



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

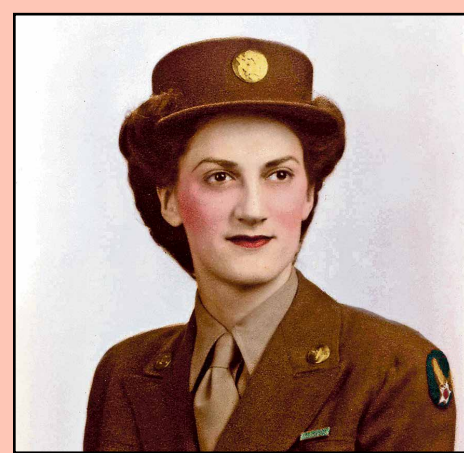
Gazette

where possibility *plays!*

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

IN THIS MONTH'S ISSUE

- Active Aging Week 2
- Thanks For Asking 2
- Newest Space Telescope 3
- In Good Taste 4
- Book Review 4



- Honoring JKV Vets 5
- Living Your Best Life 5
- Join Us At JKV 6
- Ask Kim 7
- Ahead Of The Curve 8
- The New iPhone 13 8
- The Wither In Wine 9
- Stay Close With Besties 9
- A General's Thoughts 10
- JKV's Reverend Veteran ... 10



- NSU Art Museum 11
- Train Your Brain 12
- JKV's Featured Cobia Apartment Home 12

web JohnKnoxVillage.com
 JohnKnoxVillage

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

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

Active Aging Week

Seven Days Of Education, Activities, Fitness And Fun



JKV's first Pickleball tournament was a fitness-oriented highlight of Active Aging Week 2021.

Marty Lee
 Gazette Contributor

Began in 2003 by the International Council on Active Aging® (ICAA), the Active Aging Week (AAW) campaign calls attention to, and wholeheartedly celebrates, the positivity of aging today. It highlights the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way. John Knox Village embraced Active Aging Week six years ago, and the activities, events and opportunities have grown every year since.

While Active Aging Week 2020 was physically distanced, with strict attendance limits on all activities due to COVID-19 protocols, a full schedule of events was showcased, many of them Zoomed to residents who could watch and participate from the safe environs of their homes.

This year, with near universal double-vaccinations among residents (and Pfizer booster shots implemented campus-wide in mid-October), events and activities were closer in scope and participation to pre-2020 Active Aging Weeks.

According to the plan developed by ICAA, AAW focuses on a weeklong schedule of events and activities designed to

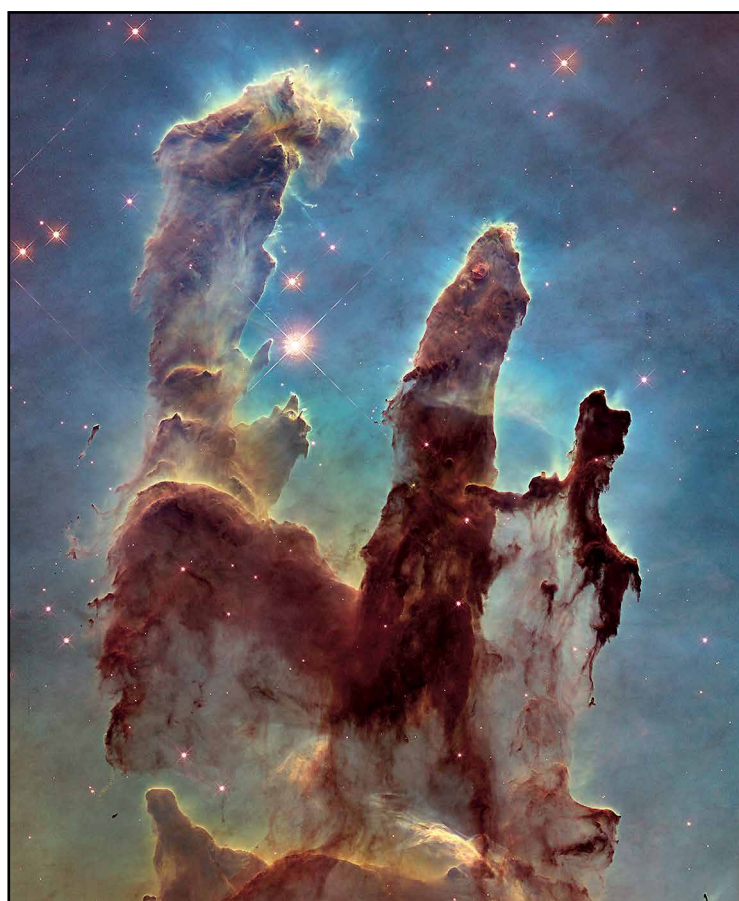
involve the Seven Dimensions of Wellness: Physical, intellectual, environmental, vocational, social, emotional and spiritual. From the intellectual, vocational, social and spiritual One-Day University on *The Power of Mindset*, to the physical and social fun on the Pickleball and bocce ball courts, and aerobic fitness in the pool, to the all-encompassing wellness opportunities of the Volunteer Fair – there was something for everyone during AAW.

Education, Opportunity And Participation

If education and knowledge are your passions, you would have learned about the *Cultural Literacy for Religion*; the *Art of Thai Cooking*; *Journaling* to document the special moments in your life; *Life-changing Habits of Centenarians*; *The 7 Dimensions of Technology* and how to improve your life via smartphones, computers, apps and websites; *Understanding and Improving your Memory*; *Learning the American Sign Language* to communicate with the hearing impaired; and *The Power of Mindset*. Each of these lectures, seminars, Zoom meetings or demonstrations was designed to

See "Active Aging Week" on Page 2

Move Over Hubble: Here Comes The James Webb Space Telescope



NASA's Hubble Space Telescope captured the famous "Pillars of Creation," photo. The James Web Space Telescope may produce even more detailed distant images. Image source: NASA, ESA, and the Hubble Heritage Team (STScI/AURA).

Nona Cree Smith
 Gazette Contributor

The launch date for the James Webb Space Telescope (JWST) has now been set for Dec. 18 and it will launch from northern French Guiana near the equator. It is a joint collaboration between the space agencies of the United States, Europe and Canada. The highly anticipated launch will display the entire force of human intelligence, creativity, astrophysics and engineering. The launch will put the world's largest, tennis court-sized, space science observatory into the sky, where it will orbit nearly a million miles from Earth.

The JWST will be unique from any other telescope because of its important features: It is huge and will be the furthest seeing telescope mankind has ever built. It will look at the universe in the infrared spectrum which has longer wavelengths than visible light. The infrared ability will, hopefully, help solve some of the mysteries of our solar system, probe the mysterious origins of our universe, and determine how the Big Bang made you and me possible. The vast, unexplored cosmos is fertile ground for many new discoveries, and perhaps will answer that most human of questions, "Are we alone?"

A Marvel Of Scientific Design

The JWST is a scientific and engineering masterpiece of design that is actually beautiful. The telescope resembles a giant golden sunflower riding on a surfboard. The flower's petals are 18 gold-plated beryllium hexagons joined to form the dish.

See "James Webb" On Page 3

Active Aging Week Showcases Opportunities For Living Greatly

From “Active Aging Week” On Page 1

give participants the tools necessary to improve their lives in meaningful ways.

For the more physically involved participants, AAW included *Water Relays* in the lap pool, a *Pickleball Tournament* – crowning the first JKV champions, and a *Bocce Ball Tournament* to determine the Village’s greatest at positioning their bocce closest to the pallino.

Honoring Village Pets

For many Village residents, particularly during the pandemic, their pets have provided emotional, social, physical and spiritual support. To celebrate that important relationship, the pups and kitties of the Village were included in two special events. On St. Francis’ Feast Day, JKV’s spiritual leaders Rev. Rachael Gallagher and Rev. Jamie Champion, invoked the *Blessing of the Pets*. More than 30 Village pups and one cat were joined with six therapy dogs and their volunteers from Ft. Lauderdale’s Canine Assisted Therapy in thanks for the special partnership we enjoyed with furry friends.

The second pet-oriented event captured a special moment in the valued pet/parent relationship through photography. Participants in the *Furry Friends Foto Opp* received portraits to keep as special mementos and to share with family and friends.



JKV residents (left to right) Larry Hardham, and Judy and Ron Lane compete in the AAW bocce ball tournament.



During the culmination of Active Aging Week, hundreds of JKV residents attended the Volunteer Fair to learn about all the opportunities to share their talents, skills and time in helping others. Here pictured (left to right) are Scholarship Volunteer Dusty Dunn, Lifestyle Coordinator (and mime) Melissa Jill Clark, Volunteer Fair Chairperson Mark Levey, Village President and CEO Gerry Stryker, and Scholarship Volunteer Mary Busenburg.

Accolades go to Life Enrichment Manager Jami-syn Becker, Meaningful Life Manager Gloria Gantes, Fitness Manager Marsha Dixon, Lifestyle Coordinator Melissa Jill Clark and their teams for the planning, implementation, guidance and supervision of the week’s events, designed to fully engage every resident regardless of interest and ability.

Volunteer Fair Highlighted The Week

The fitting culmination of the week’s activities was the *Volunteer Fair* held in the Village Centre Auditorium. The Fair honored the volunteerism of JKV’s residents – more than 50 percent of residents volunteer their time and talents in the Village or outside in the Greater Community – and the opportunity to “sign-up” to one or more of the volunteer offerings.

While AAW was filled with opportunities to participate in a wide range of events, it was really just an introduction into the 52-week, 365-day a year schedule of activities contained on the JKV events calendar. Active Aging is the holistic goal at JKV, where each day is another celebration of life enjoyed to its fullest.

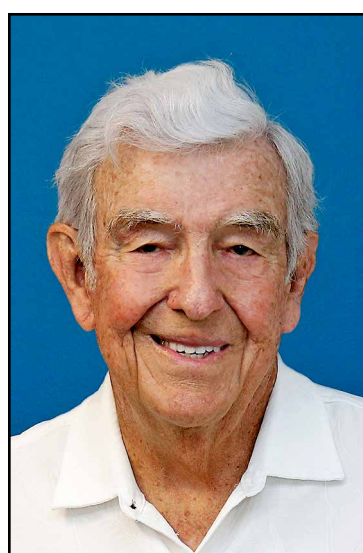


The Resident Auxiliary Services’ (RAS) Claire Dunn (left) and Lyn Walk showcase the volunteer opportunities with RAS.

Thanks For Asking

‘What Surprised You Most About John Knox Village?’

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

My wife Jackie and I thought that we had done a proper amount of “due diligence” research before deciding to begin the process of becoming residents of John Knox Village. Boy, were we wrong. I’m pleased to report, however, that the vast majority of what we didn’t know, but learned after we got here, turned out to be pretty darn good. For example:

1. Resident Representation

For both the Florida Life Care Residents Association (FLiCRA) and the National Continuing Care Residents Association (NaCCRA), having residents on the Board of Directors of their members’ communities is high on their priority lists. In Florida, only around one-third of the Life-Plan Communities have any residents serving on their boards, and some are not voting members. Nationwide, the percentage is even less.

JKV has had residents who are voting members on their Board of Directors for over 40 years. Three resident board members serve staggered three-year terms. Recently, after a resident successfully completed his three-year term, he was asked to return to the board as a “Community Board Member.” That means that four of the 13 board members are residents. Our JKV resident board members have voluntarily served with diligence and integrity while helping to ensure that the entire board remains aware of their fellow residents’ concerns and desires.

2. Size Matters

The average number of residents in a Continuing-Care/Life-Plan Community is around 300. With almost 1,000 residents, John Knox Village is the ninth largest independent life-plan community in the country. This provides excellent economy of scale, a much better variety of activities on campus, and a larger social network.

3. Florida Statute 651

The official title of this statute is “Continuing Care Contracts,” but it is so much more. This statute establishes protection for residents regarding how CCRCs are administered, especially regarding financial and operating requirements for those providing the services and for the rights of the residents. The federal government has traditionally not played a very active role in regulating how retirement communities are managed, leaving it up to the individual states. Mostly due to the provisions of FS 651, Florida’s laws protecting the safety, lifestyle, and general well-being of CCRC residents are among the best, if not the best, in the nation.

4. Foundation And Employee Gift Fund

The John Knox Village Foundation was founded in 2006. Its mission is to enhance and improve the lifestyle and future well-being of JKV residents through effective acquisition and stewardship of contributions from both residents and members and the surrounding community. Last year the Foundation received over \$1 million in donations and had over \$15 million in assets as of Dec. 31, 2020. These funds are used to provide too many enhancements, programs, buildings, equipment, and help for individuals to list here. In addition to the generous donations to the Foundation, last year our residents donated over \$700,000 to the Employee Holiday Gift Fund. Taken together, these donations and grants to JKV causes, plus assistance to residents and employees, speak volumes for the well-established

generous and caring culture of our Village.

5. The Woodlands

When The Woodlands opened in 2016, it was Florida’s first GREEN HOUSE® Project model of nursing home care. As was mentioned in September’s *Gazette*, appreciation of the very significant benefits of the Green House model of care is gaining national attention. While The Woodlands was about the 100th such project, the number is now over 350. A recent *New York Times* article stated, “Research indicates clinical advantages to this care model, finding Green House residents less likely than residents in traditional facilities to require hospitalization, to wind up bedridden, to develop pressure ulcers or to need catheters. (Fewer hospitalizations have translated into lower Medicare costs.) Other studies show lower turnover among the staff and higher levels of satisfaction among aides, residents and residents’ families.”

In reflecting on what Jackie and I learned after we became residents, I would share the following suggestions with anyone who might be considering a move to a Life-Plan Community: Look within Florida first, as our laws provide better protection for your quality of life. Likewise, it is important to determine if the community you are considering is covered by FS 651. Investigate the governance. I believe that residents are generally best served within communities that have their fellow residents as voting members on their governing boards.

Carefully consider the advantages of being part of a larger Life-Plan Community. It is often difficult to determine the culture of a community from the outside, but give it your best shot. It will make a big difference down the road. Lastly, be sure to check out the situation regarding assisted living, memory care and skilled nursing. Most of us find that we would like to think more about the pleasant activities associated with independent living, but it never hurts to cover all your bases.

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

The JWST Will Allow Astronomers To Look Back In Time And Space

From “James Webb” On Page 1

The “surfboard,” on which it will float, is a sandwich of five layers of a plastic called Kapton that will shield the telescope from the heat and glare of the sun.

A Giant Sunflower With Incredible Ability

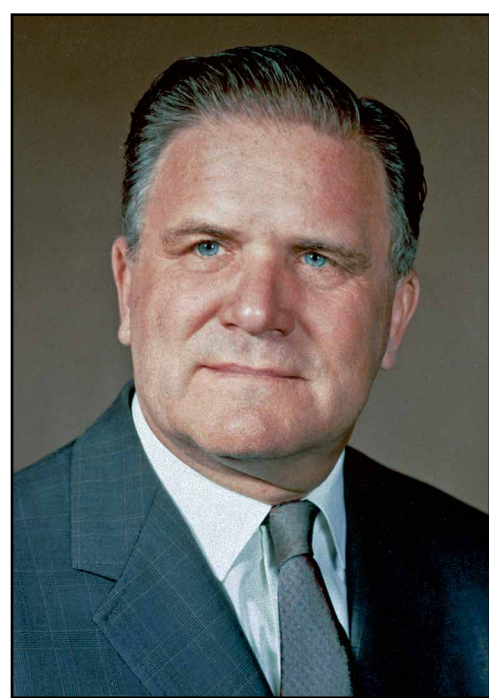
The “sunflower” is a 21.4 feet wide (6.5 m) honeycomb golden mirror that houses a suite of cameras and spectrometers with light sensors from the middle of the visible spectrum (our visual range) to the mid-infrared sky, invisible to human eyes.

An infrared telescope like JWST comes with an inherent design problem, it gives off heat. To capture infrared light from celestial objects, it necessarily must be kept as cold as possible, well below freezing. That is the function of the “surfboard” or sunshield with an overlay of aluminum which helps prevent heat transmission.

The JWST’s designers carefully selected an orbit with two beneficial functions. The orbit places the telescope in the frigid environment it needs, to be able to read infrared wavelengths, and also keep the telescope in the Second Sun-Earth Lagrange Point (L2), 940,000 miles (1.5 million k) from Earth. The L2 allows the JWST to remain in a fixed position relative to the Earth and the Moon as they orbit around the Sun. This makes the JWST easily accessible for operations and communications with scientists and astrophysicists on Earth.

Named To Honor A NASA Administrator

The telescope, named for the NASA administrator James E. Webb (1906 – 1992) who led the agency



James E. Webb was the NASA Administrator in whose honor the space telescope is named.

Image source: Wikimedia Commons.

through the development of the groundbreaking Apollo program, is almost three times larger than the Hubble and seven times more powerful in its ability to observe faint stars and galaxies. It will allow astronomers to look not only further into space, but also back in time through

its infrared capabilities. It will search for the very first stars, galaxies and supernova. It will also make careful studies of exoplanets (planets that orbit other stars) and analyze their atmospheres to see if any of the building blocks of life are present and if they are possibly habitable for advanced life as we know it.

JWST Took Decades of Planning

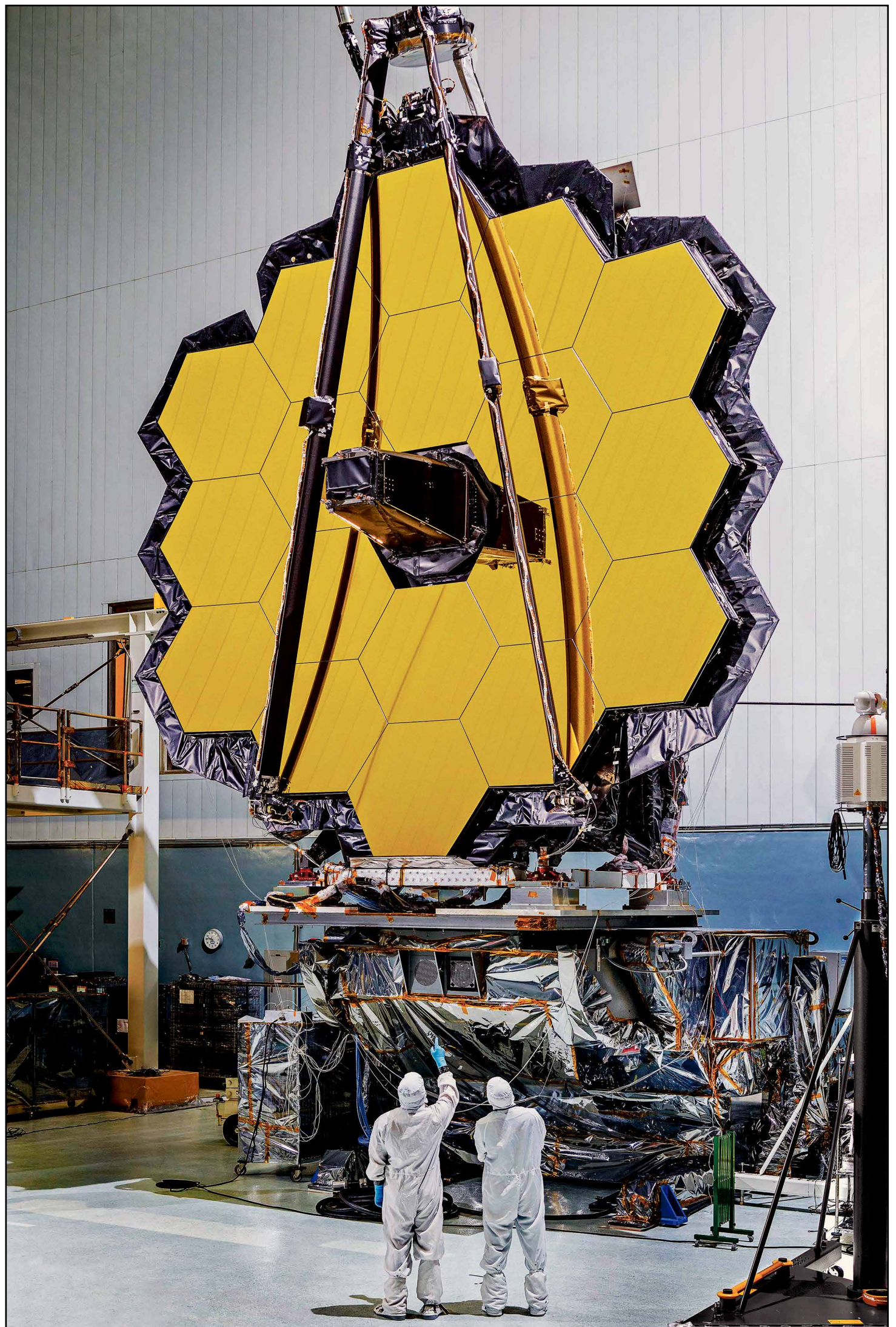
Even before the launch of the Hubble Space Telescope in 1990, scientists started thinking and planning for a successor space telescope. The JWST has been decades in the planning, testing, and engineering to make it as reliable and self-contained as possible, as the telescope will be too far from home for astronauts to pop onto a rocket or shuttle and fly to JWST to repair any problems.

During the build stage there were some hiccups along the way, as the telescope was slated to launch in 2010 and at that time it had cost about \$1 billion. Mechanical problems, changes in the political climate and budget shortfalls added to the delays. Many in the scientific community think the delays are well worth it for the exciting new and revealing knowledge JWST will bring of our universe.

JWST Missions Possible

The telescope’s mission is to explore a realm of cosmic history that was inaccessible to Hubble. About 150 million to a billion years after what we believe time began, the first stars and galaxies were born and began burning their way out of a fog of hydrogen gas that hung around after the Big Bang. Exactly how that all happened nobody knows, but hopefully we will find out at some point in time.

The mission also requires JWST to “see” a differ-



The primary mirror of NASA's James Webb Space Telescope, consisting of 18 hexagonal mirrors, looks like a giant sunflower standing in the massive clean room of NASA's Goddard Space Flight Center in Greenbelt, MD.

Image source: NASA Goddard Space Flight Center / Chris Gunn from Greenbelt, MD, USA.

ent kind of light than our eyes, or the Hubble, can see. After the Big Bang, the expansion of the cosmos made the earliest stars and galaxies move away very quickly causing their light to shift to infrared’s long wavelengths. JWST’s powerful infrared sensors will be able to “look” at faraway galaxies, star systems and other celestial phenomenon to find out how they

looked a few million, or even billion, years ago. So, by looking a great distance, we can also look back in time.

This simple, yet difficult to understand concept, allows astronomers to see the universe at different stages of its life.

With each new telescope

humanity builds, we see farther and earlier into the history of the universe. The JWST hopes to look back to when the first galaxies were forming. Blame Einstein’s theory of special relativity, which states that nothing can travel any faster than the speed of light. It hits a finite wall, at least for now. A simplified example involves our nearest galaxy: Andromeda is about 2.5 million light years away. If we look at the galaxy today, we are looking at Andromeda as it was 2.5 million years ago, because that is how long the image of Andromeda took to get to our telescope or camera.

Another important mission for the JWST, is exploring other suns and their exoplanets to see if life exists outside of Earth. JWST will analyze exoplanets’ atmospheres for distinct chemical signatures such as water and methane, which will not only allow scientists to look for life, but also enable them to assess a planet’s habitability.

Building On Hubble’s Achievements

Awe and discovery are two words that come to mind when writing about the achievements of the Hubble Space Telescope, the first major large optical space telescope. It took decades of planning and research before it launched on April 24, 1990 and was placed into orbit 340 miles (547 km) above Earth. Hubble needed some initial adjustments before it performed flawlessly with science observations that have revolutionized our understanding of the universe and our place in it.

Its view of the heavens was unobstructed by the atmosphere, clouds and urban light pollution. It showed scientists distant galaxies and stars, gave close-up views of changes in the planets in our solar system, and produced some of the most astoundingly beautiful photographs of galaxies, planets and newborn stars. With some infrared capabilities, Hubble also gave the tantalizing possibility of looking back in time to the Big Bang.

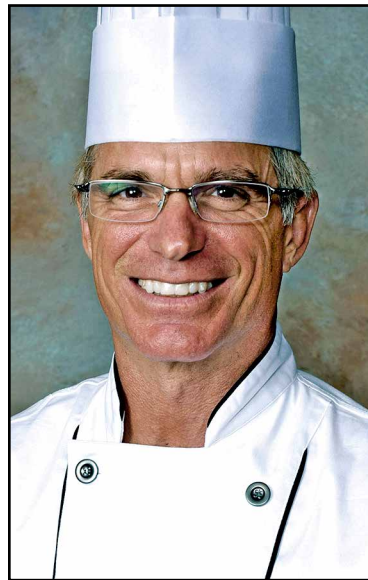
Over the 31 years Hubble has been in space, several repair missions were necessary to keep it running, but now the Hubble Space Telescope is getting old. New space technologies have changed the abilities of space telescopes’ capabilities dramatically. In December, NASA and the world will enter a new frontier in space exploration as the JWST blasts off, in its search for understanding, as Buzz Lightyear would say, “To Infinity and Beyond.”

Visit The NASA Website

This very brief overview of the extraordinary accomplishments and ambitions of NASA and the space telescopes just scratches the surface of a truly fascinating branch of science. For more information please visit: www.nasa.gov/webb

In Good Taste: Be A Turkey For A Day, Or Enjoy Chef's Pancakes All Month

Rob Seitz
Gazette Contributor



*John Knox Village
Executive Chef Mark Gullusci*

This time of year, readers of virtually every lifestyle publication will find some chef's take on a traditional gobbler recipe. To stuff or not to stuff. Roasted versus deep fried, etc. Why be traditional?

There are 29 other days in November to think about eating besides the fourth Thursday and John Knox Village Executive Chef Mark Gullusci has a sweet recipe to that could kick-start every morning this month.

Chef Mark's quick, easy and delicious

Pumpkin Pancakes are for the kind of almost-winter mornings where you can spend some extra moments indulging in this great comfort-meal before tackling another busy day in South Florida, or at Pompano Beach's premier Life-Plan Retirement Community.

So, with tongue firmly in cheek, be a turkey for one day in November, but enjoy these pancakes all month long.

Pumpkin Pancakes (Yields 4 to 6 pancakes)

- 1 cup wheat flour
- ½ cup white all-purpose flour



Try Chef Mark's delicious pumpkin pancakes for a festive holiday-themed breakfast.

- 2 tsp. baking powder
- ¼ tsp. baking soda
 - ¼ tsp. salt
- 2 eggs
- 2 tbs. canola oil
- 1 tbs. sugar (honey or sugar substitutes could be used)
 - 2 tsp. vanilla
- ½ cup pumpkin puree
 - 1 tsp. nutmeg

- 1 tsp. ginger
- 1½ tsp. cinnamon

Method Of Preparation:

Mix all dry ingredients. Mix the oil, egg and vanilla. Fold all ingredients together until mixed smoothly. DO NOT over mix. If the batter is too thick, it can be adjusted with a little warm water.

Butter pan or griddle or apply a pan spray. Place silver dollar-sized amounts of batter on griddle or pan. Cook on medium-high for 1½ to 2 minutes on each side and serve with toppings.

Book Review

The Four Winds

By Kristin Hannah

Donna DeLeo Bruno
Gazette Contributor

The Four Winds is well deserving of its numerous weeks on the "Best-Seller" lists. Set

in the 1930s during the Great Depression, it is the poignant story of a stalwart woman, Elsa Martinelli and her two children, Loreda and Anthony, who were forced to flee a life of poverty, hardship and illness in Texas caused by the scorched conditions and suffocating winds of the Dust Bowl years.

The Grueling Trek To California

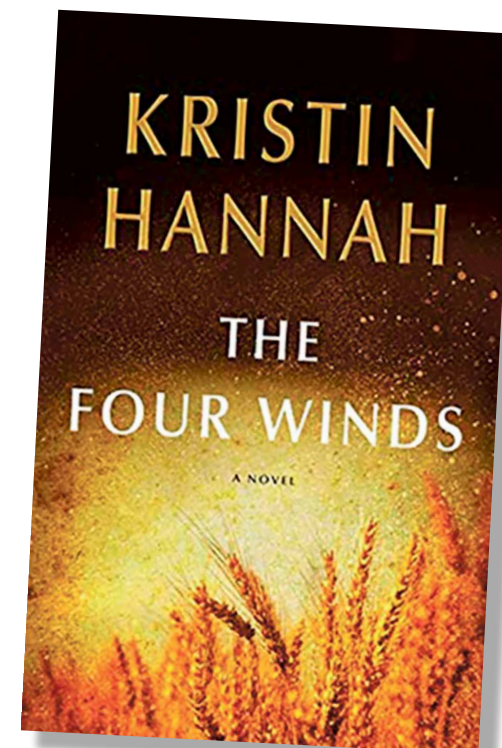
Elsa had been raised in a home without love and suffered the unrelenting disregard of her family, until she married the handsome Rafe Martinelli whose affectionate Italian parents, Tony and Rose, embraced her. Although abandoned by her shiftless, immature husband, she and her children were cherished by his parents until nine-year-old Anthony nearly died from dust pneumonia, an affliction in which prairie dust builds up in the lungs and tears away the air sacks. Loathe to leave her beloved in-laws, Elsa feels she has no choice if her child is to survive. The grueling trek across treacherous Western terrain to reach California is a monumental feat for a woman alone in a beat-up, old truck and with very little money. In every

town she attempts to relocate, she is shunned and rejected as an "Okie," a threat to others competing for the very few existing jobs. Elsa will make every attempt to earn money to feed and house her children, but her pay is so inadequate that it is impossible. At one point they are living in a filthy, germ-infested, squatter's tent camp with abominable conditions, only to have a storm wash away all their belongings.

Determined To Survive

The suffering, hunger and hardship which the family endures severely tests their mettle, as well as that of the hundreds they meet who are also in dire straits. The reader marvels at their resilience and continued will to survive. At one point, Elsa and both young children are reduced to picking cotton in the scorching sun for 12 hours a day leaving their hands bleeding and blistered, their bodies broken from the painful and arduous work, only to earn 75 cents for their pickings. Her dream of a college education for the children seems a delusional fantasy.

Although we know of The Great Depression and the Dust Bowl years, this book, more than any I have read, provides a heart-wrenching account of the adversity, agony, deprivation and hopelessness of this dark period in our national history. The author includes many concrete examples of endurance, persistence, determination and heroism among these resolute farmers and pickers, as well as the greed of the property owners who cheat them of a fair wage, as to arouse the readers' ire at such injustice, abuse, and gross exploitation. Not only were they plagued by drought and storms, but also persistent hunger, malnutrition, squalor, uncertainty, typhoid, dysentery, diphtheria, unsanitary living conditions, lack of medical care, and basic necessities like shoes, warm



clothing and secure shelter.

The tale escalates from hopelessness to danger when Elsa and her children become embroiled in a workers' strike led by organizer Jack, intent on securing a fair wage for the underdog workers. Just as Elsa is about to find love, tragedy will strike.

Rising Above The Challenges

The author is truly adept at character development, especially in the case of our heroine Elsa who starts out a very insecure girl with a poor image of herself as unworthy and unattractive. Through facing repeated hardship and tribulation, she will rise and survive these challenges, and in so doing, develop an inner, steely core of strength that will give her voice. In the end, her daughter will see her as a "warrior" into which Elsa has evolved.

Throughout this book, the reader will experience the gamut of emotions – empathy, admiration, reverence, respect and sadness for these hard-working Americans trying to eke out the barest of a living, as well as indignation and anger that in this country such desperate living conditions could prevail. Although Elsa and her children are fictional characters, they serve as worthy vehicles to portray the nobility and perseverance of this underclass of the "Greatest Generation."

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.



Dust Bowl farm in the Coldwater District, north of Dalhart, Texas. This house was occupied; most of the houses in this district had been abandoned, June 1938. Image source: Wikimedia Commons.

Thanks To JKV Veterans For Their Service

Marty Lee
Gazette Contributor

This Nov. 11, JKV will once again honor residents who are military veterans in a solemn ceremony in the Village Centre Auditorium. The community is proud to be home to 130 men and women, who served in times of war and in times of peace in all branches of the military: Army, Air Force, Marines, Navy and Coast Guard.

Two JKV veterans also served in allied services including the Canadian Navy and the British Army. We count among our servicemen and women veterans of World War II, the Korean War, the Vietnam War, Europe during the Cold War, even some whose military careers included service during Desert Storm.

Our JKV veterans have been based in the United States, the Pacific, Asia, Europe, the Middle East and have travelled the far-flung reaches of the world by air, sea and over land. They have served on the front lines in combat, overseas and in the States as support personnel, and in the medical corps.

While most of our veterans are men, we count among our honored vets several women: Faye Kartrude, 1st Lieutenant in the U.S. Air Force Nurse Corps; Abigail "Gail" Morrison, Lieutenant U.S. Air Force; Mae Schweter, Sergeant U.S. Army WAC; June Maurer, Corporal U.S. Army Air Forces; and Mary Snedeker, Commander U.S. Naval Reserve. JKV resident Kit Frazer is a Gold Star Wife, having lost her husband Eldon B. Oakley during the Vietnam War.

Serving In All Branches Of The Military

Our veterans have earned their stripes from privates, seamen, corporals, sergeants and cadets up through the ranks as lieutenants, majors, commanders, captains and colonels. Soon JKV will have a retired major general among its residents when Bernard "Burn" Loeffke moves to the Village later this year.

While World War II ended more than 76 years ago, the JKV community graciously honors those whose perseverance and longevity earned them membership in the "Greatest Generation," who served during that war.

JKV is fortunate to have among our community World War II veterans and Gardens West Elders: Mae Schweter (mentioned above) and Army Staff Sergeant Denny Inouye; Northeast Gardens resident and Navy Lieutenant Roy Evans; Casels Tower resident and Navy Lieutenant Commander Bill Davidson; Northeast



Lieutenant Commander Bill Davidson (left) during World War II, and Bill today.



World War II Sergeant Mae Schweter (left), and 100-year-old Mae today.

Village resident and Navy Seaman 1st Class Don Lampe; Village Towers resident and Marine Corps Corporal Chris Lamberton; and Village Towers resident and Navy Hospital Corpsman Sam Townsend. We salute all JKV's veterans in all wars and in times of peace with gratitude.

We are told that in World War I, many soldiers recited the 91 Psalm daily, and because of this, it became known as the Soldiers' Psalm.

The Soldiers' Psalm 91:

You who dwell in the shelter of the Most High, who abide in the shadow of the Almighty,

Say to the LORD, "My refuge and fortress, my God in whom I trust."

God will rescue you from the fowler's snare, from the destroying plague, Will shelter you with pinions, spread wings that you may take refuge; God's faithfulness is a protecting shield.

You shall not fear the terror of the night nor the arrow that flies by day, Nor the pestilence that roams in darkness, nor the plague that ravages at noon. Though a thousand fall at your side, ten thousand at your right hand, near you it shall not come.

You need simply watch; the punishment of the wicked you will see.

You have the LORD for your refuge; you have made the Most High your stronghold.

No evil shall befall you, no affliction come near your tent.

For God commands the angels to guard you in all your ways.

With their hands they shall support you, lest you strike your foot against a stone.

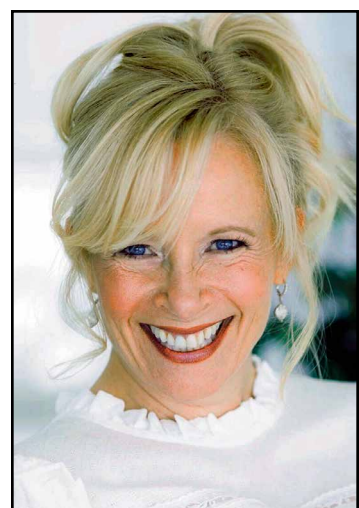
You shall tread upon the asp and the viper, trample the lion and the dragon.

Whoever clings to me I will deliver; whoever knows my name I will set on high.

All who call upon me I will answer; I will be with them in distress; I will deliver them and give them honor.

Live Your Best Life Now

Melissa Jill Clark
Gazette Contributor



Melissa Jill Clark, JKV Lifestyle and Aquatics Coordinator

When you feel grateful, you can give from a heart that is content and fulfilled. When you give, you help others, and ultimately, you're helping yourself, because it feels amazing. There is nothing better than the feeling of helping others and seeing them smile.

Gratitude For Your Best Life And Health

Studies have proven a multitude of benefits from keeping a gratitude journal and writing daily for what you are grateful. People who keep a journal have a greater sense of peace and contentment in their lives. They tend to exercise more regularly, practice better self-care, eat healthier, report fewer physical ailments, and sleep better at night. They also have a much better outlook on themselves, others and the world as a whole.

Overall, when focused on all that we have to be thankful for, we find a greater sense of feeling connected to others and a more optimistic view on life.

Gratitude Blocks

Sometimes, my life coaching clients get stuck and cannot seem to feel grateful. Usually, this is because of something that they're holding onto emotionally, whether consciously or subconsciously, they're blocking them from feeling emotions such as gratitude, joy, peace and love. Often people are blind to these blocks because they have lived with them for so long. This is where I come in to help them identify the source, to heal from it, and to ultimately let it go. This is the first step toward finding one's purpose, and fulfillment in life.

Sometimes, the block is because people don't feel well physically. Self-care is number one priority. I help my clients to create their own self-care plan, and I hold them accountable to following through. People are amazed at how a little bit of love for themselves can go such a long way toward feeling better.

Once these blocks are cleared, a whole new world opens up.

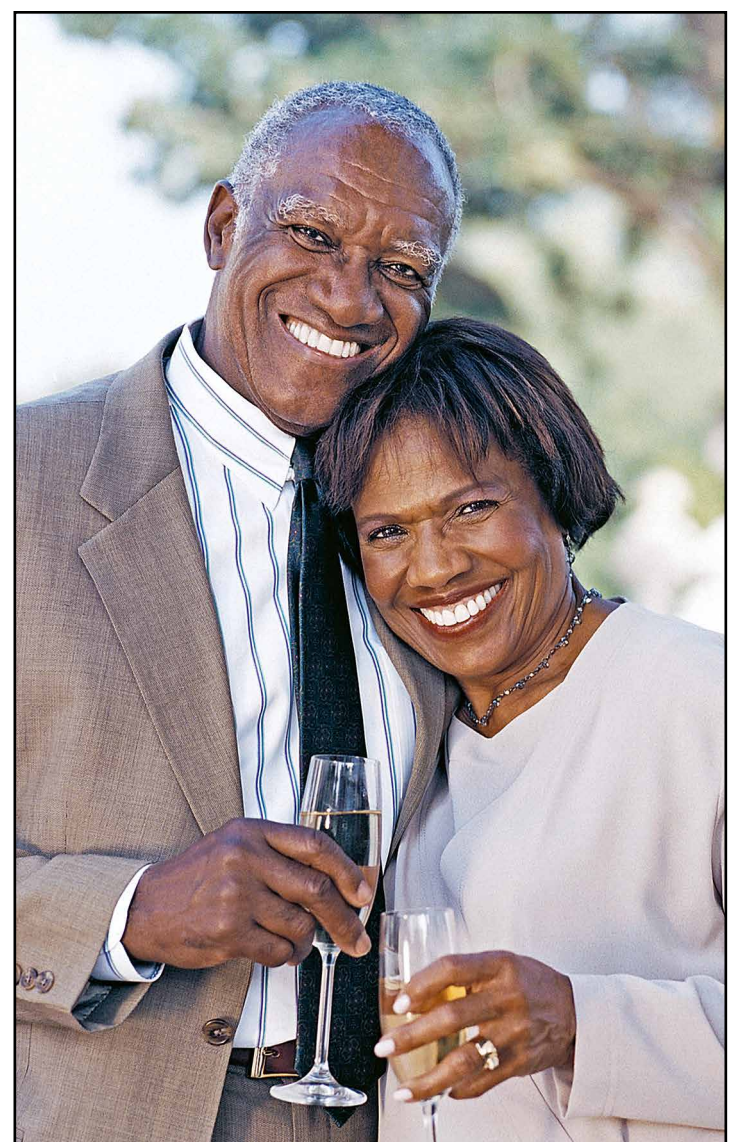
Creating The Life You Love

You are the master of your life. You have the power to create the life you love. Take care of yourself and make time to do the things that truly make your soul happy.

At John Knox Village, we offer so much from which to choose. There's something for everyone.

Every October, we celebrate Active Aging Week. During this week, we offer a multitude of programs, highlighting what we offer daily throughout the year, to motivate our residents to partake.

During this year's celebration, I taught "RISE!," which is a signature program offered Mondays through Fridays at 8 a.m. at JKV. Together we awaken our body and our senses to a new day, focusing on what we are grateful for, as we begin our day together.



Be grateful and create the life you love.

I also presented a kickoff to our weekly Mastermind Group, "Aging Greatly," where we come together as a group, to inspire and empower one another to make small habit changes that will impact our health and our lives greatly.

These are just two of the many programs presented. The purpose is to create an environment that makes it easy for our residents to live life greatly with gratitude and joy.

I encourage you to create the life that you love too. It will literally brighten your world.



Past Your Prime?

This is the prime of your life. Seniorhood is when the most rewarding work begins, because this is when your focus shifts exclusively to pursuing your own personal happiness. If anyone's ever been prepared to meet a moment, it's you. Right here.

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

Join us for these upcoming events:



FRIENDSGIVING *Brunch*

Meet new friends and enjoy a Thanksgiving-themed brunch as you learn more about what John Knox Village has to offer.

**Thurs., November 4th
and Tues., November 9th
11:30 a.m. – 1 p.m.**



THE *Spirit* OF HAPPINESS with Melissa Jill Clark

A thought-provoking conversation with Life & Wellness coach Melissa Jill about Happiness - Why it should be your number one goal and how you can cultivate more of it into your life. Receive a small token of appreciation for attending.

**Thurs., November 18th
11 a.m. – 12 p.m.**

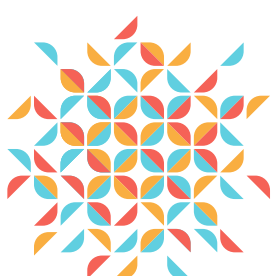
Location:

John Knox Village Welcome and Innovation Center

651 SW 6th Street • Pompano Beach, FL 33060

Kindly RSVP by calling (954) 871-2655

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



**JOHN KNOX
VILLAGE**
Where possibility plays



web JohnKnoxVillage.com

[JohnKnoxVillage](#)



Have you *Asked* Kim?

Dear Kim: I love to spend time outside. What are the grounds of the community like?
— *Outdoorsy in Sunrise*

Dear Outdoorsy: They're absolutely beautiful. So lush and tropical, many say it's like living in a botanical garden. Plus, there are two shimmering lakes home to a wide variety of waterfowl, walking trails, bike paths and award-winning rose gardens.

Dear Kim: I've heard great things about your community. I just don't know if I can afford it.
— *Perplexed in Pompano*

Dear Perplexed: John Knox Village is a tremendous value, especially considering you'll always have access to top quality health care. We offer resort living for every taste and budget. And right now, we have an impressive but limited number of beautiful apartment homes available with entrance fees starting starting at \$165K. It's a smart financial choice.

Dear Kim: Cooking every night and doing the dishes, well, I'm over it, Kim! How's the food there? My husband and I have discriminating but separate tastes.
— *Wanting to be Waited On*

Dear Wanting: Just like a great resort, the food is delicious, and the choices are many. From fun, casual fare to elegant classics, our talented chefs make the most of Florida's fresh, locally sourced ingredients and global culinary influences to satisfy every enthusiastic taste. Come and dig in!



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



Do you have questions? Ask Kim!
Call 954-871-2655 today or email: askkim@jkvfl.com

John Knox Village 651 SW 6th Street, Pompano Beach, FL 33060
Johnknoxvillage.com | jkvgrows.com



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

JKV Stays Ahead Of COVID Curve

Proactive Preventive Protocols Keep Village A 'Cold Zone'

Rob Seitz
Gazette Contributor

The many proactive preventive protocols John Knox Village has put into place during this long duration of the COVID-19 pandemic have kept its nearly 1,000 residents and 800-plus staff safe and created a 70-acre "Cold Zone," amid a COVID-Hot Broward County.

In August, the Village mandated all new hires provide proof of being fully vaccinated, and on Oct. 1st all JKV employees were required to have at least a first dose of the vaccine and provide proof upon receiving their second shot.

During an October Resident Executive Senate meeting, Chief Operating Officer Bill Pickhardt reported that less than seven percent of the entire JKV workforce was lost due to the vaccination mandate.

"The average staff loss in companies which initiated vaccine mandates has been 10 to 12 percent," Pickhardt told the Committee. "JKV protocols are working."

In December 2020, JKV was the first life-plan retirement community in the state of Florida to receive vaccinations. In the subsequent months, JKV has held numerous on-campus vaccination clinics and provided on-campus testing for all its residents and staff.

Last month, the Village held two successful, convenient on-campus booster vaccination shot clinics. See the sidebar box for additional preventive measures the Village has taken.

These measures and overall interest in JKV from the greater community has created a palpable buzz from those interested in moving into the Village now, or in the near future.

Interest in Westlake, JKV's newest, soon-to-be-under-construction, neighborhood has kept the Sales



Heritage Tower resident Bev Cardinal received her first Pfizer vaccination in January.

Team plenty busy with terrific results. The Team had a Village goal of bringing in 105 10-percent deposits for Westlake apartments by the end of the year.

They smashed that pre-sales' goal by mid-October. "Through strategic marketing efforts in *The Gazette* and elsewhere, we have been successfully telling our great story," Sales Director Kim Ali told *The Gazette*. "Our story is not just about how safe we have all been during the pandemic, but how our Life Enrichment programming has kept our residents engaged: Mind, body and soul. The opening of our beautiful Aquatic Complex, with its two pools, Pickleball and bocce ball courts, and open-air Stryker's Poolside Sports Pub has caught the attention of a lot of people, as well."

Westlake will offer new residents two apartment towers—The Vue and The Terrace. The Vue at Westlake will be 15 stories of light-filled room and enviable views with 1- and 2-bedroom floorplans, ranging

from 1,231 to 2,259 square feet in size.

The Terrace is an 11-story boutique-style tower with a stunning rooftop terrace for residents and guests alike to enjoy. Floorplans at The Terrace offer 2 bedrooms measuring up to 1,845 square feet in size.

To learn more visit www.johnknoxvillage.com, www.JKVgrows.com or call (954) 871-2655.

Here Are Some Of JKV's COVID-Careful Preventive Measures

- Screening and temperature taking at all entry gates
- Mandatory wearing of face coverings in all indoor common areas throughout the campus
- Communicating with residents and staff through COVID-related updates
- Requiring all staff attend educational sessions conducted by team and outside medical experts
- Providing residents with "virtual" informational, educational and entertaining programming in lieu of in-person activities
- Limiting in-person capacity for dining at its 3 venues, while also providing take-out and home delivery options
- Maintaining physical distancing mandates in the Village's Auditorium, Party Rooms and Stryker's Poolside Sports Pub
- Airing in-house produced educational videos
- Creating Myth vs. Facts and Frequently Asked Questions educational guides
- Videotaping resident and staff pro-vaccination testimonials

Is It Time To Upgrade To The iPhone 13?

Marc Storch
Gazette Contributor



Marc Storch

The introduction of the iPhone 13 was recently announced. The new line features four phones: The iPhone 13, iPhone 13 mini, iPhone 13 Pro, and iPhone 13 Pro Max. Now you may be thinking, those model names don't mean anything to me.

Well, you are in the right place; we have put together a guide to each of the new models to make the process of choosing easier.

Let's start with the base model, the iPhone 13. Although it looks similar to previous models, this phone has gone through its

redesign inside. Some of the most notable features are the 6.1-inch screen and a significant battery upgrade. In addition, this line has an A15 processor at its core that makes it much more efficient, offering all-day battery life.

Are you an avid cell phone photographer? In that case, you will be excited to hear that the dual-camera system in this phone is more capable of capturing photos in lower light and stabilizing a shaky hand.

Screen size has seemed like it has only been getting bigger and bigger with each new model. However, with last year's model and this new one, there is an option for people who prefer a smaller phone. Check out the iPhone 13 mini, it has similar features to the

baseline iPhone 13, but it is sporting a 5.4-inch screen.

Avid phone users will want to look at the Pro or Pro Max options to make the most out of their phone. Taking the dual-camera system that lives on the 13 and 13 mini, the Pro and Pro Max options have a three-lens camera system, making the night mode we discussed earlier much better. Also, being bigger phones and meant to be used more frequently, both have bigger batteries than the mini and standard iPhone 13. The screen on these two also makes it easier to see outside in bright sunlight.

Of course, just because there is a new phone out does not mean that you have to buy one of these new ones. But if you are looking for an upgrade, one of these might be a great option, especially if you are already used to the iOS system. Because all of these are great phones that will work for you, one of the best ways to make a decision might be to go to a store and hold one.

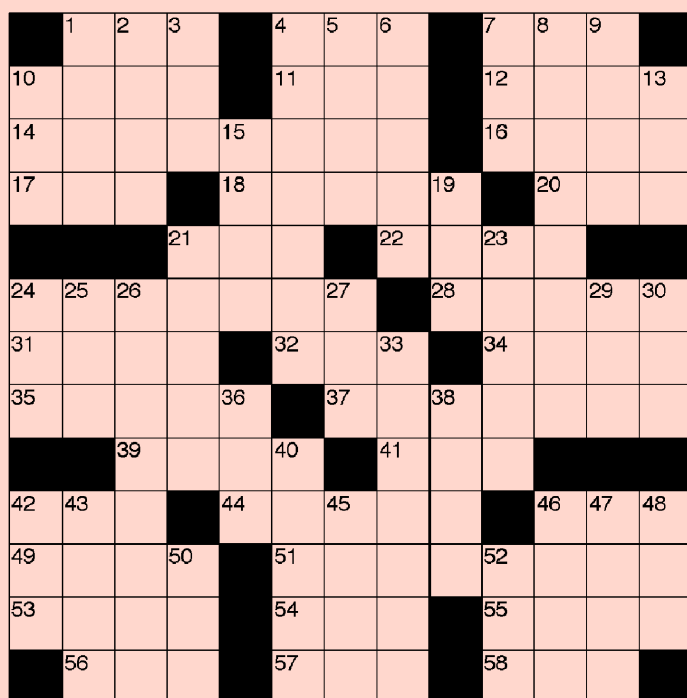
In the long run, you want a phone that is easy to use and nice to handle, not necessarily the top of the line.

Gazette readers who make an appointment, meet with a Life-Plan Consultant and tour John Knox Village will receive a complimentary over-the-phone consultation with a GroovyTek expert. For details, call the JKV Marketing Department at (954) 871-2655.

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



The iPhone 13 line-up is available in four different versions, in a choice of colors and storage capabilities. With the upcoming holidays, you might be considering giving an iPhone gift to a family member or friend. Check around with the various cell phone service providers and retail stores to see which has the best deal.



Crossword Puzzle Of The Month

ACROSS

1. Priest
4. Amer. Cancer Society (abbr.)
7. Quill for winding silk
10. Gray and black plaid
11. Least bit
12. Dance
14. Gum
16. Active
17. Serum (pref.)
18. Leal
20. Comparative ending
21. Dance step
22. Chamber
24. Ten-sided figure
28. Setting
31. Elevator inventor
32. Tactical Air Command (abbr.)

34. Two-toed sloth
35. Aunt (Fr.)
37. Refuge
39. Basse-Normandie city
41. Bother
42. Exclamation
44. Military group
46. Unexploded bomb (abbr.)
49. Amorphous mass
51. Lie (2 words)
53. Sayings (suf.)
54. Husband of Fatima
55. Tennyson character
56. Son of, in Gaelic names
57. Civil War commander
58. Adjusted gross income (abbr.)

DOWN

1. Die away
2. Ger. industrial valley
3. Soft drink
4. It. poet
5. S.A. rodent
6. Pierce
7. Cubic feet per second (abbr.)
8. King's yellow
9. Chaste
10. But (Sp.)
13. Gyrating (pref.)
15. Dross
19. Sp. article
21. Dough (Ital.)
23. Eye (pref.)
24. Speck
25. Greek letter
26. Quinine

27. Nose (pref.)
29. No (Scot.)
30. Europe (abbr.)
33. Spoken alphabet letter
36. Eur. Economic Community (abbr.)
38. Noble
40. Of birth
42. Kimono sash
43. Mollusk
45. Valley
46. Rhinoceros beetle
47. 42 (Rom. numeral)
48. Garden plot
50. Cistern
52. Hyson

Answers On Page 10.

Histamine Intolerance And Other Reactions To Wine

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

My mom recently turned 80 and as we celebrated her birthday with some wonderful friends and a bottle of champagne (or two), my mom began to cough and wheeze.

“No worries, it’s not COVID,” she announced. “This seems to be happening to me lately each time I have a glass of wine. Time to give it up, I guess, as of tomorrow,” she added with a wink.

While my initial thought was acid reflux triggering her asthma, with her nose suddenly runny as well, it seemed more likely that my mom has developed a histamine intolerance.

What Is Histamine?

Histamine is a substance responsible for many reactions in our body, familiar to those with allergies: Increased mucous production (leading to runny nose and sneezing), muscle constriction (stomach cramps, cough), increased stomach acid production, nausea, diarrhea, flushing and itching of the skin, low blood pressure, rapid heartbeat, headache, dizziness and difficulty sleeping.

However, histamine gets released in our body not only in response to allergens, but also to trauma and injuries, inflammation and even to alcohol.

Certain foods (such as fermented cheeses and processed meats, smoked or canned fish and fermented foods like soy sauce, vinegar or sauerkraut) may contain histamine or its precursor, histidine. To make things more complicated, several other foods (such as citrus fruits, strawberries, spinach, tomatoes, chocolate, nuts, eggs, pineapple and a few more) as

well as certain medications (such as amitriptyline and narcotic pain killers) are suspects in making our cells “spit out” pre-formed histamine. Usually, most of us degrade histamine quickly, but some of us lack the ability to do so, either due to genetic “weakness” in the histamine degrading enzyme (called DAO) or another (often digestive) disorder, damaging the intestinal cells producing DAO and thus leading to histamine intolerance.

An estimated one percent of the population suffers from this often-undiagnosed condition, the vast majority being middle-aged or older. Some people have a DAO deficiency from birth (genetic issue), others develop it later – at any age. It seems that DAO enzymes get depleted in some people suffering from inflammatory bowel conditions, irritable bowel, or gluten sensitivity. In fact, DAO activity (and thus our ability to get rid of ingested histamine) may be an indicator of the health of our intestinal lining. DAO deficiency and histamine intolerance may be responsible for quite a few migraine headaches out there too.

What About Other Substances In Wine?

Besides histamine intolerance, very similar “pseudo-allergic” reactions to wine may be due to other substances in wine, such as sulfites or tyramine. Finally, some people can develop a true hypersensitivity (real allergic) reaction to the tiny bit of wine proteins (wine grape proteins), ingredients used in winemaking (enzymes), or contaminated grapes (molds).

Intolerance to sulfites occurs more commonly to white wines in known asthma patients, while intolerance to histamine is more common with red wine, usually in those with DAO deficiency.

So, how do we diagnose histamine intolerance (and is it really what my mom has)? I recommend working with your physician to rule out true food (or wine) allergies and a rare condition called mastocytosis, but you will likely benefit from a four to eight weeks-long low-histamine diet to see if symptoms



As you enjoy a glass of wine during the holiday season, be mindful if you are getting a histamine intolerance reaction.

improve. Supplemental DAO enzymes are also available for those with established DAO deficit.

In true allergy, even the smallest amount of the triggering substance sets off a potentially dangerous allergic reaction. With histamine intolerance you do not have to completely avoid all the histamine containing foods or beverages – just do not overwhelm your ability to deal with histamine with too much of it at once. More importantly, work with a physician who will help you get to the root cause (usually in the gut) and help your body process histamine normally again.

With an integrative medicine expert in her family, I hope my mom will be able to enjoy a toast at her next celebration.

Be well and stay safe.

Dr. Tereza Hubkova is the former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Whole Health Institute in Overland Park, Kansas. Dr. Hubkova is a regular contributor to The Gazette.

Staying Close With Those In Our Lives

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

In last month’s *Gazette* column, we wrote about the importance of staying in touch with family and close friends. Is this principle of staying in better touch good for other systems, such as work systems? Yes, it is. People at work also report much better relationships when they make staying in contact important.

One member of a leadership seminar I attended, had a hard time because another colleague seemed to

have some small negatives to say about him around the workplace. He made this relationship a challenge to resolve. While he initially did not want to, he went ahead with a plan to stay in contact on a regular basis. He literally had to write visiting her on his calendar, although her office was only a few doors from his. He would stop by her office and just chat. They chatted about the weather, the kids, sports, etc. In time, the negative talk about him ceased. The grapevine told him that by virtue of her longevity and influence, it was important to improve his relationship with her to get the promotion he very much wanted and needed.

Lessons Learned

In smoothing out a prickly relationship, it isn’t what you talk about that matters. In fact, it may be important not to “delve” or “psychoanalyze” into the problem. It is more important to simply make contact. Leave the negatives out. In the above example, the contact was rather superficial in the beginning and infrequent only every two to three weeks or so. Later, as friends, they made contact more often.

What About Friendship Systems?

Many of us have outlived some important family relationships. We can still make contact with some

of them through common friends. So much valuable information can be learned in this way. Sometimes it changes our point of view in a dramatic and wonderful way. One colleague had a fairly distant relationship with her mother, who died before she was able to learn all she wanted to about her growing up years. She looked up some of her mother’s friends, who had been with her a lifetime. My colleague learned about a side of her mother that she cherished forever after that. So, yes, the family systems ideas are extremely valuable in any system we find ourselves—family, friendship or work.

Some Guidelines To Follow

- **Make regular contact with members of the system—nuclear family is most important, but also include friendship and work systems—where we have common interests, or people who might be able to inform us where we need it.**

- **It doesn’t have to be emotional digging. Any kind of contact is valuable.**

- **The same principles apply in any system; don’t talk negatively about people. Don’t repeat any conversations with names—they may have meant them to be confidential. Don’t talk about people not there unless they are already deceased, and then keep that positive.**

- **We can’t go far up the scale in a lifetime of work, and it is slow going, but any progress we make in relationships and self-management is useful to better overall functioning.**

Observations On Differentiation Of Self

Dr. Murray Bowen, the noted Georgetown University educator and psychiatrist who developed the family systems theory, thought that most people in the world tended to fall towards the lower end of the scale of differentiation. He thought that he himself was around a 40, on a scale of 0 – 100. He tried all his life to find examples of higher functioning people on the scale, say, above 50. For a while he thought that astronauts might be such. But, in the end, their personal relationships belied their weak points. Finally, he decided that saints of the church might be some of the highest

functioning the world has seen.

As we enter the holiday season, let’s try “lighting up” as many areas of the brain as possible. Make these a priority: Physical exercise, thinking and reading, good nutrition and hydration, socializing with those we love and those we’d like to know better, and regular contact with our Maker – praying and worship.

Thanks for all the kind comments about this column. Happy Thanksgiving. Please write with questions and comments to: gazette@jknvfl.com

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

Sudoku

Answers On Page 10.

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

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

Finding Common Ground

Burn Loeffke
Gazette Contributor



Burn Loeffke

A few Sundays ago, our preacher mentioned that the whole world seems to be in turmoil. People seem content to stay trapped in all sorts of divisions. At home we have found the perfect storm: A government evenly split and reluctant in many instances to compromise. How do we join in bringing about a world, our neighbors, our friends and our communities to an understanding that cooperation is better than confrontation? Where love for our brothers and sisters is better than hate?

Helping Those Less Fortunate

It has been shown that when we help others, we help ourselves. An amazing protein: SigA is produced when we do good deeds, which, in turn, enhances our health. Where do we find common ground? Where can nations come together in doing good? The United Nations Peacekeepers is a good vehicle. Chinese Peacekeepers account for the majority of that effort. Why can we not join the UN in increasing our peacekeeping participation? It would be a healthy sign for the world to see the U.S. and China cooperating in Peace Operations.

Music Brings Us Together

The Gazette contributor, Dr. Tereza Hubkova wrote in her October column that peace was made between enemy tribes in Iraq through musical drumming. The tribes drumming together were able to bond and see each other better than through verbal communications. My personal experience has validated this activity. In an international conference, Russian and American delegates were locked in arguments. An American general took out his harmonica and started to play a popular Russian song. Before long the Americans and Russians were singing together. Where once, there had been tension, the room was now replaced by smiles. Drinking some vodka also helped.

Love Sweet Love

Melissa Jill Clark, the JKV Lifestyle and Aquatics Coordinator, mentioned in her October Gazette column that, what the world needs now is



Maj. Gen. Burn Loeffke was the first American Army General to serve as Defense Attaché in the Peoples Republic of China. During his time in China, Burn learned the language and customs of the Chinese people. In the photo above, Burn prepares a parachute jump with Chinese officers. Image source: Burn Loeffke.

love. The popular song: "What the World Needs Now Is Love Sweet Love" is my theme song. I have used it in Latin America and China.

My family name LOEFFKE is hard to pronounce. Our Chinese friends changed it to LOVE-KEY, as it was easier to remember and pronounce. Some of them called us key-love. The meaning is clear. Love means caring for others and is the key to peace and happiness.

Bernard "Burn" Loeffke is a retired Major General of the United States Army and frequent contributor to The Gazette. He fought and was wounded in the Vietnam War.

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

November Is The Month To Thank So Many

Rev. Jamie Champion
JKV Spiritual Life Coordinator



Rev. Jamie Champion

On Nov. 11, the United States celebrates Veterans Day – a holiday that memorializes the courage and sacrifice that the men and women of this country have displayed while serving in the Armed Forces. As of this year, there are around 19 million veterans in the United States. While that may sound like a large number, veterans make up less than 10 percent of the U.S. adult population.

Veterans Day is not just a US holiday, it is also celebrated by Great

Britain, France, Australia and Canada.

At John Knox Village, we have more than 130 veterans who have served in all branches of the United States military, as well as the British Army and Canadian Navy. That means that JKV goes above the national average with 15 percent of our residents being veterans.

Honoring Our Veterans

So how do we appreciate our veterans on this day and in truth, all-year round? John F. Kennedy once said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." It is not enough to thank them for their service. In order to embrace Kennedy's quote, to truly show our appreciation to veterans, we must live a life that honors their sacrifices, their courage and their commitment.

November is also the month during which we celebrate Thanksgiving. Let us be thankful and grateful for all that we have because of the men and women who served in the military. Let us support our veterans during good and difficult times. Let us show our appreciation by continuing to value what it should mean to be a United States citizen.

It is up to those of us who are here now to continue the legacy that they started: To remember their sacrifice and ensure that the freedoms and liberties for which they fought, continue for the next generation.



Observance of Veterans Day is always a major celebration at John Knox Village.

While we may not all agree on decisions that are made by politicians, we should agree that those who serve and put their lives in harm's way, to carry out the mission decided on by leadership, should be respected and remembered.

On Veterans Day, take a moment to count the freedoms and liberties that we have, consider the safety and security that we enjoy, and remember those who died and were willing to pay what Abraham Lincoln called, "The last full measure of devotion."

Rev. Jamie Champion is a veteran himself, having served in the U.S. Marine Corps from 1995 to 2000 and achieving the rank of Sergeant. He was a Spanish Linguist and served in Guantanamo Bay, Cuba for 18 months, and the remainder of his service as a Communications Collection Team Leader and Platoon Sgt. with A Co., 2nd Radio BN in Camp Lejeune, NC. Twelve years after leaving the Marines, he was called to the ministry and completed his bachelor's degree in religion and received his Master's of Divinity degree in Healthcare Chaplaincy.

Answers to Crossword Puzzle on Page 8 and Sudoku on Page 9.

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

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

NSU Art Museum Presents Five New Exhibits Opening In November

For Immediate Release
Special to The Gazette

NSU ART MUSEUM

FORT LAUDERDALE

As NSU Art Museum Fort Lauderdale transitions into the 2021/2022 Fall and Winter season, several new exhibitions will be opening this month. Plan a visit to enjoy the new presentations.

“Beyond the O.K. Corral”: David Levinthal, Wilson J. Tang, and YumeGO Opens Nov. 20

“Beyond the O.K. Corral” is an interactive Augmented Reality exhibition by renowned photographer David Levinthal, Wilson J. Tang (special effects art director, video gaming designer, and a founder of YumeGO, the first AR “Experience Browser”) and the YumeGO team, commissioned by NSU Art Museum. The AR exhibition allows participants to step into Levinthal’s iconic photograph “Gunfight at the O.K. Corral” (2014) that was inspired by the Western movies of Levinthal’s youth in the 1950s.

“Photographing the Fantastic” Opens Nov. 21

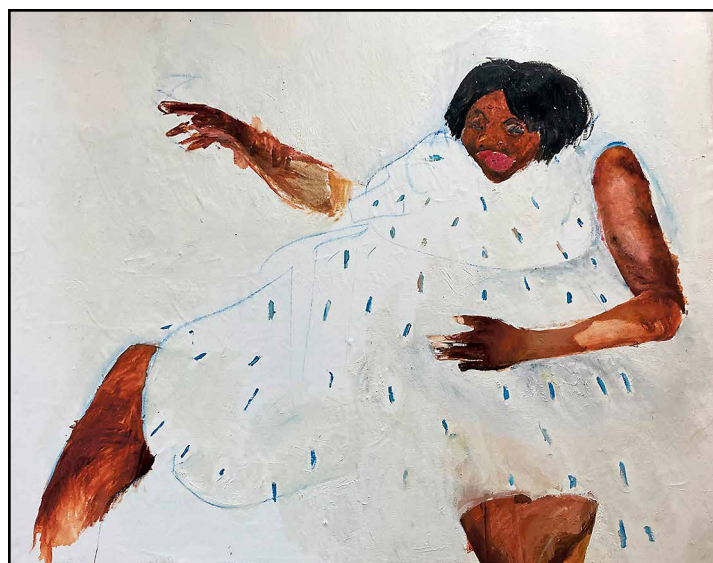
“Photographing the Fantastic” explores photographs of magical moments, the uncanny and the wondrous, drawn from NSU Art Museum’s extensive photography collection.

The exhibition features works by: Berenice Abbott, Alexandre Arrechea, Wynn Bullock, Edward Burtynsky, Magdalena Campos-Pons, Gregory Crewdson, Anna Gaskell, Ann Hamilton, Mona Hatoum, Kati Horna, Samson Kambalu, Louise Lawler, Nikki S. Lee, David Levinthal, Vera Lutter, Loretta Lux, Maria Martinez-Cañas, Ana Mendieta, Abelardo Morellos, Zanele Muholi, Andres Serrano, Onajide Shabaka, Cindy Sherman, Victor Vazquez, Gillian Wearing, Carrie Mae Weems, Susanne Winterling and others.

“Jared McGriff: Where We Are You” Opens Nov. 21

NSU Art Museum Fort Lauderdale presents the first solo museum exhibition of Miami artist Jared McGriff. Titled “Jared McGriff: Where We Are You,” this exhibition showcases McGriff’s dreamlike narratives that remain timeless even as he integrates his family’s history into the realities of the present.

This exhibition contrasts paintings that suggest contemporary snapshots of the artist’s present with paintings that conjure the real and imagined experiences of his family’s migration from the rural south to the rural west of Oklahoma and California. This juxtaposition of past and present reflects how contemporary times are shaped by the historical.



Jared McGriff, *To Be As A Cloud*, 2021. NSU Art Museum Fort Lauderdale; purchased with funds provided by Michael and Dianne Bienes, by exchange. © 2021 Jared McGriff.

“Margarita Cano” Opens Nov. 21

On the occasion of her 90th year, NSU Art Museum Fort Lauderdale celebrates the life and work of Cuban-born, Miami-based artist Margarita Cano.

This exhibition will be a testament to Cano’s remarkable life, a record of her transition from Cuba to America, and from scientist to art services librarian, and finally, to a painter of dreams. This exhibition will encapsulate Cano’s multi-disciplinary practice as a self-taught artist, whose creativity has manifested through wondrous miniature books, votive portraits, landscapes paintings, prints and photographs.



Margarita Cano, *The Tumbler*, 1997. NSU Art Museum Fort Lauderdale; gift of Isabel Hernandez in memory of Benjamin Holloway. © 2021 Margarita Cano.

“The Art of Assemblage” Opens Nov. 21

“The Art of Assemblage” features sculptures composed of found objects that are distinguished by the unlikely combinations of repurposed materials that constitute their form.

In the practice of assemblage, materials such as scrap metal, broken shells, tattered fabrics and discarded toys are salvaged and brought together in unexpected combinations, creating poetic abstractions of everyday life.

Upcoming Events

Free First Thursdays Sunny Days, Presented by AutoNation Nov. 4 from 11 a.m. to 5 p.m.

You can now enjoy FREE admission to NSU Art Museum Fort Lauderdale on the first Thursday of every month from 11 a.m. to 5 p.m. during *Free First Thursday Sunny Days* presented by AutoNation.

Bank of America Museums on Us Nov. 6 and 7

All visitors with an active Bank of America®, Merrill® (formerly Merrill Lynch®) or Bank of America Private Bank® (formerly U.S. Trust®) branded debit or credit card – physical or electronic/digital card – and an active, valid photo ID shall receive one free general admission to NSU Art Museum Fort Lauderdale on the first full weekend of every month. Saturdays from 11 a.m. to 5 p.m., Sundays from Noon to 5 p.m.

Creativity Exploration: Bring Your Bills: Nov. 13 from Noon to 1:30 p.m.

Join us for this new Virtual Program live via Zoom. Led by educator and mindfulness instructor, Lark Keeler, Creativity Exploration promotes the development of creativity through the practice of mindfulness and creative expression.

Inspired by Thomas Bils’ ongoing series, “Still

Cheaper Than Paying,” participants will use their printed bills or receipts as sources of reflection as well as surfaces for illustrations. Space is limited. No prior experience is necessary. Advance reservations required; space is limited. Materials should be obtained prior to the class. Project materials and suggested supplies: Printed bills and receipts, colored pencils or markers, acrylic or watercolor paint, brushes, and water container.

\$10 Members; \$15 non-Members. Register to join via Zoom.

Fort Lauderdale Neighbor Day Nov. 28 from Noon to 5 p.m.

Fort Lauderdale residents receive FREE admission to NSU Art Museum on Fort Lauderdale Neighbor Days. Next Fort Lauderdale Neighbor Day: Sunday, Nov. 28. Fort Lauderdale Neighbor Day is supported by the City of Fort Lauderdale.

With the holidays upcoming, plan a visit with family and friends to NSU Art Museum Fort Lauderdale, 1 East Las Olas Blvd., Fort Lauderdale, FL 33301.

Visit nsuartmuseum.org or call (954) 525-5500 for more information.

Shopping Is A Breeze @nsuartmuseum

From KAWS collectibles to original handmade works of art, find the most unique gifts while supporting museum exhibitions, educational programming and local makers. Visit the store at: www.nsuartmuseum.org/visit/store/ Museum members receive 10% off and first dibs on all limited editions.

Brain Health Is A Team Sport

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

and mental health challenges for people of all ages. Fortunately, a major opportunity to regain our strength is at hand: The holiday season. But we need the right mindset to make the most of the holidays this year. Our brain fitness and mental health depend on it.

The Brain Is A Social Organ

One of the most important “Ahas” of my life is this: The brain is a social organ. I still remember the day I learned this, because of the paradigm shift which it triggered in my life.

In 2009, I earned a “Brain Research in Education” certificate from the University of Washington/Seattle to learn more on how to ethically educate the public on research findings. Brain conferences for educators were recommended for continuing education. At one conference, a researcher explained how human relationships sculpt brain tissue biochemically.

Silly me, I thought my brain was all mine, but it is not. My brain is something I co-create with other people. Brain health is a team sport. We need others: Our brains say so. The American myth of rugged individualism had misled me. The Bible had it right with “love your neighbor as yourself.”

We are ending the year 2021 much as we started it: In a state of flux. The pandemic has created a sea of turmoil by altering lifestyles and ending lives. Indeed, social psychologists have coined the term ‘pandemic flux syndrome’ to describe a jumble of feelings, including anxiety, hope, sadness and exhaustion, often accompanied by a desire to make major changes in one’s life.

For almost two years, a continuing state of flux has intensified cognitive

This interdependence gives us the best of both worlds—individuality and community—for an amazing brain. But our need for connection can make us especially vulnerable in times of loss or social isolation. Our brains may need a helping hand.

Memories Bring Joy

In good times and flux, we need to turn to others for connection. However, the pandemic has made connecting with others so complicated. The rituals that help us stay connected such as baptisms, weddings, celebrations of life, reunions and holiday gatherings are often cancelled or postponed. Differing attitudes about vaccinations and mask wearing can create friction and disrupt gatherings.

In addition, the sudden loss of friends and family members due to death or relocation has affected many, including me. My brother died suddenly this summer under unfortunate circumstances. Fortunately, we were able to gather for his celebration of life within six weeks. I went through family pictures and movies for hours to pull together a montage for this event. His daughters wrote a heartfelt obituary and read a remembrance of him at the celebration of life. People from his high school class who had been out of touch for 50 years shared beautiful memories of him via Facebook. There was so much more to my brother’s life than I knew. All of this shared remembering was very comforting and increased our family’s connection. We became more grateful for each other.

Share Memories To Stay Connected

Our interdependence makes it especially hard to lose



Start getting those cherished photos out of boxes and put them in order, either in albums or digitize them so they can be viewed on your computer screen or shared on social media. Sharing the memories will bring joy to your family gatherings this holiday season.

a loved one, but as the old saying goes, it is better to have loved and lost, than to never have loved at all. But we need to reach out to others when sadness and despair linger after a loss. When in-person gatherings aren’t an option, find another way.

Sharing cherished memories allows us to rejoice in our relationships and stay connected, no matter how much flux there is in the world around us. There is so much to celebrate and appreciate in every human life, so much to give thanks for on Thanksgiving and every day of the year.

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

Reserve Your Spacious New Cobia B.1 Apartment In The Terrace At Westlake

As we enter the holiday season, think of your family and your Life-Plan future. Have a plan and consider John Knox Village as your home for the holidays and every day. Soon, two residential towers The Terrace and The Vue will begin construction.

This month’s featured apartment home is the spacious Cobia B.1, available in The Terrace. Get in the queue, make your 10 percent deposit and become a Westlake Club member. Plan a COVID-careful visit and enjoy a complimentary lunch in the Glades Grill overlooking the Aquatic Complex.

The Cobia B.1 Apartment Home Features:

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

Master Suite

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

Bright, Spacious Interior

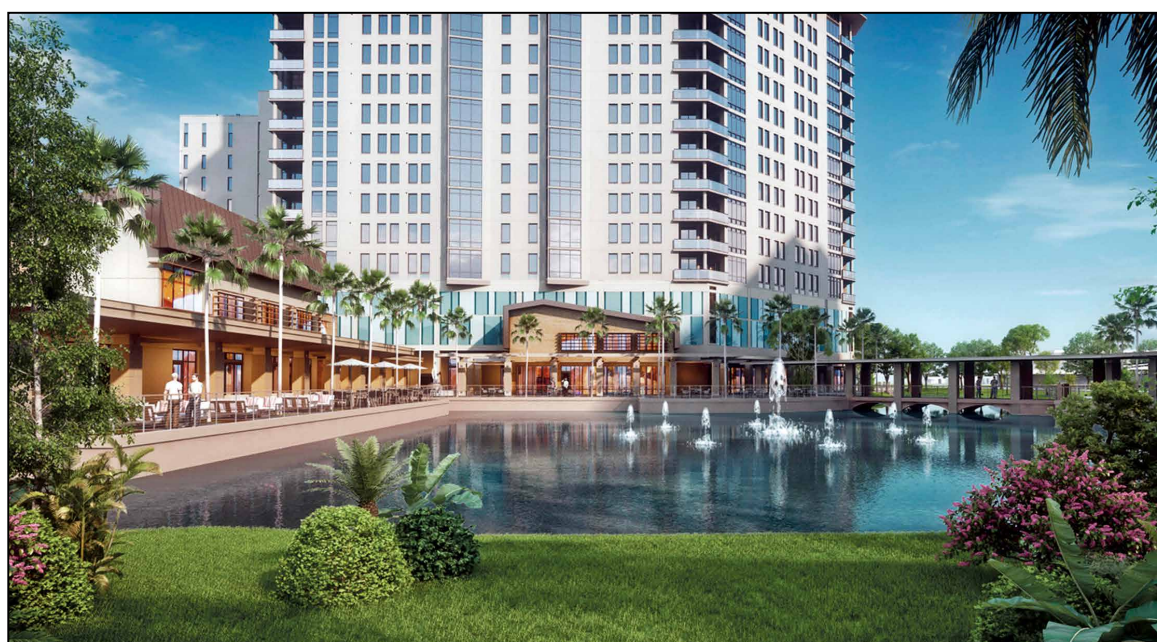
- **Crown molding option**
- **Frameless shower door**
- **Custom closet option**
- **Washer and dryer**

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

web JohnKnoxVillage.com

JohnKnoxVillage

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



The Terrace at Westlake will overlook the Pavilion and the reconfigured Lake Maggie.

The Cobia B.1 In The Terrace At Westlake: 2 Bedrooms / 2 Baths: 1,508 sq. ft.

