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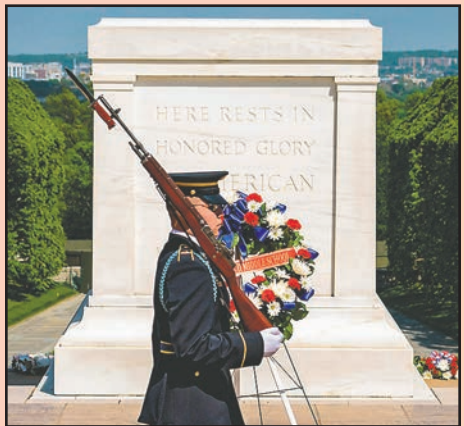
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## Celebrating Important Milestone For Westlake At JKV



The 15-story Vue and 11-story Terrace apartment buildings at Westlake will have been topped out by press time.

Rob Seitz  
Gazette Contributor

As the November *Gazette* was going to press, the Topping Out Ceremony was scheduled to be celebrated Oct. 28 for John Knox Village’s two newest neighborhood apartment

buildings—The Vue and The Terrace at Westlake.

In the construction industry, the centuries-old Topping Out Ceremony commemorates completing the shell of a building. Concrete pours were completed in August on the 11-story Terrace apartment building and in mid-October for the 15-story Vue.

During the important milestone, expected were congratulatory speeches from VIPs, a catered barbecue and raffle prizes as JKV’s builder, Moss Construction, would thank the hundreds of unflagging workers who completed the shells of each apartment tower.

With a \$120 million price tag, the 147 apartment homes—

with first-floor amenities and two floors of covered parking—comprise the most ambitious project in JKV’s 55-year history. The Westlake project comes on the heels of a June grand-opening ribbon-cutting ceremony for JKV’s Pavilion, complete with a 375-seat Cultural Arts Center, two dining venues and a bar.

Although Westlake is more than 80-percent presold, many beautiful homes remain.

With a 10-percent deposit, *Gazette* readers are automatically enrolled as Platinum Level members of the Westlake Village Club, with benefits that include meals at any of the four on-campus dining venues.

### Platinum-Level Benefits For Depositors

Ten-percent depositors also receive many complimentary services, including access to JKV’s \$6.2 million Aquatic Complex, with its resort-style pool, four-lane lap pool,

*See “Westlake at JKV” on Page 2*

### 147 Apartment Homes Will Be Available At Westlake

## NASA’s DART Hits Its Target

### Test Probe Designed To Prevent A Catastrophic Threat From Space

Nona Cree Smith  
Gazette Contributor

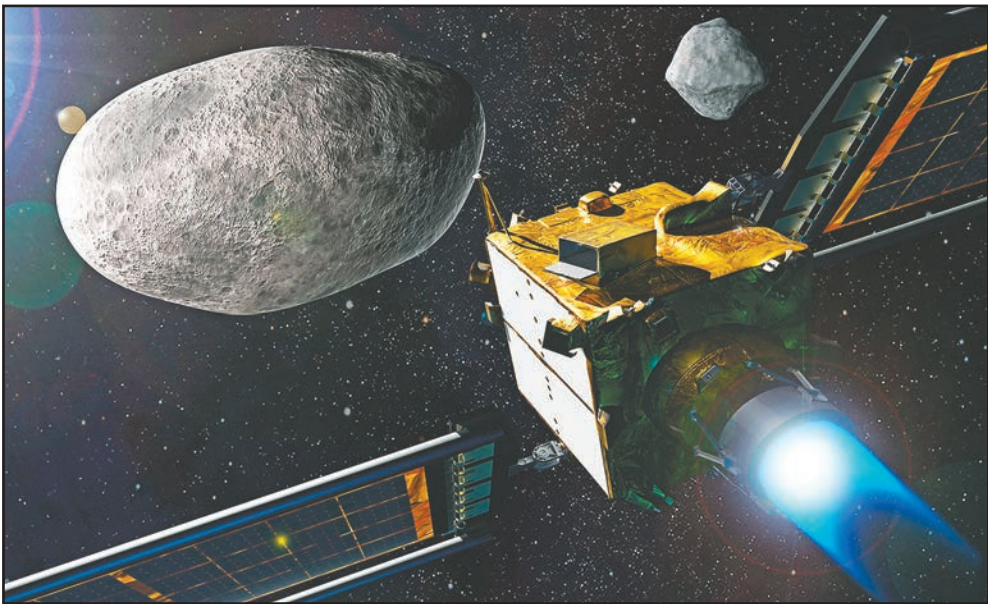
While the Earth travels through space as it orbits the Sun at the astonishing speed of 67,000 mph, it comes close to meteorites, comets and asteroids – debris left over from the formation of our Solar System. These Near-Earth Objects (NEOs) vary in size and compositions, with the smallest NEOs falling to Earth as beautiful shooting stars. Every few eons, larger NEOs fall to Earth and cause localized damage. We need only look at the surface of the atmosphere-less Moon to see the impact craters to realize that on Earth we have a protective mantle in our atmosphere.

But even on Earth, large asteroids can cause impact craters like the Meteor Crater in Arizona. Sometime around 48,000 BCE, a 50,000-ton iron meteor hit Earth making a huge crater 4,000-feet wide and 590-feet deep. It’s a magnificent tourist attraction and a rocky place that inspires a feeling of awe and wonder. But never fear, NASA has plans to keep Earth safe. According to Planetary Defense Officer Lindley Johnson, the \$325 million DART mission represents “a large step forward in showing that we do now have the knowledge and the technology to protect the Earth” from future asteroids that come too close to home.

### A Warning Occurred In 2013

On a cold winter morning in Russia’s Urals, something surreal happened: A massive streak of light seared across the sky. For a moment, it grew brighter than the sun. After a few seconds, an explosion of sound followed, shattering glass windows in

*See “DART” On Page 3*



An artist’s representation of DART approaching the Didymos and Dimorphos system. Image Source: NASA.

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# Additional Benefits When You Reserve Your Apartment Home

From “Westlake at JKV” On Page 1

Jacuzzi®, Pickleball and bocce ball courts, the indoor and poolside Glades Grill restaurant and the Poolside Sports Pub.

Westlake Village Club Members also receive access to award-winning Life Enrichment events, fitness classes and admission to JKV community partner venues, such as Ft. Lauderdale International Film Festival, Bonnet House, the historic Sample McDougald House and the NSU Art Museum in downtown Ft. Lauderdale.

Westlake is scheduled to open in 2024 with common-area first-floor amenities that will include:

- *A high-tech projection theatre*
- *Library*
- *Technology hub*
- *The French Press, a coffee and wine bar*
- *Business center*
- *The bistro-styled Westlake Eatery*
- *Art studio*
- *Covered parking on the second and third floors*
- *Sacred space*

To learn more visit [www.johnknoxvillage.com](http://www.johnknoxvillage.com) or [www.JKVGrows.com](http://www.JKVGrows.com) or call 954-871-2655.



As a Westlake Village Club Member, you will receive many benefits including award-winning Life Enrichment events, such as this pencil art class taught by noted artist Galal Ramadan presented by JKV Community Partner Bonnet House.

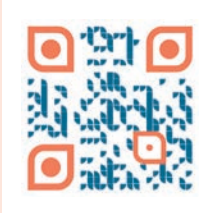
## You’re Buying Life-Care Security, Not Real Estate



One misunderstanding many prospective residents have about moving into a JKV apartment or villa home is that they are buying that home. In fact, JKV is a Life-Plan Continuing Care Community, meaning that all residents receive a Life-Care contract which secures their care, if, when and for whatever health care circumstances may arise, in addition to which they enjoy the use of an apartment or villa their entire time as an Independent Living resident.

Residents have the peace of mind knowing that their future health care needs will be met. That continuum of care includes assisted living and skilled nursing should those levels of care ever be needed—all of which takes place directly on JKV’s 70-acre campus. For more information and to schedule a tour of John Knox Village, call 954-871-2655.

**Scan this QR Code with your smartphone’s camera to learn more.**



# Thanks For Asking

## What’s A FLiCRA?

**Dave Bayer**  
Gazette Contributor

FLiCRA is an acronym for Florida Life Care Residents Association, which is an important and somewhat unique organization of older residents that places the State of Florida a cut above the others if/when it becomes time to consider moving to a Continuing-Care/Life-Plan Community.

Florida Life Care Residents Association (FLiCRA) is a statewide non-profit association of some 13,500 dues-paying members, most of whom reside in 54 communities like John Knox Village. Under the leadership of volunteer residents and a dedicated staff in Tallahassee, FLiCRA is a recognized voice before the legislature and state regulatory agencies.

### FLiCRA’s Purpose

The mission of FLiCRA is to promote and protect the rights of residents who live in CCRCs through its relationship with legislators and state agencies. The Association regularly participates in meetings of the Governor’s Continuing Care Advisory Council and other governmental bodies. FLiCRA staff members stay in constant contact with key state legislators who oversee health care and other elder affairs issues.

Of course, it’s always easier to declare a mission than it is to execute it. In FLiCRA’s case, it can get complicated. Florida has a part-time legislature that’s annually in session for only 60 days. There are 160 state legislators (120 in the House and 40 in the Senate), all serving with eight-year term limits. And, by the way, there are 2,000-plus registered lobbyists (who are NOT term limited) representing some 4,000 separate entities in Tallahassee. In a typical year, approximately 2,500 bills will be filed and about 15 percent will be passed. More than 100 of those filed will have the potential to impact the quality of life of the residents of retirement communities like ours, and FLiCRA will monitor all of them.

Legislators start Committee activity in September of the year before the Regular Legislative Session to allow legislators time to work their bills through the Committee process before the Session begins. A primary mission of the Legislators is to create and amend the laws of Florida, subject, of course, to the Governor’s power to veto legislation. This requires

Legislators to propose bills drafted by a professional, nonpartisan staff. Legislation must then undergo Committee review, three readings on the floor of each house and approval of identical bills in both the House and the Senate. FLiCRA’s small staff in Tallahassee has their hands full once the Legislature is in session, so significant effort goes into preparing positions on those subjects most important to residents as soon as possible. That’s exactly what FLiCRA does every year.

### FLiCRA’s Statewide Initiatives

Residents of Florida’s CCRCs are fortunate to have a resident-led association like FLiCRA that is dedicated to help ensure the quality of life in retirement communities. Only 10 states have organizations like FLiCRA, and several of those have fewer than 1,000 members in the entire state. None of them have achieved the high level of grassroots support that our Florida residents provide or the level of legislative success that FLiCRA enjoys. Although FLiCRA doesn’t always get everything they want, exactly when they want it, they have a very good track record over the past 30-plus years. This record includes a Sales Tax Exemption on most resident meals served on campus, twice defeating an attempt to tax nursing home beds, securing a “Homestead Exemption equivalent” for residents on leased not-for-profit and for-profit CCRCs, and many other cost savings and reductions. In addition to reducing the cost of living by up to \$8,000 annually for most CCRC residents, Florida law includes a “Residents’ Bill of Rights” and supports greater resident participation in community governance.

### Grassroots Support

As mentioned, enhancements in the quality of life for residents in Florida’s retirement communities have been achieved mainly through a high level of grassroots support. How does this work? FLiCRA knows that taking a position on a specific bill in Tallahassee is a serious matter and follows a strict set of criteria. Occasionally, FLiCRA takes a pro or con position. In many cases, however, a neutral position is warranted. The Association has been well served by “picking their fights” and not taking positions for

media attention. When and if, FLiCRA does take a position on a specific bill, however, FLiCRA’s Board of Directors issues a “Call to Action” to its members. These calls explain the issues and provide guidelines on how to make their feelings known in Tallahassee.

A few Continuing-Care/Life-Plan Communities around Florida also have Legislative Committees as part of their Resident Councils. This is the case at JKV. When a Call to Action is issued, FLiCRA and our Legislative Committee work together to enable our fellow residents to communicate in various ways to ensure that the folks in Tallahassee hear us.

It should come as no surprise that, with a large portion of some 30,000 residents in Continuing-Care/Life-Plan Communities in Florida speaking with one voice, FLiCRA’s success rate is very high. The good news is that these calls only happen every two or three years.

This is our government, after all, and our Legislators in Tallahassee need to hear from us, know that we care, that we are watching, and although we may not make campaign contributions, WE DO VOTE. Thanks to FLiCRA, the quality of life of our residents is well protected.



Dave and his wife Jackie Bayer live in Cassels Tower at John Knox Village.

*JKV Residents Dave Bayer and his wife Jackie have both been involved in a variety of volunteer activities in the local community and at the Village. Dave is a member of the Board of Directors of the Florida Life Care Residents Association.*



# DART Located And Impacted Dimorphos At 14,000 mph

From “DART” On Page 1

buildings and cars, and rupturing people’s ear drums. The explosion sent nearly 1,500 people to hospitals for injuries including glass cuts, flash blindness and even ultraviolet burns. It also damaged more than 7,200 buildings.

The culprit was a meteor roughly 70-feet wide. Perhaps the most disconcerting element about the dramatic incident was that a piece of interplanetary rubble stealthily entered the Earth’s atmosphere without detection of its dangers from astronomers and asteroid watchers. It was a rude wake-up call that was taken very seriously by NASA, consequently tasked to create an effective counter-offensive. Many possible methods were researched, such as using a laser, ion engine jet or a robotic lander to mine and remove material to change the course. Solar sails were even considered to have an effect, but the most promising method gave birth to DART (Double Asteroid Redirection Test): An experiment to see if we could deflect a large celestial body from aiming itself into Earth’s atmosphere.

### Double Asteroid Redirection Test (DART)

The binary asteroid system of Didymos and its moonlet Dimorphos was deemed perfect for the first NASA redirection experiment. It takes Dimorphos 11 hours and 55 minutes to orbit around Didymos.

Didymos, the larger asteroid of the binary pair (also called Didymos A) is about a half mile in diameter. The moonlet, Dimorphos (Didymos B), is about 525 feet in diameter. Their manageable sizes and orbits made the pair the perfect candidates for DART to see if a collision with a spacecraft could change their orbits, slow them down, or simply adjust the orbit by one percent. Such a slight nudge might be enough to alter the asteroid’s path to fly past the point of a possible collision, essentially dodging a cosmic bullet.

The match-up between DART and the Didymos system did not, initially, seem like an even one. Neither entity poses a threat to Earth. NASA simply wanted target practice with the binary asteroids because they are close to Earth and thus easier to see the results of the impact.

Although the binary asteroids are a small system in universal terms, size is not an issue in space physics, it is less important than speed. The faster one object is moving when it collides with another, the more of a dynamic punch it packs—and DART was moving fast, blazing toward Dimorphos at 14,000 mph. That, in theory at least, should have imparted enough kinetic force to slow the orbit by the desired one percent. We must wait until the data from the collision is analyzed to see if the moonlet moved its asteroid off course by a smidge.

### The Collision Is Caught On Camera

From the time the ship launched last year on Nov. 13, to the time it deliberately smashed into the moonlet Dimorphos at 7:14 p.m. ET on Sept. 26, the \$325 million cost of the spacecraft might turn out to be one of the best investments NASA has ever made in possibly preserving life on Earth. DART was a trial run to prove that one day, should the need arise, we could protect Earth from the kind of collision that wiped out the dinosaurs 65 million years ago.

The deliberate cosmic collision NASA staged was proof that humanity has the knowledge and ability to target a piece of interplanetary rubble, intercept it in flight and potentially redirect its trajectory enough to keep Earth safe from harm.

“As far as we can tell, our first planetary defense test was a success,” said Elena Adams, Program Manager and DART Mission Systems Engineer, following the impact. “I think Earthlings should sleep better. Definitely I will.”



Last photo of Dimorphos taken by the LICIACube just before impact. Image Source: NASA.

DART likely vaporized on impact, but some of the mission’s hardware remains. On board the ship was a small appliance-size spacecraft built by the Italian Space Agency (ISA), called the Light Italian CubeSat for Imaging Asteroids (LICIACube). The small unit separated from DART on Sept. 11 and followed the asteroid and moonlet in order to get close-up photos of the impact on Dimorphos, plus images of the crater and the plume of ejecta. The pictures the LICIACube took are stunning and show closeups of the rubbly surface of the mini moon. The photos will show additional information about the kind of scar DART left in Dimorphos, which could tell NASA about the make-up of the moonlet, and how large an impactor spacecraft has to be in order to have a significant effect on a larger asteroid.

As the Gazette was going to press, the agency announced the mission was a success. It marked the first-time humanity has changed the direction of a celestial object.

The space agency hoped to alter the path of Dimorphos, which orbits around its parent asteroid, Didymos in 11 hours and 55 minutes. NASA announced that it had changed the orbit by roughly 32 minutes.

“This mission shows that NASA is trying to be ready for whatever the universe throws at us,” said NASA Administrator Bill Nelson. “This is a watershed moment for planetary defense and all of humanity, demonstrating commitment from NASA’s exceptional team and partners from around the world.”

### Asteroids In The Movies

The film industry has long been intrigued with the mysteries of space. “*Le Voyage dans la Lune*,” created by Georges Méliès in 1902, is often considered to be the first science fiction film. It drew upon Jules Verne and H. G. Wells in its depiction of a spacecraft being launched to the moon in a large cannon.

The science behind the movies is not always accurate, but for sheer fantasy entertainment, space adventures are a hit. There are many sub-genres of movie history’s space adventures, but if you’re looking for some exciting asteroid disaster movies, may I suggest some recent favorites.

### Armageddon

For sheer entertainment value, view the movie “*Armageddon*” (1998), with a cast of impossibly handsome, macho men, edge-of-your-seat adventure, some humor and a sweet love story. The movie’s premise centers around NASA discovering an aster-

oid on a direct course to Earth, with very little time until impact. NASA’s chief decides to drill the asteroid and use atomic bombs to blow it up. He gathers the best roughnecks from an oil rig to train and shoot into space to destroy the asteroid. Ben Affleck, Bruce Willis and Billy Bob Thornton star.

### Don’t Look Up

“*Don’t Look Up*” (2021) is an apocalyptic political satire and black comedy rather than an adventure movie. It has a stellar cast of good and attractive actors. Astronomy doctoral candidate Kate Dibiasky discovers an extinction-level comet headed toward Earth, she and her supervisor Dr. Randall Mindy team with up with Dr. Teddy Oglethorpe of NASA to convince President Janie Orlean (a hilarious Meryl Streep) to find a way to save the world. However, saving the world isn’t a “politically smart move,” according to the president.

As the world twists and turns, Kate, Randall and Teddy discover that saving a world that doesn’t want to be saved is very hard. Directed by Adam McKay, “*Don’t Look Up*” is a comedy-drama satire. The film stars an ensemble cast including Leonard DiCaprio, Jennifer Lawrence and Cate Blanchette. It won Academy Award nominations for Best Picture, Best Original Screenplay, Best Original Score, and Best Film Editing. It can be viewed on one of the streaming channels.



In the 2021 movie, “Don’t Look Up” Meryl Streep plays a skeptical President Janie Orlean. Image Source: Album / Alamy Stock Photo.

## Amazing Images From The James Webb Space Telescope



NASA’s James Webb Space Telescope reveals emerging stellar nurseries and individual stars in the Carina Nebula that were previously obscured. Image Source: <https://www.nasa.gov/images>.

The James Webb Space Telescope (JWST) is exceeding expectations since it sent its first images back to Earth on July 12.

In the Gazette story on DART, it is important to note that the JWST, as well as the Hubble Space Telescope, captured views of the DART spacecraft smashing into the small asteroid Dimorphos in the world’s first-ever in-space test for planetary defense. These observations also marked the first time that Webb and Hubble simultaneously observed the same celestial target.

Follow the story of the JWST, its discoveries and images by accessing the website: <https://webb.nasa.gov>



The roughnecks who saved the world in the 1998 movie “Armageddon.” Image Source: AJ Pics / Alamy Stock Photo.



# The JKV Jazz Series Kicks Off To A Dancing-In-The-Aisles Latin Beat



Tito Puente Jr. and Melina Almodóvar harmonize during the Latin Jazz concert at the John Knox Village Cultural Arts Center. The concert was the first in the JKV Jazz Series.

**Jody Leshinsky**  
Gazette Contributor

The JKV Jazz Series got off to a rousing start with a “dancing-in-the-aisles” performance by Tito Puente, Jr. and his Latin band on Sept. 22 in the John Knox Village Cultural Arts Center. The audience of JKV residents, and Latin music fans from outside the Village, responded to the magnetic beat of the Mambo sound with enthusiasm.

Many of our *Gazette* readers may recall the name Tito Puente from the mid to late-1900s. Tito Jr. is the son of the legendary “Mambo King,” who was a major influence on the popularity of Latin Music. Tito Jr. continues performing in the style of his famous father, reprising many of the hits that made his dad famous, performing his internationally celebrated

classics such as “*Ran Kan Kan*,” “*El Cayuco*,” and the forever International Latin favorite (also made famous by Santana at Woodstock), “*Oye Como Va*.” *Gazette* readers will have two more opportunities to experience the groove of the JKV Jazz Series. Plan to join us for these outstanding musical presentations.

### Ed Calle And The Mamblue Big Band

JKV’s Jazz Series will continue on Nov. 12, which will bring to campus Latin Grammy Award Winner for Best Instrumental Album and five-time Grammy nominee, Dr. Ed Calle and the Mamblue Big Band. This renowned musician, composer, orchestrator, scholar, professor and band leader is known for his extraordinary ability to sight-read, interpret and perform virtually any musical style.

### Carole J. Bufford Roars Into The CAC

The series ends Dec. 4 on a high note with “*ROAR! Carole J. Bufford and the Music of the 1920s and Beyond!*” This concert features classics from the Jazz Age songbook made famous by the likes of Sophie Tucker, Louis Armstrong, Al Jolson, Fats Waller, Bessie Smith, Helen Morgan and more. JKV Jazz Series Single Ticket Sales are \$26. To RSVP visit [www.eventbrite.com](http://www.eventbrite.com) and search for John Knox Village. If you have questions about these shows, please call the JKV Life Enrichment Department at 954-783-4039. *Gazette* readers can visit the website: [www.johnknoxvillage.com](http://www.johnknoxvillage.com) and click on the Events tab for the schedule of upcoming performances.



“ROAR! Carole J. Bufford and the Music of the 1920s and Beyond!” will be featured on Sunday, Dec. 4.

## Upcoming Pompano Beach Arts & Music Events

**Kay Renz**  
Special To The Gazette

There’s much for which to be grateful this November, including a fabulous lineup of fun things to do in Pompano Beach. The beloved Green Market Pompano Beach returns, Old Town Untapped flows with great music and art, and A Taste of Jazz delivers another extraordinary set featuring some of the area’s best musicians—and did we mention there’s wine? And if all the holiday décor in the stores is getting you in a festive mood, we’re looking ahead at two joyous holiday shows.

### Old Town Untapped

Enjoy music, art and food on the first Friday of the month at Old Town Untapped. Craft beer, food trucks, and artist vendors selling unique and artistic merchandise will all be a part of the experience. This month you’ll be kickin’ out the jams with featured band The Heavy Pets, a band from South Florida renowned for their funk, jazz and reggae-infused brand of rock and roll. Called “a living, breathing force of nature” by *Relix* magazine, they are known for their songcraft and powerhouse live performances. Inside Bailey Contemporary Arts (BaCA), you can meet this month’s featured artist in residence (BaCA AiR). Visual artist Andy Ballentine welcomes you to explore his studio and discover his amazing art,



“Master of His Game” (2021) acrylic on canvas by Andy Ballentine.

which is inspired by his homeland of Jamaica. His vibrant, figurative, and abstract works have garnered tremendous recognition, leading him to exhibit at the prestigious Art Basel Art Fair in Switzerland and the New York Art Fair. Old Town Untapped is free and open to the public on Nov. 4, from 6 to 10 p.m. The event is located in the heart of Downtown Pompano Beach on NE 1st Street and N. Flagler Avenue near Bailey Contemporary Arts Center, 41 NE 1st Street, Pompano Beach, FL 33060.

### Taste Of Jazz

Come out and sip some wine and enjoy the company of fellow jazz enthusiasts at A Taste of Jazz with a musical presentation by Martin Hand and the Gold Coast Jazz Society at BaCA on Thursday, Nov. 10. Wine tasting begins at 7 p.m. with the performance starting at 7:30 p.m. Join Hand and the Gold Coast Jazz Quartet as they dive into transporting performances along with a look into the history and meaning behind the music.

### 20th Annual Green Market Pompano Beach Opens Nov. 12

Pompano Beach’s favorite open-air source for all things fresh and healthy returns on Nov. 12. Mayor Rex Hardin will be on site for the ribbon-cutting ceremony to kick off the season. Come out and enjoy a plethora of vendors offering fruits and veggies, baked goods, local honey, as well as handmade crafts and jewelry. Yoga on the Great Lawn, led by Samantha Marcum, will take place from 10 to 11 a.m., and unique shopping can be enjoyed throughout the event while you are entertained by the music of DJ Trish. Green Market Pompano Beach is presented by the Pompano Beach Historical Society in partnership with the City of Pompano Beach and takes place from Nov. through April on the second and fourth Saturday of each month from 9 a.m. to 1 p.m. Each market’s theme is on the website: [www.pompanobeacharts.org](http://www.pompanobeacharts.org) Green Market Pompano Beach is located on the Pompano Beach Cultural Center Campus, 50 W. Atlantic Blvd., Pompano Beach, FL 33060

### Coming Up In December, Levi Kreis: Home For The Holidays

Tony Award winner, Outer Critics Circle Award winner, Drama League nominee, singer-songwriter

and JKV crowd-pleaser, Levi Kreis will bring his popular holiday-themed concert to Pompano Beach on Dec. 6. Beloved by Broadway fans for his Tony Award-winning performance originating the role of Jerry Lee Lewis in Broadway’s “*Million Dollar Quartet*,” Kreis has also starred in the Tony nominated revival of “*Violet*,” “*Smokey Joe’s Café*,” “*Pump Boys and Dinettes*,” and the Broadway national tour of “*Rent*.” During his holiday show, Levi’s stunning piano and vocal talents will infuse gospel, country, rockabilly and jazz into a fresh and flawless collection of Christmas classics and holiday favorites.



Broadway star Levi Kreis

### A Seraphic Fire Christmas

The internationally renowned vocal group, Seraphic Fire will be spreading the cheer as they take the stage to perform seasonal carols and heart-warming music for the 20th season of “*A Seraphic Fire Christmas*.” Within a serene candle-lit setting, the hustle and bustle of the holiday season will quiet, and the a cappella voices of this critically lauded professional vocal ensemble will fill the room with musical peace and joy. Enjoy familiar favorites such as the hauntingly simple, yet lush, “*Jesus Christ the Apple Tree*” and the enchanting “*Silent Night*” and come away cherishing a newly discovered gem. Do not miss this event on Dec. 15.



# JKV To Host Symposium With Goal To Change Narrative On Aging

Kim Morgan  
Gazette Contributor

Thanks to its generous residents and innovative thinking from its leadership team, John Knox Village is holding a symposium with the lofty goal of: “Changing the Narrative on Aging.”

## Aging Greatly 2022

Titled “Aging Greatly 2022” (AG22) Symposium, this ambitious first-ever event will be held Nov. 17, in the new JKV Cultural Arts Center from 8 a.m. to 4:30 p.m. and will include a networking reception from 4:30 to 6 p.m.

This complimentary symposium is open to *Gazette* readers and the general public, however, seats are limited and sign up on Eventbrite is mandatory at <https://www.eventbrite.com/e/aging-greatly-2022-tickets-380526544137>

Lunch will be provided by sponsor Northern Trust Bank.

Keynote Speaker Maria Shriver is an internationally known journalist, television personality, bestselling author and leading advocate on aging well. Her summit, “Radically Reframing Aging,” is a Master Class on Age, Health, Purpose and Joy. She will participate in AG22 live from California from 12:30 to 1:30 p.m. and will address: “How to Stay Healthy, Engaged and Full of Purpose at Any Age.”

“Thanks to generous donations made by JKV residents to the Foundation, we are thrilled to present

the first “Aging Greatly” symposium as part of the movement to change the narrative on aging,” Mark Dobosz, JKV Foundation Executive Director told the *Gazette*. “We are especially excited to host Maria Shriver, an outspoken and recognized advocate on aging, as our keynote speaker.”

Dobosz, along with Monica McAfee, JKV Chief Marketing and Innovation Officer, will be co-hosts for AG22 at the Cultural Arts Center.

“With our award-winning programming, JKV has become an industry leader on aging with purpose and wellness,” McAfee said. “We are honored to host this forward-thinking symposium featuring top leaders and educators in this field.”

## AG22’s Lineup Includes:

- **Ben Nemtin, creator of MTV’s “The Buried Life Series” on Bucket Lists at 60 and Lifelong Learning – in person**
- **Chris Brickler, CEO MyndVR, on Virtual Reality, Aging & Health – in person**
- **Dr. Michael Roizen, PhD, best-selling author and Co-Founder of Real Age, Inc. on The Great Age Reboot – virtual**
- **Dr. Joseph Coughlin, Director of the Massachusetts Institute of Technology’s Aging Lab on The Longevity Economy – in person**
- **Maria Shriver, Keynote Speaker – virtual**



Maria Shriver will be the AG22 Keynote Speaker.

- **Dr. Jean Accius, SVP Global Thought Leadership AARP on The Future of Aging – in person**
- **Award-winning Professor Gail Kohn on Living a Purposeful Life – Age Friendly Cities – in person**

# JKV Hurricane Preparedness Earns Praise

## Residents Thankful For Careful Planning Ahead Of Impending Storms

Rob Seitz  
Gazette Contributor

In the blinded-by-the-obvious department...South Florida in general, and John Knox Village in particular, dodged a meteorological bullet when Category 4 Hurricane Ian drifted west, sparing the most populous region in the state from its massive destruction.

There are many reasons prospects convert to JKV residents: Award-winning lifestyle programming; 5-star amenities; industry-recognized health care and security. Another peace of mind for residents comes from the emergency preparedness that takes place on campus when it appears a natural disaster is looming.

## Securing JKV Before The Storm

While others in the 62-year-old-plus set outside JKV’s 70 acres were standing in lines at hardware stores to purchase plywood, roof tarps, sandbags and the like, the JKV Plant Operations Team was busy securing the campus, lowering water levels in its Lake Maggie and expanding its convenient off-campus transportation schedule to grocery stores.

Importantly, the JKV Emergency Operations Team met several times a day to discuss Ian’s path and other specifics to determine the next steps.

Additionally, since communication is so essential leading up to a hurricane’s arrival, Plant Operations Director Thom Price held emergency preparedness forums throughout the campus to explain to residents what, why, when and how his team readies the Village for a storm.

The effort by JKV staff on behalf of its residents did not go unnoticed.

“I am so thankful to be here because I lived on my own in Miami for 40 years before coming to



Plant Operations Director Thom Price held in-person emergency preparation forums throughout the campus to assure every resident had the latest information on the progress of Hurricane Ian.

JKV [and] hurricane season was always seriously nerve-racking,” East Lake resident Barbara Moyer told the *Gazette*. “Here I can see all the staff’s planning, preparation and preparedness for storms, and their concerns for the safety of all our residents. It is wonderful to have such a safety net and community around me during a hurricane threat.”

## Planning For Emergencies Year-Round

During his resident forums, Price also explained that JKV does not just prepare for natural disasters when they are imminent, but has a year-long strategically planned set of campus maintenance and infra-

structure improvements.

Said Tom Regan, a South Garden neighborhood villa resident: “The meeting for Hurricane Ian preparedness was smooth and informative. It certainly raised my level of confidence that we will be well-cared for if we are in a crisis hurricane situation. Thom [Price] made specific mention of how we thin out trees to let the wind blow through them, so they do not collapse. In fact, the trimmers were just here.”

As JKV’s Risk Manager Kirstin Whiting told residents in a series of meetings before the start of hurricane season: “We hope for the best but prepare for the worst.”



## Crossword Puzzle Of The Month

### ACROSS

1. Burglar
5. Madam
9. Life (pref.)
12. Ecuador (abbr.)
13. King Atahualpa
14. Arrival (abbr.)
15. Unfeeling
16. Diaper
17. Royal Air Force (abbr.)
18. Political party
20. Hairy
22. Article
25. Pub fare
27. Batter
28. King
29. Embellish
31. Eelworm
34. Finesse

35. Heavenly being
37. Brown
38. Reward
40. Sport
41. A (Ger.)
42. Capture
44. Carmine
45. Recommended daily allowance (abbr.)
46. Santa's reindeer
49. Bobbsey twins
51. Husband of Fatima
52. Alaska Hawaii Std. Time (abbr.)
54. River into Tatar Strait
58. Civil (abbr.)
59. Fat
60. Sugar source
61. Summer (Fr.)

62. N.Z. evergreen
63. Eucalyptus secretion



### DOWN

1. Longing
2. Five-franc piece
3. Exudate plant
4. Taro
5. Soso
6. Black colonial cuckoo
7. Alternating current/ direct current (abbr.)
8. Urban office holder
9. Weather indicator
10. Cleopatra's attendant
11. Yellow ide
19. Female camel
21. Bub
22. Trolley

23. In this place
24. Ample
26. "Pomp and Circumstances" composer
30. Madness
32. Girl
33. Fraction of a rupee
36. Queen of Sparta
39. Burmese knife
43. Monster
46. Carplike fish
47. Dismounted
48. Mother of Zeus
50. Salt
53. Compass direction
55. Sheep's cry
56. "Fairie Queene" lady
57. Agent

Answers On Page 10.





AG22

AGING GREATLY  
SYMPOSIUM  
2022

Thursday, Nov. 17, 2022, 8 a.m. to 4:30 p.m.  
in our new Cultural Arts Center

**Aging Greatly** is a movement to change the narrative on aging.

**AG22** – is a premier event bringing together leaders in policy, academia and hands-on direct service expertise in one place to collaborate and explore opportunities.



with Virtual Keynote  
Speaker **Maria Shriver**  
along with 8 Industry Experts

<b>Event Schedule:</b>	
7:00 a.m. to 8:00 a.m.	<b>Registration</b>
8:00 a.m. to 8:15 a.m.	<b>Welcome and Introductions</b>
8:15 a.m. to 9:00 a.m.	<b>Ben Nemtin, Founder of the Buried Life Movement</b>
9:00 a.m. to 9:45 a.m.	<b>Chris Brickler, CEO MyndVR</b>
9:45 a.m. to 10:00 a.m.	<b>Break</b>
10:00 a.m. to 10:45 a.m.	<b>Dr. Michael Roizen, Co-Founder Real Age, Inc. and Chief Wellness Officer of the Cleveland Clinic (Virtual)</b>
10:45 a.m. to 11:30 a.m.	<b>Dr. Joseph Coughlin, Director MIT Aging Lab</b>
11:30 a.m. to 12:00 p.m.	<b>Dr. Alice Bonner, Director of Strategic Partnerships CAPABLE at Johns Hopkins University (Virtual)</b>
12:00 p.m. to 12:30 p.m.	<b>Lunch</b>
12:30 p.m. to 1:30 p.m.	<b>Lunch Keynote – Maria Shriver (Virtual)</b>
1:30 p.m. to 1:45 p.m.	<b>Break</b>
1:45 p.m. to 2:30 p.m.	<b>Dr. Jean Accius, SVP Global Thought Leadership AARP</b>
2:30 p.m. to 3:15 p.m.	<b>Gail Kohn, Age Friendly DC Coordinator at the Office of the Deputy Mayor for Health and Human Services</b>
3:15 p.m. to 4:30 p.m.	<b>Isabel Hinestrosa, Manager Convergence Center for Policy Resolution</b>

Lunch will be provided by



NORTHERN  
TRUST

*"Age is just a number, as the saying goes, but it's also a reminder that we have no time to waste."*  
- Maria Shriver

**Location:**  
Cultural Arts Center at John Knox Village of Florida  
820 Lakeside Circle  
Pompano Beach, FL 33060

Space is limited for this **complimentary** event. Secure your spot today!  
**Register online at: [ag22.org](https://ag22.org)**



JOHN KNOX VILLAGE

An Award-Winning Life-Plan Retirement Community

# Have you *Asked* Kim?



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

**Dear Kim:** Is now really a safe time to move to a community like John Knox Village?  
— **Concerned in Coconut Creek**

**Dear Concerned:** That’s a great question. At John Knox Village, we take to heart the safety and security

of all our residents, families and team members. With the utmost protocols in place, you’ll enjoy our active resort lifestyle with the confidence you need today and peace of mind for tomorrow.



## HEALTH & WELLNESS SERIES

**Introducing Mark Rayner**, Director of Health Services at John Knox Village. Mark oversees short-term rehabilitation care for our guests. The Woodlands is a seven-story building that features all private bedrooms, with baths for each guest. There are 12 homes, each consisting of 12 private bedrooms, surrounding a kitchen, dining room and communal area. All meals are prepared in each home by dedicated caregivers.

**Dear Mark:** I will be having a surgical procedure in the near future that will require short-term rehabilitation. What can you tell me about your rehab program in The Woodlands at John Knox Village?  
– **Wondering in Wilton Manors**

**Dear Wondering:** Thank you for your question. You will be in wonderful, caring hands during your short-term rehab stay if you choose The Woodlands. Our methodology of care enables us to achieve an 80 percent return-to-health status, while many other rehab centers may

maintain about a 50 percent positive result. The positive rehab outcomes have made The Woodlands at JKV the preferred partner for several local hospitals, specifically Holy Cross, Imperial Point and North Broward. They refer their rehabilitation patients to us on a daily basis.

For more information feel free to contact The Woodlands Admissions Office at 954-247-5804 or visit the website: [www.woodlandsjkv.com](http://www.woodlandsjkv.com)

**Do you have questions? Ask Kim!**  
**Call 954-871-2655 today or email: [askkim@jkvfl.com](mailto:askkim@jkvfl.com)**

**John Knox Village** 400 SW 3rd Street (Main Gate), Pompano Beach, FL 33060  
**[Johnknoxvillage.com](http://Johnknoxvillage.com) | [jkvgrows.com](http://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.




# With Gratitude To Our Veterans

## A Proud Mom Recalls: 'How I Came To Understand The Bravery Of Our Heroes On A Whole New Level'

Melissa Jill Clark

Gazette Contributor



Melissa Jill Clark,  
Life Wellness Coach

The month of November is the month of Thanksgiving and also the month we celebrate our veterans. We owe our veterans the deepest respect and gratitude for the freedom we enjoy each day, and that allows us to live our very best life.

I want to share something very near and dear to my heart with you: My experience in seeing my son leave to basic training for the Army Reserves, and how I came to understand the bravery of our heroes and their loved ones on a new level.

I remember, like it was yesterday – the day that he told me he had gone to the recruiter’s office and signed up. It was just like that.

Not long after, we waited until the recruiting officer came to pick him up to take him to basic training. At first, I was excited for him and his new adventure, but then, the minute he got into the car and began to drive away, my heart sank, and something pierced my heart and took my breath away. It was as if my baby was being taken to a place where he was not yet ready. Then again, when is anyone ready for the possibility of going to war and laying their life down on the line for people they do not even know?

While he was away, I checked the mailbox every day for weeks, until finally his mail started coming. I was so happy to hear from him and I cherish those letters until this very day.

I remember when he graduated from basic training. I was filled with emotion, being so very proud of my son, who was my baby boy, yet a man, as he marched in his uniform in salute to our country.

After the ceremony, I was able to go on the field to see him. I ran to him and gave him the biggest hug. We then had the opportunity to speak to his sergeant. The sergeant said hello, then threw something on the ground. My son immediately scrambled and dove on top of it so his belly would cover it. I asked what they were doing, and the sergeant proudly explained that my son was trained to take the grenade for the team, to give his life for others.


Although, we all know that these brave soldiers lay their life on the line for us, I don’t know how many of us ever feel the reality of it in a way that I experienced at that very moment.

My baby boy, who was now a man, was prepared to die so that others could live. This is what every single veteran has done for us.

To our veterans, each one of you who served in our military in any capacity, I salute you with deep gratitude for offering to sacrifice your life so that we could pursue our own.


There are no words to thank you, so I leave you with this. I pray that one day you receive a thousandfold, the happiness and the joy that you have provided for those whom you don’t even know by giving of yourselves so the rest of us can pursue our own happiness.

May you be blessed, and may you be appreciated and loved wherever you go.



Michael Clark with Melissa Jill Clark at Fort Jackson, SC after his graduation from basic training on Sept. 8, 2011.

### Veterans: You Are Invited To Join Us On Nov. 11 To Honor Your Service



John Knox Village is home to more than 100 Military Veterans. We honor our 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.

Our JKV veterans have been based in the United States, the Pacific, Southeast Asia, Europe and have traveled the far-flung reaches of the world by air, sea and over land. They have served on the front lines in combat, as support personnel and in the medical corps. From WWII, to Korea, Vietnam, the Cold War and Desert Storm, we honor our veterans.


**Veterans from outside John Knox Village are invited to join us on Friday, Nov. 11 at 11 a.m. in the JKV Cultural Arts Center. Please call 954-783-4039 to register, so that we can honor your presence in our official roll call of Military Veterans.**

# Pompano Beach Historical Society

## The Fifth In A Multi-Part Series Presenting JKV's Community Partners

Jody Leshinsky

Gazette Contributor



Jody Leshinsky, JKV  
Life Enrichment Manager

Most South Florida residents come from other parts of the U.S. and are accustomed to learning about their local history, which in some cases, may date back a few centuries. However, Pompano Beach’s modern history can be dated back to July 3, 1908, when the city was incorporated, having been carved out of southern Palm Beach and Dade – now Miami-Dade – counties. Pompano Beach celebrated its centennial seven years before Broward County celebrated its centennial and is the second oldest city in Broward County and the fifth oldest in South Florida.

### The Railroad Opens South Florida

Thanks to Henry Flagler, a retired executive for John D. Rockefeller’s Standard Oil Company, the Florida East Coast Railroad was built and connected South Florida to the rest of the U.S. This critical transportation encouraged pioneers to settle within the city limits. Some pioneers were railway employees, while other were attracted by the rich soil and mild temperature that could support crops of tomatoes, beans, peppers and other winter vegetables.

Jump forward 114 years, and today, Pompano Beach is home to more than 110,000 residents and offers many amenities including four miles of beach, a fishing pier and two Community Redevelopment Agencies, which work to improve both the beach area and the northwest community with better and affordable housing, businesses and restaurants.

It is very important to document, catalogue and celebrate the history of Pompano Beach, and this responsibility falls on the shoulders of the Pompano Beach Historical Society. Through the tireless efforts of the staff and board of the Society, there are collections of historical documents and images in their archives. The Kester Cottage Museum is open to the public and has artifacts and changing exhibits throughout the year. In addition, the Society advocates for the preservation of historical sites and buildings in the city and partners with various agencies to achieve their mission and educate the public.

### JKV's Community Partnership

Through John Knox Village’s community partnership with the Society, residents can learn from local historians about the history of Pompano Beach. There will be outings scheduled by the Life Enrichment Department to the Hood Center at the Society’s venue as their regular programming is announced.

By showing their resident ID, JKV residents receive benefits including a 10-percent discount on all merchandise purchased at the Society’s Museum Gift Shop and at their booth at the Green Market Pompano Beach, early bird entry to the Annual Yard Sale and Road Show, and discounted annual membership to the Pompano Beach Historical Society which provides access to several exclusive member-only programs.

There are several fundraising events that will be announced periodically – one of which is the Progressive Dinner, where attendees begin their evening at the Sample-McDougald House for appetizers, then are transported by bus to the Historical Society and Kester Cottage Museum for dinner in the park, and then ride to the Ali Cultural Arts Center for musical entertainment and dessert. This event sells out annually.

Some of these programs may have additional fees. For more information on these programs, contact the Life Enrichment Department at 954-783-4039.




Photo from nearly a century ago of NE 1st Street. The current site of Bailey Contemporary Arts Center (BaCA) is the larger building in the center. Image source: "Pompano Beach: A History of Pioneers And Progress," by Dan Hobby.



# The Physical Benefits Of A Sauna Are Hot

**Tereza Hubkova, MD**  
Gazette Contributor



Dr. Tereza Hubkova

There is some truth to the saying: “What does not kill you makes you stronger.” An exposure to a very small dose of otherwise toxic substance can elicit a stress response in our bodies, resulting in upregulation of various defense pathways, such as antioxidant response or stress response. In other words, we can adapt to manageable amounts of stressors and even benefit from them. This concept is also called hormesis, and like physical conditioning with exercise, it helps us live longer, feel better and be stronger.

### Heat Benefits Of The Sauna

Brief exposure to heat in a sauna is an example of physical stressor activating so-called heat shock proteins. Heat shock proteins repair misfolded proteins like beta-amyloid and alpha-synuclein that have been linked to neurodegenerative disorders such as Alzheimer’s and Parkinson’s disease. Misfolded proteins age us, while heat shock proteins exert an anti-aging effect. Indeed, regular use of sauna has been shown to decrease the risk of Alzheimer’s dementia.

### Cold Benefits Of Cryotherapy

Another example of physical stressor is exposure to cold. Cryotherapy is a one-to-four-minute short exposure to temperatures as low as -100 to -160 degrees Celsius (-148 degrees Fahrenheit). This brief “good stress” switches on the activity of cold shock proteins, creating an anti-inflammatory response, boosting level of cancer fighting T lymphocytes and energy producing mitochondria, as well as raising levels of norepinephrine, boosting our vigilance,

focus and positive mood. Other well researched “good stressors” include caloric restriction and intermittent fasting. Without plentiful calories coming from food, the body up-regulates autophagy, or “self-eating,” by which it gets rid of damaged cells and proteins. I think of autophagy as a much needed “spring clean-up.”

### Low Caloric Intake, Fasting And Exercise

Low caloric diet and intermittent fasting, as well as exercise, also activate so called sirtuins, nutrient sensing regulators of gene stability/ DNA repair and gene expression, metabolism and oxidative stress. When we fast, sirtuins switch on genes important for repair, rejuvenation, and longevity, calm inflammation and improve energy production.

Interestingly, some of these “good stress” effects can be also elicited by many dietary compounds, believed to be responsible for many of the beneficial effects of the Mediterranean diet. Some of these nutritional hormetins are polyphenols, terpenoids, carotenoids, resveratrol, luteolin, isothiocyanates and ferulic acid from foods like olives, legumes, leafy greens, berries, tomatoes, garlic, onion, cruciferous vegetables (Brussel sprouts, cauliflower, broccoli,



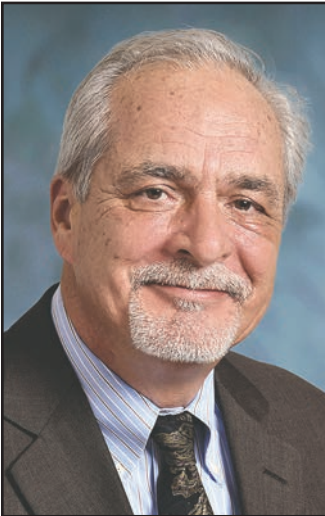
Brief exposure to a sauna’s heat is an example of stressors activating so-called heat shock proteins.

cabbage, Napa cabbage, watercress, turnips, radishes and rutabaga), peppers, celery, fennel, herbs and spices, grapes and red wine. Speak to your physician before engaging in sauna, extreme cold or fasting, to make sure they are safe for you at your age and your health condition, and be well.

*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.*

# New COVID Bivalent Booster

**Dr. Mark Cochran**  
Gazette Contributor



Dr. Mark Cochran

Hopefully, by now you have heard of, and possibly received, the new bivalent booster for COVID-19 immunity. If not, I suggest you do so. Let me explain. Despite the general feeling and some ill-timed declarations, the COVID pandemic is not over. Daily deaths in the U.S. remain constant at about 400 people per day. Yes, that is down from the more than 4,000 deaths per day we were seeing early last year, and it certainly is a testament to the

efficacy of vaccination. The 400 deaths per day that we have been experiencing still puts COVID as three times more lethal than a bad flu season. Experts fear that this will be a particularly bad flu season.

### The Bivalent Booster Explained

What makes this booster new and why was it developed? To understand that you need to appreciate the nature of the SARS-CoV-2 virus. It emerged most likely from the Huanan Seafood Market in late 2019. Within months, Chinese scientists published the complete genetic sequence of the responsible strain called Wuhan-1. It is this sequence, which was shown to be accurate, that was used to develop all initial vaccines.

Mutation is common in this group of viruses. The mutations come from mistakes made in replicating the genetic sequence and “useful” mutations get selected by our responses to them. Every person who is infected will generate new mutated viruses. Almost none survive, but like a genetic lottery, one might prevail. It is this process that has generated successive dominant variants: Alpha, delta, and now omicron and its sub-variants. These omicron subvariants are far more contagious and they evade immunity established from vaccination or prior infection. The omicron variant boasts 50 new mutations beyond the delta variant.

The new bivalent vaccine includes mRNA from the original Wunan-1 strain and the omicron sub-variants BA.4 and BA.5, which represents almost all current infections. This new product was not tested in clinical trials because everything in the vaccine is the same except for specific sequence changes to match BA.4 and BA.5. This is the same protocol used for each new annual flu shot. That said, the efficacy of this new booster is unknown. Data from infections over the next few months will tell us just how effective the new components are at preventing hospitalizations and death.

### The Benefits Are Substantial

There is little doubt that people in our age group will benefit from receiving this new booster. As older adults, we find ourselves in a very high-risk category. A recent CDC publication showed that when compared to young adults, those aged from 65 to 74 have a 60 times greater risk of dying; those aged from 75 to 84 have a 140 times higher risk and those 85 and older have a 330 times greater risk of death when infected

with COVID. The good news here is that older adults are 30 percent less likely to experience long-COVID than younger ones.

There remains much that we do not know about SARS-CoV-2 virus infection. For every question answered by the more than 200,000 peer reviewed studies in the past three years, multiple new questions emerge. And each answer fuels new debate within the scientific community, which is totally part of the scientific method. Stay tuned and be sure to get that new booster.

*Dr. Mark Cochran holds a doctoral degree in Microbiology and Immunology and has been JKV’s medical expert during the COVID-19 pandemic. He is retired from Johns Hopkins Medicine, where he built and led the Johns Hopkins HealthCare Solutions team, which included his work in creating the model of care used by residents and staff at JKV’s on-campus Center For Healthy Living.*

*His experience includes drug discovery, vaccine discovery and development, business development, clinical research, disease management, Wellness and Lifestyle management, program management, and venture capital initiatives. He has also held leadership positions in organizations such as Johns Hopkins Medicine, Bayer Pharmaceuticals (in Germany and USA), Blanchette Rockefeller Neurosciences Institute, MDS Capital Corp., and NeuroVentures Capital.*



The new bivalent vaccine provides protection against the latest COVID variants.

Sudoku

Answers On Page 10.

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

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



# The Old Guard

**Burn Loeffke**  
Gazette Contributor



Burn Loeffke

As we enter November, two holidays that have special meaning for me are celebrated. On Nov. 11, we celebrate Veterans Day – to honor all who served our nation in military service. The other holiday is Thanksgiving on Nov. 24.

It is appropriate that these two holidays are celebrated just weeks apart: They have much meaning in common. When we add our thoughts of those who have suffered the effects of Hurricane Ian, both holidays take on deeper meaning.

I have been a 36-year veteran of the U.S. Army, starting with my graduation from West Point in 1957, through my retirement from active service in 1992.

One of my proudest assignments was commanding the “Old Guard,” in combat, in Vietnam. The 3rd U.S. Infantry Regiment, also known as the Old Guard, has more combat streamers on its guidon than any other unit.

There is always a battalion of the Old Guard in every conflict. In 1948, the Old Guard assumed the honor of guarding the Tomb of the Unknown Soldier in Washington, DC’s Arlington National Cemetery: Day and night, year in and year out. What follows explains what it means to be part of this unit.

## Hurricanes

Memories of the recent Hurricane Ian, make me think of our soldiers who guard the Tomb of the Unknown Soldier in every degree of the weather, including rain, heat, cold, snowstorms and hurricanes. During Hurricane Isabel in 2003, it was reported that as the storm approached Washington, DC, the military members assigned the duty of guarding the tomb, were given permission to suspend the assignment.

## “No Way, Sir!”

Soaked to the skin, marching in the pelting rain of a tropical storm, the members of the Old Guard said that guarding the tomb was not just an assignment, it was the highest honor that can be afforded to a serviceperson.

The tomb has been patrolled continuously, 24/7, since 1930. In Vietnam, the unit served as a beacon for other units nearby. Our Old Guard soldiers fought bravely and distinguished themselves. We can be very proud of our young men and women in the service no matter where they serve.

## A Call To Action

Consider sending a letter to the Old Guard battalion stationed in Washington, D.C. You can write an email to [usarmy.jbmhh.mdw.mbx.tog-pao@army.mil](mailto:usarmy.jbmhh.mdw.mbx.tog-pao@army.mil) Let them know how much you appreciate what they



The Old Guard has watched over the Tomb of the Unknown Soldier continuously and without fail since 1948. Image source: Wikipedia Commons.

are doing and wish them good fortune.

The Old Guard is an inspiration to all. Our children are always excited to see them at the Tomb of the Unknown Soldier. As we honor our veterans on Nov. 11, let us give thanks to the Old Guard, and also to all the women and men who served in every branch of the U.S. Military.

*Bernard “Burn” Loeffke is a retired Major General of the United States Army. 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 awards 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 old 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.*

# ‘No One Has Ever Become Poor From Giving’ – Anne Frank

**Rachael Gallagher**  
JKV Spiritual Life Director



Rev. Rachael Gallagher

I recently gave a talk on generosity, so I’ve been thinking a lot about the idea of being generous.

Here’s the definition of generosity: It’s showing a readiness to give more of something, as in money or time, than is strictly necessary or expected. We recognize generosity. We appreciate generosity. When you invite someone else out for lunch and then at the end of the meal, they grab the check and pay for it, and you invited them, we appreciate that, we honor it. That’s financial generosity. But, generosity is not just about money. We can be generous relationally with our time, or with our heart where we can be vulnerable, the person who does extra, and is willing to serve. It’s not just about money. We like generosity. It’s honored, and on the flip side, selfishness can be irritating.

## Selfishness In Adulthood

Have you ever been around a child who was in their “me, me, me, mine” phase? You can’t wait for them to grow out of that, right? And, if we recognize selfishness in adults, we really wonder why that adult is the way they are.

In talking about generosity recently, my hope was that everyone who heard my talk would be stretched and reminded of what it looks like and how we can grow in it. And, even in just the short time since my talk, I really have experienced the blessing of being generous.

And there are two ideas that I think can help all of us lean into generosity. I want you to start with this question: Am I living a generous life? Pause and

think about it. Are you? Some of us might be amazing at it. Some of us might struggle with this. I’m working at it, and it often feels like I’ve got a long way to go.

The truth is that it can be pretty easy to just live selfishly. However, I want to live exceptionally, so I’m taking my own advice and trying to practice two ideas that can help us grow in our generosity. The first idea is that in order to grow in our generosity, we should go first. Don’t wait for someone else to start the process. Let’s be initiators of giving, sharing and living a generous lifestyle.

## I’ll Get The Check

It can be simple. It’s just being that person who, when you all go out for coffee, it’s being the one who right away says, “I’ll get the check.” It’s being that person instead of hoping someone else gets the check. Or it’s the person who overhears a conversation about someone who is going to be moving a couch this afternoon, they’re not really part of the conversation, but they jump into the conversation and say, “Hey, I’ll help!” That’s generosity.

The generous person tends to get quickly involved, rather than slowly considering. They get out of their

heads and are helpful to people.

So, to grow in our generosity, go first. Here’s the second idea: to grow in our generosity, expect a broad personal ripple effect. This is the good news of generosity. When we’re generous, it comes back to us as well.

Have you ever considered how a relatively small thing can open a big door? I think we kind of get this. Little things can really make a big difference.

## Generosity Opens The Door

Have you ever been with someone who had a bag of M&Ms, and they offer you some and you say, “Oh, I’ll have a few,” and they start pouring the candy in your hand and they just keep pouring more and more M&Ms and it overflows? When we’re generous, it opens that door and it overflows. And then we stay generous with the people around us.

As you go through the day assessing various things like, “How’s my hair and how’s my outfit? Do these shoes match this shirt?” How about if we add to the list, “How’s my heart?” “How’s my generosity?” “How’s my outward giving?” It will make a huge difference, and once we experience that difference, we won’t want to stop being generous.

## Answers to Crossword Puzzle on Page 5 and Sudoku on Page 9.

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

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



# New Exhibitions Opening In November

## At NSU Art Museum Fort Lauderdale

For Immediate Release  
Special to The Gazette

NSU ART MUSEUM  
FORT LAUDERDALE

### New Exhibitions

**Scott Covert: “I Had a Wonderful Life”  
Opens Nov. 20 through April 23, 2023**

“I Had a Wonderful Life” is first solo museum exhibition dedicated to artist Scott Covert (b. 1954, Edison, NJ). This presentation of Covert’s 40-year-long practice will center on his Monument Paintings, which the artist began creating in 1985. Covert, a legendary figure within the ‘80s East Village art scene, forms his abstract compositions through the Victorian tradition of grave rubbing, in which an impression is lifted from the honorary reliefs on tombstones. The cemeteries of the world serve as his itinerant studio.

Covert has dedicated his life to visiting the resting places of what he calls “people of character.” While some of these grave rubbings are singular, Covert’s art is distinguished by his work in which a collage of names come together to form a legendary dinner party of the dead.

With a different wash of color dedicated to each luminary, the artist’s cadre builds into a seance of dazzling proportions, through an associative path of logic that is singular to the artist.

Across a single canvas, the viewer may trace Covert’s journeys to the graves of Nikita Khrushchev, Serge Gainsbourg, Gram Parsons, Eva Peron, Louis B. Mayer and Ludwig Mies van der Rohe. Each name represents a moment in time, in which the artist has journeyed from Russia to Argentina, Montparnasse to Hollywood Forever Cemetery, Kansas City to Biloxi, through interminable crossings and stretches of time: Sometimes weeks; sometimes years.

This exhibition, curated by the Museum’s Bryant-Taylor curator, Ariella Wolens, will mark a burgeoning curiosity that has recently formed around Covert’s practice. His work has been shown in distinguished institutions and galleries such as Massimo de Carlo, FIERMAN, Karma Gallery, Off Paradise, Situations, and White Columns, and featured in magazines including *Artforum*, *The New Yorker* and *The Paris Review*. This exhibition will coincide with the publication of the artist’s first monograph by American Art Catalogues.

Plan a visit to NSU Art Museum and enjoy the presentations of numerous exhibitions now on view. Museum hours: Sunday: Noon to 5 p.m., Tuesday through Saturday: 11 a.m. to 5 p.m. Closed Mondays.

**“Malcolm Morley: Shipwreck”  
Opens Nov. 20 through April 16, 2023**

Malcolm Morley (1931-2018) achieved widespread acclaim in the 1960s for his photo-based paintings. This exhibition focuses on the recurring ship motif in Morley’s work from his earliest surrealist paintings of ocean liners in the 1960s to his imaginative paintings of complex compositions of battles and other catastrophes based on still lifes he arranged in his studio of toy model boats and planes in later years.

This exhibition, curated by Bonnie Clearwater, Director and Chief Curator, combines Morley’s signature subjects and highlights the mastery of color and composition.

He was only 13 when his treasured battleship HMS Nelson was destroyed in a German bombing raid that demolished part of his family home during World War II. This model, its perfection forever forestalled, was the underlying inspiration for his maritime scenes. Morley and his wife Lida resided in Bellport, New York, on the shore of Bellport Bay, a favorite seaside painting spot of the early 20th-century realist artist William J. Glackens, whose exhibition “By the Sea, By the Sea” runs concurrently with “Malcolm Morley: Shipwreck.”

Born on June 7, 1931 in London, England, Morley studied at the Camberwell College of Arts and the Royal College of Art. After Morley’s first New York show in 1964, he had numerous solo exhibitions in Europe and North America and participated in many international surveys. In 1984, he was awarded the inaugural Turner Prize, an award given annually to a visual artist born in or based in Great Britain. His works can be found in numerous museum collections around the world.

This exhibition is organized in collaboration with Hall Art Foundation.

### Upcoming Events:

**Sunny Days/Starry Nights: Free First Thursday, Nov. 3 from 11 a.m. to 7 p.m.**

Enjoy FREE Museum admission and 2-for-1 All Day Happy Hour on the first Thursday of every month



Malcolm Morley, “Man Overboard,” 1994. Oil on canvas with 3 paper flags, Hall Collection. Courtesy Hall Art Foundation © The Estate of Malcolm Morley.

from 11 a.m. to 7 p.m. during Free First Thursday Sunny Days/Starry Nights. Starry Nights is presented by Broward Health.

**Bank of America Museums on Us: Saturday, Nov. 5 and Sunday, Nov. 6**

Bank of America, Merrill Lynch and U.S. Trust credit and debit cardholders receive free access to over 200 institutions. Cardholders will receive free admission on the first full weekend of each month. Cardholders need only present their card and a photo ID to gain a free general admission. The promotion doesn’t include access to special exhibits, ticketed shows, or fundraising events.

**Fort Lauderdale Neighbor Day Sunday, Nov. 27 from Noon to 5 p.m.**

Ft. Lauderdale residents receive FREE admission to NSU Art Museum and 2-for-1 Wine, All Day Happy Hour on the last Sunday of every month. Visit the Museum Cafe and Store and receive 10 percent off books published by NSU Art Museum. For free admission, residents must show a photo ID, driver’s license, or residential utility bill with proof of Ft. Lauderdale address.

NSU Art Museum is located at One East Las Olas Blvd., Ft. Lauderdale, FL 33301. For more information about NSU Art Museum Fort Lauderdale, visit the website at: [www.nsuartmuseum.org](http://www.nsuartmuseum.org)

# Meet JKV's New Technology Engagement Coordinator



Jason Cook, JKV’s Technology Engagement Coordinator

Jason Cook  
Gazette Contributor

My professional entry into the fascinating world of technology started around eight years ago. I was working at Smartmatic—a global leader in applied cybersecurity technologies for elections and government systems—helping set up demonstrations and trade shows.

Although they have worldwide headquarters based in London, England, I was in a stateside satellite office, which outsourced our Information Technology (IT) help to an individual who owned his own business.

On the days he was not around, I ended up being the office go-to IT guy and found myself enjoying that position more than the job for which I was hired. When

I parted ways with Smartmatic, I decided to start my own IT business.

A friend of mine heard about my business venture and asked me to join her for presentations in senior living communities, as these residents seemed to always end up having technology questions.

I quickly saw the need for technology help in these communities and made it my focus. I had gotten popular at the Century Villages in Deerfield Beach and Boca Raton, and several other communities. I was enjoying myself and feeling purposeful helping seniors.

All that changed when COVID-19 slammed the world. I was forced to give up my business, but luckily found another opportunity. I was offered a position with a Centennial, CO-based company named GroovyTek that was doing exactly what my business did—helping seniors navigate the often-confusing world of modern-day technologies.

Shortly after being hired, John Knox Village partnered with GroovyTek. I worked at GroovyTek for two years and established myself as the on-campus main trainer for JKV residents on all things technology.

After the JKV-GroovyTek agreement expired, the decision was made—and an offer was given—to bring me on full time at JKV.

### That Is When My Dream Came True

Now I have my Pinch-Me-I-Must-Be...well you get the picture...job, where I have the privilege of continuing the work I started here and growing the educational opportunities for the JKV residents.

The Village is one of the only communities I know that offers a technology service like this. Currently I offer free tech help in 20- and 30-minute sessions, giving the residents their own, convenient on-campus tech support.

Think Geek Squad or Genius Bar support, except rather than travel to a big box store or mall, I offer services either in my office or at a resident’s apartment or villa home on the beautiful 70-acre JKV campus.

I offer beginner’s and intermediate smartphone and tablet classes, which have a core curriculum, but I am always available for questions. In this class, residents can learn in a friendly environment setting where there are no stupid questions.

Most importantly, thanks to my boss and JKV’s Chief Information Officer Chuck Williams, I have been given the opportunity to grow this dream to what I envision, which is to make JKV one of the most tech-savvy communities in the nation.

With the new Westlake neighborhood coming in early 2024 (see front-page story), there will be even more resources available to help make this happen.

### For Its Residents, JKV Thinks About IT

Always an industry leader and at the forefront of innovation, John Knox Village is one of the only senior living Life-Plan Continuing-Care Retirement Communities in the nation to provide a dedicated full-time employee to assist its residents with technology issues on every platform from mobile phones and tablets to laptops.

John Knox Village Technology Engagement Coordinator Jason Cook provides residents with personal assistance, as well as classroom-style training. Overwhelmingly, the residents are tremendously grateful to have Jason on the JKV Team and see the value in the important work he does.



# We Are Born To Connect

Phyllis Strupp  
Gazette Contributor



Phyllis Strupp

As the end of the year draws nearer, holiday festivities give us something to which we look forward. Anticipated gatherings brighten the shorter, cooler days.

While COVID concerns still linger, we are learning to live with this ever-changing virus, making choices about what to do and what not to do to stay safe.

This holiday season will also be affected by another heartache: Hurricane Ian. Many in Cuba and the U.S. will need months, if not years to rebuild. As of press

## Weathering The Storm

deadline casualties and damages are still being counted from this superstorm. People lost loved ones while many others lost their homes and belongings.

How inspiring it is to hear the heroic stories from Florida about neighbor helping neighbor, stranger helping stranger, and people helping animals displaced by the storm.

A catastrophe reminds us of who we really are. We need each other. We are born to connect: Our brain says so.

In *Meditations*, the Roman emperor and general Marcus Aurelius wrote, “Life is more like wrestling than dancing, in that it should stand ready and firm to meet onsets, however unexpected.”

While this may be good advice, it is hard to follow. Standing ready and firm to meet challenges is a disruption to our daily lives.

We all have busyness just going about the business of life. If we spent the whole day following the advice of others, we’d get nothing done.

A superstorm is coming. Should I hunker down or evacuate? A wildfire is coming. Do I stay or go? A pandemic is coming. Do I go out or stay home? Pre-

dicting nature is not an exact science. The authorities can get it wrong, and so can we.

Many Americans are used to hanging tough in the face of a challenge. And then it happens: A well-intentioned decision puts someone in the wrong place at the wrong time. The only hope is a helping hand.

## Teamwork Saves The Day

When it comes to anticipating trouble, our brain is way out in front. Humans have encountered all sorts of disasters in the past 300,000 years. Our brain knows that threats can appear quickly, and it is counting on teamwork to save the day.

Neurons (also called brain cells or nerve cells) are distinguished from other body cells by their mission: They are born to connect. Each neuron is a unique individual that forms relationships (connections) with other neurons throughout life. Despite their sociability, neurons like their space. They do not touch each other.

Our nosy little brain cells are adept eavesdroppers. Each neuron has up to 10,000 “ears” (dendrites) that get the lowdown on what other neurons are saying.

A neuron tallies up all the “votes” from its dendrites to figure out what’s going on and how to respond. A neuron only has one “mouth” (axon), ensuring a clear, concise voice that speaks for the whole neuron.

Alas, bad things can happen to good neurons. Our brain is designed to keep connecting and growing throughout the human lifespan. Our brain counts on the connections between neurons to maintain functions and memories when the going gets rough.

## Wisdom Seeks Connection

Just like our neurons, we Americans are unique individuals who like our space. A flag from the American revolution sported a coiled rattlesnake with the words “Don’t tread on me.” We value our freedom and independence.

Dire circumstances remind us that the value we place on “independence” in America comes at a high price. Social isolation is hard on human health, especially as we get older.

Over age 40, the human brain is optimized for wisdom, not speed. Making snap decisions alone is risky business when quick action is needed.

We need to be like our neurons, becoming increas-



Distribution of food and supplies by the Georgia National Guard after Hurricane Irma in 2017.  
Image Source: Wikimedia Commons.

ingly interconnected as we age. The independence of youth—for a person or a nation—needs to evolve into the mature, tolerant interdependence that makes us stronger together.

No matter where we live, a sudden catastrophic event is possible. If help is our only hope, does it really matter the race, religion or politics of the one who extends a helping hand?

Wisdom calls us to seek connection with others. Sometimes we can be the helper, while at other times we need help. This holiday season, let’s all find new ways to share kindness and understanding because we are born to connect.

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 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](http://www.brainwealth.org)

# Reserve Your Spacious New Tarpon Apartment Home In The Terrace At Westlake

As of the date of publication, The Vue and The Terrace will have been topped out – completing the Vue’s 11 stories and The Terrace’s 15-story structure.

This month’s featured apartment home is the Tarpon, available in The Terrace. Make your 10-percent deposit and become a Westlake Club member. Plan a visit to John Knox Village and enjoy a complimentary lunch in the Glades Grill overlooking the Aquatic Complex.

## The Tarpon 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/porcelain 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 Aquatic Complex with two pools, Glades Grill, Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with Cultural Arts Center, the Pearl and Seaglass restaurants, Barton’s Nautilus Bar and much more. Call the Sales Department at (954) 871-2655 to schedule a tour.

web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
 **JohnKnoxVillage**  
651 SW 6th Street  
Pompano Beach, FL 33060  
(954) 783-4040



The Vue and The Terrace at Westlake will have been topped out by press time.

The Tarpon In The Terrace At Westlake:  
2 Bedrooms / 2 Baths + Den: 1,845 sq. ft.

