

JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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

IN THIS MONTH'S ISSUE



Today's Eco-Warriors 2
Knowledge Is Power 3
MyndVR Experience 3
Chef Mark's In Good Taste Recipe 4
Book Review "The Long Flight Home" ... 4



Celebrating The Arts 5
Savvy Senior 5
A General's Thoughts 6
To 5G Or Not To 5G 6
Message From JKV's CEO Gerry Stryker 7
Train Your Brain 8
The Featured Lilac Apartment Home 8

web JohnKnoxVillage.com
 JohnKnoxVillage

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

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

Golden Anniversary Of Earth Day How Far We've Come...How Far We Yet Have To Go

'Conservation is a cause that has no end. There is no point at which we will say our work is finished.'

– Rachel Carson

Nona Cree Smith
 Gazette Contributor

We live in a disposable and wasteful world. We have every convenience to make our lives easier than that of our forebearers, but this ease and convenience comes with a huge price. We've become a culture with a "single-use" mindset – obsessed with buying goods which are completely disposable. We can order groceries, household items and nonessentials, from our computers and phones, and have everything delivered to our doorstep within a couple of days or even hours. This extraordinary convenience has created a consumer culture where everything is easily replaced without too much thought. We throw away instead of mending. Toss instead of repairing. We take the ease of access to mass-produced goods for granted. Over the last few decades, we've become so used to disposables, it's hard to imagine life without them. Trash bins are filled to the brim with unwanted stuff and every full trash bin is harming our Mother Earth.

Effects Of The Industrial Revolution

We have been moving towards today's environmental tipping point since the beginning of the Industrial Revolution in the mid-18th century. The shift from societies based on agriculture, handmade goods and handicrafts, to large-scale mass-produced manufacturing, profoundly changed the way we live. The Industrial Revolution spawned a great many ingenious inventions and increased the overall amount of wealth, but it also resulted in crowded living conditions centered around factories. Those factories produced air and water pollution. The settlements around the factories brought more people, which placed enormous stresses on sanitation systems, the water supply and food production. We're still analyzing the human and environmental effects of the Industrial Revolution, and the steam engine powered by coal and Robert Street's 1794 patented internal combustion engine powered by gasoline. The impact of these inventions on today's living environment is beyond comprehension. Today, one of the worst pollutants, coal, is not used as much to power large engines, in fact Great Britain will close its last coal-fueled factory this year.



NASA's new high-resolution "Earthrise" image, taken by the Lunar Reconnaissance Orbiter.

In the decades leading up to the first Earth Day, humans were using vast amounts of leaded gasoline with inefficient automobiles. Industry filled the skies with smoke and the waters with sludge, with no idea of the consequences that a polluted environment would threaten human health. At this point, mainstream America was oblivious to environmental concerns, until the publication of Rachel Carson's *New York Times* bestseller "Silent Spring" in 1962. The book sold more than 500,000 copies and raised public awareness and concern for the environment and the inseparable link between pollution and public health. The stage was set for action.

The First Earth Day: April 22, 1970

Earth Day founder Gaylord Nelson, a U.S. Senator from Wisconsin, came up with the idea for a national day to focus on the environment after he saw the devastating damage of 1969's massive oil spill on sea life and the ocean around Santa Barbara, CA. Inspired by the student anti-war movement, Sen. Nelson realized that if he could reproduce the energy of anti-war protests with an emerging public consciousness about air and water pollution, he could make environmental protection a part of the national political agenda.

See "Earth Day" On Page 2

Empowering Knowledge In Retirement

From Electrical To Ecclesiastical And Back Again, JKV Resident Follows His Life's Mission

Marty Lee
 Gazette Contributor

There are two overriding themes upon which we focus in *The Gazette*: One is volunteerism and the other is enhancing your involvement and experiences in whatever interests you. Basically, as the famous Nike slogan says: "Just Do It."

JKV Volunteerism Is A Way Of Life

John Knox Village, the Life-Plan Continuing Care Retirement Community in Pompano Beach, is blessed to have nearly 500 residents who volunteer at JKV or in the larger Broward County community on a regular basis. Some offer their time serving on advisory committees, while others directly assist in the skilled nursing centers as Sages in The Woodlands and Seaside Cove. Many even share their professional experience with the Village, offering guidance on architecture and construction, accounting and money management, and even the creative arts. Yet it is not every day, that an acknowledged expert in electrical power systems and the efficacy of solar power steps forward to share his knowledge and experience for a better tomorrow.

Fred Depenbrock and his wife Leslie have been JKV residents since December 2016. Fred's career calling as an electrical engineer continues even today in retirement through consulting. Fred is not your typical "electrician," who you might call



JKV Spiritual Director Darryl Powell (left) shows off his solar-powered golf cart with its designer, resident Fred Depenbrock.

See "Solar" On Page 3

'The Earth Is A Fine Place And Worth Fighting For' — Ernest Hemingway

From "Earth Day" On Page 1

Sen. Nelson proposed, in the language of the era, a series of "national teach-ins on the environment" and partnered with Pete McCloskey, a conservation-minded Republican Congressman, to serve as his co-chair. They recruited a 25-year-old named Denis Hayes from Harvard Law School, as the national coordinator. Hayes built a knowledgeable staff to help promote events across the United States. April 22, falling between colleges' spring break and final exams, was selected as the date.

Earth Day Gave A Voice To Millions

On April 22, 1970, in the largest grass roots movement ever, 20 million Americans took to the streets, parks and auditoriums to demonstrate for a healthy, sustainable environment in massive coast-to-coast rallies. Thousands of colleges and universities organized protests on the deterioration of the environment. The small groups that had been fighting individually against oil spills, polluting factories and power plants, toxic sewage, pesticides, the loss of wilderness and the extinction of wildlife, all united on Earth Day with shared values. Earth Day 1970 achieved a rare political coalition, getting support from Republicans and Democrats, rich and poor, urban dwellers and farmers, business and labor leaders. By the end of 1970, the first Earth Day helped in the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water and Endangered Species Acts.

"It was a gamble," Sen. Nelson recalled, "but it worked."

Apollo Mission's Inspiration

The name Earth Day was inspired by a single photograph, known as "Earthrise," which was taken by the crew of Apollo 8 on Christmas Eve, 1968. It shows the dull, lifeless surface of the moon and behind it our beautiful blue planet, alone in the blackness of space. It was the first time the earth has ever been seen from such a perspective, emphasizing this is our only home and must be scrupulously cared for.

Earth Day became a global event in 1990 on its 20th anniversary. A group of environmentalists asked Denis Hayes to once again organize the celebration, but this time internationally. He mobilized more than 200 million people in 141 countries, bringing the plight of the planet onto the world stage.

In 2000, Earth Day focused on clean energy and involved millions of people in 184 countries and 5,000 environmental groups. Activities ranged from a traveling drum chain in Gabon, Africa, to a gathering of hundreds of thousands of people at the National Mall in Washington, D.C. Today there is an Earth Day Network which collaborates with more than 17,000 partners and organizations around the world. According to the network, more than 1 billion people are involved in Earth Day activities, making it "the largest secular civic event in the world."

Climate Action 2020 Theme

The theme of the 50th Anniversary of Earth Day 2020 is "climate action." It will be celebrated with The Great Global Cleanup, a day dedicated to removing trash from green spaces and EarthDay.org hopes it



Humanity has been blessed with a vibrant home. Care for the environment, as you would care for your children.

will be the largest volunteer event in history.

Four Areas of Environmental Concerns

By working on the Earth Day initiative for many years, Hayes had classified global environmental problems into four broad categories: Global warming and climate change, biodiversity loss, water scarcity, and pollution. These categories overlap as environmental problems are often interrelated, and so not easily distinguished in their causes and effects.

Global Warming, as the name suggests, is increasing average air temperatures near the surface of Earth over the past several centuries. The United Nations' Intergovernmental Panel on Climate Change recently released a special report, called *Global Warming of 1.5 °C*, on the likely effects of continued global warming. Nearly all climate scientists agree that human activities, which generate greenhouse gases, have contributed to a distressing increase in the global mean temperature of 1.4 to 2.2 degrees Fahrenheit since the start of the Industrial Revolution.

Water Crisis is a growing concern worldwide. Unsustainable and ever-growing demands on our freshwater resources have taxed aquifers and surface waters in many places, harming ecosystems. Without water, life ceases.

Pollution touches virtually every corner of the Earth. Chemicals manufactured by human beings can be found in the snow on mountain peaks, in the surrounding atmosphere and on the bottom of Earth's deepest ocean trenches. Every form of life is affected by pollution in some way.

Biodiversity Loss affects us all. We rely on many wild plants and animals for food, and some have been the source of important pharmaceuticals or the inspiration for technological breakthroughs. Beyond their economic value to humans, plants and animals bring us joy in their beauty and diversity.

How You Can Help

Reduce Energy Consumption: The energy used to power homes and cars generates approximately half

of all greenhouse gas emissions in America. Taking small actions to reduce energy use, not only helps the environment, it can also help you save money.

Reduce Meat Consumption: Since the meat industry has a huge impact on the environment, consider reducing the amount of meat you eat. Reduce meat consumption by enjoying meatless meals a few times a week.

Reduce Waste: Plan your shopping and meals to use up every scrap of food. Have a "leftovers" night a couple of times a month. Gather all your vegetable peelings and freeze them, use the scraps to make stock. Use washable cloths instead of paper towels. Before buying something new, think "do I really need this?"

Recycle: Use both sides of paper when printing, recycle batteries, all plastics, glass, used oil, tires, magazines, glass and wax covered containers. Tour your local solid waste authority online or in person to find out more.

Reduce Water Use: Turn the water off in the shower intermittently. Wet, soap and then rinse. Water lawns less frequently and only in the evening.

Use Electricity Only When Needed: Do you leave your TV running with no one watching it? Do you forget to turn off the lights when leaving the room? Get in the habit of switching off. Turn up the A/C one or two degrees.

No Plastic Waste: Most plastic is a by-product of the oil industry, and even if recycled, it doesn't break down for centuries. Whenever possible replace plastic products with more environmentally friendly items, like glass or paper. Replace one-use plastic cups, straws and grocery bags. Say "no" to plastic utensils for take-out food.

Make The Environment An Issue: Write or call your political representatives and demand they take action now. The environment is as important as the economy.

For more information on Earth Day and events in South Florida please visit: www.EarthDay.org

Young Eco-Warriors: Hope For The Future

Nona Cree Smith
Gazette Contributor

The burden of leading the ecological charge for change has been adopted by a new generation of inspired young people. Meet just a few of the warriors:

Greta Thunberg: In 2018 a young Swedish activist received a lot of publicity when she organized the world's first school strike outside Sweden's parliament. Greta Thunberg has emerged as one of the world's most prominent voices on climate action after her school strikes inspired young people around the world to demand that global leaders address climate change. Her work has earned her two nominations for the Nobel Peace Prize.

Stella McCartney: The designer of earth friendly fashions is the daughter of Sir Paul McCartney and his late wife, Linda. Stella is a lifelong animal activist. Her commitment to sustainable living extends to her successful fashion business, which is consciously using natural fabrics and creating products that do not use leather, fur or exotic skins. She lives what she preaches as a vegan and organic lifestyle proponent.

Jamie Henn: Is the young co-founder and Strategic Communications Director for 350.org, a grassroots movement and an international climate campaign. 350.org has coordinated over 20,000 climate rallies in more than 180 countries, helped lead the fight against the Keystone XL pipeline, organized the growing fossil fuel divestment campaign, and co-organized a large march called the People's Climate March in 2014. The march has taken place every year since its inception.

Enei Begaye: Of the Diné (Navajo) & Tohono O'odham nations is an activist



Swedish teenager Greta Thunberg is one of the world's foremost young ecology activists. Image source: Anders Hellberg Wikimedia Commons.

and advocate for indigenous peoples' rights and the environment. She is especially active as a water campaigner, making sure water resources are protected on the reservations and throughout the United States.

Alex Schulze and Andrew Cooper: Founded 4Ocean, a company that sells bracelets made from plastic scavenged from the sea. They claim to remove a pound of plastic trash for every bracelet or product sold. They were two surfers with an abiding love of the ocean. When they found huge amounts of discarded plastic junk, in what was once a pristine surfer paradise, they created this highly successful company, using the profits to improve cleanup operations, make donations to ocean-related nonprofits, to support employment and future growth.

'We Are Star Stuff Harvesting Sunlight' – Carl Sagan

From "Solar" On Page 1

to rewire a bedroom lamp. He is one of those talented engineers who designs the entire power system for communities, cities and even countries.

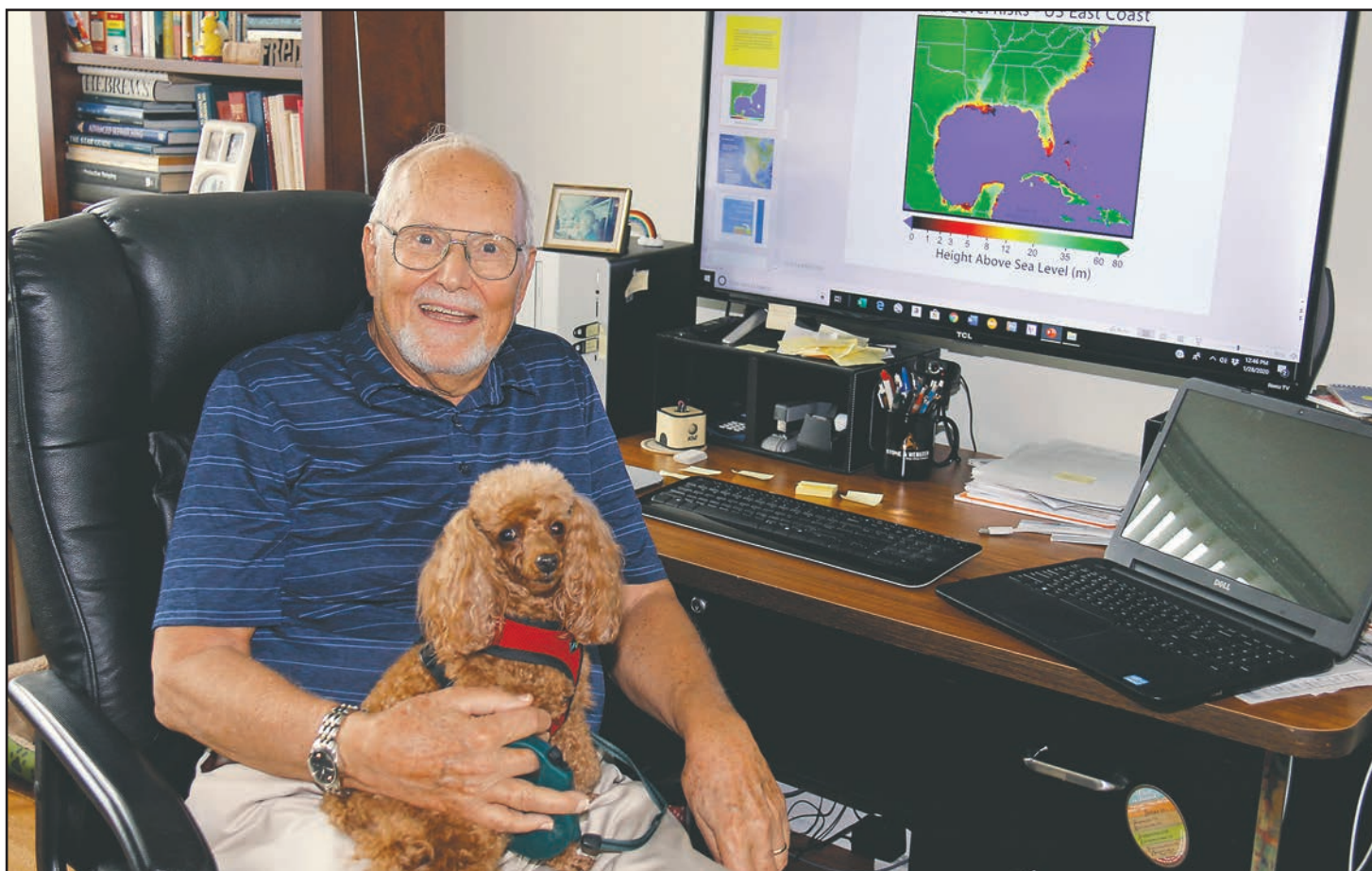
First Powered By Electrical Interests

Fred and Leslie's story began as high school sweethearts in their native New Jersey. They separately got their college degrees, she from Alfred State College in upstate New York and he in electrical engineering from Lafayette College in Easton, PA. They married shortly after graduation in 1961.

Fred continued his education gaining his master's degree from Drexel University, while Leslie got an advanced degree from Temple University and became a history teacher. Fred went to work for Philadelphia Electric, first in the power plant and then transferred to systems planning, where he was involved in expanding transmission capability. From Philadelphia Electric, Fred was recruited by Stone & Webster, an engineering services company, which at the time (late '60s and early '70s) was at the forefront of computerizing its systems. As Fred said: "In the early 1970s, we had computer terminals on every floor...no more punch cards. The computer was the size of three refrigerators located on Broad Street in New York City. We had 'portable' typewriter terminals and could run a program via the telephone. This was cutting-edge technology."

Switched On To The Ecclesiastical

Life took an interesting turn for both Fred and Leslie in 1974. They left their careers to pursue a new calling and entered Princeton Theological Seminary, where they both earned Master of Divinity degrees. Rev. Leslie became a hospital chaplain, while Rev. Fred became an associate pastor with an affluent church community in Darien, CT. Then in 1980, the Depenbrocks moved to East Hanover, NJ for ministerial duties and to be closer to their aging parents. It was not long before Rev. Fred said, "I was becoming aware that I was reusing sermons and decided it might be time for a change after seven years at one



Electrical engineer Fred Depenbrock with his pal, Gala, continues to consult on electrical systems even in retirement.

church." Oddly enough at this time he started getting phone calls asking him to return to Stone & Webster and electrical engineering. The call from a friend, as Fred remembers, said, "I need help to get things going. I need someone to help fix a problem."

A Calling Back To The Electrical

This calling brought him back from the ministry to electrical engineering, but with a clear focus. "I said, 'I would like to work solving Third World problems.' Two weeks later I was in Guyana, working on the country's electrical system." In subsequent years, Fred would travel to 50 different countries around the world designing power systems, before he and Leslie decided to settle down, retire and move to JKV.

Fred made sure his knowledge and experience was known around JKV. He is a vocal advocate for solar

and wind power, as part of the solution to the world's energy needs.

Fred decided to put his ideas into action with a small idea at JKV. Combining his career interests in the electrical and the ecclesiastical, Fred proposed the concept to transform the two-seat golf cart used by JKV's Spiritual Life Director Darryl Powell, into a clean solar-powered vehicle. With an investment of about \$300, the golf cart was retrofitted with solar panels for recharging the 36 volts of battery power.

The "heavenly-powered" Spiritual Life Director's golf cart is a small step forward. As Fred knows and explains to anyone interested in listening that Florida is the Sunshine State, and with so many flat roofs throughout the state...a solar-powered energy solution is on our horizon.

John Knox Village Partners With MyndVR To Bring Virtual Reality Experiences To Elders



Woodlands Elder Pauline Ulitsch describes her virtual reality experience to John Knox Village Director of Health Services Mark Rayner.

Kim Morgan-Vagnuolo
Gazette Contributor

John Knox Village, the award-winning, 52-year-old life-plan community in South Florida, announced a partnership with MyndVR, the nation's leading provider of virtual reality

solutions for senior care communities. Together, they will be the first community and company to offer virtual reality therapy to seniors in South Florida. This exclusive and unique partnership is the kind of forward-thinking taking place at JKV that has resulted in the Village recently being awarded both the Pinnacle and Beacon awards by the International Council on Active Aging for its programming in wellness and lifestyle.

"John Knox Village is pleased to partner with MyndVR to bring state-of-the-art virtual reality technology to our community," said Monica McAfee, Chief Marketing and Innovation Officer. "By embracing virtual reality, John Knox Village can provide staff with innovative training to support compassionate, empathetic interactions with their residents, as well as a resource for bringing holistic interventions to residents."

Guided by a mission that focuses on the well-being of the whole person – body, mind and spirit – JKV allows seniors to plan for their future health care needs while enjoying all of their amenities, life-long learning programs and full range of services that promote wellness of mind, body and spirit. Virtual reality therapy is the latest extension of that offering, and will provide residents with physical comfort, the ability to indulge their curiosity, engage their minds and travel beyond their physical limitations.

"It's more than entertainment," McAfee told *The Gazette*. "We believe this technology has therapeutic power. It provides a source of comfort and pain reduction that can calm, distract from, and treat not only physical pain, but psychological pain and social isolation."

MyndVR brings happiness and wellness to seniors by providing immersive virtual reality experiences revolving around meaningful content with a purpose. Their research shows virtual reality can improve the quality of life and engagement for seniors, and they continue to create content and experiences that empower seniors to learn, grow and indulge their curiosity.

"Our goal is to lift the quality of life and the spirits of senior citizens across the country," said Chris Brickler, co-founder and CEO of MyndVR. "This is a true immersive technology that provides joy and takes people out of the four walls of their existence."

The JKV contract with MyndVR will be the first implementation of virtual reality in a continuing care life-plan retirement community in South Florida. In addition to providing content, MyndVR comes with senior-friendly, MyndVR-branded Vive Focus headsets and a tablet, so care partners can control the experience, as well as onsite and remote training and support.

About John Knox Village

Since 1967, JKV has been providing a fulfilling, engaging and stress-free lifestyle with an all-inclusive full continuum of care from independent living and assisted living to short and long-term skilled nursing care. As a life-plan community, JKV allows realistic seniors to plan for their future health care needs while enjoying internationally-award winning amenities, life-long learning programs and full range of services that promote wellness of mind, body and spirit. Through unwavering commitment to excellence and our guiding principles the team brings the unique John Knox Village experience to life every day for its 1,000 residents.

About MyndVR

MyndVR is a health and wellness company providing virtual reality solutions to senior living communities, home health care agencies and directly to older adult consumers. The company is intelligently curating a vast library of VR content and creating innovative genres of recreational, prescriptive and on-demand content. MyndVR offers a promising future of cognitive health and wellness for the dynamic aging population. MyndVR uses a compassionate approach and understands the best way to deliver the right content to adults 55-plus. Pilot programs have demonstrated the positive impacts on older adults.



JKV Elder Eileen Maass tries the visual experience of MyndVR.

In Good Taste: Chef Mark's Shrimp Recipe Is A Thai...And A Winner

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

With its elongated body, the decapod crustacean is just a simple shrimp, right? Not in the wizard-like creative hands of John Knox Village Executive Chef Mark Gullusci.

Thanks to his formal culinary training at the prestigious Johnson & Wales University, years of kitchen work in Four-Star restaurants in Florida and time well spent for the benefit of JKV residents, that simple shrimp becomes a delicious dish.

Chef Mark's April In Good Taste recipe combines some of his favorite ingredients with the quickly and deliciously prepared shrimp. Once cooked, this meal may make you a bit...er, selfish for the shellfish.

Tell us how you enjoy the meal by emailing *The Gazette* Editor Rob Seitz at: rseitz@jknvfl.com Enjoy!



Chef Mark's "Thai Curry Grilled Shrimp with Avocado and Tomato Salsa" recipe starts with grilled shrimp. This is a dinner treat that will have your guests asking for more.

Thai Curry Grilled Shrimp with Avocado and Tomato Salsa (Yields 4 Servings)

• Thaw 12 large shrimp (13/15 count). Peel and devein. You can either leave the tail on or remove them. Place in bowl.

The Marinade

- ¼ cup red curry paste
- 1 oz. sesame oil
- 1 oz. soy sauce
- 2 tbsp. chopped garlic
- 1 tsp. fish sauce

- Mix in a bowl and pour on top of shrimp, marinade for 2 hours.
- 1 ripe avocado, cubed ½ inch

- 1 large ripe tomato, cubed ½ inch
- ½ red onion chopped
- ½ cup chopped cilantro
- 2 tbsp. extra virgin olive oil
- Salt and pepper
- Juice and zest from one lemon

Method Of Preparation:

Place everything in a bowl and gently incorporate ingredients. Place shrimp on a grill, skillet or broiler, cook until done. Place ¾ cup of the salsa in a mold of some type. This can be a ceramic ramekin, gently press, then place the ramekin upside down to try to get the salsa out, while holding the shape of the ramekin.

Or if this seems to be too much work, you can spoon a desired amount of salsa on the plate and place 3 shrimp on top of the salsa. Garnish with the cilantro and pesto drizzle.

Book Review

The Long Flight Home

By Alan Hlad

Donna DeLeo Bruno
Gazette Contributor

A tale of love and war, "The Long Flight Home" is based on the use of homing pigeons

during World War II, to carry coded messages behind enemy lines.

Susan Shepherd and her grandfather Bertie are raising pigeons in the English countryside when they are approached by the National Pigeon Service to use their highly trained birds to drop messages in German occupied France.

Pigeons Inducted Into The War Effort

The plan is to fly bombers that will release hundreds of small cages – one bird in each – that will be dropped to the ground using parachutes. Because pigeons can fly hundreds of miles, canisters containing valuable information about troop movement will be attached to their legs. It is a dangerous mission since the British bombers carrying the pigeons must make it to France avoiding enemy aircraft fire.

Many of the birds will be found and destroyed by the Germans, while others will become tangled high in trees to freeze or starve. If they make it, the trip



back to England will be equally challenging as the enemy, alerted to the pigeon releases, will have snipers aiming for them.

Loyal and patriotic Brits, Susan and Bertie reluctantly agree to have their beloved birds used for this mission. The only one held back will be Susan's favorite, her pet Duchess, a gorgeous bird of fluorescent purple and green who seems able to communicate with Susan.

The Tale Of Ollie And Duchess

Enter the scene, American pilot Ollie Evans who hopes to join the Royal Air Force, since he has recently lost his parents and their farm and wants to be of

service, although the U.S. has not entered the war yet.

In a planning error, both Ollie and Duchess are stranded on a plane that crashes, leaving Ollie seriously injured. The entirety of the book will be of Ollie's efforts to escape capture, and to return to Susan with whom he has fallen in love.

Tense chapters describe the young American's efforts to evade detection and stay alive while Susan's trusty and steadfast pet pigeon Duchess crosses the English Channel with little rest – delivering messages back and forth. An exhilarating novel of historical fiction, the reader will appreciate the resilience and courage of the British people who endured eight months of relentless bombing during the Blitz. Bertie and his granddaughter Susan represent the volunteer organization that delivered 250,000 of these extraordinary birds from 1939-1945.

The author became fascinated with the subject in 2012, when he heard about the skeletal remains of a war bird found in a Surrey, England chimney with an encrypted message in a canister still tied to its leg. For years, the message contained within, baffled code breakers and served as the inspiration for this story. Taut with suspense, this is a tale of the daring and resiliency of both man and bird.

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.

Crossword Puzzle Of The Month



ACROSS

1. First principles
5. Office of Economic Development (abbr.)
8. Study
12. Borrowed money
13. Having (suf.)
14. Great Lake
15. Asian desert
16. Backward
17. Ancient weight
18. To the rear
20. United Nations Intl. Children's Emergency Fund (abbr.)
22. Andiron
25. Atomic Energy Commission (abbr.)
28. Own (Scot.)
29. Once (Lat.)
33. Jack-in-the-pulpit

35. Luzon people
37. Textile fiber
38. Rom. ancestral spirits
40. Mountain on Crete
42. Television channel
43. Sickness (Fr.)
46. Each
49. Gardening tool
53. Alaska Hawaii Std. Time (abbr.)
54. Hebrew letter
57. Coagulated substance
58. Death rattle
59. Prepare leather
60. Formerly
61. Elbe tributary
62. Slip
63. Shak. contraction

DOWN

1. Sea lettuce
2. Simpleton
3. Woman's work basket
4. Whiff
5. Away
6. Europe (abbr.)
7. Cirrus
8. Quill feathers
9. Viking
10. Senior (Fr.)
11. Unable to hear
19. Aunt (Sp.)
21. Disease (pref.)
23. Inlet
24. Abstract being
25. Mulberry of India
26. Equal Rights Amendment (abbr.)
27. Vehicle
30. Son of, in Gaelic names

31. Subside
32. Exudate plant
34. Agriculture goddess
36. Subjoin
39. Skin vesicle
41. S.A. sloths
44. Phil. island
45. Experimental Prototype Community of Tomorrow (abbr.)
46. Rhine tributary
47. Destroying (pref.)
48. Ait
50. Indian buffalo
51. Leader (Ital.)
52. Eng. statesman
55. Rower
56. Department of Natural Resources (abbr.)

Answers On Page 6.

Celebrating The Arts At John Knox Village

Art, Dance, Song, Jazz, Poetry, Sculpture And More



Operatic soprano and civil rights activist Grace Bumbry at one of her appearances during her South Florida visit.

Marty Lee
Gazette Contributor

It was a very busy entertainment season at John Knox Village, as the community celebrated the performance and participatory arts during Black History month in February.



Ft. Lauderdale's award-winning Dillard High School DCA Jazz Ensemble.



Nova Southeastern University's Danceworks ensemble performed its modern dance routines.

The ArtSage Alliance, a creative partnership among John Knox Village, Venetian Arts Society and Nova Southeastern University, was honored to host civil rights activist and world-renowned operatic soprano Grace Bumbry during a multi-day celebration of her storied career and the contributions of African Americans to the arts. Her South Florida visit included appearances at Ft. Lauderdale's Dillard High School, John Knox Village, NSU Art Museum Fort Lauderdale and Florida Atlantic University. Ms. Bumbry's various visits highlighted her long operatic career with a retrospective in video and audio featuring many of her most memorable performances along with Q&A sessions.

The highlight of Ms. Bumbry's week was a multi-media and multi-arts performance at NSU's Rose and Alfred Miniaci Performing Arts Center, celebrating Black History through dance, vocals by gospel groups and operatic solos, jazz and even hip-hop.

While our ArtSage Alliance concerts are on hold due to the current coronavirus crisis, please contact the John Knox Village Marketing Department at (954) 783-4040, so we can keep you informed on future plans, once the ArtSage Alliance concert series is cleared to resume later this year.



Jazz vocalist Leesa Richards sings with heart and soul during the ArtSage Alliance concert at NSU.

French Fries Versus A Colorful Plate...Choose Wisely

Anne Goldberg
Gazette Contributor



*Anne Goldberg
The Savvy Senior*

I read an article about a 2017 study published by the *American Journal of Clinical Nutrition* stating conclusively that eating french fries, fried potatoes and/or hash browns – at least two to three times per week – is linked to an increased risk of dying earlier. OK, what? Are french fries killing us en masse? What does that really mean? Is there some conspiracy among food manufacturers to make us a sick and die early? Well, to some extent, in my opinion, the answer is yes.

If you understand that food is medicine and that our health has a whole lot to do with how we nourish our bodies, then connect the dots. A varied and balanced diet of whole, unprocessed foods – food as nature intended, not as manufacturers invented – largely contributes to good health.

So what about those french fries? Are they the culprit? Not exactly. Not specifically anyway. The research suggests that people who eat fries a few times a week generally have poorer overall health habits than those who don't. If you're eating fries regularly, you are also most likely eating an overall diet that has more refined sugars, less fiber and more saturated fat; more Omega 6 and less Omega 3, and the combination of those things is a recipe for systemic, chronic inflammation. And it is exactly this type of inflammation that is the foundation for chronic illness.

So what does that mean for you and me? Can we ever eat fried food again? The occasional order will certainly not cause irreparable harm for the vast percentage of the population, and, they are simply



According to the U.S. Department of Agriculture, the average American eats about 46.4 pounds of potatoes per year, with french fries being the culprit behind the high consumption.

delicious. So splurge once or twice a year and enjoy. The key here, though, is really about the rest of the choices you make.

So to those of you, who typically eat most meals out, I ask you to become mindful of what you order. Fried food and processed meats of any kind harm your health. That has been proven over and over again. Are they worth it? If you're still with me, I recommend you strive for a plate that's colorful. If you consistently eat colorful food, then you are taking positive steps forward in your health. And for those of you who enjoy home cooking? Cook as much from scratch as you can, eschewing packaged foods in boxes, bags or cans. I know it takes more time and effort, but in the end, feeling better just may be the reward you enjoy.

Be a Savvy Senior. Make choices that support your health. Limit fast and fried foods, eat a varied, colorful selection of vegetables and fruits and don't

worry about the occasional splurge of fried potatoes. Your health will be better for it.

Anne Goldberg, The Savvy Senior, has a mission to help seniors know they are old enough to have a past and young enough to have a future. Her vision is to create an army of senior volunteers bringing their wisdom and experience back to the community. She helps seniors live into their future with vitality by teaching them how to use computers, with conferences and workshops on "The Art of Living Longer," with decluttering & organizing, and with "Tell Your Story Videos," preserving the stories and wisdom of your life for future generations. Visit: www.SavvySeniorServices.com

The Chance To Enhance Peace Through Medicine

Burn Loeffke
Gazette Contributor



Burn Loeffke

When we think of Earth Day, we normally think of saving the earth ecologically. Today we are facing two immediate dangers to our fragile earth: Microbes and missiles. Microbes are capturing our attention with coronavirus. We are facing an epidemic that threatens us all. A sign at a medical research center explains the danger: "In the context of infectious disease, there is no one from whom we are far removed." We are a world family that lives without secure borders against microbes and missiles.

Missiles And Microbes

We should not forget about nuclear weapons and nuclear accidents. The nuclear bomb dropped on Hiroshima in 1945, killed more than 80,000 people instantly and more died later from the after-effects of radiation.

The accident at Chernobyl in April 1986, was a warning of the dangers of nuclear power. The accident affected the whole world. Russia's nearest neighbors felt it right away. Even the West Coast of the U.S. experienced higher levels of radiation. In Russia, hundreds died and the atmosphere was contaminated resulting in a higher incidence of cancer worldwide.

I spoke to brave Russians in Moscow who had been sent to contain the disaster. These men were dying as the result of being exposed to the radiation. They mentioned incredible acts of heroism by firefighters who died shortly after attempting to fight the fire. Chernobyl was an accident, but it was also a warning. We can only imagine the aftermath of a deliberate attack with nuclear weapons.

Today's Heroes

Today, the heroes are the worldwide medical personnel fighting the coronavirus epidemic.

When I was Chief of Task Force Russia, I emphasized in Senate hearings the need for cooperation. My message was: "Peace in the world depends, to a large extent on how Russians, Chinese and Americans treat each other."

There are those who call for confrontation instead of cooperation.



A previous Secretary of State, John Foster Dulles, gave an order in 1954: "...You are forbidden to have contact with the Chinese. If you come face to face with Chinese, take a cold attitude towards them."

This policy was in effect for 18 years. During that time we fought two wars, Korea and Vietnam, against enemies supported by Russia and China. Had we been talking to China, those two wars could have been different.

In 2019, the State Department and the Pentagon labeled China enemy Number One and Russia enemy Number Two. We seem to be going down the same road as we did in 1954.

Maybe the coronavirus will teach us how to collaborate instead of confront. Together we can defeat this new threat. We have been working with Chinese citizens for years, both in China and Latin America, to enhance peace through medicine. We are spending billions in weapons to more efficiently kill each other and in the process harm our earth.

On Earth Day, let us shift our resources to help with medicine those who need help. Go to www.helpingotherstoday.com to see how you can help.

Burn Loeffke, a retired military officer, has been wounded, survived two parachute malfunctions and two helicopter crashes in combat. As a captain in his 20s, he was an Army swimming champion. As a colonel in his 40s, he participated in a military decathlon in Russia. As a general in his 50s, he ran three marathons in China. He has been an advisor to the President's Council on Physical Fitness. As a senior, he starts each day at Hollywood Beach, FL with 200 stomach crunches, 10 minutes of stretching, and with Dr. Carmen Queral, they sprint one-minute dashes with 30 seconds of rest in between. They finish with 10 - 20 second dashes with 10 squats in between.

To 5G Or Not To 5G...That Is The Question

The 5G Revolution Is Evolving, But Still Has A Long Way To Go

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

You can't escape the TV commercials for 5G. It's taken the cellular carriers over a decade to build out the current highspeed network called 4G LTE.

Looking towards the future, a larger capacity network and technology is needed to support all the applications and congestion that strain users' phones. Smartphones all use data to answer your questions. In your home they work with your Wi-Fi, but when on the street traveling, they get it from the carrier cell phone towers. Applications that answer your questions need a live internet connection.

Anything on your smartphone like reading email, directions to your doctor's office and, of course, your questions to Siri and Google all use data. Your grandchildren watching YouTube videos all day long and listening to free Pandora music are streaming tons of data over the network.

The last thing most smartphone users do is make a phone call. Every year there is a 50 percent increase in the amount of data use on these networks. There is a reason you keep seeing unlimited data plans as the sales pitch to get you to switch carriers.

Years ago, the carriers started to work on more capacity and greater download speeds. They had to buy more radio spectrum from the government to expand coverage.

Here Comes 5G

This next iteration of speed called 5G comes in multiple versions. Think of them as faster (600 spectrum) and superfast (millimeter wave).

To get these speeds require you buy a new cell phone. They cost between \$800 and \$1,200 because they have built into them the unique 5G modem that will work with that carrier. By the way, if you have AT&T and see 5G in the upper corner of your phone that is a marketing ploy. You do not have real 5G on any existing cell phone.

The advertising you see is promising a rosy today, but they are selling a future infrastructure that is not here yet. T-Mobile claims 600 MHz blankets the entire U.S. and it does, but it is barely faster than the current 4G. Does it warrant a \$1,000 new phone? Not, in my opinion. If you look at the fine print on the T-Mobile site, they go out of the way to point out that the coverage is limited.

The real promise is in the superfast millimeter-wave. For the system to work, it requires that the entire United States be covered with thousands of additional cell towers or repeaters. This is going to take time, money and lots of construction.

Currently, the superfast 5G coverage is available in a handful of cities in the United States and only on a handful of blocks in those cities. If you turn around while using the unique phone, the connection will drop from 5G to 4G. If someone stands between you and the new cell tower, your connection will drop as well.

If you happen to be lucky enough to live in a tiny service area in the U.S. that has 5G millimeter wave technology then yes, you will get dramatically faster downloads. For the rest of us, it will be 2021 before construction will catch up with the advertising.

Apple will probably announce a 5G phone this September. Samsung's new Galaxy 20 line is all 5G ready, but you can expect limited service and the battery to run down faster.

Only T-Mobile/Sprint say they will not charge extra for 5G. AT&T and Verizon already charge higher monthly fees for the 5G network.

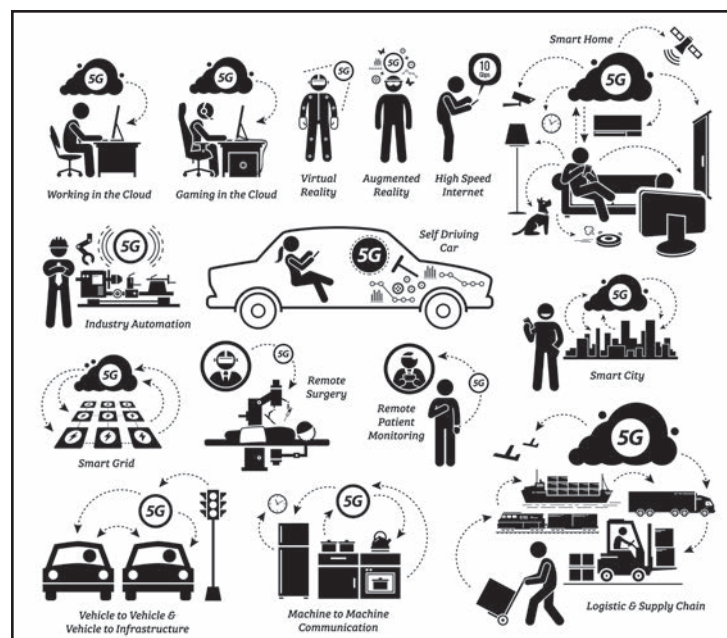
But why pay extra now for a network that is 95 percent NOT built?



Once fully operational, 5G promises to bring speed and capabilities to your smartphone and 5G enabled devices.

In a few years, the millimeter-wave superfast version will be amazing. For now, save your money and wait until 2021 for them to iron out the bugs and build the towers.

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



Projected benefits of a fully integrated 5G infrastructure.

Answers to Crossword Puzzle on Page 4

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

An Open Letter To Our JKV Family And Friends

A Message From Gerry Stryker, President And CEO, On The Practices And Procedures Implemented During This Time of Concern

Gerry Stryker
JKV President & CEO



Gerry Stryker

This is a trying time as we all navigate the World Health Organization-declared COVID-19 pandemic. As of publication date, John Knox Village remains clear of any known cases of COVID-19 on the Campus AND we are working tirelessly to keep it that way.

We're taking this seriously and doing everything we can to avoid COVID-19 from entering our campus and spreading. The JKV team is hard at work keeping things running smoothly.

Our vigilance and responsibility to the

well-being of all our residents, staff and vendors is undoubtedly worth our preventive measures.

We are all responsible for doing our part to stop the spread of this virus. Fear, anxiety and the spreading of rumors is counterproductive. We encourage you to remain calm and positive. Rest assured, we are working diligently to protect everyone.

We are engaged on a daily basis with a variety of industry and governmental agencies, either through daily conference calls or by monitoring of their notifications. Those groups include: LeadingAge Florida, the not-for-profit senior living industry trade group, the Centers for Disease Control and Prevention (CDC), Centers for Medicare and Medicaid (CMS), Agency for Health Care Administration (AHCA), World Health Organization (WHO) and others.

Keeping Residents Informed

As part of our internal communications, a daily printed update is available for residents to pick-up and read in all apartment lobbies. Incremental updates are also done electronically on portals and on in-house TV.



Executive Chef Marc Gullusci and the Dining Services Staff keep the healthy meals prepared. Cautionary guidelines have been established in all dining areas at John Knox Village. Additionally meals can be delivered directly from the kitchen to residents' apartments and villas.

Here are things asked of residents to help mitigate exposure and unintentional spread of the virus:

- Stay calm, don't panic and know that JKV is following all the mandated policies by governmental agencies to protect residents and staff.
- Please limit the amount of time watching news as it may heighten anxiety.
- Please refer to links for suggested remote and on-line activities available to do in the comfort of your own home.

Resident Guidelines:

- Follow the recommendations to reduce exposure by practicing thoughtful Social Distancing.
- Please do not leave the campus unless it is an absolute emergency.
- We ask that you do not invite guests onto the campus.
- Don't attend large functions (church, performances, large scale events).
- Wash your hands frequently and if possible, carry hand sanitizer.
- Regularly disinfect touch spots: Door knobs, remote controls, phones, computer keyboards (the virus lives on hard surfaces for days).
- Upon returning to your home after being outside on campus, remove your clothing and wash, in hot water (the virus can live in fabric).
- Get plenty of rest, fresh air and keep hydrated to help fight off any illness.

We understand the spread of the virus across the globe and throughout the United States is causing concern. Schools have closed, events are being cancelled, and the news media releases update upon update, all adding to a building sense of anxiety.

Remain Positive

Though these are serious matters, it's important to try to maintain perspective. Optimism is essential for mental well-being in trying situations. We are all responsible for doing our part to stop the spread of this virus. Still, if you find yourself worrying about COVID-19 and potential quarantine, remember that "it is normal to feel anxious."

"Fear is contagious too. And allowing ourselves to be swept up into panic doesn't strengthen our ability to manage the threat of Covid-19. It weakens it. I know our primitive "monkey brain" can hijack higher-order thinking when it perceives threat: that it's wired for fear-casting – overestimating the risks and underestimating our ability to cope with them. However, I also know that we humans are capable of rising above our lowest primal inclinations. We do it when we refuse to let other people's fears become our own and proactively arm ourselves with facts from reliable sources such as this one."

– Source: Forbes Contributing Writer Margie Warrell, March 10, 2020

More Important Precautions:

- We are restricting all residents & rehab guests for our most vulnerable population in the higher levels of care in The Woodlands, Seaside Cove and Gardens West from dining in the Patio and Lakeside Dining Rooms, as well as The Woodlands' Palm Bistro. Those residents and guests will be told to enjoy their meals at those higher levels of care locations.



As of press time, JKV Transportation continued to shuttle residents to essential grocery shopping trips and to drug stores when possible. Online shopping options will also be made available, to avoid residents leaving the Village and yet have individual grocery and prescription needs met.

- As an additional preventive measure, we will take temperatures of everyone dining at the Patio and Lakeside Dining Rooms and The Woodlands' Palm Bistro.
- Please Do Not Use outside transportation Ride Share services such as a Taxi, Uber, Lyft, etc. You do not know—and we do not know—where they have been and with whom they have been in contact!
- We will shortly outline additional precautions for Dining Services and other online food shopping options to be made available to all residents, to avoid you leaving the Village for groceries and yet have your food needs met.

We will continue to live the values of commitment, courage, focus, transparency, openness and respect. When we live these values, we hope to build trust. Thank you for your kindness, dedication, patience, commitment and understanding as we navigate this most difficult circumstance.

We would like to close with a listing of things that Have Not Been Cancelled:

- Getting Outdoors—Not Cancelled.
- Music—Not Cancelled.
- Reading—Not Cancelled.
- Singing—Not Cancelled.
- Using Technology To Stay Connected To Family And Friends—Not Cancelled.
- Hope—Not Cancelled.
- Let's Embrace What We Do Have.

– Gerry Stryker, JKV President & CEO, Fran Murphy, JKV Corporate Compliance Officer and Leslie Schlienger, John Knox Home Health Agency Administrator.

web JohnKnoxVillage.com
f t y JohnKnoxVillage

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



John Knox Village is one of South Florida's premier life-plan continuing care retirement communities and is home to nearly 1000 residents. More than 600 employees are dedicated to resident care, safety and security.



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

Dr. Earth's Rx: Be Mindful

Live In Harmony With Earth's Ecology

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

keeps us healthy, from head to toe and mind to brain.

In April 2019, the NASA identical twin study revealed that spending a year away from the earth was a good way to expedite the aging process. Findings noted that living in outer space produced negative effects on bones, genes, and brain cells.

Dr. Earth has a big bag of tricks to keep us healthy:

1. Gravity

The earth's gravitational pull strengthens our bones and allows our brains to be aware of our limbs and body in space. This ability, called proprioception, is so important to the brain that it was named as a sixth sense. Most people take proprioception for granted, until they fall or have balance problems.

Healthy brain tip: Perform weight-bearing exercise, such as taking a walk.

2. Light

Outer space is a cold, dark place. Because of the

earth's 24-hour orbit around the sun, we have an orderly, predictable pattern of darkness and light. This pattern, referred to as circadian rhythms, is the driver of the sleep-wake cycle and foundation of brain health. Disruptions in circadian rhythms may have been a major factor in the harmful effects of space for the astronaut, and also marks the beginning of neurological conditions such as dementia and Parkinson's disease.

Healthy brain tip: Celebrate sunrise and sunset with rituals and get a good night sleep.

3. Minerals

The human body requires 16 essential minerals to function: Calcium, phosphorus, potassium, sulfur, sodium, chloride, magnesium, iron, zinc, copper, manganese, iodine, selenium, molybdenum, chromium and fluoride. All of these come to us through the earth's crust, via the plants that grow in it.

Healthy brain tip: Plant-based diets with a rainbow of colors boost immune system and brain health.

4. Oxygen

Every one of the 10 trillion cells in the human body requires a steady supply of oxygen as fuel, the way a car needs gas. However, oxygen is also highly flammable and toxic in large amounts. The earth's atmosphere gives us just the right amount to live.

Healthy brain tip: Make deep breathing exercises part of your daily routine.

5. Water

The streams, rivers and oceans of the earth are a miracle. How the earth got all this water is still a scientific mystery. The human body is about 60 percent water, but the heart and brain are about 75 percent water.

Healthy brain tip: Proper hydration with clean drinking water (no sugar) helps nerve signals.

Dr. Earth is a great globe of grace—an unearned blessing. She does so much to keep us healthy, maybe we can do a little more for her. When you go for a walk, take a reusable water bottle rather than a disposable plastic one. We are not going to get another Dr. Earth anytime soon, so let's take care of this one better. Our brain health depends on it.



JKV's South Garden Villa resident Ellen Isaacs meditates. Make deep breathing exercises, meditation and prayer part of your daily routine.

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

Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2016 book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it or lose it," based on successful outcomes from her 10 years of experience in brain coaching. Visit Phyllis' website: www.brainwealth.org

The Featured Heritage Tower Lilac Apartment Home

Tour One Of The Most Popular One-Bedroom Residences In Heritage Tower

If you are looking for the economy of a one-bedroom floor plan, with the flexibility of a den to accommodate family visitors; as a study, computer or entertainment room, the featured Lilac apartment home may be the perfect choice. Located in the 10-story Heritage Tower, you will appreciate the expansive views from the bay windows in the living/dining room. You'll enjoy an open-air floor plan, where all home maintenance, both inside and out, is included. Savor economical one-bedroom living, while still having the complete life-plan security that every resident at JKV enjoys.

Tour this featured Heritage Tower Lilac apartment home, experience the special ambiance of the Village.

The Lilac Apartment Home Features:

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

Master Suite

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

Bright, Spacious Interior

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

As a JKV resident, you'll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and much more. Call the Marketing Department at (954) 783-4040 for more information.

web JohnKnoxVillage.com

JohnKnoxVillage

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



The Lilac offers exceptional livability and is one of JKV's most popular floor plans.

