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JKV Spent A Week ‘Redefining Active’ And It’s Just The Beginning



Ft. Lauderdale’s award-winning Dillard High School marching band kicked off Active Aging Week last month at John Knox Village.

Rob Seitz
Gazette Contributor

Start with a rousing medley of foot-stomping music from an award-winning area marching band, throw in interactive, stimulating presentations, toss in a magic show and masquerade dance party, a twist on painting with cocktails, savvy senior living, a wellness meet-up health fair and yoga classes.

Sprinkle in some workshops to reduce stress, train your brain, meditation, brain food for cognitive health, mixed in with a delicious cooking demonstration, along with a blessing of the pets’ ceremony and you have the makings of another successful Active Aging Week (AAW) at John Knox Village, South Florida’s premier Life-Plan Retirement Community.

Begun in 2003 by the International Council on Active Aging® (ICAA), Active Aging Week takes place each year and ran from Oct. 1 to Oct. 7. With its theme of Redefining Active, the ICAA calls attention to, and wholeheartedly celebrates, the positivity of aging today.

“It was a delight to spend a week at John Knox Village, where the residents are most certainly doing their part in

‘Redefining Active,’” said Chef and Certified Nutritional Therapy Practitioner Carol Green, who provided four PowerPoint and cooking presentations for residents and outside guests during the week: A highlight of which was a culinary pairing cooking demonstration with JKV’s Executive Chef Mark Gullusci (see related story on page 4 of *The Gazette*).

AAW Opening Ceremonies kicked off with a thrilling, bombastic performance from “The Force,” Dillard High School’s marching band. A long-time favorite during JKV’s annual Holiday Parade (look for more on the parade and other holiday events in the December *Gazette*). Their pounding drums, brass, woodwinds, dancers and flag corps thrilled the crowd.

Train The Brain With Phyllis Strupp

That was followed by numerous brain training presentations from Phyllis Strupp. JKV is the only Life-Plan Retirement Community in Florida to offer the exclusive Train Your Brain® program. Phyllis inspired residents and guests with her

See “Active Aging” On Page 2

Gobble Gobble! Let’s Talk Turkey

Food For Thought During The Holidays

Nona Cree Smith
Gazette Contributor

Thanksgiving festivities are probably, for most, one of the favorite holiday celebrations of the year. Just the idea of it conjures up glowing images of family, friends and neighbors gathered around a table set with tempting displays of food and a delicious roasted turkey as the centerpiece. But what people might not know, the turkey has a long and fascinating archaeological and zoological past.

More than 1,500 years before the Niña, Pinta and Santa Maria sailed into history, Native Americans had already domesticated and enjoyed the bountiful turkeys for many years. They are first mentioned in South Central Mexico at around 800 B.C. and again, in what is now the Southwestern United States, at about 200 B.C.

According to A. W. Schorger, ornithologist and author of “*The Wild Turkey: Its History and Domestication*,” the domestic turkeys were initially raised for their feathers, to be used in rituals and ceremonies, as well as to make feather robes or blankets. Only later, around 1100 A.D., did the turkeys become an important food source for the Aztecs and Mayans.

A Bird That Flocked The Americas

Schorger also suggests that turkeys had spread through Central America and parts of South America by the time of the Spanish conquest. A second, apparently independent, area of domestication was in the American Southwest around 200 A.D. in the Mogollon culture of New Mexico and in 400 A.D. by the Anasazi of Arizona.

See “Turkeys” On Page 3



Illustration from “Birds of America” (1827) by John James Audubon.

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'Redefining Active' Inspires Knowledge And Participation

From "Active Aging" On Page 1

guidance in keeping the brain active and engaged well into advanced age. Phyllis stresses the importance of the "Four S's": Story, Self-Talk, Shine and Share in redefining active and making sure the mind is aging well. (See Phyllis's column on page 12 of *The Gazette*.)

The Art Of Letter Writing With Ash Davis

The first of what will be many Letters and Lattes programs was led by Ashley Davis, a TedX presenter, author of "*A Life Through Letters*," and frequent speaker at JKV. His touching talk was reinforced by Jade Hall. The 19 year-old is a biology major at Broward College, who, given her age and today's technology, had never hand written a letter on a piece of paper, until a JKV resident became her pen pal several years ago.

The connection came through Jade's mother, Marsha Dixon, who is JKV's Fitness Studio manager and fully supported the letter writing campaign with Charlie Mennes.

Jade said: "I've learned so much about Charlie and I really look forward to getting letters from him. Opening a letter is so different than opening an email. You get the letter, sometimes even the envelopes have a message.

"Who knew?" she asked, eliciting laughs from the older audience.



John Knox Village residents, staff and elders all joined in the information and activities during the Interactive Wellness Meet-Up Fair. More than 20 exhibitors presented goods and services at the Fair for residents and outside guests.

healing, positive thinking, setting intentions for a great day and creating a blissful life.
"This place is amazing," Jill told *The Gazette*.
"From the moment I came onto this beautiful campus,



The instructors of the Train The Brain® Program were on the job during Active Aging Week. Left to right are: Wendy Bednarcik, Maria Hannah, Phyllis Strupp, the program's founder, and Michelle Makielski.

Yoga & Meditation With Melissa Jill

Melissa Jill, CEO and founder of "Alive with Melissa," was another guest presenter. The international yoga teacher, healer, certified holistic health and life coach offered a variety of yoga classes and workshops infused with topics such as self-love, emotional

I felt such warmth and kindness from the residents and staff. I am glad I was able to help bring some of my teachings and practices to them."

The Savvy Senior With Anne Goldberg

Anne Goldberg is no stranger to JKV, however this was the first AAW in which she participated. Goldberg's "The Savvy Senior" monthly program is a resident favorite. For AAW, The lifestyle coach partnered with Larry Siegel to introduce an "Art of Living," class of fun, exercises, activities and "edu-tainment," they will be covering during an exclusive-to-JKV eight-week series.

Magic, Pets, Rocks And More

Another highlight was cruise-ship regular Mitch Davie bringing his comedy and magical talents to a packed Village Centre Auditorium. The several resident-assistants brought to the main stage were amazed at his illusionary wizardry.

Many of JKV's four-legged residents found AAW to be a special week when JKV's Spiritual Life Director Rev. Darryl Powell officiated a Blessing of the Pets Ceremony in JKV's Wellness (Doggie) Park.

A "Rocks on the Rocks," event provided a chance for folks to design and paint a rock with a special message that will be included in the future JKV Kindness Rock Garden.

The week ended late on a Friday afternoon when two residents won grand prizes of spa treatments at the Pompano Beach Marriott's SiSpa for having participated in the most events throughout Active Aging Week.

"This has been a great week," JKV President Gerry Stryker told the group during the Closing Ceremonies. "The quality of our programming, the caliber of our guest speakers has grown incrementally year over year, and folks, this is just the beginning."

Well done, John Knox Village. Here's looking to 2020.

A Week Of Fun, Education And Inspired Activities

There was such a wealth of opportunities during Active Aging Week, that it was difficult to absorb all the information available. Attendees learned about nutrition from Carol Green; relaxation and meditation techniques from Melissa Jill; the Art of Letter writing from Ashley Davis; Savvy Senior tips from Anne Goldberg and improving the functionality of the mind from Phyllis Strupp. You can find out more about each featured speaker and their expertise by visiting their websites:

For Carol Green, visit www.tasteofhealing.com

For Melissa Jill, visit www.alivewithmelissa.com

For Ashley Davis, visit www.alifethroughletters.com

For Anne Goldberg, visit www.savvyseniorservices.com

For Phyllis Strupp, visit www.brainwealth.org



Magic Mitch wowed the audience with two shows of amazing magic and stand-up comedy.



"Dancing in the Moonlight" as JKV residents took to the floor during the Active Aging Masquerade Happy Hour.

Our Favorite Thanksgiving Bird Has A Storied History

From “Turkeys” On Page 1

Turkeys appear in the artwork of many ancient cultures, some of the most well preserved and stunning finds are by the Mayans. Maya was one of the more advanced civilizations in the world, and part of their culture was a love of turkey. Turkeys were everywhere in Maya archaeology and iconography, and were used in Maya religion and culture. They were once the coveted symbols of power and prestige. In Mayan art, turkeys are portrayed as godlike figures, and at least one Maya ruler included the word for turkey in his royal nickname. The power of the turkey was also expressed in religious rituals with bird sacrifices meant to set the stage for a fertile new year, and turkeys were stand-ins and messengers of the gods.

They painted or modeled turkeys, showing their distinctive face wattles and bumps on their heads, created vases, bowls and cups of pottery from around A.D. 250 to 800 A.D. During this time turkeys were quintessential animals for feasting and for sacrificial offerings. They even made turkey-shaped tamales. In the Southwest, the birds appeared as painted designs on the exquisite Mimbres pottery more than a thousand years ago.

Prized Turkeys Introduced To Europe

The Spanish conquistadors, including Hernán Cortés, were greeted by the local people with plenty of turkey and other delicacies. Ambassadors from the Aztec ruler Montezuma presented Cortés with turkey modeled out of gold. The Spanish must have liked



This ancient Mayan, codex-style cylinder vase showcases the impressive history of the turkey in the Americas.



The male ocellated turkey with its beautiful plumage is a stunningly impressive bird. Image source: Alamy.

how the cooked turkey tasted, because they shipped turkeys back to Spain as early as 1511. From there, the turkey spread rapidly throughout Western Europe and, in a delicious twist of fate, the English, French, and Dutch colonists brought this bird back to Eastern North America in the early 17th century: Interbreeding with indigenous wild turkeys to become the ancestor of the modern holiday gobbler. The Pilgrims ate wild turkey at the first meal they shared with the Wampanoag Indians in an autumn harvest feast, which became our Thanksgiving.

Turkey World Domination

According to the zoo archaeologist Stanley J. Olsen in the “Cambridge World History of Food,” it was the brightly featured ocellated turkey that was thought to be the Thanksgiving bird in the United States and made the first leap toward world turkey domination: A favorite of the Mayans and domesticated in at least two areas of the Americas prior to Columbus’s arrival in the New World.

Today, America’s most famous fowl is consumed on all seven continents, is a mainstay of European poultry production, enjoys its highest per-capita con-

sumption rate in Israel, and can be found on farms from Poland to Iran to South Africa. In 1511, King Ferdinand of Spain ordered every ship sailing from the Americas to Spain to import ten Aztec turkeys, five males and five females, consequently the bird population quickly grew and spread from Spain to Rome, from there the birds moved to France and then sailed over to England. In England they where they were named “Turkey” because the English thought the bird was exotic like the country of Turkey.

A Founding Father’s Wish Denied

Benjamin Franklin, one of the Founding Fathers of the United States, wanted the turkey, not the bald eagle, to become the avian symbol of America. In a letter to his daughter he describes the turkey as a “respectable Bird, and withal a true original Native of America.”

Have a happy and bountiful Thanksgiving, and please pass the stuffing.

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Book Review

All The Stars In The Heavens

By: Adriana Trigiani

Donna DeLeo Bruno
Gazette Contributor

New York Times best-selling author Adriana Trigiani’s novel, “All the Stars in the Heavens,” is largely based on the life of the glamorous Hollywood actress Loretta Young and the Italian girl Alda Ducci, who became her secretary and closest friend.

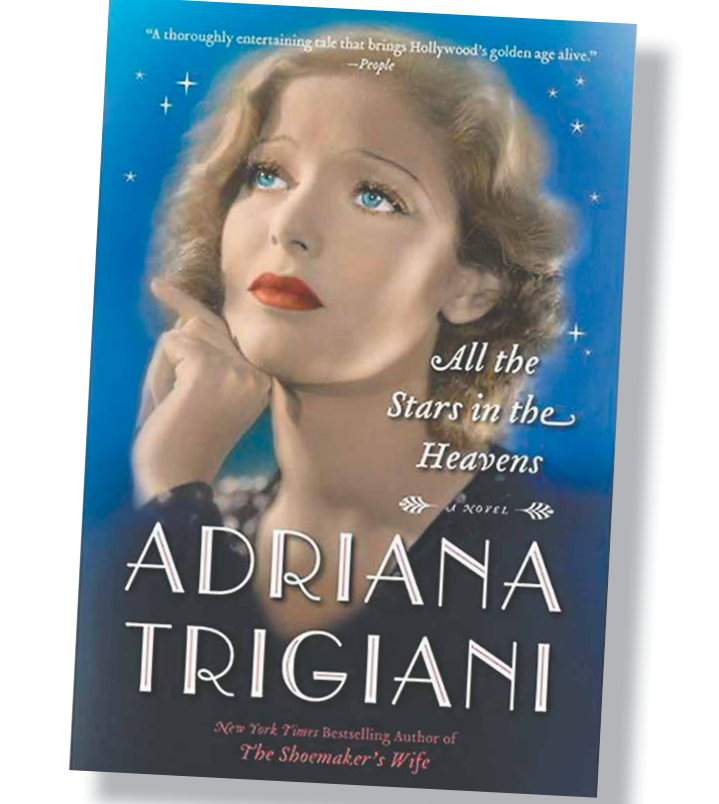
Alda And Loretta Befriend

The story begins when Alda, a pregnant teenager, seeks refuge at St. Elizabeth’s Infant Hospital where, after having a stillborn son, becomes a postulant, a nun in training. After a number of years, the Mother Superior of this Catholic home for unwed mothers, decides that Alda is not well-suited to this work. Looking for employment, she is hired by Gladys Belzer as an assistant to her daughter Gretchen, better known as the movie star Loretta Young. This will be the beginning of an extremely close relationship between Alda and Loretta that will last a lifetime. Although Alda’s primary responsibility is answering Miss Young’s copious fan mail, which increases as

Loretta’s star rises, her more significant role is as confidant and companion to Loretta on her many movie locations. It will be the frigid and snow-swept Mount Baker in Washington state, the setting for the film “The Call of the Wild,” that will significantly alter the lives of both women. Here, Loretta will fall deeply in love with her co-star, matinee idol, Clark Gable, and Alda will find a husband, Luca Chetta, who can forgive her past. Trigiani, the author, is adept at conveying both the intense passion and deep conflict of both couples. In the first case, Gable is a married man and Loretta a devout Catholic; in the second, Chetta is an old-fashioned Italian who is shocked to learn that the girl he loves is not a virgin.

Great Names From The Silver Screen

The book is peppered with the names of many former Hollywood greats who have a peripheral role in the story – movie idol David Niven becomes Loretta’s staunchest supporter; Carole Lombard, one of Gable’s five wives; Spencer Tracy, Loretta’s first love; Myrna Loy, Rosalind Russell, Merle Oberon, etc. I am not a great fan of Trigiani, but I must say that this novel held my interest. Although her writing style is mediocre, in this one she has captured through her dialogue the clever repartee for which Young, Niven, and Gable were well-known. She also infuses them with a realness – authenticity – humanness. Despite their celebrity, she depicts these characters as quite ordinary people struggling with common problems: Insecurity, fear of rejection and abandonment, concern about loss of jobs and income, desire to achieve and concern for family. Although labeled a novel, this is very much a true



story of real people with great talent but also foibles and weaknesses like everyone else. If you are a fan of the silver screen in its early days, as am I, you are likely to enjoy this book.

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 Scribers** group, guiding authors in publishing their books.

A Return To The Probate Court System

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



Kaley N. Barbera

The most popular question that I get from a client is, “How do I avoid probate?” Since this is such an important topic to my clients, I decided to revisit this subject matter again in this article to make sure we are all aware of what probate is and how to avoid it. Probate is the legal process that is used to validate your will, collect your assets, value your estate, settle any debts, pay

estate and other taxes and oversee the distribution of your assets to your heirs.

Probate typically occurs when someone passes away with an asset titled in his or her name alone and without any beneficiaries designated on such asset. If we travel back in time, we will find that probate is an ancient staple of our laws dating back to the late Middle Ages of the 15th century.

Today, the issues surrounding probate are founded in the frustration over the expense and the time that it takes to complete the probate administration process. If someone passes away and his or her estate needs to be probated, then generally speaking, prior to disbursing any assets, the personal representative or executor must deposit the decedent’s will (thereby making it public) which the court will need to validate, pay and settle debts, pay taxes, account to the beneficiaries and/or creditors of the estate and then distribute assets to the beneficiaries entitled to receive them.

Estate planning, in general, can help minimize or even avoid the costs, delays and publicity of probate. There are several methods available to avoid the necessity of having an asset go through the probate process. While there are pros and cons to each of these methods, and some methods may be more beneficial than others in different circumstances, these methods include:

• **Placing a beneficiary designation on financial accounts**, including, but not limited to, retirement, investment and bank accounts, as well as life insurance



policies. These designations are commonly referred to as “TOD” (transfer on death), “POD” (pay on death), “ITF” (in trust for), or just plain “beneficiary designations.” A beneficiary designation should not be confused with a joint account, as a beneficiary designation only passes an interest in the account to individuals named after death. The beneficiaries named have no interest in the asset during the owner’s lifetime and therefore, the beneficiaries’ creditors, spouses, etc. have no rights or claims to the owner’s accounts during their lifetime.

• **Joint ownership is a second method that will allow an asset to avoid probate.** Joint ownership involves placing another person’s name on an account or on property so that, upon death, the account or property will automatically transfer to the surviving joint owner. There are many pitfalls that accompany the joint ownership method. An example of one such pitfall in the financial account arena is that a joint account’s assets, such as a checking or savings account, are open to the claims of creditors for a person listed on the account as a joint owner, in most cases. For example, if mom places son on her account to avoid probate and son gets sued, the son’s creditors could potentially get to that account since son is considered a joint owner.

• **Another method used to avoid having to probate assets is the creation of a revocable trust also known as an inter-vivos trust.** Any assets that are titled in a revocable trust will not need to go through probate. Instead, these assets are titled in the trust and can be used during the grantor or creator’s lifetime and then

at death will be distributed by the trustee to the beneficiaries of the trust without the cost or delay of probate. A trust will remain subject to the estate tax (if any) and the grantor’s creditors (if any). A trust, unlike a will that must be submitted to the court, is a private document.

The above methods are a great starting point for any individual faced with the fear of probate.

The above information was provided solely for information purposes. An estate plan for an individual may or may not contain the documents, ideas, or tax planning discussed, above. 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.

In Good Taste: Chefs Pair Up For Healthy Cooking Demo

Rob Seitz
Gazette Contributor

Flavor pairings are that healthy obsession most chefs have to provide their diners—that just-right balance of taste, smell and texture.

One of the many highlights during Active Aging Week (AAW) was another kind of pairing—that of John Knox Village’s U.S.-trained Executive Chef Mark Gullusci and French-trained Chef Carol Green.

Chef Green, a native of South Africa, was among an eclectic, international group of presenters brought to JKV specifically for their knowledge and expertise in “Redefining Active,” the theme of this year’s AAW.

A full Day One of AAW closed with a cooking demonstration from these two culinary wizards. Their four-course plated dinner for residents, outside guests, staff, along with JKV’s President and First Lady Gerry and Carol Stryker, showcased a nutrient-dense “brain food” menu.

The pair served an appetizer of artichoke leaves with citrus golden beet salsa and goat cheese, a main entrée of roasted Scottish salmon in a saffron bourride (fish stew) with garlic aioli and steamed asparagus and a Mexican chocolate avocado tart.

But, perhaps, the most interesting item was the second plate—a blueberry kale salad with cranberries and spiced walnuts, served with pickled beets and whipped basil feta cheese.

Diners were delighted to discover that flavor pairing worked as well as Chefs Mark and Carol. Here are the salad and dressing recipes:

Blueberry & Cranberry Kale Salad:

- One 16 oz. bag, or equivalent bunches, of kale
 - 1 cup fresh blueberries
 - 1 cup fresh cranberries



John Knox Village’s U.S.-trained Executive Chef Mark Gullusci and French-trained Chef Carol Green.

Dressing:

- 1 cup frozen blueberries
- ½ cup Balsamic vinegar
 - 1 cup olive oil
- 1/8 cup fresh lemon juice
 - 1 tbsp. Dijon mustard
 - 1 tbsp. honey
 - ¼ tsp. sea salt

Method Of Preparation:

Place the kale in a large bowl, pour a little dressing over the kale and massage it, adding just enough

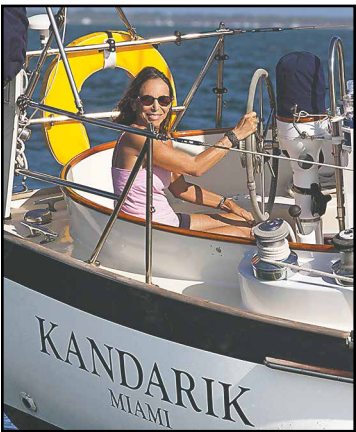
dressing to coat evenly. Save remainder of the dressing. Toss the cranberries and half the blueberries through.

Place approximately 1 to 1½ cups of salad on a plate. Place a dessert spoonful of whipped basil feta cheese to one side and a smear on the other side. Place 2-3 pieces of pickled beets on the smear. Drizzle extra dressing over the salad and dot the plate. Top the salad with extra blueberries and spiced walnuts.

As Chef Green told the cooking demonstration diners that night: “Eating healthy food, that’s nutrient-rich and good for your brain, does not mean it has to be boring and bland.” Enjoy.

Join Us In November For These John Knox Village Events

Meet World Sailor Pam Wall
Wednesday, November 6 at 10:30 a.m. in the
John Knox Village Lakeside Dining Room



Meet adventurer Pam Wall, who along with her husband, Andy, and two young children, Samantha and Jamie, voyaged around the world on their home-built sailboat, “Freya 39 KANDARIK.” The Walls sailed “Around the World” and later back and forth across the Atlantic to Europe three times. You are invited to join us to hear her amazing story.

RSVPs are required. Call the John Knox Village Marketing Department at (954) 783-4040 to reserve your place.

Discover What’s Next at John Knox Village
Wednesday, November 6 at 2 p.m.
in The Woodlands Life Enrichment Center

JKV is expanding its lushly landscaped campus with new lifestyle opportunities that wind throughout, and along with, 150 new Independent Living apartment homes. Join us for this Priority Depositor Event at which—for a \$100 fully refundable deposit—you can reserve your place in line for these fast-selling homes. Delightful snacks and refreshments will be served.

To learn more about this exciting new John Knox Village project visit:
www.JKVGrows.com. Call John Knox Village at (954) 871-2655 to RSVP.



Bluegrass Concert With Kody Norris
Saturday, November 9 at 7:30 p.m. in the
John Knox Village Centre Auditorium



Playing 80-plus dates a year, The Kody Norris Show has covered the road from Canada to Mexico. The band’s album, “When I Get The Money Made,” was named 2017 Bluegrass Album of the Year by the National Traditional Country Music Association.

You are invited to join your friends to enjoy Kody’s second concert at John Knox Village in as many years.

Call the John Knox Village Marketing Department at (954) 783-4040 to reserve your place.

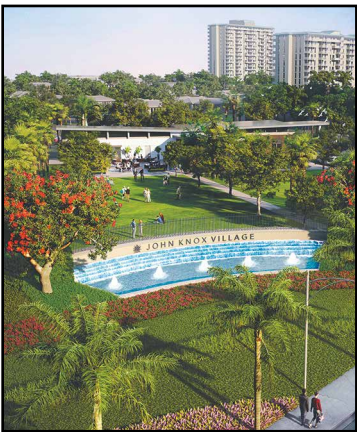
Join Us for a Veterans Day Ceremony
Monday, November 11 at 11 a.m. in the
John Knox Village Centre Auditorium

Whether you are a veteran, or wish to attend a ceremony honoring our servicemen and women, you are invited to the John Knox Village Veterans Day Ceremony at 11 a.m. in the Village Centre Auditorium.

Join more than 150 veterans who are residents at John Knox Village. All veterans in attendance will be recognized in gratitude for their service. **Veterans from the greater community can be honored similarly by calling the Marketing Office to reserve your spot at (954) 783-4040.**



You Are Invited to a Priority Deposit Event
Friday, November 15 at 10:30 a.m. at
the Coral Ridge Yacht Club



JKV will host an off-campus event at the Coral Ridge Yacht Club to present The Village’s expansive future plans, along with 150 new Independent Living apartment homes.

Join us for this Priority Depositor Event at which—for a \$100 fully refundable deposit—you can reserve your place in line for these fast-selling homes. Snacks and refreshments will be served. The Yacht Club is located at 2800 Yacht Club Blvd., Ft. Lauderdale, FL 33304.

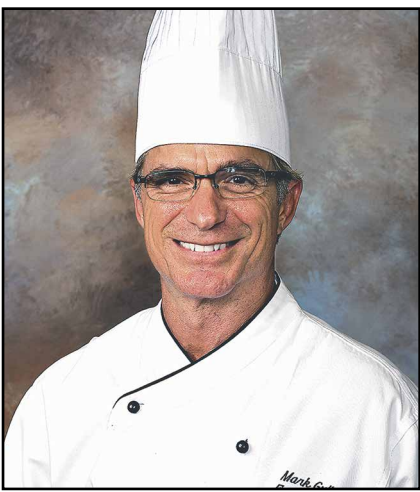
Call (954) 871-2655 to RSVP.

Lunch & Learn Cooking Demonstration
Tuesday, November 19 at 10:30 a.m.
in the Lakeside Dining Room

Join John Knox Village’s Executive Chef Mark Gullusci for a farm-to-table cooking demonstration and lunch on Tuesday, Nov. 19 at 10:30 a.m. in JKV’s Lakeside Dining Room.

Learn about the peace-of-mind you will enjoy at our Life-Plan Continuing Care Retirement community. Meet our residents who will share their JKV experiences.

RSVPs are required. Call the John Knox Village Marketing Department at (954) 871-2655 to reserve your place.



Discover the Future at John Knox Village
Wednesday, November 20 at 2 p.m.
in The Woodlands Life Enrichment Center



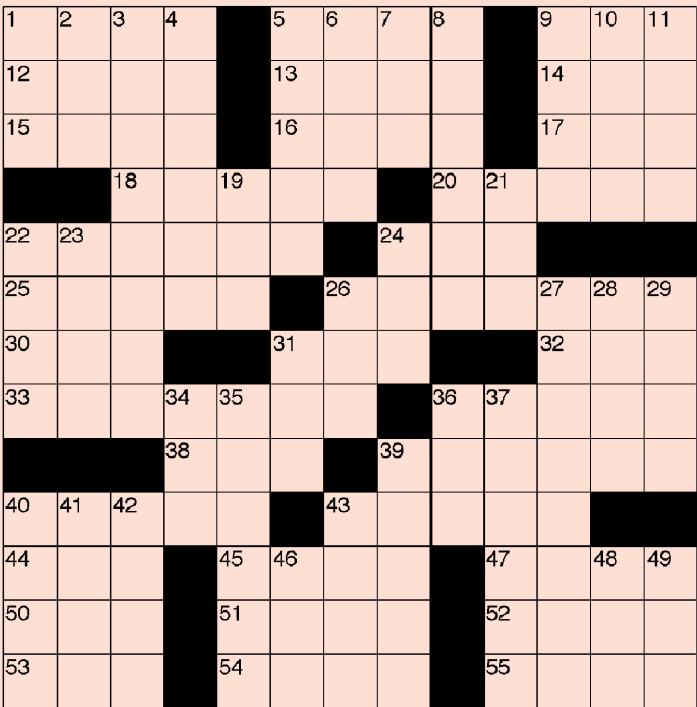
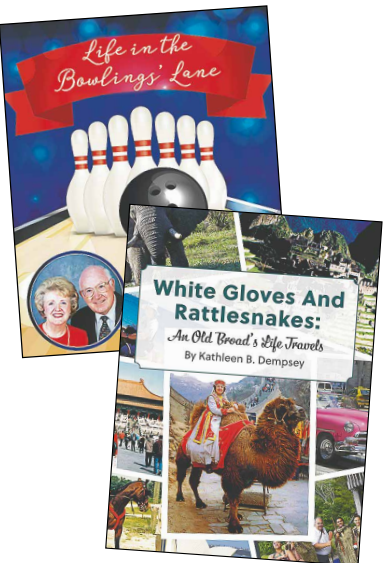
You’ll have a third opportunity in November to discover John Knox Village’s plans for the future. Learn about Westlake: 150 new Independent Living apartment homes. Join us for this Priority Depositor Event at which—for a \$100 fully refundable deposit—you can reserve your place in line for these fast-selling homes. Snacks and refreshments will be served. To learn more about this exciting new John Knox Village project visit:
www.JKVGrows.com. Call John Knox Village at (954) 871-2655 to RSVP.

Learn How to Publish Your Life Story
Silver Scribes: Thursday, November 21
at 10 a.m. in the Village Towers Party Room

Join our group of Silver Scribes – senior authors who are publishing their literary works. Have you ever wanted to write your autobiography, but have no idea how to prepare the book and get it printed? Join our Silver Scribes and we’ll take over the technical publishing of your life story. You, too, can write your own book and get it published. Meet in the Village Towers Party Room at John Knox Village at 10 a.m.

Call to reserve your place (954) 783-4040.

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Crossword Puzzle Of The Month

- ACROSS**

 - 1. Charity
 - 5. Ancient Gr. city
 - 9. Sheep’s cry
 - 12. Build a ceiling
 - 13. Burrowing animal
 - 14. Alas
 - 15. Pretend
 - 16. Semitic deity
 - 17. Caucho tree
 - 18. Same (Lat.)
 - 20. Marsh tea
 - 22. Tray
 - 24. Electric reluctance unit
 - 25. Golf club
 - 26. Religious allegory
 - 30. Propeller
 - 31. Taradiddle
 - 32. S.A. sloths
- 33. Coax
 - 36. Man’s servant
 - 38. Aunt (Sp.)
 - 39. Crush
 - 40. Crape fern
 - 43. Idolatrous
 - 44. Oriental potentate
 - 45. Eire legislature
 - 47. Endearment
 - 50. Circle segment
 - 51. Noble (Ger.)
 - 52. Yahi tribe survivor
 - 53. Shelter
 - 54. Manner
 - 55. Association (abbr.)

DOWN

 - 1. Amer. College of Physicians (abbr.)
 - 2. Pope
 - 3. 51st Psalm
 - 4. Unravel silk
 - 5. Live coal
 - 6. Earth
 - 7. Bantu language
 - 8. Vender
 - 9. Plaid fabric
 - 10. Amer. Civil Liberties Union (abbr.)
 - 11. Throat-clearing sound
 - 19. Ten (pref.)
 - 21. Guido’s note (2 words)
 - 22. Flat-bottomed boat
 - 23. King of Israel
 - 24. Mortar beater
 - 26. Turnover
 - 27. Alopecia
 - 28. Stead
 - 29. Ferrara patron of the arts
 - 31. Florida (abbr.)
 - 34. Summer (Fr.)
 - 35. Crown
 - 36. Geode
 - 37. Abbey (Sp.)
 - 39. Hall (Fr.)
 - 40. Afrikaans
 - 41. Monster
 - 42. Carplike fish
 - 43. Variegated in color
 - 46. Pother
 - 48. Exclamations of delight
 - 49. Tenth of a sen

Answers On Page 10.



The Art Of Farm-To-Table Resort *Dining:*
A Cooking Demonstration and Lunch with Executive Chef Mark Gullusci



There’s a deliciously high expectation for cuisine at a great resort. That’s precisely what the John Knox Village talented chefs delight in creating for our residents’ dining pleasure every day. Come savor delicious farm-to-table cuisine and cooking demo by our award-winning Chef Mark, followed by a taste of resort-style living with a tour of our tropical campus.

johnknoxvillage.com

**November 19, 2019
at 10:30 a.m.**

**Lakeside Dining Room
John Knox Village**
651 SW 6th Street
Pompano Beach

**RSVP by Nov 12.
Seating is limited.**

954-871-2655



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.

when and
where possibility

plays!

daytime		Discover a lifestyle most people just dream about. You've certainly earned it, and you'll embrace and cherish it at John Knox Village, a community made for you.
nighttime		Socialize to your heart's content, whether you meet friends at one of the popular gathering spots in our community or spend a memorable night out on the town.
any time		Relax in style by yourself or with a companion as you enjoy 70+ acres of beautiful lakeside vistas, scenic walking paths and year-round tropical living.
all the time		Enjoy every moment as you enrich your mind, body and spirit in an active environment. Live your best life now and in the future...where possibility plays!

Westlake at John Knox Village offers an unmatched lifestyle for a select few. Beautifully designed one-bedroom with den and two-bedroom with den waterfront homes are coming soon...and they are expected to move very quickly.

All apartment homes provide the nearly endless amenities of the well-known and sought-after John Knox Village Life Plan Community.

Whether you are looking for a home now or in the future—don't delay. Learn what John Knox Village has to offer.

RSVP today for a November event or place a fully refundable priority deposit.

954-871-2655 • jkvgrows.com



Your exclusive invitation to learn about Westlake, South Florida's most exciting new neighborhood at John Knox Village.

Choose the date that works best for you:

**November 6
2:00 to 4:00 p.m.**

John Knox Village
651 SW 6th Street
Pompano Beach

RSVP by October 30

**November 15
10:30 a.m. to 12:30 p.m.**

Coral Ridge Yacht Club
2800 Yacht Club Boulevard
Fort Lauderdale

RSVP by November 8



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Enjoy Music From Jazz To Classics: Check Out These Upcoming Events



November 13
Gold Coast Jazz:
Bobby Rodriguez Orchestra
Amaturo Theater at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
7:45 p.m. Tickets from \$55

November 14
Mannheim Steamroller
Christmas
Au-Rene Theater at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from \$29.50

November 16
Straight No Chaser
Au-Rene Theater at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from \$39.50

November 19
South Florida Symphony Orchestra
Amaturo Theater at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
7:30 p.m. Tickets from \$40

December 14
Christmas In The Village
John Knox Village
Centre Auditorium
651 SW Sixth Street
Pompano Beach, FL 33060
(954) 783-4040
www.johnknoxvillage.com
Call the Marketing Department
for information (954) 783-4040

Sudoku

Answers On Page 10.

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

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

JKV, With ArtSage Alliance, Makes You Feel Home For Holidays

Join JKV At ‘Christmas In The Village’ Dec. 14



Jennifer Forni will be featured at “Christmas in the Village.”

Special To The Gazette

Many Gazette readers are making holiday entertainment plans to attend performances at the major concert venues in Miami, Ft. Lauderdale and West Palm Beach. One holiday show you will want to include on your calendar is “*The Venetian Arts Society’s Christmas in the Village at John Knox Village.*” This annual Village performance is an elegant holiday experience featuring world-class artists from the great stages of the world.

This season’s show will be held on Saturday, Dec. 14, beginning at 6 p.m. in the John Knox Village Centre Auditorium. The evening’s musical program features celebrated operatic soprano Jennifer Forni and Casey Robards, renowned concert artist and collaborative pianist.

Also performing will be the Venetian Arts Chamber Society and classical guitarist Jose Angel Navarro. Please join us, as we celebrate the holidays with our most favorite music from classical masterpieces to traditional carols and even to obscure gems.

Following the holiday salon concert there will be champagne and dessert and the opportunity to meet the artists and continue the holiday festivities.

JKV has a long-standing partnership with The Venetian Arts Society (VAS), a South Florida fine arts organization that provides a unique opportunity for an intimate and interactive artistic experience with world-class artists from the great stages of the world, stimulating conversation and a connection with artists and like-minded arts enthusiasts.

Jennifer Forni

Jennifer Forni has distinguished herself as a dynamic soprano possessing a strong, robust voice while maintaining the ability to effortlessly float

stunningly-spun pianissimi above the staff. Ms. Forni excels in the heroines of operas by Puccini, Bizet, Mozart and Tchaikovsky.

In February 2013, Jennifer made her Metropolitan Opera debut in the role of the First Esquire in the Met’s production of Wagner’s Parsifal.

Casey Robards

Known for her musical sensitivity, collaborative skill and versatility, pianist Casey Robards has given recitals throughout the United States, Europe, Central and South America, and Asia. Her repertoire includes art song, opera, musical theatre, gospel and popular vocal music, string, brass and wind chamber music, solo piano and new works. Dr. Robards is currently

on the faculty of the University of Illinois.

Be sure to save the date on your calendar: Saturday, Dec. 14 at the John Knox Village Centre Auditorium, 651 SW Sixth St., Pompano Beach, FL 33060.

“*Christmas in the Village,*” begins at 6 p.m. with a wine and cheese reception, followed by the concert at 7 p.m. Stay after the show for champagne and dessert, then meet and greet the performers and your friends at John Knox Village.

More details will be available in the December Gazette. A \$50 value, limited number of complimentary seats are available from the John Knox Village Marketing Department. Call (954) 783-4040 for information and reservations.



‘Narrative Of A Slave Woman’ – A Review

Willie Riddle Gazette Contributor

Recently, LaToya Lain and Casey Robards took us on an intimate journey of the American Negro Spiritual that helped us to better understand the pain, and the hope, of the slave. The performance, entitled “*The Narrative of a Slave Woman,*” was a compelling presentation examining the issue of slavery by combining musical performance with spoken slave narrative accounts. In addition to being world-class performing artists, Dr. Lain and Dr. Robards are both musical scholars and educators at major U.S. universities who have collaborated to present an impressive narrative with music to create an original piece of performance art that highlights the importance of these marvelous works.

The depth and multi-colored beauty of Ms. Lain’s voice, combined with her regal bearing and a commanding presence is a force one does not often encounter. Together, with Ms. Robards’ technical and artist expertise, they commanded the audience’s attention from the moment Ms. Lain slowly and reverently stepped into the light on stage.

The luscious timbre and sounds were almost too much to imagine. She sings from a place of experience and personal knowledge that only persons who’ve experienced the pangs of racism, rejection and marginalization in America can understand.

Ms. Lain and Ms. Robards have performed the music of significant African American spirituals both in this country and abroad, teaching people about this music and with the hope that this vibrant, broad and culturally relevant repertoire will feature more prominently on our concert programs and in our schools. The Negro spiritual is not just a sorrow song, but also contains an irrepressible sense of triumph and a belief that in the end, “everything is gonna be alright.” In today’s world, this is a message we all so desperately need to hear.

The Doctor Is In

Depression III: Clinical Help Now

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

sists, clinical help by a specialist is needed.

Diagnostic Categories

For the most part, diagnostic categories in psychiatry are only descriptions of symptoms. Little is known about etiology, or causation of many mental symptoms. So, these “diagnoses” don’t really tell us much about what is going on or what to do about it. We do know that sometimes brain chemicals lower or rise, and that we can see different parts of the brain “light up” under PET scan, with different brain activities, but the connection between that knowledge and causation or how to treat depression can be quite vague.

What Is Depression?

Depression is lowering of the mood. Evidences of it can be sleeping too much, or not sleeping enough. Appetite changes can include too much eating, or not enough. Energy loss, with constant worrying can be part of the picture. The overarching symptom, sadness, can be mild but unrelenting. It can get so severe that people have suicidal thoughts. Most people who die in that way have mentioned it several times to one or more persons. We all need to take any communications of suicidal thinking seriously and get immediate help for anyone in this situation.

Mood disorders are wonderful examples of how helpful it is to take our health into our own heads and

begin to think about it. Along with the psychiatrist’s, psychologist’s or counselor’s sessions, or groups, our own thinking can help greatly to get us out of the woods.

For example, thinking back to when it began and what was going on at that time, can be extremely useful. Consider the following:

Were There Any Losses?

Death, or even someone important to us moving away, even loss of a pet may be revealed by doing a careful retrospective. Mourning does not have to lead to depression, but it can. If mourning goes more than two years, help is probably needed.

What About Other Stresses?

Remember that stresses are cumulative. They are not compartmentalized into neat little bundles that don’t affect each other. No, they build on each other, like more and more water poured into a container. After a while, the container begins to overflow, and we start to get symptoms, physical, mental or social.

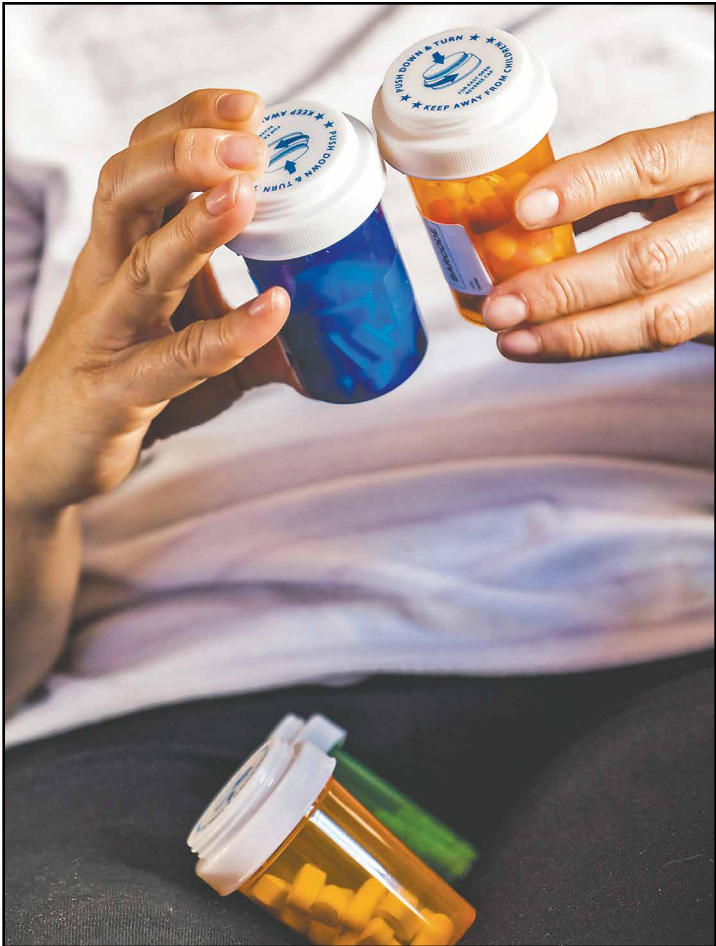
So, rather than a loss, there may be several stressors, one piling on top of another, adding up to a depression of mood, loss of energy, etc. Figuring out when it, or they, began can lead to some answers and knowing what to do about it rather quickly.

Have there been any changes in family relationships? Less contact with someone? Are there increases in intensities between people? Any cutoffs? Medication or other chemical changes?

Many medicines are depressing, including allergy pills, sleep remedies, heart medications, nervous system meds (such as some Parkinson’s meds). They all need to be reviewed carefully. If there are redundancies, they need to be discussed with a primary care person. Sometimes doctors begin a new med without stopping the old one and now the dose is doubled without anyone thinking about it. I found when I made rounds in nursing homes that this was a frequent occurrence.

There can be two or three antihistamines, or antidepressants given inadvertently. Did you know that the number of people who die each year because of medical mistakes of this nature is in the thousands in our country alone? We all need to know what we are taking, the dose and what it is for.

Depressed people should discontinue alcohol. Alcohol is a depressant to the brain.



Depression can be caused by redundant medications.

Psychotherapy

Every study ever done on the subject shows that psychotherapy is more effective for depression and most other mood conditions than pills and much more durable.

If one can find a family systems-trained psychotherapist or life coach, my experience with it shows it to be more effective than any other school of thought in this regard. However, the research shows that any psychotherapy is more effective than chemicals.

Taking things into one’s own logical thinking ability can go a long way towards finding solutions. Being alive means that we have obstacles from time to time that we have to think our way through. If we don’t, and just take a pill, we miss a wonderful opportunity to learn much that is invaluable for life-living.

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



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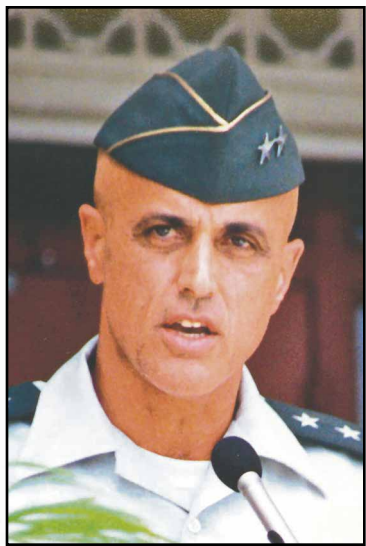
(954) 783-4040

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An Open Opinion Letter On The 40th Anniversary Of U.S./P.R.C. Relations

Burn Loeffke
Gazette Contributor



Burn Loeffke

than 200 wounded when I commanded a unit in the 199th Light Infantry Brigade in Vietnam. These numbers weigh heavily on my mind. For a long time, I considered China my enemy. After living in China and dealing with Chinese at all levels my perceptions changed.

With Experience Comes Knowledge

I am concerned that our current relations with China are deteriorating. It feels like 1954 when Secretary of State, J. Foster Dulles, issued the No Shaking Hands Policy: “You are forbidden to have contact with the Chinese. If you come face to face with the Chinese take a cold attitude towards them.”

This policy remained for 18 years and during that time we fought the Chinese in two conflicts. In 1972, President Nixon went to China and shook hands with Chinese officials. This ended a turbulent time of hostilities. Forty years ago, in 1979, the United States and the People’s Republic of China established “normal” diplomatic relations.

We need to avoid going back to that era of confrontations. I’ve learned that when we stop talking, people start dying. We need to engage China at every level and build strong relations. There are those who want us to be enemies. President Eisenhower warned us to beware of the military industrial complex that needs an enemy to justify enormous military expenditures. We need strong defenses to protect us, but defenses that are tailored to the threats.

I am a retired U.S. Army General who worked with the White House from 1971 to 1973.

After a year on Dr. Henry Kissinger’s staff, I led the first delegation of young leaders (White House Fellows) to the People’s Republic of China in 1973. In 1982, I was the first Army General, Defense Attaché to China. In 1984, I became the first American to parachute with Chinese Troops.

This background explains my connections with China. I am also one of the survivors of a conflict that should have never been fought. I’ve been wounded by Chinese mortars, my West Point roommate was killed by a Chinese mine and the man who helped save and change my life was killed by a Chinese bullet.

I also lost 34 soldiers killed and more

We live in a dangerous world. Today the U.S., Russia and China are all increasing their defense budgets. Recent Russian modernization of their nuclear arsenal and reported violations of treaties force us to improve our defense posture. These actions should not preclude us from increasing exchanges at all levels to have dialogues that may lead to a more peaceful world.

We Can Cooperate With Understanding

There are other challenges that need our attention, such as rising seas, pollution and epidemics that threaten to kill large numbers of people. Both China and the U.S. will have serious flooding along our coastal areas. I am worried that the animosity of some on both sides blinds us from seeing the good that can come from strong, friendly relations.

We are now back to a cold war where we are spending billions on more efficient ways of destroying each other. At the same time, we are not increasing activities that would bring us closer together in exchanges between civilian and military institutions.

We were partners in WWII, and today we have millions of Chinese who are U.S. citizens with children born here. One of these, Peter Wang, was killed protecting his classmates from a gunman at Marjorie Stoneman Douglas High School in Parkland, FL. Peter had wanted to attend West Point. For his heroic actions, the Academy made him an honorary member of the class of 2025. On this Veterans’ month let us remember those who are no longer with us.

“Greater love has no one than this, that he lay down his life for his friends.” – *John 15:13*

Bernard (Burn) Loeffke, PhD
Major General, U.S. Army (Ret.)
President, Helping Others Today
www.helpingotherstoday.com

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.

November Events At NSU Art Museum

Jessica Graves
Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM
FORT LAUDERDALE

Fort Lauderdale, One East Las Olas Blvd. Space is limited for the events listed. Advance reservations are required. To reserve your spot, email: moareservations@moafl.org or call (954) 262-0258.

I Paint My Reality: Surrealism in Latin America: New Exhibition Opening Sun., Nov. 17

A new exhibition examining the flowering of the Surrealist movement in Latin America in the 1930s and its continued influence through today, drawn exclusively from NSU Art Museum Fort Lauderdale’s in-depth collection of Latin American art and promised gifts from the Stanley and Pearl Goodman collection.

Bank of America Museums on Us: Sat. & Sun., Nov. 2 & 3

Bank of America cardholders receive free admission to the Museum. Saturday hours: 11 a.m. to 5 p.m. and Sunday: Noon to 5 p.m.

Creativity Exploration: Happiness and Honor Sat., Nov. 2 from Noon to 1:30 p.m.

Create a smile box inspired by Yoko Ono, to gift someone in celebration and honor for the important role they play in your life.

Creativity Exploration workshops promote the benefits of creative exploration and the mind to body experience. In addition to producing a sense of well-being, sessions expand participants’ perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation. The workshop is led by educator Lark Keeler, a specialist in mindfulness education.

Creativity Exploration is sponsored by the Charles P. Ferro Foundation. Limited space. Advance reservations required. \$10 for members, and **John Knox Village residents**; \$15 for non-members.

Free First Thursdays Starry Nights, Presented by AutoNation: Thurs., Nov. 7 from 4 to 8 p.m.

Enjoy NSU Art Museum Fort Lauderdale’s exhibitions, 2-for-1 drinks in the Museum Café and hands-on art projects for all ages. Free admission.

Art of Wine & Food: Pilgrims of Spain Thurs., Nov. 7 from 6 to 8 p.m.

Join Roberto Volpe, from Gonzalez Byass USA, as he presents a variety of wines from Spain. Sample four great varietals from the Beronia Winery, to celebrate the pilgrimage of wines throughout Spain with small bites served to pair with each wine. Come early and enjoy a docent-led tour highlighting the Museum’s current exhibition at 5:30 p.m. Presented by Darcy J Beeman, CFP, Edward Jones. \$40 per person; \$30 for members at the Patron level and above. Advance paid reservations required.

Second Sunday Film Series: “Working Woman” Sun., Nov. 10 at 1:30 p.m. Tour / 2:30 p.m. Film Screening

NSU Art Museum and David Posnack JCC presents a Sunday afternoon of art and the film “Working Woman.”

While her husband struggles to keep his restaurant business, a mother of three lands a job as an assistant to a powerful, but sexually harassing realtor and brings herself to fight back, in this absorbing drama.

Film: \$9 for Museum members and **John Knox Village residents**; \$11 non-members. Film and tour: Museum members and **John Knox Village residents** tour free; \$22 non-members.

Fort Lauderdale Neighbor Day: Sun., Nov. 24

All Fort Lauderdale residents receive free admission to the Museum.

Fort Lauderdale International Film Festival

NSU Art Museum is proud to partner with the



Leonora Carrington, Artes 110, c. 1942. NSU Art Museum Fort Lauderdale; promised gift of Stanley and Pearl Goodman.

Fort Lauderdale International Film Festival, celebrating its 33rd year of showcasing independent films. Museum Members receive FREE admission to the following FLIFF screenings:

- **Tues., Nov. 12: Noon: “Dialogue Earth” 2 p.m.: “Camino Skies”**
- **Wed., Nov. 13: Noon: “Funny You Never Knew” 2 p.m.: “Driven to Abstraction”**
- **Thurs., Nov. 14: 7 p.m.: “American Mirror”**

For more information about FLIFF, visit FLIFF.com

For information about attending these events as a John Knox Village guest, please call the Marketing Department at (954) 783-4040.

Answers to Crossword Puzzle on Page 5 and Sudoku on Page 8.

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

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

What’s New From Apple This Season?

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

Apple listened to its customers. Instead of making the phones thinner they went for power. The new models claim 1 to 5 hours of additional battery time.

The newest model iPhone 11 Pro \$999 and the Max \$1,099 (which has to do with screen size) are the most expensive. The 11 is truly an upgrade if you are a photography buff. It offers greater capability for photography.

Apple did not offer a 5G model this year. They know that 5G phones use more battery power, there is virtually no coverage in America for 5G, and the carriers charge higher fees monthly.

So What To Buy?

You should check with your carrier for promotions and feel the new sizes in your hand. Can you see the screen better? It is possible that many retailers



The Apple iPhone 11 was announced in September.

and cellular providers will offer a buy one, get one, program as well as trade-in programs.

The new cameras are the prime reason to upgrade. They shoot better photos in very dark situations and offer a wide format and standard format, and let you do more editing on the phone.

The key design change is the back panel which now has 2 to 3 lenses in a square design. The cameras on the Pro model allow you to capture video, both through the back camera and the front camera at the same time. This feature is particularly useful if you do interviews and need reaction shots, or perhaps while on vacation, you record the scenery and your reactions at the same time.

More Options You Can Use

All the iPhones/iPads allow you to buy an Apple lightning to SD card reader for \$29. This widely unknown option will import all those photos from a real camera’s SD card into the iPhone or iPad. Then those photos can be seen on iCloud, shared online and backed up in case a product fails or is lost/stolen. Remember that Apple TV can show all those photos on your television, play your music from your computer and show all the photos that reside on your computer at home with the use of iTunes.

If you own an older cell phone, consider this upgrade simply for the larger screens and greater battery life. You don’t need to struggle with the small screens anymore.

iPads And Watches

The new iPad 7th generation for \$329 is a great value. It gets 10 hours of battery life. If you are artistically inclined, they offer a pencil that allows you to draw or paint. If you are a global traveler or want to drop your Internet service

at home, buy the cellular version and then you have Internet anywhere in the world for only a few dollars a month.

The Apple Watch 5’s big claim to fame is you can now actually see the time of day without having to turn on the watch. It continues to offer ECG heart rate tracking, your health statistics on how much you walked, and now for an extra \$10 per month, will let you make phone calls. It is the Dick Tracy watch of years gone by. The ultimate service is: If you fall, it knows you fell, and dials emergency services even in countries outside of the United States when you travel. The battery life has also improved.

Any purchase of these new products includes a one-year Apple TV Plus Subscription which is valued at \$60.



The Apple Watch 5 allows you to customize the watch face, even adding Mickey or Minnie Mouse.

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

web JohnKnoxVillage.com
f t y JohnKnoxVillage

Blessing Of The Pets: A Celebration Of Companionship

*To Be Understood As To Understand,
To Be Loved As To Love,
-Prayer of St. Francis*

Marty Lee
Gazette Contributor

Oct. 4 dawned with a beautiful morning, as John Knox Village’s two- and four-legged residents converged on the Wellness Park to chase, play, meet and share in the blessings of St. Francis. In Christian tradition, the Feast of St. Francis of Assisi is celebrated on this day in honor of the Patron Saint of the animals and the environment. It is said, among the many gifts bestowed upon St. Francis during his life, was the ability to speak with the animals.

The Blessing Of The Pets

Darryl Powell, the John Knox Village Spiritual Life Director, convened the peaceable kingdom of approximately 20 dogs and two cats to explain the special



The JKV Wellness Park: “A Peaceable Kingdom.”



Carl and Gaile Boomhower present their companion “Lil Bit” while Reba Kinsey and “Lola” watch on, as John Knox Village Spiritual Life Director Darryl Powell bestows the blessing of the animals on the Feast of St. Francis.

relationships we share with all our furry and feathered friends. Darryl circulated among the crowd gathered in the Wellness Park and individually blessed Lucky, Lola, Gunther, Arthur, Pumpkin and all the special companions present. It was an event that truly reflected the peace, harmony and understanding we must each share in this life.

John Knox Village residents know their community is not just pet accepting, but pet welcoming and accommodating. In a joint fundraising effort between residents and the John Knox Village Foundation, the Wellness Park opened three years ago, complete with, people and pet, water fountains, shaded benches and tables, a winding walkway and plenty of running

room for two- and four-legged residents and friends alike.

Officially dubbed as, “A Place Where People and Pets Can Be Unleashed,” the Wellness Park has become a daily gathering place for socialization among residents and their pets.

JKV Is Pet Welcoming

John Knox Village understands that companionship with a beloved pet is important to overall well-being. The community invites senior pet owners and pet lovers to explore the Life-Plan opportunities available to you. Call the Marketing Department at (954) 783-4040 to learn more about John Knox Village.

A Brain-Healthy Thanksgiving Feast

Enjoy The Gathering With Some Fun On Top

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Thanksgiving Day is a national holiday that began as a day of giving thanks for the blessing of the harvest.

Many of us look forward to a Thanksgiving feast featuring traditional favorites such as turkey, mashed potatoes and pumpkin pie.

This Thanksgiving, don't forget to feed your brain with the right kind of social activity. Caring and supportive relationships with family and friends matter more for brain health than what's on your plate, especially if

you want to get better with age. Ask a Super-Ager!

Researchers have found that people who live long and well over age 80, called Super-Agers, are different from other people. In key areas related to attention and memory, Super-Agers have more brain connections than their peers or even younger people in their 50s and 60s.

What Makes A Super-Ager Different?

The difference in Super-Agers is not limited to the brain. These vital elders are more socially engaged than most people their age, maintaining strong relationships and a positive, inquisitive outlook on life.

Super-Agers do not have better luck or better genes than the rest of us. They don't even eat all the "right" foods and exercise a lot. But what these savvy seniors have is resilience, the ability to bounce back from difficulties. They rely on a combination of inner strength and social support to rid themselves of the negative emotions that conjure up anxiety, depression and chronic inflammation.



After the Thanksgiving dinner, spend quality fun times with the family.

So how can we build resilience? According to the website of the American Psychological Association, resilience comes not primarily from diet, exercise or good genes, but from "having caring and supportive relationships within and outside the family. Relationships that create love and trust, provide role models and offer encouragement and reassurance help bolster a person's resilience."

Perhaps when all is said and done, and all the research has been completed, we are never going to find better advice for brain health and resilience than the Golden Rule: "Do to others as you would have them do to you." – Luke 6:31

This Thanksgiving, go ahead and enjoy some mashed potatoes and pumpkin pie. Eat what you want, but make sure you watch your social diet carefully. Go light on the anger and arguing, and heavy on the gratitude and joyful reminiscing. Smile more, complain less. The Bible affirms, "A merry heart does good, like a medicine." – Proverbs 17:22

After the meal, turn off the tube and the electronic devices and have some old-fashioned fun. Sing songs together, look at a family photo album, or play one of these popular games for all ages:

- **Card games:** *Blackjack, Go Fish, Hearts and Uno.*

- **Board games:** *Clue, Scrabble, Sequence and Trivial Pursuit.*
- **Party games:** *Apples to Apples, Bingo, Charades, Codenames, Jenga and Pictionary.*

Enjoy your Thanksgiving festivities with friends and family, for your brain's sake!

John Knox Village is the only Life-Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. Call (954) 783-4040 for information on upcoming Train Your Brain® workshops.

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 Juniper II Garden Villa Offers Single-Story Living Make Your Move In 2019 And Save Up To \$60K*

At John Knox Village, you enjoy the choice of home styles from high-rise or low-rise apartment living, to the more homelike setting of a single-story garden or lakeside villa. This month's featured home is the Juniper II Garden Villa. If you are accustomed to single-family home living, then the Juniper II may fit in perfectly with your taste and lifestyle.

At John Knox Village, all home maintenance, both inside and out, is included. You'll savor a truly carefree lifestyle, while JKV takes care of your home environment. Plus you will have the peace-of-mind of the Life-Plan security that every resident at John Knox Village enjoys. If you are able to make your decision yet in 2019, you'll receive special year-end incentives and discounts on the Juniper II and a select group of villas and apartments.

Tour this Juniper II Garden Villa, experience the special ambiance of the Village, and enjoy a complimentary meal in JKV's Palm Bistro.

The Juniper II Villa 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

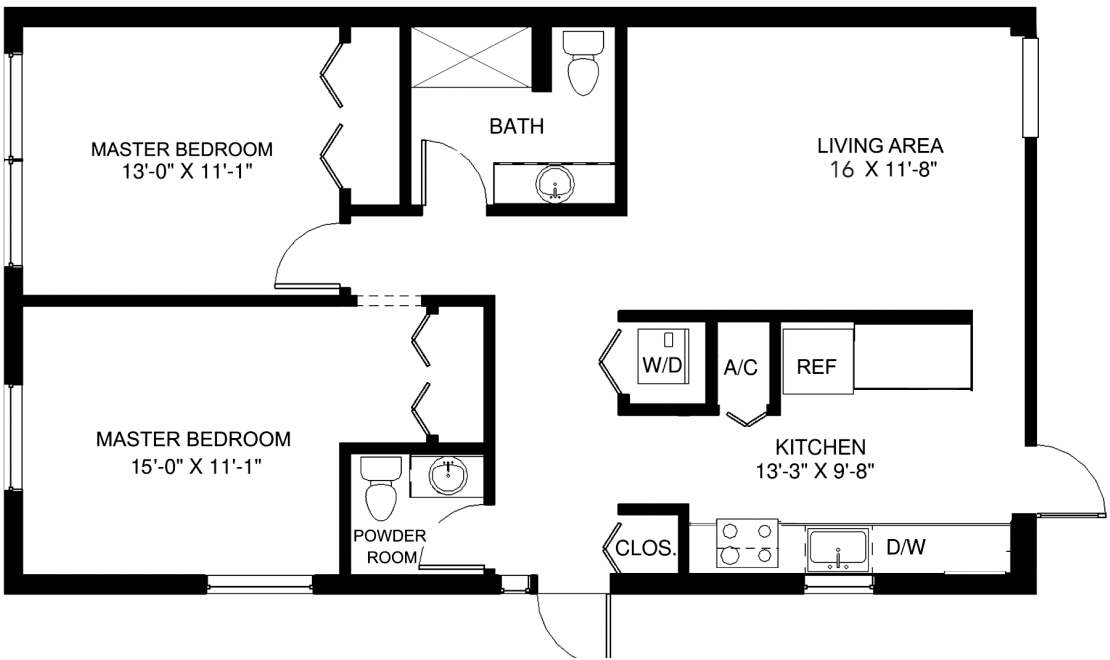
- **Crown molding option**
- **Frameless shower door**
- **Custom closet option**
- **Washer and dryer**

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.



The Juniper II offers convenient and casual single-story villa living.

The Juniper II
2 Bedroom / 1 ½ Bath Garden Villa
1,054 Sq. Ft.



*On select models, for a limited time. See Page 9 for specifics.