



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

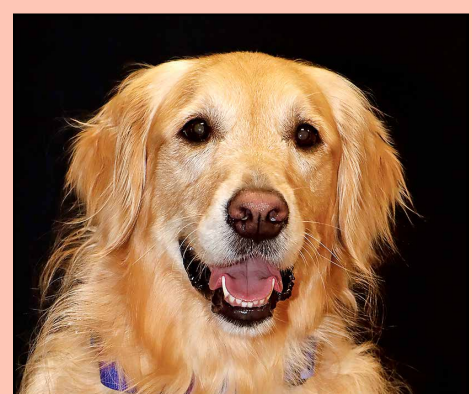
Gazette

where possibility *plays!*

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COVID, Construction, Camaraderie 2021: The Long, Strange Year At JKV



Through aggressive preventive measures—including on-campus testing along with vaccination and booster clinics—JKV has remained a virtual COVID “Cold Zone,” which has allowed for fun events including a recent Swim Challenge between residents and staff in the Village’s new Aquatic Complex lap pool; incidentally won by the residents.

A Commentary by
Rob Seitz
 Gazette Contributor

To fracture a lyrical line from the Grateful Dead’s 1970 song *Truckin’*, “What a long, strange year it’s been.”

Looking back at 2021, it was a hot medical mess with COVID-19 wreaking havoc around the planet.

By comparison, John Knox Village was, and remains, a relatively “Cold Zone” thanks to aggressive preventive protocols the Administration put in place.

Those measures included leveraging our considerable influence in the senior living industry and the greater community to be chosen as the first Life-Plan Retirement Community in Florida to receive COVID-19 vaccinations for our residents and staff.

Throughout the year, we held on-campus vaccination and testing clinics. By Aug. 1, all newly hired employees provided proof they were fully vaccinated, and by Oct. 1, all staff were vaccinated. Also in October, we held two convenient on-campus booster shot clinics.

Check out the sidebar to this story on page two, for other

measures we took to ensure the health and safety of our community throughout the year.

Westlake: JKV’s Newest Neighborhood

While those efforts helped keep us cold, what was hot here at South Florida’s premier Life-Plan Retirement Community were pre-sales for our newest 146-apartment home neighborhood—Westlake—the largest, most ambitious project in JKV’s 54-year history.

With the smashing of pre-sales goals by mid-October—that were to be met by the end of January 2022—construction began in November on the project’s two apartment towers—The Vue and The Terrace.

The Vue at Westlake will be 15 stories of light-filled rooms 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 two bedrooms measuring up to 1,845 square feet in size.

See “Strange Year” on Page 2

Regency And Victorian Era Christmas Traditions

Did You Know Christmas Was Once Banned In England?

Nona Cree Smith
 Gazette Contributor

This year, the holiday season had an auspicious start as the country returned to a more “normal” way of celebrating. Holiday shopping started in

mid-October and party planning occupied our time long before the actual celebrations. As we rush about trying to fulfill Santa’s gift list for our children, grandchildren and even great-grandchildren, we might wistfully long for simpler, old-fashioned holiday celebrations. But what exactly was an “old-fashioned Christmas” really like? Was it as dignified as many Christmas traditions and images of “old-fashioned” holidays, as shown to be in fiction, on television or at the movies?

Going back just a little further to the beginning of the 19th century, the holiday English novelist Jane Austen knew, would have looked distinctly odd to modern sensibilities. Families rarely decorated Christmas trees. Festivities centered on socializing instead of gift-giving and focused on adults, with children largely consigned to the nursery. Holiday events, including balls, parties, dinners and even wedding celebrations, started a week before Advent and extended through the Twelfth Night in January. Not everyone celebrated the same way or observed all the same customs, but many observances were widely recognized and still practiced today.

See “Traditions” On Page 3



Queen Victoria, Prink Albert and children with the first Christmas tree in England. Image source: Look and Learn UK.

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'Energy And Persistence Conquer All Things.' – Benjamin Franklin

From "Strange Year" On Page 1

That said, many beautiful Westlake, as well as other apartment and villa homes, remain available.

Aquatic Complex Now Open

Our Plant Operations team had a busy year, with among other projects opening the campus' crown jewel, our Aquatic Complex.

The \$6.2 million project boasts indoor and pool-side dining at the Glades Grill, a resort-style pool with sun-shade coverings, a four-lane, 25-foot-long lap pool, two poolside cabanas, a Jacuzzi®, fire pits, Pickleball and bocce ball courts, and an open-air gathering space with a bar named Stryker's Poolside Sports Pub.

The Aquatic Complex quickly became the main gathering space for all with camaraderie and companionship on display aplenty.

Residents and staff alike, who have visited resorts domestically and internationally, repeatedly say the JKV Aquatic Complex rivals any 5-star resort at which they have ever stayed.



JKV residents Kay and Bill Spiker (right) celebrated their 50th Wedding Anniversary with family and friends at Stryker's Poolside Sports Pub. Stryker's has become the go-to venue for parties and gatherings at JKV.



Construction has begun on the two new Westlake apartment buildings: The Terrace and The Vue.

Cassels Tower, our 17-story apartment building with its west-facing wall clock that can be seen by I-95 motorists, received a complete exterior re-do. A new roof and air-conditioning system were installed. All apartments now have impact windows and sliding glass doors, and the exterior was waterproofed and repainted.

The exterior of our 10-story Village Towers building received the same treatment. A new roof was being installed as *The Gazette* was going to press.

The Pavilion Opens Grandly Early In '22

Sometime in the first quarter of 2022, the Pavilion will open. Adjacent to the two Westlake apartment buildings, the Pavilion will feature:

- A modern state-of-the-art 350-plus seat Performing Arts Center
- Pre/post-event Gallery space
- The Pearl, an upscale dining venue
- Seaglass, a casual restaurant
- Barton's Nautilus Bar

It has, indeed, been a long, strange **BUT MOSTLY FUN** year at JKV.

To learn more about the exciting things taking place at John Knox Village call (954) 871-2655 or visit www.johnknoxvillage.com, or additionally www.JKVgrows.com.

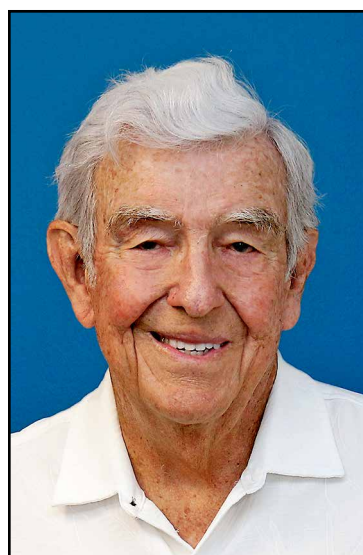
Here Are Some Of JKV's COVID-Careful Preventive Measures

- 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

Thanks For Asking

'Hey Dave, Have You Got Plans For The Holidays?'

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

It is hard to believe that Jackie and I are about to spend our fifth holiday season at John Knox Village. In looking back, I'm not sure what we were expecting regarding where and how we would be spending those seasons, but the evolution has been interesting. Jackie and I got married three years before we moved to JKV. By that time, we both had transitioned from hosting the big family dinners/gatherings to joining whichever relative had assumed

that mantle. As a couple, we usually spend Thanksgiving with my kids in North Florida and Christmas with Jackie's family in the Ft. Lauderdale area. Of course, there are more than family dinners to enjoy at this time of year, and most of what we experienced since moving to JKV has really been very special. Before COVID-19, the festivities here included an abundance of good music, a great variety of social gatherings and special events. Last year, with the holidays being near the peak of the second spike of COVID-19 cases, we all did less traveling and the group activities on campus were significantly curtailed.

Holiday Cheer Is A JKV Tradition

Although the type and number of holiday events may vary from year to year, there have been three well-established constants at JKV. The first is that the true spirit of Christmas and Hanukkah is always evident. The

second is the special lighting throughout our beautiful 70-acre campus. True confession – I have always had a very special appreciation for attractive and tasteful holiday lighting. Loading the kids in the car and taking several trips around town to find the best lights was always at the top of my holiday "to do" list. However, I can't recall ever visiting any neighborhood that can match the beautiful lighting at JKV.

Jim Witt, our Grounds Maintenance Manager shared the plan for this year's holiday lighting with me. It is six pages long and, when implemented, promises to be better and even more spectacular than ever. Space prohibits me from giving a complete description but give yourself a holiday treat and arrange an after-dark visit to the JKV campus this December.

Generous Charity-Minded Residents

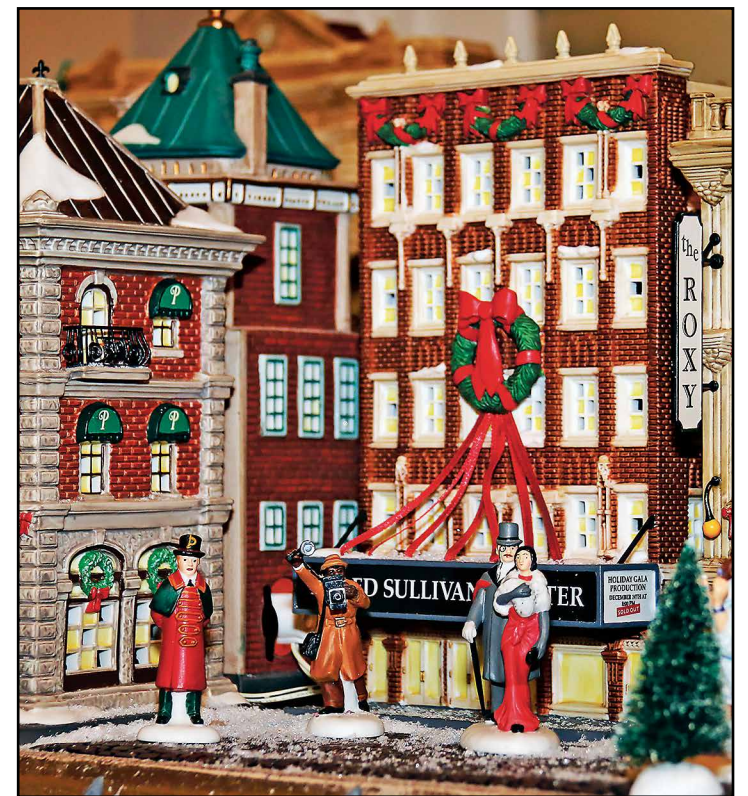
Although not as visible, the third constant is the demonstration of charitably framed minds living at JKV. In many ways this is the most important constant and very reflective of what The Village is all about. Resident giving has always been a part of JKV. The first report of a fundraising campaign I found was in 1971, when residents raised money for our first Health Center. The iconic John Knox Village clock on the I-95 side of Cassels Tower was a gift from a resident. Our first swimming pool (1978) was donated by a Board member. In 1983, resident Dr. Rex Foster built Foster Lake and populated it with his collection of swans. This tradition of resident giving continues to be one of JKV's most important building blocks. Residents donated \$6 million to spearhead the funding of The Woodlands, our award-winning skilled nursing center. Receipts from annual Bazaars and our Resident Auxiliary Services support items such as wheelchairs, recliners, buses, cars to transport residents and the resident weekly newsletter.

Reading about the history of giving at JKV really tells the story about the generous and caring culture that exists today. Examples include our Employee Holiday

Gift Fund, which was established over 40 years ago. In 1990, the total raised was \$85,181; in 2000 it was \$286,299; and in 2010 it had grown to \$346,547. In 2020, our residents donated \$700,566.

As of this writing, donations for this year's fund also seem robust. This is a very vivid demonstration of the camaraderie and appreciation residents feel toward the employees, and that the spirit of charitable giving remains alive and well at JKV.

It is too early to predict what our new normal holiday season will be like, but the history and traditions of JKV assure us that it will be a great place to live and help us to lead our best life now.



Resident Tom Keenan donated six elaborate New York City Holiday Street scenes to JKV. The incredibly detailed figurines and buildings decorate the lobbies of the apartment residences and are reminiscent of Christmas Holidays past.

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.

'God Rest Ye Merry Gentlemen Let Nothing You Dismay'

From "Traditions" On Page 1

Cromwell Banned Christmas Festivities

In 1644 in Britain, Christmas was banned by Oliver Cromwell (1599 – 1658) the self-appointed Lord Protector of England and a staunch Puritan, after he had the Catholic-leaning, frivolous King Charles I executed. Cromwell banned carol singing, and all festive get-togethers were deemed against the law. Christmas was officially illegal. The rejection of Christmas as a joyful celebration lasted until the Restoration in 1660. Nevertheless, the Puritans' prohibition of Christmas proved very unpopular, and within a few years with the restoration of Charles II as king, Christmas was reinstated, in a more subdued manner to start. By the Georgian period (1714 – 1830), it was once again a rollicking celebration of good food, wines, ales, music, dancing, theater and pantomime going.

Jane Austen Documented Social Events

"At Christmas everybody invites their friends about them." – Mr. Elton, "Emma"

One of the best sources for information on a Georgian or Regency Christmas, or any social celebration for that matter, is novelist Jane Austen. In her book, "Mansfield Park," Sir Thomas gives a ball for Fanny and William. In "Pride and Prejudice," the Bennets play host to relatives for Christmas. In "Sense and Sensibility," John Willoughby dances the night away, from eight o'clock until four in the morning. In "Emma," the Westons give parties for friends, family and neighbors. So we learn a Georgian Christmas was very much about parties, balls and family get-togethers. The Georgian Christmas season ran from Dec. 6 (St. Nicholas Day) to Jan. 6 (Twelfth Night).

On St. Nicholas Day, it was traditional for friends to exchange presents, and marked the beginning of the Christmas season.

Christmas Day was a national holiday, spent by the gentry in their country houses and estates. People went to church and returned to a celebratory Christmas dinner. Food played a very important part in a Georgian Christmas. Guests and parties meant that a tremendous amount of food had to be prepared, and dishes that could be prepared ahead of time and served cold were popular.

For Christmas dinner, there was always a turkey or goose, although venison was the meat of choice for the gentry. This was followed by Christmas pudding, which was dosed with brandy and set alight before serving. In 1664, the Puritans banned it, calling it a "lewd custom" and "unfit for God-fearing people." Christmas Puddings were also called plum puddings because one of the main ingredients was dried plums or prunes. The recipe for this pudding has barely changed in hundreds of years.

Deck The Halls

Traditional decorations included holly and evergreens. The decoration of homes was not just for the gentry, but poor families also brought greenery indoors to decorate their homes, but not until Christmas Eve. It was considered unlucky to bring greenery into the house before then. By the late 18th century, kissing boughs and balls were popular, usually made from holly, ivy, mistletoe and rosemary. Homes were also



Reputed to be the first commercially produced Christmas Card, this card was printed in 1843 by the Sumner's Home Treasury Office in London, England. Image source: Wikimedia Commons.

decorated with spices, apples, oranges, candles and ribbons. In very religious households, the mistletoe was omitted as it was of pagan origin.

A great blazing fire was the centerpiece of a family Christmas. The Yule log was chosen on Christmas Eve. It was wrapped in twigs and hauled home, to be kept burning in the fireplace as long as possible through the Christmas season. The tradition was to keep back a piece of the Yule log to light the following year's Yule log. Nowadays in most households, the Yule log has been replaced by a chocolate cake shaped to look like a log decorated with marzipan mushrooms and fresh holly berries.

The Day After Christmas – Boxing Day

St. Stephen's Day (Dec. 26) was the day when people gave to charity, and the gentry gave their servants the day off and presented the staff with their Christmas Boxes filled with food and cast-off clothes. This is why today St Stephen's Day is called Boxing Day.

Jan. 6, or Twelfth Night, signaled the end of the Christmas season and was celebrated by a Twelfth Night party. Games such as bob apple and snapdragon were popular at these events, as well as more dancing, drinking and eating.

A popular drink at assemblies was the Wassail bowl: An alcoholic concoction similar to punch or mulled wine, prepared from spiced and sweetened wine or brandy, and served in a large bowl garnished with apples. A forerunner of today's Christmas cake, the Twelfth Cake was the centerpiece of the party, and a slice was given to all members of the household. Traditionally, it contained both a dried bean and a dried pea. The man whose slice contained the bean was elected king for the night; the woman who found a pea elected queen.

Once Twelfth Night was over, all the decorations

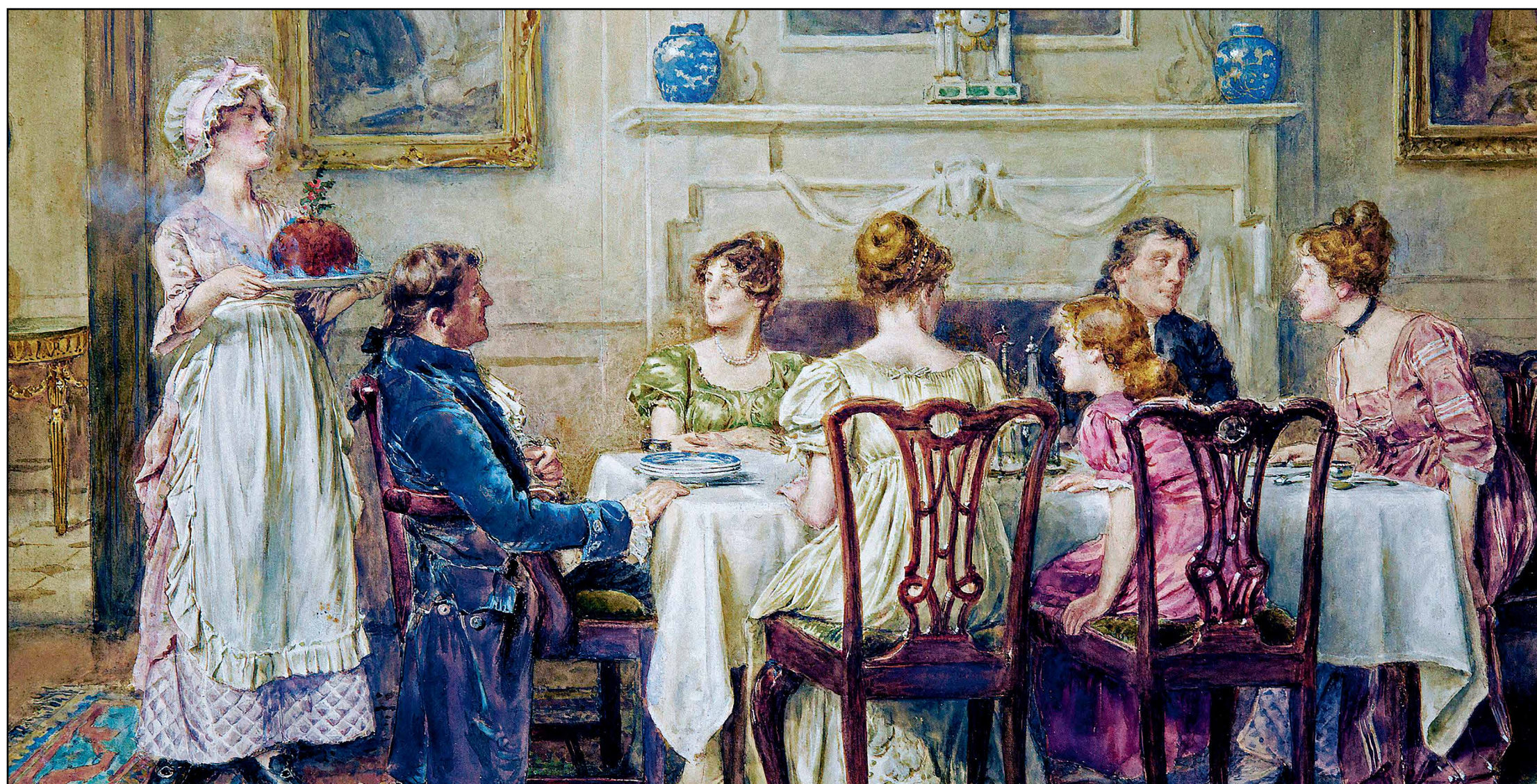
were taken down and the greenery burned, or the house risked bad luck. Even today, many people take down all their Christmas decorations on or before Jan. 6 to avoid bad luck for the rest of the year.

A Victorian Christmas

Christmas celebrations centered on adult pleasures like parties, balls and large get-togethers at Assembly Halls, however, a Victorian Christmas emphasized family pleasure and celebrations which included children much more than in Regency times. The reign of the happily married Queen Victoria (1819 – 1901) and her beloved Prince Albert (1819 – 1861) emphasized domestic harmony, peace and happiness in celebrations too.

Before Queen Victoria's reign, nobody in Britain had heard of Santa Claus or sent Christmas cards and most people did not have time off from work. The Industrial Revolution of the Victorian era changed the face of Christmas forever. Gift giving became popular as children's toys were mass produced by factories – making games, dolls, books and clockwork toys affordable to middle class families. A poor child's Christmas stocking, which first became popular around 1870, contained only an apple, an orange and a few nuts.

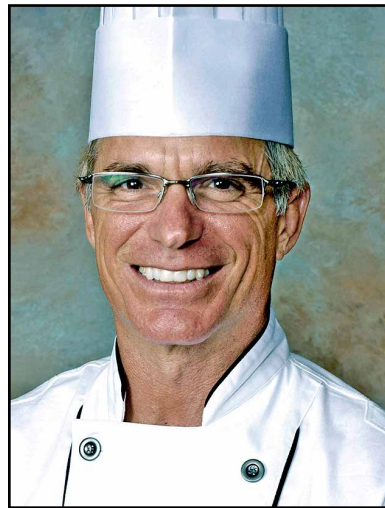
The decorated Christmas tree became a household fixture when Queen Victoria's German husband Prince Albert helped make the decorated fir tree as popular in Britain as they were in his native Germany. When a drawing of the royal family, gathered around a decorated Christmas tree at Windsor Castle appeared in "Illustrated London News," it became the benchmark for a cozy family Christmas Day celebration that lives on through today.



Regency Christmas dinner presenting the Christmas pudding in traditional English fashion. Image source: Alamy.

In Good Taste: Don't Be Chicken During The Holidays: Try This Penne Provençal Recipe

Rob Seitz
Gazette Contributor



John Knox Village
Executive Chef Mark Gullusci

Sure, the holidays are all about family and friends getting together. Perhaps a glass of bubbly. Traditional dinner fare such as leg of lamb, turkey, ham, Cornish game hen and prime rib.

However, on those less extravagant nights, John Knox Village's Executive Chef Mark Gullusci has a fast, delicious and just as elegant recipe.



What is more heart-warming than a hot pasta dish and a glass of wine for dinner? Try Chef Mark's Penne Provençal and invite friends and family for a holiday gathering.

Penne Provençal (Yields 4 servings)

- 1 lb. penne pasta
- 1 lb. boneless, skinless chicken breasts
- 1 bunch fresh basil. Cut into very thin strips. This is called chiffonade.
- 2 cups low sodium chicken stock
 - 6 cloves minced garlic
 - 1 can diced tomatoes
 - 1 cup all-purpose flour

- ½ cup Romano cheese

- ½ cup dry white wine

- 1 tbsp. whole butter (Optional)

- 1 cube chicken bouillon (Optional)

Method Of Preparation:

Precook pasta in salted boiling water for 7 minutes, drain in colander and run cold water over it to stop the cooking. Place in a bowl and sprinkle 2 tbsp. olive oil and toss to prevent sticking.

Cut the chicken into ½ inch cubes, toss them in the

flour to coat well, shake off any excess flour. In a large skillet heat ½ cup blended oil or vegetable oil until hot and add chicken. Do not overload the pan. Brown the chicken; this should take about 4 minutes. Remove the chicken and place in a container.

Using the same pan add the garlic and brown lightly, watch the heat, do not burn the garlic, add the wine, turn up the heat to high, add tomatoes and bring to boil for 2 minutes. Add the stock, bouillon cube, basil, bring this to a boil and add chicken and butter. Add pasta, you can control the amount, some people like more and some like less. Plate it up and top with some grated Romano cheese.

Book Review

Portraits of Courage

By George W. Bush

Donna DeLeo Bruno
Gazette Contributor

This remarkable, illustrated book, "Portraits of Courage," is an enlightening collection

of oil portraits painted by former President George Walker Bush to honor 66 wounded combat veterans with whom he has become personally acquainted.

The former President has declared that he intends to spend the remainder of his life devoted to helping this group in every way possible, from raising funds to petitioning for improved medical care. In addition, for recreational enjoyment and physical therapy, he arranges events, such as the annual W100K mountain bike competition on his property in Crawford, TX, as well as the Warrior Open Golf outings sponsored through the Bush Institute. What is quite surprising is that "W," as he is affectionately called, never handled a paint brush in his life, nor ever demonstrated any affinity for art. However, following the completion of his presidency, he was encouraged to try it since Winston Churchill, a statesman Bush very much admired, had found it an enjoyable and worthwhile exercise.

As a result, this book, as its subtitle declares, is "A

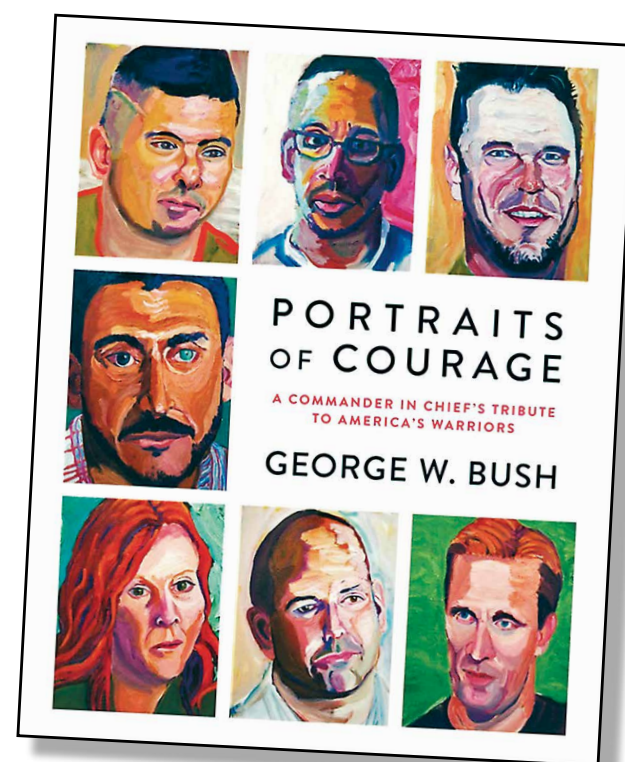
Commander-in-Chief's Tribute to America's Warriors." Accompanying each portrait, is a narrative about that soldier's childhood, military experience, subsequent injuries, coping strategies and present status. The suffering and multiple surgeries that many have had to endure are indicative of their courage, fortitude and sheer tenacity.

A Tribute To Dedication

Theirs are heart-rending experiences, but despite all, those who were able, returned to active duty willingly, intent on getting back to their buddies in fighting terrorism and injustice. I found their strength, integrity, dedication and love of country truly inspiring. After rehabilitation, many just wanted to get back on their feet again to continue their lives with their families. Also heartwarming is the unconditional love and undying support provided by their spouses and children who refuse to see their loved one as a victim, but rather as true American heroes, which indeed they are.

Theirs is not an entirely rosy picture, however, since many in addition to physical challenges and amputations, have also suffered traumatic head injuries, stress disorder, nightmares, migraines, depression and memory loss. But by and large, each declares – especially the Marines: Sempre Fidelis – "always faithful" to God, country, and also their partner whom one Marine Cpl. David Smith says is "his source of strength and inspiration. Everything about her makes me want to be a better man."

So many have gone on to lead worthwhile, productive lives, as Staff Sgt. James Stanek, Jr., who said, "My mission since I left the service has been to help my brothers and sisters in need. I am out of the war, but I am not out of the fight. I will not quit."



Another, Lt. Col. Kenneth Dwyer, now executive officer of the Special Warfare Training Group at Ft. Bragg, asserted, "I have the greatest job in the world. I get to go to work every day with guys who are willing to sacrifice their lives for me... I don't think you can find that anywhere else."

Success In Life, No Matter The Odds

These men and women have not allowed their problems to defeat them. One successfully manages a golf course in Mississippi; another works with the "Wounded Warriors" organization; one is a physician's assistant. Many continued their education—a doctorate from Baylor University, a BA in business administration, an MBA, etc.

In many cases, these warriors were from military families in which multiple generations had dedicated their lives to their country. I know this sounds like a cliché, but this book so deeply impressed upon me the thanks, gratitude and respect we owe those who sacrifice their own comfort and well-being for our protection. They have given the ultimate and I applaud former President Bush, who states on the last page, how very much he "cares about them ... and will until the day I die." His respect and affection for these courageous men and women jumps off the page as almost palpable.

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.



President George W. Bush meets U.S. Airborne and Special Forces Troops following his remarks during an Independence Day celebration at Fort Bragg, NC on July 4, 2006. Image source: Wikimedia Commons.

What To Expect When Expecting Changes In The Tax Law

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



Kaley N. Barbera

On Sept. 13, the U.S. House Ways and Means Committee released its proposed tax plan, which has sent many concerned taxpayers, financial advisors and estate planners into a tailspin to make sure that they understand the potential impacts of these changes in our federal tax law.

Most of these proposed changes will impact wealthy individuals and families,

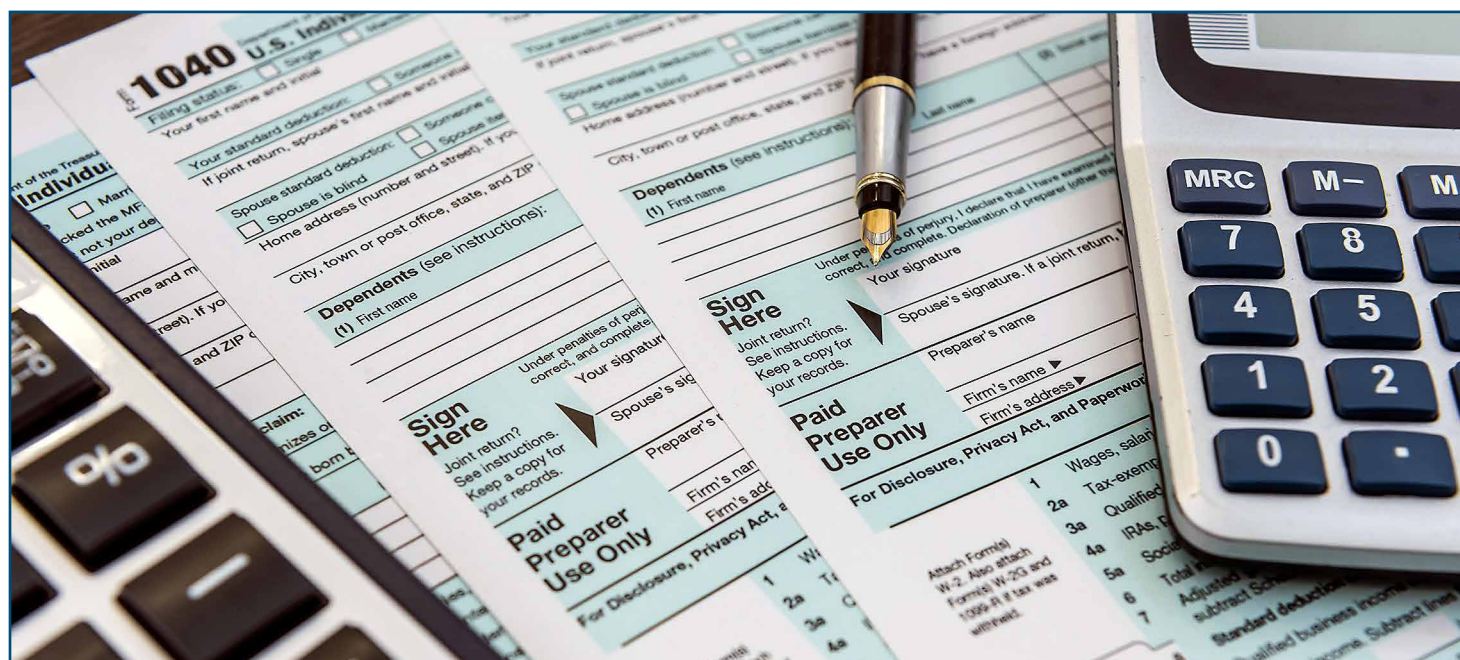
which will cause a shift in their approach to financial and estate planning. As another year of change comes to an end, it is important to understand what to expect with these proposals:

Income And Estate Tax Key Takeaways:

- Top income tax rate could increase to 39 percent (from 37 percent) for taxpayers with income over \$400,000.
- The fate of the current \$10,000 limit on deductions for state and local taxes (SALT) is unknown. This has a significant impact on taxpayers who reside in high-tax states like New York or California, to name a few.
- Long-term Capital Gain (“LTCG”) rate could increase to as high as 43.4 percent (when considering net investment income of 3.8 percent). Current maximum rate on LTCG is 23.8 percent on the sale of assets held over 12 months. The tax proposal would almost double this to 43.4 percent on gains for taxpayers with over \$1 million in annual income.

Is Step Up In Jeopardy?

• *Who could be affected?* Beneficiaries inheriting assets with unrealized gain of over \$1 million. The proposal would remove the “step up” of income tax basis for gains over \$1 million on inherited assets. Result: Additional tax when you sell assets you inherit or gains could be deemed realized when you inherit such assets, triggering immediate tax liability on any gift or inheritance. Exclusions are likely to be available for spouses, charity, a personal residence and retirement accounts.



As 2021 draws to a close, pay attention to potential changes in the federal tax law.

New Tax On The Horizon

• Under the proposals, effective Jan. 1, 2022, a three percent tax will apply on individual taxpayers to the extent that they have Adjusted Gross Income (AGI) in excess of \$5 million (\$2.5 million if married filing separately), and on trust and estate income in excess of \$100,000 per trust or estate.

Possible Estate Tax Exemption Changes

• *Who is affected?* Currently, you can transfer up to \$11.7 million during your lifetime or at death (double for spouses) without paying any estate or gift tax (or generation skipping tax [for grandkids or more remote descendants]).

• The talk in the estate planning town is that this exemption could be reduced to as low as \$3.5 million for transfers at death and \$1 million for gifts during life (most practitioners believe this is unlikely to pass).

• Alternatively, and what many planners believe would be the result if there is to be a change in law, is that the exemption would revert back to its pre-Tax Cuts and Jobs Acts change and be around \$5 million, indexed for inflation, which would bring it to around \$6 million (give or take).

Annual Gifting Exclusion

- Could go as low as \$10,000 under the proposal (the rumor is that this will not change, however).
- Tax planning trust structures for high-net-worth taxpayers could change and some may be in peril.

What Can You Do Before Year’s End?

- Get a financial and estate check-up.

• If you have an estate plan (or if you don’t have one), now is the time to meet with your financial planner and attorney to discuss potential changes and what you may be able to do to mitigate these changes.

• Some individuals are planning to accelerate income in 2021, since the prediction is that 2021 tax rates will be much lower than 2022, and this will hopefully apply to the entire tax year. Discuss these possibilities with your accountant or financial advisor to determine if this is a good strategy for you.

• Most importantly, make sure to consider all of your options and be flexible since we are still unsure, as of the date of this article, of what exactly may change or come to pass within our federal tax law.

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

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

A Time To Give Back For Wags Received



Charlie, Rowan, Rosie, Astro and Emma from Canine Assisted Therapy, Inc. (CAT) posed for their fundraising portraits. In all 13 therapy dogs are included in each set of greeting cards that will help fund the mission of CAT.

Marty Lee
Gazette Contributor

JKV residents can look back on the past 21 months in appreciation for the Administration’s vigilance to keep all as safe as possible during the pandemic. While physical distancing limited social interaction and put a virtual standstill on in-person entertainment, educational programs and gatherings, many innovations kept residents informed and engaged. Zoom was a godsend for communication and interaction. Videos posted on YouTube kept them all in the loop with important notices and entertainment options. There was a hybrid program that combined distancing and a personal connection with man’s and woman’s best friends: The many sweet dogs who visited from Ft. Lauderdale’s Canine Assisted Therapy, Inc. (CAT).

At JKV, residents fondly remember the St. Pat-

rick’s Day, Halloween and Christmas-themed “dog parades” that traveled along the roads of the Village, visiting every residential building and making extended stops at Gardens West, Seaside Cove and The Woodlands with “happy-to-see-you” therapy dogs. Greeting us all, from the windows of cars and tailgates of SUVs, the therapy dogs brought smiles to residents’ faces.

You Can Help Fund Their Mission

As a non-profit organization, CAT depends upon donations to fund its mission: “To improve the health and well-being of children and adults by achieving specific physical, cognitive, social, or emotional goals through the use of certified pet therapy teams.” Here’s a way to give back to this charity and bring smiles to family and friends through the purchase of greeting cards featuring 13 of CAT’s top dogs.

Each of the 13 greeting cards offers a portrait of the featured pup on the front, with a bio telling his or her story on the back. The cards are blank inside for you to write your personal greetings and messages to friends and family. The complete set of 13 cards with envelopes is available for a donation of \$20, plus \$1.75 for postage and shipping.

Order Your Greeting Cards Today

Make your check for \$21.75, out to Canine Assisted Therapy, Inc. and mail to 1040 NE 45th St., Oakland Park, FL 33334. If you have questions, please call (954) 990-5175. Your donation will assure that Charlie, Rowan, Rosie, Astro, Emma and all the favorite furry friends at CAT, can continue their mission of bringing smiles, wags and kisses throughout South Florida to children, adults and seniors who benefit from canine therapy.



JOHN KNOX VILLAGE

Join us for this upcoming event:

Winter Wonderland



Cocktails FOR A Cause

Thursday, December 9th | 4 – 5:30 p.m.

at the John Knox Village Welcome and Innovation Center

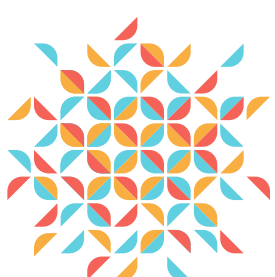
651 SW 6th Street • Pompano Beach, FL 33060

Kindly RSVP by calling (954) 871-2655

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

Rejoin us as we raise
a toast and ring in
the Holidays.

Bring an unwrapped toy to
donate for the children this
holiday season.



JOHN KNOX
VILLAGE

Where possibility plays

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Have you *Asked* Kim?



Dear Kim: How are the Holidays celebrated at John Knox Village?

— *Holiday Lover in Hallandale*

Dear Holiday Lover: First, I am proud and delighted to say the residents and staff of John Knox Village fully embrace all faiths and we enjoy celebrations around those faiths, as well as respecting those with opposing views on spirituality. Secondly, I think it would best to let our residents answer this. Here Cassels Tower apartment residents Dave and Jackie Bayer provide their holiday perspective.

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.

"On November 1, JKV increased attendance capacities in our meeting and gathering spaces. So, with the past as prologue, just about every activity that one might wish to do will be available here at JKV. One key difference is that things are so readily available and easy to access on campus. Another big difference is the tasteful and extensive holiday lighting around our beautiful campus. Over 75 of our beautiful trees are wrapped with warm white strings of lights, but we do so much more. The Village truly becomes a festive tropical winter wonderland full of holiday cheer.

"There is much to like about JKV all year long, but the holiday season is especially engaging. The 70-acre campus is nicely laid out, tastefully landscaped, and well maintained. The residents and staff are friendly and genuinely care about one another. Our JKV residents are generous in donating to worthy causes and very inclusive in welcoming and supporting the opinions and needs of others. Not surprisingly, these desirable traits all seem to get amplified during the holidays."

Dave and Jackie Bayer - Residents

"The holiday season" is also known as "the festive season" and during our first three Decembers on campus, things here in our friendly Village were festive indeed...parties galore. Some involved the entire campus, while others were more limited to individual areas or buildings. We had quite a few musical events. Some featured our resident vocal groups and bell ringers, while others came from off-campus. Many of the celebrations are of course inspired by Christmas and Hanukkah. Our New Year's Eve celebrations are always sold out.



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

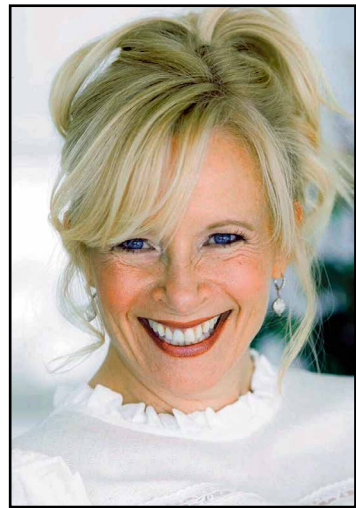


John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village 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.

Live Your Best Life Now

'Tis The Season To Give Yourself A Special Gift

Melissa Jill Clark
Gazette Contributor



Melissa Jill Clark, JKV Lifestyle and Aquatics Coordinator

can possibly do for yourself.

We all go through difficult events and experience painful emotions throughout different periods of our lives. Many events can be downright traumatic. The trauma that we experience gets held in the tissues of our bodies, and in the hardwiring of our brain. We feel the effects of that pain in our heart, and in our soul.

Life Is A Gift

Life in and of itself is a gift, and if we hold on to destructive emotions, thoughts and stories in our head, they can literally block us from living the life we desire. These emotions, when clung to, are poison and will kill our joy and rob us of the precious gift of time that we have here on this earth.

We all have struggles and we are working our way

through. All emotions are necessary and serve a purpose for a time. It's when we are caught in the emotions that suffocate us, that we become immobilized in life. This is when we can feel as though we are trudging through from day to day. It is an absolute tragedy to live this way, struggling to survive when we are meant to live, to love and to thrive.

For many of us, feelings have been with us for so long that they become familiar and comfortable. In order to release what is holding us back, be brave enough to pass through the level of comfort, into the discomfort, to acknowledge these things that hold us back, to bless them, and to lovingly let them go.

I do private sessions with my clients and give them breathing and meditation exercises to implement into their lives in order to release stress and tension as it arises. I equip them with tools they can use to overcome the emotions that can be destructive to the happiness and joy we all desire to experience in our lives.

Here's a great exercise that you can use any time you feel a negative emotion perpetually robbing you of your inner peace. I'm going to use "anxiety" as an example, but you can use this to speak to any form of negative emotion or thought that should arise at any given time.

It is important to recognize that your thoughts are not you, and you are not your thoughts. Be aware of your thoughts. Observe them and recognize them for what they are, which is simply a thought that comes through and does NOT have to stay with you. Once you separate from your thoughts, you will not be controlled by them, and you will have power over them.

Letting go of what does not serve you is one of the most powerful, profound and nurturing things you

can possibly do for yourself.

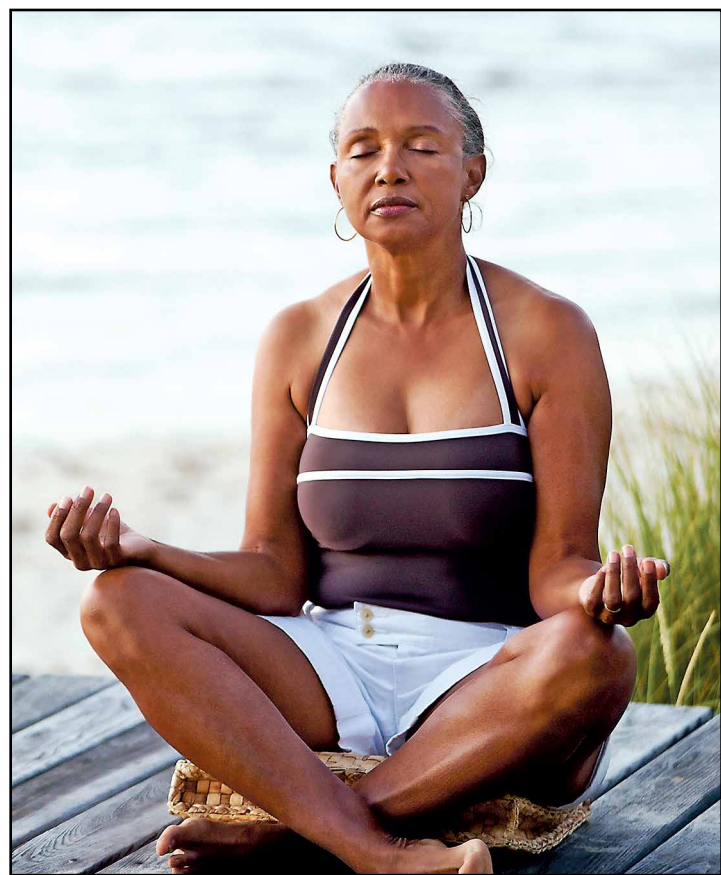
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Life in and of itself is a gift, and if we hold on to destructive emotions, thoughts and stories in our head, they can literally block us from living the life we desire. These emotions, when clung to, are poison and will kill our joy and rob us of the precious gift of time that we have here on this earth.

We all have struggles and we are working our way

Four Steps To Controlling Anxiety

If you are beginning to feel "anxiety," acknowledge it and follow these four simple steps:



Overcome the anxiety blues and find happiness in life.

1. Ah hello, I recognize you. You are "anxiety."
2. I recognize you, because I have felt you before.
3. You did not serve me then, and you are not serving me now.
4. Therefore, I choose to let you go.

Write these four steps down and use them as often as you need to let go of the emotions that do not serve you. You can use it to speak to any number of emotions that hinder you such as fear, anger, resentment, guilt, shame, inadequacy, and the list goes on. Plug your feelings into this exercise and you will be amazed at how well it works.

Letting go is truly a gift. Give yourself this precious gift during the holiday season to brighten your life and be ready to start your new year, feeling light and happy and free.

A Groovy Guide To Windows 11

Bernard Nixon
Gazette Contributor



Bernard Nixon

Microsoft officially launched its newest operating system, Windows 11 on Oct. 5. If you have been staying up-to-the-minute with the latest tech news, you may have even seen some articles about the update and perhaps asked yourself, "What does this all mean for me and my computer?"

Let GroovyTek be your guide to the key facts about Windows 11 and how they may apply to you.

What Is Windows 11?

Windows 11 is the successor to Microsoft's previous operating system, Windows 10. Periodically, Microsoft releases a new version of Windows that incorporates new features and improves the general security and performance of computers. This new version is typically free for existing Windows users, and this release is no exception: All Windows 10 users are eligible for a free update to Windows 11, provided that their hardware is compatible.

What is the difference between Windows 11 and 10?

Compared to its predecessor, Windows 11 has more robust built-in security, superior Wi-Fi connectivity, and will have fewer, and smoother, system updates.

There are also many visual improvements, including a redesigned Microsoft store, with more and better offerings, and handy customizable desktop "Widgets" (clocks, calendars, stock market indices, etc.).

How Do I Get Windows 11?

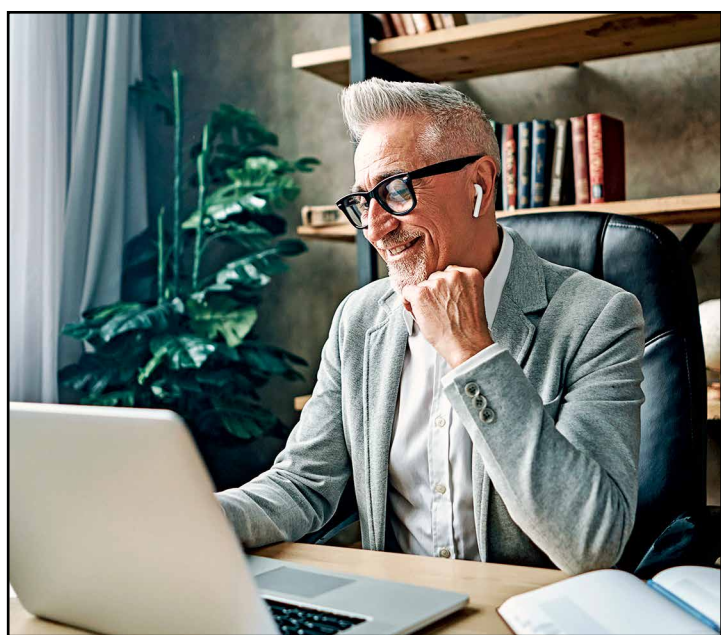
Windows 11 is a free update for current owners of Windows 10 and it can be downloaded directly from Microsoft's official website or installed from the "System Updates" tab in the "Settings" menu (available for compatible computers only).

Is my computer compatible with Windows 11?
Microsoft has its specific Windows 11 upgrade requirements listed on its website available for review. If you aren't sure what the specifications are for your computer, try downloading and running the PC Health Check app, available on the official Microsoft page.

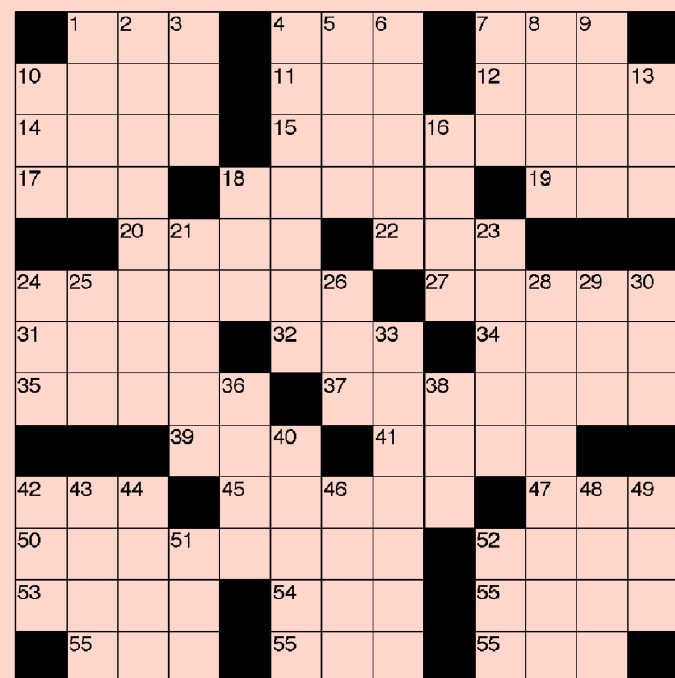
Do I have to upgrade?

Don't panic. Windows 10 will be supported until 2025. That being said, don't wait too long to make the jump. As we come closer to that date, more programs will cease to be compatible with the old Windows 10 operating system, and the system itself will become less protected from current and future digital threats.

Take advantage of the new and improved Windows 11. If however, you are unsure of your technical savvy would and prefer professional assistance with your upgrade, Gazette readers who tour John Knox Village with a Life-Plan Consultant qualify for a complimentary one-hour session with a GroovyTek technology trainer. Call (954) 871-2655 for more information and to schedule your tour.



Bernard Nixon is a personal technology trainer 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.



Crossword Puzzle Of The Month

ACROSS

1. Flood
4. Onager
7. Adopted son of Mohammed
10. Two
11. Baseball equipment
12. P.I. food
14. Gumbo
15. Kier (2 words)
17. Bronze (Lat.)
18. "The Bartered Bride" character
19. Collection of sayings
20. Honey possum
22. Ancient (abbr.)
24. Cue (2 words)
27. Massenet opera
31. Yemen capital

32. Legal action
34. Grape-vine disease
35. Galsworthy heroine
37. Windlass
39. Exclamation
41. Womb (pref.)
42. N. Caucasian language
45. Braz. fiber plant
47. Complete
50. Sarcasm
52. Pointed arch
53. Old-fashioned oath
54. Soul or spirit (Fr.)
55. Heddles of a loom
56. Noun-forming (suf.)
57. Prepaid (abbr.)
58. Mountain peak

DOWN

1. Teakettle: Fr. slang
2. Otolite (2 words)
3. Ohio college town
4. Surgeon's instrument
5. Fr.-Ger. region
6. Streak
7. Ibsen character
8. Volcanic scoria matter
9. Dayak people
10. Dead on arrival (abbr.)
13. Luzon people
16. Fellow
18. Russ. community farm
21. Sneezewood
23. Reliquary
24. Greek letter
25. Row
26. December (abbr.)
28. Convex molding
29. Amazon tributary
30. Saint (Sp.)
33. Arctic dog
36. Geological epoch
38. Size of coal
40. Medieval goblet
42. Jap. apricot
43. It. magistrate
44. Persia today
46. Royal Canadian Mounted Police (abbr.)
48. Caper
49. Moon vehicle (abbr.)
51. Banned pesticide
52. S.A. tuber

Answers On Page 10.

How To Keep Your Eyes Healthy

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

Visual impairment is a global epidemic. While nutritional deficiency is among the top causes of blindness in developing countries, the West is plagued by age-related macular degeneration, and cataracts are a common reason for losing vision everywhere across the globe.

Diet is a huge point of leverage when it comes to healthy eyesight. On one side, our eyes can be damaged by a lack of nutrients, on the other, the damage can be caused by excessive amounts of calories and sugar.

Keep Your Eye On Your Diet

1. Omega-3 fatty acids are necessary for natural eye lubrication (protection from dry eyes), but they also lower risk of age-related macular degeneration (AMD). The best source of long omega-3 fatty acids such as eicosapentaenoic and docosahexaenoic acid (EPA and DHA) is fish, while shorter omega-3 fatty acids can be found in nuts and seeds (such as walnuts, chia seeds or flax seeds).

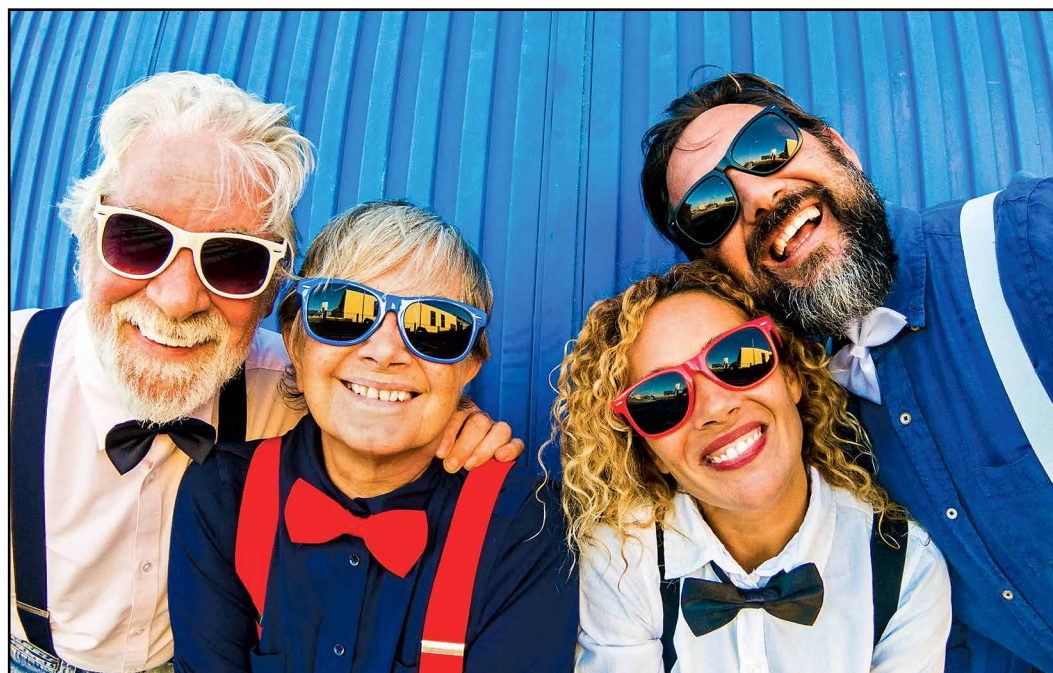
These omega-3 fatty acids serve as building blocks of anti-inflammatory compounds that are key to our health, including the health of our eyes. They may be particularly important to offset the drying effect of some medications, such as antihistamines (often taken for allergies or for insomnia), antidepressants, decongestants, blood pressure medications, such as diuretic or beta blockers, antacids, pain relievers and even hormone replacement and birth control pills.

Check with your physician if you have itchy, scratchy, red, watery or light sensitive eyes (those are some symptoms of dry eyes) and if you suspect one of your medications could play a role.

2. Vitamin A is crucial for our eyes – lack of it can start as difficulty seeing at night but can progress to severe dryness and ulcerations of the eye resulting in blindness. Carotenoids (such as beta-carotene in yellow, orange and green vegetables) are precursors to vitamin A (also called retinol), while fully formed vitamin A is found in eggs, dairy and meat. Liver is an especially rich source of vitamin A – a single serving of liver has more than your daily recommended dose of vitamin A – enough to overdose if you were eating it daily. Having liver once a week is more than enough, but this powerhouse of nutrients is not very popular in our modern American diet.

3. Zinc - the most abundant trace mineral in the retina, appears to be perhaps one of the most important nutrients (along with lutein and zeaxanthin) in reducing the risk of macular degeneration. The best sources of zinc are seafood and meat, less so dairy and eggs. Plant-based sources of zinc include legumes (beans, lentils and peanuts), seeds (sesame, pumpkin, flax) and nuts (almonds, pecans and Brazil nuts). Dark chocolate has some zinc too, but not enough in the amounts we can eat and still call it healthy. Zinc competes with copper for absorption so if you take zinc supplements, make sure they contain some copper too (ideally in 10:1 ratio). Lack of copper can lead to optic neuropathy and blindness and can happen as a late complication of a weight loss surgery.

4. Lutein (along with zinc and zeaxanthin) is the other key nutrient capable of lowering our risk of



Make sure you include important nutrients and supplements in your diet for proper eye health. Remember to wear UV-filtering sunglasses when outdoors.

AMD and cataracts. It is another carotenoid found in yellow and green vegetables. It happens to be fat soluble, which means you absorb it better if you drizzle your salad with some olive oil. Most Americans get only about a third of the recommended amount from their diet: We really do need to eat more kale, spinach, bell peppers, corn, broccoli and parsley.

5. Blueberries and other foods rich in antioxidants may help to mitigate the aging effect of oxidative stress on our eyes due to exposure to pollutants, UV light, but also overeating (high caloric intake of modern diets) and diabetes.

Beside a healthy diet you are more likely to have healthy eyes if you exercise regularly and maintain optimal weight, do not smoke and use sunglasses with UV filter, especially in Florida.

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.

Controlling Anxiety During The Holidays

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

It is almost time for the holidays again. With it comes many wonderful gatherings with family and friends. We Elders know that all the comings-together can be great, creating many sparkling memories. They can also leave us wondering what happened, what went wrong or how our relationships could be improved.

To explore that question, let's take another look at important relationship postures. The main ones that people

take when anxiety rises (and it does at homecomings and parties) are: Conflict, Distance, Over-functioning/Under-functioning reciprocity, and Triangling (yes, we use the word as a verb, too).

People seem to be ripe for conflict these days with politics and politicians setting the pace, so it is not surprising when someone comes at us with a hostile attitude involving politics, or maybe something else.

It's just the mood they are carrying around. Maybe they'll raise voices. Maybe they'll gesture menacingly. They probably won't throw the china, but warlike moods are in the air these days, Christmas or not.

Let's go back to look at the defensive postures people assume, as they try to deal with anxiety.

Distance can be what people seek when the conflict (or any posture) gets too intense. We instinctively try to get away, running figuratively in our minds or sometimes by stomping out. We may need a little distance at times, but sometimes it isn't possible when people have come so far or made special efforts to be together.

Over-functioning happens when someone attempts to dominate the conversation. It's their way of trying to control an uncomfortable situation. With Under-functioning, people seem shy, withdrawn, or not wanting to be a part of "it all."

With the above two postures, we have the "fight or flight" postures of animals that we learned about in biology 101.

Triangling occurs when another, present or not, is drawn in. Talking about someone, who is not present, in a negative way or going to someone to "dump" feelings about someone else, would be examples of Triangling.

These postures are neither bad nor good. They are simply human. But whenever possible, it is best to stay out, aiming for emotional neutrality, not taking sides nor getting too intense. It is important to realize that just as these anxious postures only make things worse, they also spread. They are contagious. That is because anxiety itself, firing them from beneath, is contagious. These postures are attempts to resolve the anxiety, but they don't work. Deep within us, we know and feel that. So, we tend to react.

Reacting, from more anxiety, heightens the problem. Responding, from thoughtfulness and logic, is good if it can be done in a less-anxious way.

What do we do? How do we respond without reacting emotionally? Responding is a good thing because calm emotions are also contagious. That's the good news. And that is the impact we may have upon a tense situation at the dinner table or anywhere else. To respond from a calmer place than the rest of the room, we need to get outside the anxiety. Three ways I know to get to a calmer place emotionally, are:

1. Start To Observe

One way is to imagine one is in a spaceship looking down. Me? I often think I'm Jane Goodall watching the apes. Who is anxious? Where and how does the anxiety travel? When do I become vulnerable to it? Observation involves the cerebral cortexes, which are soothing to anxiety.

2. Relax Your Body

Relax all the voluntary muscles, especially legs and arms. Relaxation of muscles is incompatible with anxiety.

3. Take Some Slow Deep Breaths

Deep breathing helps to give some distance and re-focus attention to a non-anxious activity. The resulting calm is a little Christmas gift we can give to a group if we practice at home a bit beforehand.

One more thing, want to try something different this year? For several years I have realized that the holidays are more anxiety-producing than they need

to be. I concluded years ago that a great deal of stress arises from a surfeit of presents and shopping. Once we eliminated that, most of the anxiety disappeared. The logic goes like this: We all have everything we need. We do not need to be giving gifts that no one needs or wants, so why not enjoy a nice dinner or give the money to charities that we usually spend on presents to help people who really need it? So many in the world are really desperate for what we might easily give. There are many of these and many charities to choose from. I highly recommend this way of giving.

Email me if you need ideas for charities at: gazette@jknvfl.com. In the meantime, Happy Holidays and a Happy 2022.

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

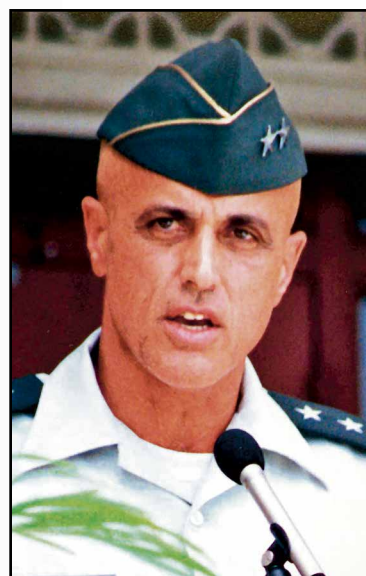
Answers On Page 10.

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

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

A Patriot To Be Remembered

Burn Loeffke
Gazette Contributor



Burn Loeffke

Oct. 18 was a sad day for our country. A great American had died. Gen. Colin Powell will be remembered for many things. I remember Colin as a military colleague, but most of all, as a friend.

Relations With China

One event that will probably never make the news, is that Gen. Powell and I were together in Russia and China as White House Fellows. I mention this because that was the beginning of Gen. Powell's China education. He developed a relationship with the Chinese and many of them, when visiting Washington D.C., often asked to meet with him. They mentioned that Gen. Powell was one of the few diplomats who could be trusted.

Building Friendships

There is a famous Chinese proverb that reads, "We can tell the strength of a horse by the distance it moves; we can tell the heart of an individual by the time we have known him or her." We cannot expect to develop a deep and lasting friendship after just one or two visits. It takes time and patience. In Colin Powell, we have lost a great statesman. It will take time to replace him.

Close Encounters

In Russia in the 1970s, on a trip we took with White House Fellows, then Lt. Col. Powell and I stumbled into a party at a hotel in Siberia. Speaking Russian, I was able to introduce ourselves and asked if we could have a table and join the party. After a short conversation with several of the startled Russians, we were asked to leave. We were informed that it was a private party. We later found that we had crashed the annual reception for KGB officers in Eastern Siberia.

Later, when Powell was Chairman of the Joint Chiefs of Staff, he enjoyed telling Russian visitors about his experiences with the KGB. He would mention that early in his career, he and I had been thrown out of a KGB party. His sense of humor and humility always won people's admiration.

No Thanks

Colin Powell was a man of principle who guided his military and diplomatic service, as well as his life. In the military, Gen. Powell was loved by his troops. When asked to run for the presidency, he declined. When the political climate of his Republican party changed, he endorsed a Democrat, Barack Obama for President.



Both lieutenant colonels at the time, military colleagues and friends Burn Loeffke and Colin Powell visit the Great Wall of China in 1973. Image source: Burn Loeffke archives.

He leaves a legacy that will inspire the young. He is one of the few dignitaries who was admired by the press. One of his memorable quotes. "Never fight alone, never fight for long." He would have made a great president.

America's Promise

Colin and Alma, his wife of 59 years, started a charitable organization, America's Promise Alliance (www.americaspromise.org), that has helped many. The true sign of greatness is sharing with the less fortunate. In his retirement he dedicated much time to inspire the young. He has been a role model to many of us.

As a final thought "to be remembered is to live." Colin Powell, my colleague and friend, will long be remembered for many things, but his humility and humanity will be admired.

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.

A Time For Generosity

Rev. Rachael Gallagher
JKV Spiritual Life Director



Rev. Rachael Gallagher

Generosity toward others is a spiritual asset—one that can contribute to community-building and one that can help us to connect with a higher power. Some might even maintain that it is impossible to build a sense of belonging and community without some form of generosity practice.

An illustration is the South African view of community referred to as "Ubuntu," which is usually translated as, "I am because of who we are." Retired

Archbishop and social rights activist Desmond Tutu believes that Ubuntu is the very essence of what it is to be human: "You can't be human all by yourself, and when you have this quality—Ubuntu—you are known for your generosity. We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected and what you do affects the whole world. When you do well, it spreads out; it is for the whole of humanity."

A Time To Share

With the December holidays—Hanukkah, Christmas, Kwanzaa—most of us are pulled in several seemingly contradictory directions: The materialism inherent in buying and giving gifts, and the generosity of spirit evidenced by an increased attitude of goodwill toward oneself and others. But, just beneath the surface, each of these holidays is really about compassion and generosity. The Buddhist holiday, Bodhi Day is about praising the principles of kindness, compassion and wisdom – the three main features of the Buddhist teachings.

Regardless of religious and cultural leanings, this is the season for family and friends. This is the season to be generous. We take time in December to share our best wishes for a happy holiday season and our grat-

itude for all that we have received throughout the year.

For many however, the holidays are an especially difficult time. From those without a home, to those without food on the table, to families with little means to exchange gifts, to those who have lost a loved one, the holidays may not be as bright as ours.

Be Generous With Your Time And Talents

Generosity is a cornerstone of the holiday season. So, we hope you will take the time to be generous in someone's life. Remember that generosity is not about what you can receive in return and it is about more than just tangible items. Donating your time, energy and talents are just as helpful, and often more meaningful. And doing so without concern for how we will benefit can be extremely powerful.

The opportunities for generosity are all around us. Generosity can bring you and your family and friends closer together. Here are some simple ideas to consider:

For JKV residents, make hand-crafted cards and deliver them to our Elders in The Woodlands, Seaside Cove and Gardens West.

Bake some extra batches of your holiday desserts and share them with a local emergency shelter like Broward Partnership Pompano Beach Center.

Go through your bathroom cabinets and find those unopened treasures like hand creams, soaps, lotions



and makeup, and pass them onto a local women's shelter like Women in Distress.

These steps for practicing generosity are just a starting point and giving generously is never a requirement, but it can turn even the most stressful of holidays into a time of joy and gratitude.

Happy Holidays from all of us at John Knox Village.

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

SEA	ASS	ALI
DUAD	BAT	SABA
OKRA	LARGE	VAT
AES	MARIE	ANA
TAIT	ANC	
POOL	ROD	THAIS
SANA	RES	ESCA
IRENE	CAP	STAN
TCH	METR	
UDI	CAROA	ALL
MORD	NANCY	OGEE
EGAD	AME	CAAM
ENT	PPD	ALP

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

Upcoming Happenings At NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM FORT LAUDERDALE

or upgrade your NSU Art Museum membership to be part of the following exciting opportunities.

Patron/Cobra Circle & Above Members:

Take a trip to Art Basel without the fuss. Includes roundtrip transportation and admission (\$65 per person). Passes to Art Miami, Aqua Art Miami, fairs and others. Two passes to NSU Art Museum Director's Brunch are included, an event exclusively available to Patron and above members and Art Basel VIPs.

Benefactor & Above Members (Includes Patron Benefits):

Admission for two to Art Basel Vernissage, Admission for two to Design Miami's Collectors Preview.

Director's Circle & Above Members (Includes Benefactor Benefits):

Guided tour of Art Basel Miami with NSU Art Museum Director and Chief Curator, Bonnie Clearwater, with insight on artists to watch.

Contact Kenya Semexant at (954) 262-0221 or ksemexan@nova.edu for information and assistance, or join or renew at nsuartmuseum.org.

Upcoming Events

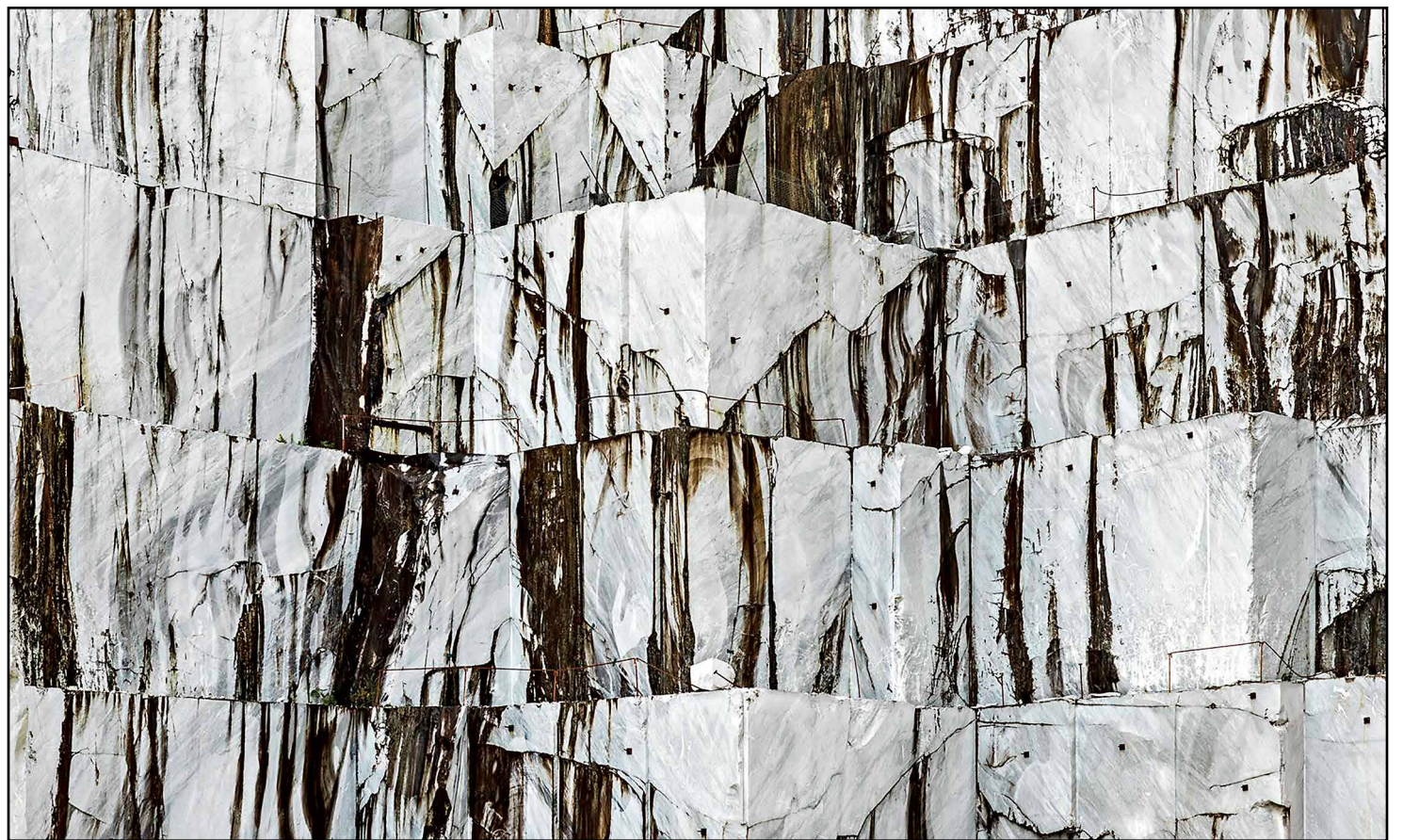
Lonnie Holley Performance: Dec. 4 at 12 p.m.

On Dec. 4, join Atlanta-native artist Lonnie Holley and percussionist Marlon Patton for a special performance at NSU Art Museum Fort Lauderdale. The performance will take place in the Museum auditorium during the Museum's Art Basel Director's Brunch. Following the performance, Holley will be in conversation with the Museum's Bryant-Taylor curator Ariella Wolens. Holley's artwork can be found in the Museum's exhibition "Art of Assemblage," on view until Feb. 13, 2022.

Pablo Cano Puppet Theater Show: Dec. 18 at 3 p.m.

Join the esteemed Miami-based artist Pablo Cano for a puppet theater show on Dec. 18 at NSU Art Museum Fort Lauderdale. Cano and his troop of performers, including opera singer Marieca Elena Vallejo, musician Herman Leghorn and puppeteer Pancho Cano, will immerse viewers in the artist's fantastical realm of experiment and play; bringing to life a host of extraordinary characters such as Queen Marie Antoinette, Fred Astaire, Poin-dexter Ant and Caballero de Paris. Following the performance, visitors may go on to view Cano's marionette figures on display within the exhibition "Art of Assemblage."

Art Basel and Miami Art Week are underway now through Dec. 4, but it's not too late to take advantage of NSU Art Museum's popular Art Basel/Miami Art Week Membership Package. Join, renew



A photo by Edward Burtynsky is part of the "Photographing the Fantastic" exhibition now on view at NSU Art Museum Fort Lauderdale. Image Source: NSU Art Museum and LEVY PR-Events (Levy PR).

Exhibitions On View

"Margarita Cano" Through Feb. 13, 2022

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, landscape paintings, prints and photographs.

"Beyond the O.K. Corral" Through Feb. 20, 2022

"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" Through Spring 2022

"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" Through Feb. 13, 2022

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. McGriff is a self-taught artist, whose creativity has manifested through wondrous miniature books, votive portraits, landscape paintings, prints and photographs.

"The Art of Assemblage" Through Feb. 13, 2022

"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.

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.

The Origins Of Our Holiday Traditions

Nona Cree Smith
Gazette Contributor

Many of our holiday traditions began centuries ago.

Christmas cards, Santa Claus, Christmas caroling and holiday songs, all had their start in celebration of what has become our favorite holiday of the year.

Christmas Cards

Sir Henry Cole is remembered today as the founder of the Victoria and Albert Museum in London, England, but he was also the "inventor" of the Christmas card. In 1843, when he felt overwhelmed by the many letters he was obliged to reply to, he hit upon the idea of designing and printing a card with an illustration of a triptych showing a family at a table celebrating the holiday, flanked by images of people helping the poor and a Christmas message (see page 2 of *The Gazette* for the Christmas card). Sir Cole was a supporter of Britain's new postal system, which sold stamps for one

penny each for mailing anywhere in contiguous Britain. With inexpensive postage and the ability to satisfy his social obligations, he sent a colorful greeting card wishing them "A Merry Christmas and A Happy New Year To You." It was the first Christmas card.

Father Christmas Or Santa Claus

Traditionally associated as the bringer of gifts, Father Christmas and Santa Claus are two entirely separate tales. Father Christmas was originally part of an ancient English midwinter festival. He was dressed in green as a sign of the returning spring. The stories of St. Nicholas (Sinterklaas in Holland) were brought to America by Dutch settlers in the 17th century. From the 1870's, Sinterklaas became known in Britain as Santa Claus, with his unique gift and toy distribution system – reindeers and a sleigh.

Christmas Caroling

Caroling, an ancient word referring to dancing or

singing songs of praise and happiness, was practiced during all seasons of the year in the Middle Ages, and carols embraced a wide range of subjects.

In 1223, St. Francis of Assisi added to a Christmas tradition by constructing a Nativity scene outside his church. He invited children to join him in the midst of the display and sing Christmas songs. Francis taught them songs in their own language rather than in Latin, and when they understood each song's meaning, they sang with enthusiasm. These children, singing outside on a December evening, were probably the first true Christmas carolers.

Most Popular Christmas Song

The most popular Christmas song ever (confirmed by *Time* magazine) is "Silent Night," with lyrics by Joseph Mohr (in German) and music by Franz Xaver Gruber. It has been recorded nearly 800 times, a record for a Christmas song in the modern era of the holiday's substantial oeuvre.

The Experience Of The Intern

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

The days are getting shorter, and once again the holidays are upon us to brighten our hearts. We can be sure of one thing: This holiday season will be unlike any other.

Last year, no one was vaccinated and many attended large holiday gatherings. As a result, the U.S. had its biggest COVID-19 spike ever on Jan. 9. This year, some are vaccinated, and some are not. Amidst lingering concerns about variants and breakthrough infections, COVID-19 continues to spread uncertainty over our plans.

How do we enjoy the holiday season while staying safe? Let experience be our guide.

Experience Expands Empathy

In the 2015 movie *“The Intern,”* Robert De Niro starred as the 70-year-old widowed and retired Ben Whittaker, who discovers a hole in his life that must be filled. The tagline for the movie is “Experience never goes out of fashion.”

This heartwarming comedy honors the value of Elder wisdom in many ways. Ben is physically and mentally fit, and knows who he is deep down inside, despite the losses he has experienced in life. He is an ideal mentor: A patient, humble, kind, observant man of few words who listens well and walks his talk. His boss, a 30-something woman, marginalizes him at first because he isn’t knowledgeable about technology and online marketing. By the end of the movie, she views him as a cherished, indispensable mentor on personal and business matters.

Through the character of Ben, De Niro is providing a great example of how to give the gift of experience. This gift is “free” in terms of money, but it is bought

and paid for with the heart. If we have lived through a challenge that someone else is facing, it is easier to feel empathy for that person. We have been in their shoes.

Tapping Wisdom Is Brain Work

The brain helps cover the “cost” of the gift as well. Our own experiences, especially during difficult times, are stored in the brain as personal, autobiographical memories. Accessing them and applying them to a current situation helps work the most important area of the brain: The default network, the target of Alzheimer’s disease.

As we get older, our default network needs to keep working hard by sharing the fruits of our life experience: Elder wisdom. Wisdom and its cohort, generativity, are the “Gold” of the Golden Years. Generativity is a life-affirming concern for the common good and helping the next generation.

Three Ways To Brighten The Season

This holiday season provides the perfect opportunity for giving the gift of experience, particularly in these ways:

1. Accept constraints: If someone chooses not to get vaccinated, so be it. There’s no upside to grumbling or second-guessing their decisions. Share your opinion if appropriate. You can decide for yourself whether and when to gather with others.

2. Reach out to another person: Draw on your own life experience to think of ways to brighten the holidays for others. Loneliness, bereavement, estrangement, financial woes, parenting challenges, and working long hours can cast a dark shadow over the holiday



In the 2015 movie, “The Intern,” a 70-year-old Ben Whittaker (played by Robert De Niro pictured with costar Anne Hathaway) proved that “Experience never goes out of fashion.” Image source: Alamy.

season. If you have ever experienced these challenges, you are in a great position to think of how you can spread holiday cheer to someone in your life facing those challenges today. Remember, it’s the thought that counts.

3. Make your own good time: You deserve some holiday cheer too. Remember what lights you up and enjoy it: Favorite foods, music, people, stories and memories. The more often you have a smile on your face, the more you will spread the joy of the season. Joy spreads from person to person faster than any virus.

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 Siesta D Apartment: Coming Soon To The Vue At Westlake

The end of the year is fast approaching. As family and friends gather during the holidays, have a discussion about your Life-Plan and consider John Knox Village as your home for the holidays and every day. New construction has begun on JKV’s new neighborhood Westlake. Get in the queue for either The Terrace or The Vue.

The featured Siesta D is a 2-bedroom / 2 ½-bath with den, 2,259 square foot gorgeous apartment home available in The Vue. 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 Siesta D 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.

**The Siesta D in The Vue at Westlake:
2 Bedrooms / 2 ½ Baths with Den: 2,259 sq. ft.**

