
- **Care for Alzheimer's, Dementia** and other serious conditions, to manage behaviors, encourage engagement, assist with activities, keep seniors safe, recognize, report changes that may occur, and more

John Knox Village Home Health professionals excel at meeting individual care needs.

All John Knox Home Health, Inc. caregivers have verified credentials and must pass pre-employment exams and background checks. These rigorous standards ensure that individuals are in the safest of hands.

Call today to schedule a COVID cautious, in-person, private consultation

(954) 783-4009

550 John Knox Village Blvd.
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Suite 300
Pompano Beach, FL 33060

 **JOHN KNOX**
HOME HEALTH
AGENCY, INC.

web




JohnKnoxHomeHealth.com
JohnKnoxVillage



The rapport that has developed between my mother and her long-standing caregiver brings her comfort and me peace of mind. When we are out of town, I know that my mother's routine is maintained and all her tender needs will be attended to.

- Diane Dalsimer, daughter of JKV resident Lillian Kimmel

*Counseling
Guidance
Referral Services
Concierge Home Health*

Since 1987, John Knox Home Health Agency, Inc.'s mission is to provide customized, one-on-one care for individuals to remain happy, healthy, comfortable and safe, at home.

The best choice for home care...



Something to Feel Good About



John Knox Village and John Knox Village Home Health Agency 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 and John Knox Village Home Health Agency have a legal obligation to treat each individual in a consistent and equally fair manner.

In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents and occupants currently residing at the community have met these requirements. There may be residents and occupants that have resided in the community prior to these requirements going into effect. Additionally, our ability to verify whether these requirements have been met is limited to the information we receive from various credit and screening services used.

JKV Agency Provides Wellness At Home For Life Dedicated And Compassionate Caregivers Are Key

Rob Seitz
Gazette Contributor

Merriam-Webster defines caregiver as a person who has responsibility for the care of another. Compassionate is defined as having or marked by sympathy and consideration for others.

Combine and personify those two and you have some 200 compassionate caregivers who make up the John Knox Home Health Agency (HHA).

“Since 1987, so for 33 years, the John Knox Home Health Agency has been providing home care in Broward County with licensed, fully insured, background screened and completely vetted professional RNs, LPNs and CNAs,” Leslie Schlienger, Home Health Administrator, told *The Gazette*. “You wouldn’t let just anyone come

into your home or room, would you? Neither would we.

“All of our compassionate caregivers have their credentials verified, successfully pass pre-employment exams, and are tested for illicit substances before they can work for us. These rigorous standards ensure that every client of ours will be in the safest of hands.”

As one might guess, a large number of HHA’s clients come from the nearly 1,000 residents living at John Knox Village, however many people throughout Broward County have taken advantage of the in-home services since 1987.



Leslie Schlienger, John Knox Home Health Administrator

over other agencies is the breadth of education and training provided to staff members, which most other agencies do not offer.

While the COVID-19 pandemic has provided its share of challenges worldwide, Schlienger’s team has received the additional training to help residents



While checking in on JKV resident Sharon Ruhs, HHA Case Manager Frederika Walters provided her with some socialization...and coffee.

remain free of any known COVID cases, as of the publishing of this *Gazette*.

“Unlike other agencies, we have the resources and backing of John Knox Village, which allows us to send the most qualified professionals in health care to everyone’s home, no matter where they live,” she said. “We have some of the industry’s sharpest minds with which to collaborate on specific cases, as well as overall general best practices.”

Schlienger recommends people needing home health care to be diligent in their research.

“Ask about the agency’s education, training and staff recognition programs,” she said. “Do they offer a total plan of care? Our goal is to allow our clients to remain healthier longer in their homes.”

For more information contact the John Knox Home Health Agency 24-hours-a-day, seven-days-a-week at (954) 783-4009 or visit www.JohnKnoxHomeHealth.com



HHA Case Manager Angela Robinson sitting with JKV resident Ursula Husgen, enjoying some delightful conversation.

John Knox Home Health Agency Concierge Services

Some of the concierge services HHA offers include:

- Shopping assistance
 - Pet care
 - Socialization
- 24-hour emergency on-call nurse and coordinator services
- Medication management
- Private duty aides and nurses
 - Bathing
 - Grooming
 - Dressing
- Meal preparation
- Escort and accompany to faith-based programs
- Escort and accompany to medical appointments



Staff members of the John Knox Home Health Agency were honored during a recent Thankful Thursday celebration.

The New \$399 Apple SE iPhone

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

Yearly, I tell everyone to wait until September for the new Apple introductions. This year COVID-19 changes the rules. We are not going to see another \$400 price reduction from Apple in 2020.

However, there is a great new low-cost Apple phone on the horizon. Introducing the iPhone SE, a 4.7-inch cell phone that does not cost the usual \$800 to \$1,300, but is a state-of-the-art value at \$399. There are of course many Android phones in this price range, but the iPhone brings so much to

the table in ease of use. Apple support can help you directly without relying on your cell phone service carrier for help.

Although ease of use and product longevity is at the top of the list, here is why some of you should consider trading in your old phone and upgrade.

Never worry about tripping over a short cable again. Seniors have a difficult time with wires, chargers and seeing where to plug things into small holes. This problem is resolved with wireless charging. Simply lay the phone down on an optionally purchased pad and it recharges. I prefer the kind that is at an angle so not only does it charge the phone; you can also use it for all these COVID Facetime and Zoom video calls.

Go ahead and drop it in the sink or the pool. It is water-resistant for 30 minutes in three feet of water. Just remember to dry completely before charging. This feature alone will save you money on repairs if you happen to drop your iPhone in water.

The SE is small in size, 4.7-inch screen, measures 5.45" x 2.65". Just like the old models you love that fit in your purse or pocket. There are black bars at the top and bottom of the phone that you can touch and hold the phone. It will not make crazy things happen on the screen because your fingers were in the wrong place.

It uses the same A13 Bionic chip that Apple sells in the \$1,000 models.

There is no face recognition. Apple brought back the fingerprint Touch ID sensor underneath the dis-

play for unlocking the device. And for those of you who had trouble with the old fingerprint readers, the trick is to register the same finger two or three times for superfast unlocking and password entering.

It has an outstanding seven-megapixel front camera for selfies, FaceTime, and Zoom call. On the rear is a single 12-megapixel camera that is outstanding. It does the same portrait photos as the \$1,000 phone but instead of four cameras it has one. The base 64GB model is enough for most. If you plan to take tons of pictures or shoot in high definition 4K video, then consider the 128GB or 256GB for more storage.

All of your contacts and photos will still be there and there is nothing new to learn.

Even if you never buy a new phone you should log into iCloud.com and make sure all your contacts are being backed up. Have no idea what your iCloud password is? On the phone go to settings, touch your name at the top of the list, touch Password and Security. If your phone has been validated in the past you will see the words, "Change Password." Touch that and write down the new password. It requires a Capital Letter.

The body is made of aluminum. Available in black, white, and (product) red. The red one lets Apple make donations to charity.

13 hours of battery life.

Do you have a business number and a personal number? Carry only one phone that answers two telephone numbers with the built in dual eSIM. This feature is not widely supported outside of the USA, so it's a problem for global travelers.

Trade-in almost anything at <https://www.apple.com/switch/> and Apple will give you a financial credit. Compare offers from your cellular carrier or move over to a new carrier for a sign-on bonus and a better deal.

You can buy your new phone from a carrier because of promotions or trade-in deals. See who has the best financial offer or financing. Remember,



Get a stand-up phone charger for the iPhone SE. It will also double as a phone holder in great position for your next Zoom session. This phone charger is from Logitech.

several retailers like Costco, Sam's Club, Best Buy and others offer huge promotions on cell phones.

Purchase the two-year unlimited help with Apple Care directly from Apple, not from the cell phone carrier. Apple will help you with unlimited telephone technical support; answer all your questions and should the phone need repair it is replaced with a genuine Apple product with a small deductible, not some refurbished model from the cell phone carriers.

Buy at the time of purchase from Apple.com., or after you own the phone, click Settings and select General then About and select Apple Care. For the next two years dial (800) 275-2273 and talk live with an American speaking technician from Apple. For those with visual, hearing, learning or mobile impairments call (877) 204-3930 for help. This does not require Apple Care.

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 and he will attempt to include answers in future articles.

Bored: What Is Your Passion?

Anne Goldberg
Gazette Contributor



*Anne Goldberg
The Savvy Senior*

With almost four months of social distancing under our collective belts, we are living with a new normal now that has each of us with more free time than ever before, leaving many feeling bored.

The thing is boredom is a siren from within, begging us to reimagine how we spend our time. It is an internal call to action to do something.

If you've followed my column, you know that I love the Blue Zones (www.BlueZones.com). These are places in the world where people live the longest, with the

least amount of disease. The lifestyles in these Blue Zones, as documented by researcher Dan Buettner, form the blueprint for healthy aging and there has not been a better time for us to embrace this wisdom.

With the COVID-19 crisis, quarantines for safety, especially for boomers and seniors, will likely go on for many more months, challenging us to find ways to counteract boredom. "I can't think of another reboot as traumatic as this one, and out of trauma, a lot of us might be snapped awake to live a more fulfilling life," Buettner said. In other words, being in quarantine at this time is an opportunity for each of us to wake up to a healthier, happier way of living that is born from the conscious, healthful choices we make.

So what to do when boredom strikes? Well, we all have to eat. Did you know that Blue Zones diets are 90 to 95 percent plant-based whole-food (not processed)? What meat they consume tends to be in

small portions and on special occasions. Contrast this with restaurant food in which you are typically consuming about 300 extra sodium and sugar-laden calories raising blood pressure and sugar. Preparing food at home provides an opportunity to control ingredients resulting in better health in the long run. Who can argue with that?

Counteracting Boredom Tip #1:

Create healthier versions of the food you love. Go online and Google easy plant-based or vegetarian main dishes and watch your screen populate with easy-to-follow, healthful recipes for a longer, healthier life. One of my standards is roasted vegetables. You can use any veggies you love, sliced about 1/4" thick. Think potatoes (sweet or purple are best), onions, broccoli, cauliflower, mushrooms, string beans or asparagus. Pre-heat your oven to 400° and coat veggies with some olive or avocado oil, a little salt, pepper and rosemary (or any flavor profile you love – Italian, Indian or Asian) and bake for about 40 minutes, turning once. Bake longer for a crispier finish.

You can enjoy these by themselves or mixed with brown rice or quinoa for a delicious meal. I also add beans to salad (black, kidney, white, chickpeas) for more fiber and minerals. Beans and nuts are two of the Blue Zones foods that have been shown to help humans live longer and healthier.

Counteracting Boredom Tip #2:

If you're bored and cooking isn't your thing, Buettner suggests taking a blank sheet of paper (or your computer) and make four columns. The first column is "What I like to do," the second column is, "What I'm good at," the third column is "What are my values," and the fourth is "My gift." Fill the first three columns first with about ten short phrases and then scan for the commonalities. "That fourth column," Buettner adds, "is where you can put your passions to work." When you know what your passions are, you will be more likely to make choices to act on them.



Counteracting Boredom Tip #3

Lastly, if you find yourself bored, reach out to friends and family. Traditional phone calls work great and video calling brings you face-to-face with your loved ones. Making two or three calls per day will go a long way to staying connected with loved ones, leaving you with a very satisfying experience.

Be a Savvy Senior. Use boredom as a call to action to something that makes you feel good. You'll know you are successful when, at the end of the day, you feel healthier, more connected, more cared for and more fulfilled.

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

Die If You Must, But Do Not Kill

In My Lifetime? It Happened Again

Burn Loeffke
Gazette Contributor



Burn Loeffke

In late 1969, I was ordered from Vietnam, where I was commanding a unit in combat, to report to the White House. I was to be interviewed for a position with Dr. Henry Kissinger's staff.

When I showed up at the White House gate, I could not get in. The White House was surrounded by demonstrators against the war in Vietnam.

Finally, I was escorted by police through the gates. The first thing I saw inside the grounds were soldiers from a sister unit of the Battalion I had just left. It was strange to see Army troops deployed, ready to repel demonstrators if they broke through the fences.

Fifty years later in June 2020, Army units again protected the White House.

Remember Our Independence

This is Independence Month. On July 4, we remember George Washington, our first President, who said, "Integrity and firmness is all I can promise." Another founding father, our third president, Thomas Jefferson stated, "God, grant that our principal men shall be men of principles."

President Donald Trump gave the graduation speech at West Point this year. This is an institution that has an honor code that holds us to high standards: "I will not lie, cheat or steal or condone those who do."

In the 1940s, the West Point football team had won national championships. Then, the majority of the team was expelled because some of the players were cheating on exams. Cadets who knew it was happening and did nothing were also expelled.

We need moral leaders with great courage. One of my favorites was Brazilian Col. Cândido Rondon, who in 1914, saved Teddy Roosevelt's life in the Amazon. Col. Rondon's mission was to pacify indigenous Indian tribes and open up the Western part of Brazil. His actions made him a role model in resisting the use of deadly force. Rondon gave one simple order to his soldiers, "Die if you must, but do not kill."

Whenever they were attacked, his soldiers shot above the heads of the attackers. If the Indians kept coming, the soldiers were to wound them,



*"God, grant that our principal men shall be men of principles."
- Thomas Jefferson*

then heal and feed them. Then they were freed with gifts to take back to their villages.

Rondon was able to pacify many with his soft-power approach. More recently, John Gardner, founder of the White House Fellows, played an important role in inspiring the young. One of his favorite statements about the role of a leader is to "Keep hope alive." Today more than ever, we need men and women, who can not only restore the values of this great nation, but to be role models for our children.

What Can We Do?

Mother Teresa gave us advice, "I may not be able to do great things, but I can do many small things with love." The key to better relations is simple, "Treat others with a caring attitude and respect." Do good whenever and wherever we can.

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. 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

Independence Day, July 4, for me, was a special celebration in Falls Church, VA, my home and practice location for many years. The Declaration of Independence was read all the way through every year there, one of seven places where the original Independence Proclamation was made. The old church, still extant, was built in those days and was crammed with fellow Americans.

On that day in Falls Church, we took turns, each reading a paragraph, all the way through to the end. "When in the course of human events..." Yes, that was a pretty great thrill also, right up there with "Gentlemen..."

The proclamation, written by Thomas Jefferson at John Adams's suggestion, was strongly influenced by the principles worked out in Virginia (and other colonies) for governance of the Commonwealth. Now, we enjoy parades with lots of good food and fun. As we celebrate July 4, as well as remember last month's Memorial Day, I hope we won't forget the sacrifices made for us over the centuries by young—and older—men and women who stepped forward to accomplish what had to be done.

We Honor The Duty And Sacrifice

What do any of us really know about those who serve and give the ultimate gift to all of us—their lives? What do we know about what war is like? How do we understand how soldiers' lives are changed forever by war? A new book, "War Stories from the Forgotten Soldiers," by a Georgetown University psychiatrist, colleague and long-time friend, Dr. Ted Beal, examines his work with many troubled military veterans.

Ted is a well-credentialed and long-term psychiatrist, so he has many professional gifts to offer disturbed men and women. However, even he was stretched to his limits by what he heard from returning vets. From being plagued with suicidal to homicidal thoughts—one of them wanted to kill his own wife—Dr. Beal had no idea of what he was getting into when he first began the work. Losing limbs, organs, and one's place

in society is monumental. But he found that the writing of the book not only assisted the people coming to him (by teleconferencing from all over the country), but it made him a better listener as did the writing of the book itself.

Listen To Our Veterans, So We May Learn

War is, after all hell, and only a few people will take the time to just listen to these children of ours that we have sent out into this hell. But that is exactly what Dr. Beal invites us to do. That is what the soldiers need, and apparently so rarely get from us. Maybe we are not sure we can take it. But perhaps, if we did become engaged with even one of these brave, dedicated people, our lives would enlarge for the better. Many questions occur. Can we accept the challenge? How do we thank them? How often do we thank them? Do we do it in an appropriate way? Can we thank them any better than we are at present?

Reading Dr. Beal's book reminded me of another book about how we treat our military personnel. The book is "Betrayed," which I edited for the author, my late husband, Joseph D. Douglass Jr. In that book, the story is about the torture and ultimate betrayal of fighters in most of our modern wars.

I recommend both of these books to you as we give special attention to those who fight for freedom, the safety of America and the wonderful heritage of principles we hold dear.



John Knox Village is home to more than 100 military veterans. Gold Star Wife Kit Frazier is honored by Chairman of the JKV Board of Directors, and a veteran himself, Paul Simpson.

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

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

Now Is The Time To Review Your Estate Plan

Kaley N. Barbera, J.D., LL.M.
Gazette Contributor



Kaley N. Barbera

Times are uncertain. This is the headline that I see most often when I sit down to watch the news or read the newspaper. As our society learns to cope with this alternate reality, we also need to make sure that we have prepared for any life event. Often-times clients are hesitant to complete their estate plan and between work and family demands, estate planning tends to be the last thing on their minds, but

with the COVID-19 pandemic, clients are realizing the importance of getting these plans done to provide peace of mind. This article outlines some tips to keep in mind during these challenging times:

Review Your Current Estate Plan

If you have prepared a Will or Trust in the past, make sure that it is up to date. Pay close attention to the beneficiaries named in these documents, as well as the decision makers chosen. All too often, we have documents that have individuals named that are unfortunately no longer alive or may be people with whom you no longer have a relationship. This can cause delay and undue stress on family members when trying to administer your estate, especially during these challenging times.

Name Guardians For Minor Children

If you have minor children, then you want to make sure that you have an estate plan that names who the guardian would be of these minor children. That way, you have taken the proper measures to plan for who would be in charge of your children without relying upon anyone else to choose those individuals.

Consider Revocable Trust Planning

One of the most common questions that I get is "Should I do a Will or a Trust?" During these challenging times, a Trust may be a better vehicle to transfer wealth to your family members and loved ones.

A Will directs where your assets will go upon your passing, but a Will may not avoid the costs, stress and delays of the probate court. With the current uncertainty of the COVID-19 pandemic, probate may thrust much needed delay and stress onto family members who may be quarantined at home.

A Trust may be a better option, since a Trust can avoid the probate court and ensure that your assets pass to your beneficiaries swiftly and efficiently.



The COVID-19 pandemic highlights the importance of estate planning to provide peace of mind for you and your family.

A Trust, in its simplest form, is much like a "glorified Will." It directs where your assets should go and who is in charge of getting those assets to your beneficiaries.

Make Sure Beneficiary Designations Are Up To Date

Your estate plan might involve assets that require beneficiaries to be designated. These assets typically include 401(k)s, IRAs, annuities and life insurance, to name a few. It is important to note that these assets will not automatically become part of your estate plan once you sign your Will or Trust. Make sure that these accounts have beneficiaries named that you want to receive those assets. All too often, clients will pass away and will have forgotten to update their beneficiaries on these accounts. A key to updating your beneficiaries is also to add a contingent or secondary beneficiary which will make sure that in the event that your primary beneficiary has predeceased you, that there is a backup in place, so that the assets do not wind up delayed in probate court. Review of beneficiary designations is something I advise my clients do often, so that it is guaranteed that they have named the right individuals in the event of their passing. Be sure to consult with your advisor before naming your estate or Trust on these designations, as oftentimes it is more advantageous to name individuals.

Review Your Durable Power Of Attorney, Health Care Surrogate, And Living Will

An important part of estate planning is also making sure that your lifetime documents are up to date as these documents will make sure that the right individuals are named in the event that you are incapacitated or unable to handle your affairs. There could be no better time than now to make sure that these essential documents are complete.

The Durable Power of Attorney should name the individuals you trust most to handle financial or legal decision making for you.

The Health Care Surrogate should name the individuals who would make medical decisions on your behalf in the event that you are unable to provide informed consent for yourself.

The Living Will allows you to determine if you would want life prolonging procedures administered. Meet with your team of advisors (attorney, accountant, financial planner).

Most of your advisors will be ready, willing and able to discuss your estate plan, tax plan and/or financial plan. Take advantage of this time to reach out to them to review your current plan or to create a new plan and ask questions regarding tax updates or the new regulations put into place during COVID-19.

The current pandemic is bearing down on us all and creating its own levels of stress. The time is now to make sure that you have your estate plan in place to provide some reassurance during these uncertain times.

The above information was provided solely for information purposes. An estate plan for an individual may or may not contain the documents discussed. We highly suggest that you seek the professional advice of a specialist in this field to determine the appropriate estate plan for your situation.

Kaley N. Barbera is a Partner at the law firm of Snyder & Snyder, P.A. in Davie, FL, where she concentrates on estate planning with an emphasis on special needs planning, art succession planning focusing on how to transfer art, artifacts and collectibles in a tax efficient manner, estate administration and trust administration. She is a member of both The Florida and the New York Bar. Kaley is a graduate of the University of Miami, where she received her Bachelor's degree in English Literature and her J.D. from New York Law School. She also earned her LL.M. in estate planning from the University of Miami Law School. You can email your questions for Kaley to Kaley@snyderlawpa.com.

Baby, It's Hot Outside

Chill Out At John Knox Village

At COVID-Careful Exclusive Events In July And August.



Come see what we've been keeping under wraps during the world-wide virus at our exclusive, small-group, fully catered open houses.

Guests will be screened at the entry gate. The visits will be in groups of 10 or less, with appropriate face coverings, while maintaining 6-foot physical distancing.

Select your date and time for an intimate introduction to John Knox Village and then tour several model apartment and villa homes. At each home, you will enjoy delectable bites and refreshing beverages. Plus, receive a special gift at the end of the tour.

July 15 or July 29

- 9:30 a.m. Breakfast
- 11 a.m. Brunch
- 2:30 & 4 p.m. Cocktails

August 12, 19 or 26

- 9:30 a.m. Breakfast
- 11 a.m. Brunch
- 2:30 & 4 p.m. Cocktails

Call the Marketing Department at (954) 783-4040 to reserve your spot.



651 SW 6th Street
Pompano Beach, FL 33060

web JohnKnoxVillage.com
JohnKnoxVillage

(954) 783-4040

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

Build Your Life Story To Slow Brain's Aging

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

In last month's column, we reviewed how to rebalance our four key brain assets to thrive during these challenging times. Now let's consider our fifth brain asset, a team of brain areas called the "default network," in charge of our memory, motivation and meaning.

Default network brain activity, unique to humans, gives us our mind for stories, especially our own life story. In surprising ways, this high-energy brain activity can slow down the

rate at which your brain ages.

Conversely, inflammation can derail the default network and hasten the brain's aging process. When this happens, the brain may age faster than the rest of the body.

Let's begin with a story that illustrates how the brain can age too fast. My husband Peter was a hospice volunteer for about 10 years. One of his many patients was John, who was in his 90s, had Alzheimer's, and lived in a memory care facility. John had a middle-aged son in the area who would not come to visit.

Peter visited John once a week for three hours to give John "the gift of being present," as he called it. During these visits, John was friendly and talkative. Peter would ask him the most basic questions, such as "Where did you grow up?" and "What was your work?" John never knew the answer, but he was always quick with a clever response, such as "That's a good question," or "You sure stumped me with that one," or "I'll have to think about that, ask me later."

Sometimes, John would spontaneously ramble on about past setbacks, such as crop failures or money problems. All he seemed to remember about his past was what went wrong.

John really wanted to live to his 95th birthday—and he did. The care center had a little party for him, which I attended. John was very excited by all the festivities: The cake, the decorations, the attendees. What

a wide grin he had that day. He seemed like a kind, happy fellow. He died a few days after celebrating his 95th birthday.

Inflammation Ages The Brain Age Quickly

John's body aged very well, but his brain aged too fast. In other words, his life span exceeded his brain span. What happened? How was John able to live so long and well physically, and connect with other people just fine, but lose his memories and story?

No one really knows how or why this happens, but some 50 years of research have uncovered important clues. A key factor in the aging process is "inflammaging," chronic inflammation that drives the aging process and enables age-related diseases. Inflammaging can affect the brain and body differently. In John's case, inflammaging was only a campfire in his body, but a wildfire in his brain.

The default network is the brain's manager of personal memories and the autobiographical self—that part of us that can understand our life experiences as "my story." Default network brain activity is implicated in the toxic inflammaging that makes the brain age too fast. Stress hormones such as cortisol are a key driver of inflammaging wildfire in the brain.

Coherent Life Narrative Slows Brain Aging

Mental health professionals recommend that everyone have a "coherent life narrative" for a healthy mind. This positive, methodical understanding of one's own life diffuses stress hormones in the brain and improves the default network.

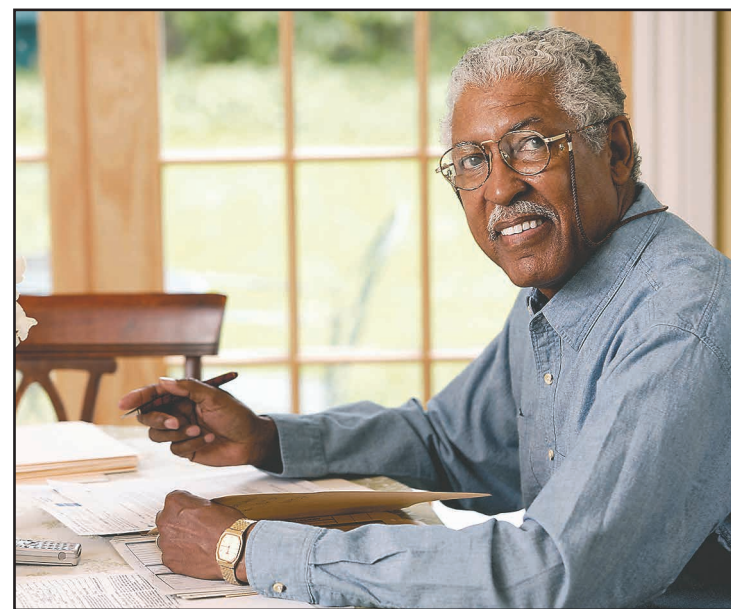
However, the past is not where it is at: Look ahead. The best way to help your default network do its job is to keep adding to your story. Prepare to build your life story in meaningful ways with these three easy steps:

1. Create A Success Narrative

Write down what you have done, decade by decade, that makes you feel good about yourself and the life that you have lived. It is important to focus on what was meaningful to you from a personal perspective, rather than from the perspective of other people or society. Negative life events can be reframed as learning experiences, so they do not poison your story.

2. Assess Your Unfinished Business

If you were to die suddenly, would you have any



Write your autobiography as your personal story plan.

regrets about what you did not get to do in your life? Focus on active experiences, such as writing a book, learning a skill or volunteering. Write down your top three unfulfilled hopes and circle the one that is most important.

3. Make A Personal Story Plan

Consider an action that you can take to realize your unfulfilled dream. Decide what you will do, where, when, with whom, and what your desired outcome would be. If you would like to explore your story more, you could take an autobiographical writing class, such as JKV's Silver Scribes, in person or online.

The COVID-19 pandemic has prompted us to slow down and be thankful for our health and lives. Use this time to intentionally shape your next chapter. The John Knox Village community is overflowing with opportunities to build your life story and slow down your brain's aging. Get started today and make your default network happy.

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

Make The Move To Life-Plan Security

John Knox Village will be ready for you, when you are ready to make the move to life-plan security. If you are looking for the utmost in convenience and economy, choose the Conch Apartment Home located in your choice of the mid-rise East Lake overlooking Lake Maggie, or the 17-story Cassels Tower offering expansive panoramic skyline views. Now is a great time to plan for your future. Call the Marketing Department at (954) 783-4040 to get all the details.

Conch 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. Call the Marketing Department at (954) 783-4040 for more information.

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The Conch Apartment Home offers convenience and economy.

The Conch
1 Bedroom / 1 Bath – 868 Sq. Ft.

