

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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John Knox Village of Florida, Inc.
651 S.W. Sixth Street
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Hot Dogs And Cool Cats

Protect Your Pets During The Dog Days of Summer



For so many of us, our furry friends have been a source of comfort and companionship during the COVID-19 lockdowns. Let us pay them back for their loving dedication with an August filled with fun adventures, while safeguarding against the summer's heat and humidity.

Nona Cree Smith
Gazette Contributor

Living in warm, sunny Florida has many advantages for making the most of days filled with a host of fun things to do. There are so many opportunities for outdoor activities to enjoy with family and with our furry friends. Today, our outlook on how important animal companions fit into our lives has really changed.

While it was nice for kids to grow up with a dog or cat, we now recognize that animals make a significant positive contribution to just about everyone, especially in seniorhood.

During the past year of "staying in place," our furry friends became more even important as companions, as we could not mix freely with our families and other people, but our dogs and cats became an added source of comfort and companionship. That is why many Life-Care Retirement Communities not only allow pets, but welcome them as an asset to the quality of life for their residents.

The Heat Is On In August

Taking your dog for daily walks benefits you too, but during August's hot, humid weather, you might adjust the times of day for "walkies." Take them out early in the morning, to avoid the midday heat. Then take walks in the cooler early evening hours, with perhaps some fun and socializing at a dog park.

Fido is just as susceptible to sun damage as you are,

so follow the Centers for Disease Control and Prevention guidelines by applying sunscreen – to your dog's body and yourself no more than 30 minutes before leaving home. Just in case, keep a small spray bottle of non-greasy, non-oily dog sunscreen handy and lightly spray if you're taking a longer walk. Some sunscreens have the added bonus of being coat conditioners too.

Your Pet Can Get Sunburn Too

Be extra careful with pets that have white ears and faces (as they're more susceptible to sunburn), and short-nosed breeds who have difficulty breathing such as pugs and bulldogs. Those breeds overheat quickly. Avoid hot pathways and pavements that burn tender paws. You can test for heat by putting your palm close to the pavement, if you can feel the heat that means your dog will feel it more. I have seen little dog booties for sale but have not tried them. Judging by my Yorkie mix's temperament, he would pull off those dog booties in 30 seconds flat. In fact, I put the recommended nose sunscreen on him, and he scooted his nose along the Persian rugs to desperately get it off.

Humidity Multiplies The Heat

Watch out for humidity. August is one of the worst months for high humidity in South Florida. Dogs pant to evaporate moisture from their lungs, which takes heat away from their

See "Dog Days" on Page 2



Kim Ali, JKV Director of Sales, stands next to the chart indicating sold residences in The Vue and The Terrace at Westlake.

Westlake Sales Goals Meeting Projections

Rob Seitz
Gazette Contributor

Westlake, the vibrant new neighborhood coming to John Knox Village, is proving to be in high demand for locals and out-of-towners alike. The ambitious goal of reaching the 10 percent down payments by August 2021 is going strong.

Westlake is part of the multi-phase \$100+ million expansion project for the Village's 70-acre campus, and will include state-of-the-art, designer-finished apartment homes in two new towers, The Vue and The Terrace.

150 New Luxury Apartment Homes

Kim Ali, Director of Sales, says "In the 20 years of working in the senior living industry, I have never experienced this level of excitement by people near and far about a new expansion project, and as sales director at other communities, I have been personally involved in many. The JKV sales team is pumped and matching the excitement of our soon-to-be Westlake residents."

When completed, Westlake will have 150 luxury apartment homes in two towers. A large component of the project is to enlarge and enhance JKV's current dramatic water views. The Vue has 15 stories of light-filled rooms and enviable views with 1- and 2-bedroom floorplans from 1,231 to 2,259 square feet.

The Terrace is an 11-story boutique-style tower with a stunning rooftop terrace for all of John Knox Village residents and guests to enjoy. Floorplans at The Terrace offer 2 bedrooms up to 1,845 square feet.

See "Westlake" On Page 3

Take Precautions To Fully Enjoy The Dog Days Of Summer

From “Dog Days” On Page 1

bodies. If the humidity is too high, they are unable to cool themselves and their body temperatures will skyrocket. Be mindful of those days that have high Heat Index, which tells you how hot it feels when the relative humidity is factored in with the actual air temperature. For example, a 92° (Fahrenheit) day with a relative humidity value of 75 percent gives us a real-feel temperature of 116 degrees. Too hot for dog walks.

Making Sense Of Scents

Walking also gives dogs a chance to sniff the world around them. They can check on “p-mail” from friendly dogs and use their natural instincts by stopping to smell the roses, and the who and what stood on a particular spot. Their sense of smell is extraordinary at gathering a lot of information. When your dog is intently sniffing one spot and will not budge, perhaps your pup is smelling the cheese dropped from a long-ago burger, or that a lady dog had sat on that spot. To your dog, sniffing out all the details is heaven. So, walk slowly part of the way,



JKV resident Tom McKay enjoys the dog park with lapdog Winston and his friend Pumpkin.



Ft. Lauderdale’s Canine Assisted Therapy visits JKV for an Independence Day celebration and patriotic dog parade.

giving your dog a chance to sniff every leaf, plant, stick and stone.

Keep Pups And Kitties Hydrated

Staying hydrated is as important for dogs and cats as it is for people. The percentage of water weight in their bodies is higher than it is for us – 80 percent of their body weight is water, compared to humans’ 60 percent. Helping our pets maintain their fluid balance is important for their overall health and even more so during the swelter of summer.

On your walks be sure to bring along cool, clean water. Use an insulated container to keep it as cold as possible. Pet supplies stores and Amazon have huge selections of containers, many with a pullout section to pour the water into. We prefer to bring a collapsible cup. I just pour the clean water from the bottle into the cup. That keeps the remaining clean water in the bottle.

If you have a garden or small yard at your home, you might consider getting a large bowl or kiddie pool to fill with cool water and letting pooch loll in it on particularly sweltering days. Staying in air conditioning all the time is not fun or healthy.

Life In Florida Is A Beach

In South Florida, we are never far from a beach, however in North and Central Broward County, the only “dog beach” is located on the ocean at 1269 N. Fort Lauderdale Beach Blvd. in Ft. Lauderdale. Take a short drive and spend an hour or two playing by the sea with your best friend. A game of catch, a scamper through wavelets, barking at seagulls or maybe a quick dip in the water makes it a doggie paradise.

It’s important to remember, however, that a day at the beach is not always a walk in the park, especially

for older dogs. The glaring sun, hot sand, ocean tides and sharp seashells are all hazards that can make the seaside more dangerous than fun, unless you prepare for beach time.

Take along a large sunshade, a beach blanket and towels. To make sure your pet isn’t eating any sand, bring a cooler with ice packs, cold water, drinks and doggie treats. Rinse the salt water and sand off your pup before getting back into the car. Have fun and be sure to take along your pooper scooper and bags.

Dog Parks – The Canine Club

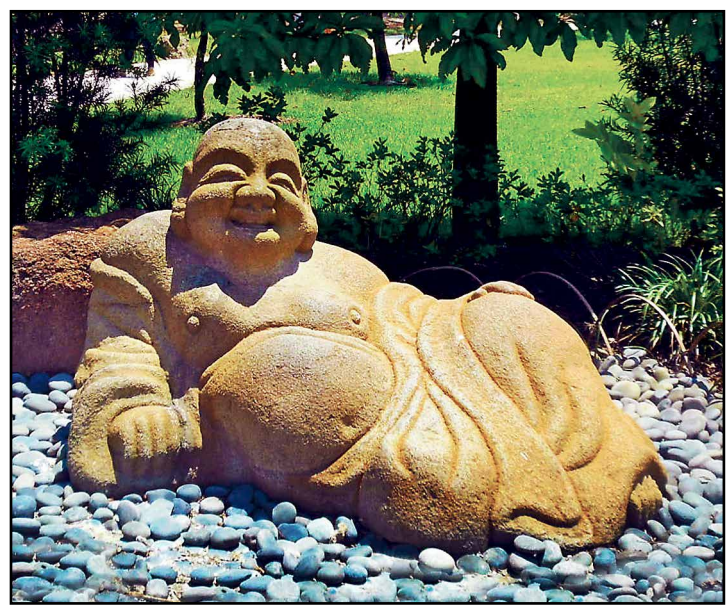
If the beach isn’t an option for your fuzzy friend consider taking your pup to a dog park where Fido can socialize, run, chase balls and have fun on the grass. Some senior communities allow pets, but the very special places, like John Knox Village (JKV) in Pompano Beach welcome pets and cater to them. The award-winning JKV community is a 70-acre verdant campus of beautiful mature trees, flowers and lakes interspersed with winding walkways.

Several years ago, JKV recognized the need for a well-planned and well-maintained: “Place where people and pets can be unleashed.” The Wellness/Dog Park is a popular hub for every kind of resident dog from the most purebred to incredibly loveable rescue pets. The park features people and pet water fountains, shaded benches and tables, a winding walkway with plenty of strolling room for both four-and two-legged walkers. It’s popular with the residents, as dogs are natural “ice-breakers.” Making new friends is easier when people stop to chat when you’re out walking with your friendly dog.

Stay cool, stay hydrated and stay healthy during the “Dog Days of Summer.”

Close-By Summer Attractions

Spend An Afternoon Enjoying The Beauty Of Nature



Morikami Museum and Gardens – Hotei the Buddha. Image source: Wikimedia Commons.

Nona Cree Smith
Gazette Contributor

For those of us who have been fully COVID-19 vaccinated, we can start reopening our world. Here are two great local attractions to consider for a pleasant morning or afternoon visit.

Morikami Museum And Japanese Gardens

Since opening in 1977, Morikami has become the center for Japanese arts and culture in South Florida. With rotating exhibitions, tea ceremonies performed monthly (October through May) in the Seishin-an (tea

house), educational programs and Japanese traditional festivals celebrated several times a year, Morikami strives to spread appreciation for the living culture of Japan with displays of Japanese art and historical artifacts, pottery, fabrics, kimonos and much more.

The 16 acres that surround Morikami’s two museum buildings include expansive Japanese gardens with strolling paths, resting areas, a world-class bonsai collection and lakes teeming with Koi and other wildlife.

Morikami Museum and Gardens: 4000 Morikami Park Rd., Delray Beach, FL 33446

Hours: Tuesday to Sunday 10 a.m. – 5 p.m.

Cornel Café: Tuesday to Sunday 11 a.m. – 3 p.m.

Closed Mondays and major holidays.

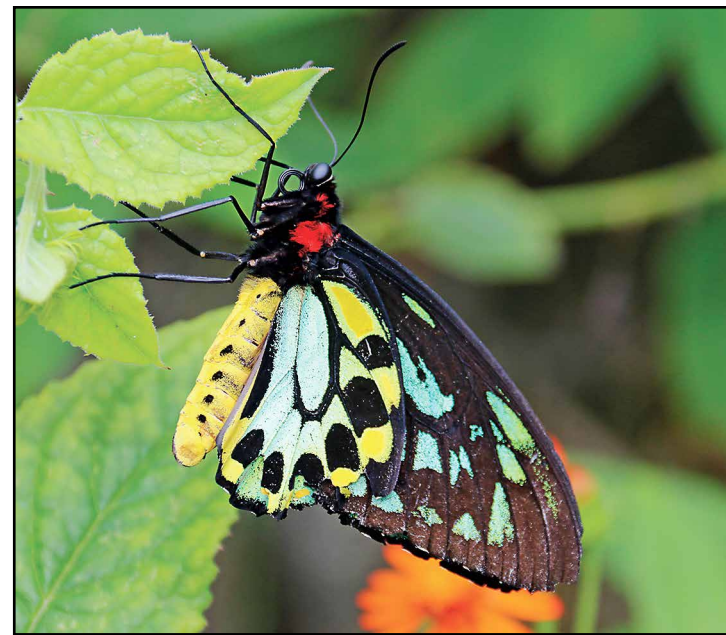
For more information call (561) 495-0233 or visit the website: www.morikami.org

Butterfly World And Birds Too

“This must be what heaven is like.”

– Ronald Boender, founder

Butterfly World is recognized as the world’s largest butterfly and bird park, with “open air” aviaries that allow freedom of flight for a beautiful display of more than 20,000 exotic butterflies and tropical birds from around the world. In three display aviaries: North American Aviary, Tropical Rain Forest and the Basket Walk, visitors can interact with rare and delicate butterflies living in recreations of their native habitats. They can also visit the butterfly farm, with a pupa-emerging museum.



Experience the wonders of nature at Butterfly World.

Between 2,000 and 3,000 butterflies can be seen at any one time. The best time to see the butterflies is on bright sunny days. It is then, the butterflies are most active.

The tour continues outdoors with the botanical vine walk and the milkweed pasture, where monarchs and queens, among others, enjoy their favorite nectar.

A few yards away is the museum and insectarium and the gift shop and the plant shop, where visitors can purchase the appropriate plants to help them turn their homes and gardens into mini-Butterfly Worlds of their own.

Butterfly World: Tradewinds Park - South, 3600 W. Sample Rd., Coconut Creek, FL 33073

Hours: Monday to Saturday 9 a.m. – 5 p.m. and Sunday 11 a.m. to 5 p.m.

For more information call (954) 977-4434 or visit the website: www.butterflyworld.com

Westlake Expansion Reservations Hot As August

From “Westlake” On Page 1

The shared first floor of The Vue and The Terrace will be home to first-class amenities including high-tech projection theater, technology hub, business center, workspaces, art studio, a Sacred Space, library, The French Press Bakery, Coffee & Wine Bar and the Westlake Eatery.

Westlake Pavilion Features

Adjacent to the two apartment buildings will be the Westlake Pavilion, which features:

- A modern 350+ seat Performing Arts Center
- Two new restaurants, *The Pearl* and *Seaglass*, with indoor and lakeside dining
- Barton’s Nautilus Bar
- Pre/post event Gallery space

John Knox Village is a Life-Plan Community, which means that all residents who move to the Village receive a Life-Care contract that secures whatever health care circumstances may arise, each resident enjoys peace of mind that their future health care needs are taken care of. That continuum of care includes assisted living at Gardens West and skilled



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

nursing care at Seaside Cove or The Woodlands – all right on campus, should those needs ever arise.



One of the dining venues planned at the new Westlake at JKV expansion.

Be Part Of The Action

A 10 percent Westlake deposit means automatic enrollment as a Platinum Level member of the Westlake Village Club with even more perks that include 12 dinners and 8 lunches at any of the three on-campus dining venues and more.

As a member, depositors receive many complimentary services that include access to the \$6.2 million Aquatic Complex, with resort-style pool, lap pool, Jacuzzi, Pickleball and bocce ball courts, Glades Grill restaurant and Stryker’s Poolside Spots Pub. Members also receive access to Life Enrichment events, fitness classes, admission to JKV community partner venues such as the Bonnet House, the historic Sample McDougald House and the NSU Art Museum in downtown Fort Lauderdale.

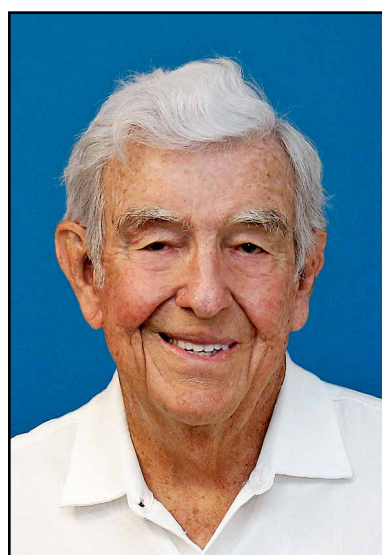
To learn more visit www.johnknoxvillage.com or www.JKVgrows.com, or call (954) 871-2655 to speak with a Life-Plan Consultant.

web JohnKnoxVillage.com
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Thanks For Asking

So Dave, How Was Your Father’s Day?

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

As with many of our friends, my family has always been good about observing holidays and keeping family gatherings high on their priority lists. This Father’s Day was especially memorable however, and for all the right reasons.

Like many folks at our point in life, this is the second marriage for my wife Jackie and me. Jackie’s son lives in California and her daughter lives in

Virginia. It is their custom to spend a few days in Ft. Lauderdale every year around Father’s Day for what really amounts to a combined family reunion/vacation that of course includes separate visits with their father and mother. We always enjoy spending time with the kids during these visits, but everybody thought that our get-togethers during this year’s visit were extra special.

Family Gets Together At Last

First, my son hosted a big “family and friends” dinner party on Sunday evening. He recently moved into a very nice home about four miles from John Knox Village. The camaraderie, food, and venue at our dinner could not have been nicer. On Monday, Jackie’s son and her daughter’s family spent most of the day with us at John Knox Village. According to them, that was the highlight of their very enjoyable five days in the area. It started with lunch at the Glades Grill. We are certainly not gourmands but do know the difference between a good and bad dining experience. For a restaurant that has only been open a few short months during a time where appropriate

help is in short supply, the food and service we experienced at the Glades Grill were very good indeed.

Sun And Fun At The Aquatic Complex

Following lunch, the six of us spent the afternoon enjoying our new JKV Aquatic Complex. There have been many descriptions about all the wonderful aspects of that newest addition to our Village in recent editions of *The Gazette*. Not wishing to be redundant, I’ll simply pass along some unsolicited testimony that Jackie’s family shared with us.

Usually, when Jackie’s son and his partner are in town, they stay at the Atlantic Hotel on the beach in Ft. Lauderdale. One comment was that the pools at our Aquatic Complex are much nicer than those at the Atlantic. Also, until a few years ago, Jackie maintained a membership at the Lago Mar Beach Resort & Club in Ft. Lauderdale, mainly for her extended family and out-of-town visitors to have a really nice place to visit when they are in town. Her

family was unanimous in saying that they enjoyed the JKV Aquatic Complex more because it was less crowded, less noisy and the amenities were better.

Pickleball Anyone?

Our time at the Aquatic Complex ended following a rousing 40 minutes of Pickleball. We left with six smiling faces and one skinned knee.

The comments above are by no means meant to disparage either the Atlantic Hotel or the Lago Mar Club. We have always found both to be first-class facilities. To us, the comparisons merely served to reinforce the sense that our families are as happy with our decision to move to John Knox Village as we have been. Also, most parents know how important it is to show approval of the choices that our kids make. Now, we have been reminded again how nice it is when that kind of approval flows from the kids to the parents. Thank you, John Knox Village.

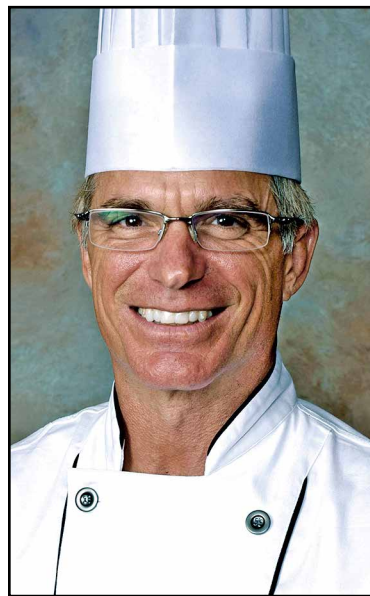
Dave Bayer and his wife Jackie have both been involved in a variety of volunteer activities in the local community and at JKV. Dave currently serves on the Board of Directors of both the National Continuing Care Residents Association and the Florida Life Care Residents Association.



Residents participate in water aerobics at John Knox Village’s new Aquatic Complex.

In Good Taste: Summertime Is Right Time For Chef Mark's Banging Potato Salad

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

Certain foods just seem to remind people of summer. Hamburgers, of course. Baked beans, naturally. Margaritas, this writer hopes so.

It would be hard to dispute that potato salad belongs in that *Top Five List* of quintessential summertime foods.

Not surprisingly, John Knox Village Executive Chef Mark Gullusci has a recipe for that. He calls it his "*Banging Potato Salad*." One bite of his banging recipe should be convincing enough.

In addition to which, research suggests that potatoes have a beneficial effect on a person's entire immune system, "especially if eaten cold—or in a potato salad," according to a study as reported in the *Scientific Blogging Science 2.0* publication.

So, Chef Mark offers this quiniela of good taste and good for you.

Banging Potato Salad ***(Yields 6-8 Servings)***

- ***3 lbs. Russet potatoes, peeled and cubed to 1 inch***
- ***1 diced red bell pepper***



Chef Mark's Banging Potato Salad is a welcome addition to any summertime meal.

- ***3 diced stalks of celery***
- ***1 cup thinly sliced green onions***
- ***1 cup bacon crumbles***
- ***2 cups mayonnaise***
- ***½ cup Dijon mustard***
- ***Kosher salt and ground black pepper to taste***
- ***¼ cup white vinegar***
- ***½ cup shredded cheddar cheese***

Method Of Preparation:

Place cubed potatoes in a pot with cool water, bring to boil and cook seven to 10 minutes, until tender. Strain and place on a cookie sheet to cool, may be placed into fridge to speed up the cooling.

Once cool, mix potatoes with other ingredients, Cover with plastic wrap and let cool for an hour.

Here's a thought. Enjoy the potato salad with a hamburger, baked beans and a margarita. It's a great combination for entertaining during an August picnic or after-pool gathering.

Book Review

Destiny of the Republic

By: Candice Millard

Donna DeLeo Bruno
Gazette Contributor

A compelling combination of history and biography, this book focuses on our little-known

20th President, James A. Garfield, as well as two other extraordinary men, Alexander Graham Bell and British surgeon Joseph Lister, both of whom became seriously involved at the end of the president's life.

Garfield rose from abject poverty to become president, his ascension an example of "The American Dream." The book opens as Congressman Garfield with his wife and six children, visit the 1876 U.S. Centennial Exhibition in Philadelphia, which featured the major scientific discoveries of the day, including Bell's new telephone, Dr. B. Frank Palmer's invention of the artificial leg, and Dr. Lister's research on antiseptics – his method of destroying germs to prevent infection.

After a teenage stint as a canal man working on the Erie and Ohio Canals, a near-drowning convinced Garfield that God had saved him for a reason. He became a serious student and later a Civil War hero, before entering politics and captivating audiences with his outstanding oratory skills. Garfield was not prone to promote himself, but others sought him out and he won his election by a landslide. As such, he became an ardent spokesman for the abolition of slavery. "Servitium esto damnatum" (slavery be damned), he declared.

Nominated To Presidential Candidate

Humble by nature, he later even protested his nomination for the presidency, stating that he had not granted permission to be nominated, had even vigorously resisted. He much preferred a quiet life on his farm. Above all, he was a family man who treasured time with his family. When elected, although fully capable and up to the task, he mournfully asserted, "There is a tone of sorrow running through this triumph."

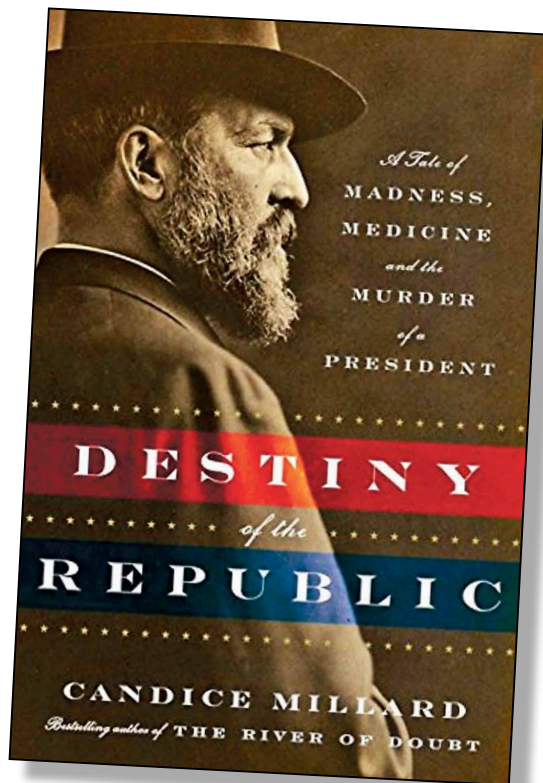
In all, Garfield was a very decent, highly intelligent, honest, fair-minded, congenial gentleman, devoid of arrogance or a sense of superiority; for these traits he was well-liked and respected by the populace. One per-

son, however, the deranged Charles Guiteau, felt divine inspiration was leading him to shoot the president. After a few aborted attempts, he succeeded in his attack. The chapters that follow are the most fascinating in the book.

The President Lingers Near Death

The stricken victim was positioned on a dirty horse-hair mattress placed on the depot floor, then carried to an upper room surrounded by doctors who poked around into his wound with unsterilized fingers and instruments in an attempt to determine the bullet's location. These were the same physicians who had scoffed at Lister's theories about sterilization and proper hygiene.

Although Lister's dramatic success using carbolic acid to sanitize his operating room had gained acceptance in Europe, it had not by skeptical physicians in the U.S.



Despite intense pain from the gunshot wound, the good-natured president joked with his caretakers. Very disturbing was the behavior of one in particular, Dr. D. Willard Bliss, who eagerly seized control of the president's care in hopes of garnering fame and prestige for himself. He asserted that both the president and his wife had requested he take charge of the case, which was a false assertion.

It is likely that the repeated probing by 12 different physicians during the many weeks Garfield lingered was the cause of widespread infection that ended in his death. Since the bullet had not hit any vital organs, modern speculation is that Garfield would have survived if not for his doctors' inept treatments. It is with increasing horror one reads about the unsanitary surroundings rampant with bacteria to which the patient was exposed,

as well as the arrogance and lethal errors of those physicians considered the "best" at the time.

The gallant president never complained or even once uttered a groan, allowing them to repeatedly turn him and probe, despite the excruciating methods they visited upon his wasting body. In the later chapters, the author very skillfully develops intense suspense as a nation waits and prays for their beloved leader. Throughout two months of agonizing suffering, Garfield maintained the "calm, patient, cheerful" demeanor for which he was well-known, expressing his gratitude for the "generous people" who attended him and those who stood vigil for weeks outside his bedchamber.

Since the author is masterful in providing factual details in the most moving manner, the reader has no doubt understanding why the electorate so deeply loved and esteemed this fine man. In the opening chapters, Millard adeptly lays the groundwork in her depiction of Garfield's character, personality and principles to garner the reader's respect and admiration for this unsung hero.

Garfield Distained Discrimination

A worthwhile and enlightening read, the book is relevant today because of Garfield's deep respect and concern for the black population.

Noteworthy is Garfield's refusal to tolerate discrimination taking place in the South. It is tragic that it took his death to unite the nation in its love and grief for their slain leader. This little-sung hero symbolized freedom and progress for blacks, but most significantly dignity.

Garfield demanded complete and unconditional equality for newly freed slaves: "Permit no man to praise you because you are black. Let it be known that you are ready and willing to work out your material salvation by your own energy, your own worth, your own labor... you were... made free to enjoy an equality of opportunity in the race of life." Idealistic and noble sentiments not only for the past, but also today.

In her skillful characterization, Millard brings Garfield vividly to life to reveal a man of substance, but also one who possessed a "sweet, sunny, loving nature." Cut down in his prime, he accomplished in death what he had not achieved in life: A nation united in grief "for whom there was no North, no South, no East, no West. Bound together in one common sorrow we are one and indissoluble." Let's hope that it is still true.

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.

'You Can Get Anything You Want'

At The JKV Resident Auxiliary Services Thrift Shop



John Knox Village resident volunteers manage and operate the on-campus RAS Thrift Shop.

Marty Lee
Gazette Contributor

In this continuing series, *The Gazette* focuses on John Knox Village residents, who showcase a unique dedication to an activity or volunteer opportunity. August's featured residents are the volunteers who supervise and operate the Resident Auxiliary Services (RAS) Thrift Shop.

A visit to the shop is reminiscent of the 1967 song lyrics by Arlo Guthrie, "You can get anything you want," but in this case, not at Alice's Restaurant, but at the RAS Thrift Shop.

John Knox Village was founded the same year as Arlo's famous song. Nine years later in 1976, RAS was formed by two residents Juana Hux and Sarah Large, as a resident-directed non-profit organization.

Marsha Ellington, RAS Publicity Chair described RAS's mission in 2019. "The purpose of RAS is to render volunteer services for the general welfare of the residents of John Knox Village, working in cooperation with the JKV administration."

"Some of the volunteer opportunities involve working at the Large Print Library and stamp desk and at the Curiosity Shop (Thrift Store). The shop is the primary fundraiser for the organization. Donated items are sold at reasonable prices. The income derived provides funding for requested items and programs which first must be approved by the Board of the RAS." The Board of Directors includes 10 members at large, officers and committee chairs.



JKV resident Claire Dunn is president of the Resident Auxiliary Services (RAS).

RAS President Claire Dunn

The current resident president of RAS is Claire Dunn. She describes the organization's early years: "RAS began selling consignment items and baked goods with all proceeds dedicated to projects around campus. Then along came a fashion show, bake sales, cookie sales, donations and memorials." Claire chuckled when she added, "Green stamps were also turned into cash. Remember those?"

Through the years, RAS and its consignment efforts led to the opening of the on-campus RAS Thrift Shop. Located in the northeast corner of the JKV campus, the Thrift Shop offers a full array of donated items, including an extensive inventory of women's and men's clothing, shoes, housewares, china and glassware, small kitchen and household appliances, electronics, CDs, furniture, art, knickknacks and tchotchkes. Sales of these donated items have funded the purchase of numerous items for JKV.

"RAS has helped to purchase defibrillators, hospital beds, an EKG machine, a pool table, the putting green, security cameras, construction of a new fitness studio as well as The Woodlands," Claire said. "We have also bought a van, popcorn machine, bingo machine and of course donated to the Employee Holiday Fund every year. And very importantly, we fund the purchase of books for the many Village libraries and music programs for our various choral groups."

Claire said that RAS is celebrating its 45th year and has donated close to \$2 million to JKV. The team of resident volunteers makes it all work. "Because of the devotion of our volunteers, RAS has been, and is, a huge success," Claire said.

RAS Store Manager Lyn Walk

Resident volunteers at RAS bring their enthusiasm and career experience to the job at RAS. Store Manager Lyn Walk has enjoyed a long, and varied career, including airline stewardess, BART (Bay Area Rapid Transit) train operator, and owner of a floral and gift shop in Alameda, CA.

"I must have inherited an entrepreneurial gene," Lyn said. "I love merchandising, selling and especially interacting with the customers."

Lyn shares that enthusiasm with a team of 25 volunteers, with 16 to 18 working on any given day. "We never know what inventory will be arriving. We have had Tiffany lamps, Waterford crystal, Persian rugs, fine art, miniature doll houses. Recently, we acquired a metal toy from the '30s, and volunteer Don Williams thought it might be worth quite a bit. It sold for \$300."

Don is another active volunteer who brings life experience to his job at RAS. He is an artist, a resident senator, a welcome ambassador for new residents and an experienced sales and store manager.

"I was formerly the general manager of Grand Furniture in Virginia Beach, VA," Don told *The Gazette*. "Since I was in the furniture business, I am a worker in the furniture department." However, Claire interrupted and said, "Don is indispensable."

Working Together For Common Purpose

Indispensable is a word that applies to all RAS volunteers. Lyn mentions Carol Woodburn, as another example of an indispensable volunteer. "She is a kind and caring person who knows virtually every customer by name. After eight years' experience at the shop, she can answer almost any question that arises."

Joyce DeJong, and her husband Don, have had a long association with RAS.

"I am a pricer," Joyce said. "Our team checks everything when it comes in. We wash glassware, linens and anything that needs cleaning. Everything electrical or electronic is checked to make sure it all is in working condition. If it needs adjusting, we send it to the



Lyn Walk is the RAS Thrift Shop manager.

men's workshop for further evaluation. We decide on the pricing to make everything very reasonable."

The Thrift Shop is open Tuesday mornings and Thursday afternoons specifically for JKV residents and employees. For many, it is a regular stop twice a week to peruse the items for sale and renew friendships.

Longtime JKV resident and former RAS volunteer Edith Meinholtz visits every Tuesday and Thursday. "I love this place and the people in it," Edith said. "I always pat the volunteers on the back and say, 'we only shop the best places.' I shop thrift stores and I know this is the best."

Thanks To Every RAS Volunteer

Claire Dunn credits all who have made the organization a success. "We thank all those volunteers who have worked endless hours for years, not for payment but because of their generous hearts and the kindred spirits developed in the shop, the workshop and the campus itself."

While the RAS Thrift Shop is not open to the general public, make some friends at John Knox Village and ask them to give you a tour and accompany you to the Thrift Shop. Learn more about JKV by calling (954) 871-2655 and make plans to visit the campus.



Volunteers Mary Busenburg and Nancy Custance showcase the latest fashions available at the RAS Thrift Shop.



Act Your Age?

DON'T AGE GRACEFULLY. AGE GREATLY.

Try keeping up. Age is nothing but a number, after all, and you're stepping into day one of a seniorhood that has no plans on slowing down now. A world of opportunity, a wealth of experiences and a welcoming community of some of the most fascinating people you could hope to meet are waiting at John Knox Village.

**Start aging greatly today.
Call (954) 871-2655 for information.**



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VILLAGE**
Where possibility plays



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**JOHN KNOX
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Where possibility plays



An award-winning Life-Plan Retirement Community

Join us for *Conversation AND Cocktails*

Mingle with residents while you learn more about the exciting opportunities John Knox Village has to offer.

**Thursday, August 12
4 p.m. – 5:30 p.m.**



**Thursday, August 26
4 p.m. – 5:30 p.m.**

at the **Welcome and Innovation Center**

For more than 53 years, we have set the bar high when it comes to delivering an all-inclusive resort lifestyle. Your health, happiness and well-being are our priority. Learn all about **John Knox Village** and our latest addition, **Westlake**, which will feature 150 upscale apartment homes, two farm-to-table restaurants, a bar, and Performing Arts Center.



To RSVP for these events, call **(954) 871-2655**

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.

New iOS For iPhones

Marc Storch
Gazette Contributor



Marc Storch

It's happening again. If you have an iPhone, there is a new version of the iPhone Operating System (iOS) coming out sometime in September. I know it feels like we just got used to the version we are on right now, but Apple likes to keep us on our feet like that.

Improved Sharing

This time around, Apple has put a lot of focus on connecting and sharing experiences on your phone. You will be able to watch shows together, listen to music, and share

your screen, all while still being able to use Face-time. If you don't happen to have a curated bookshelf background for your Facetime calls, you can now use portrait mode to make the focus solely on you.

Notifications will display a larger image of the app it came from, and if it is a message from contacts, it will show their picture next to it, making them easier to identify. In addition, focus mode is a new feature allowing you to control what apps give you notifications at what times. So, if you want your morning routine to only include notifications from texts and not look at the news yet, you can do that.

More Efficient Safari

Safari is going to look completely different. But, before you get too nervous about this, many rede-

signs are supposed to make it easier and more efficient to navigate. One of the prominent features is now you can open groups of tabs on your phone and then access them from another one of your Apple Devices.

Carry Your ID In Apple Wallet

Next time you are asked for your identification and have that moment of panic, you can now add your ID to your Apple Wallet. This feature won't be added until a further update, so keep that good old plastic card on hand. If you are concerned about the security of this, don't worry because Apple has added a bunch of new privacy features. Notably, you will now be able to see when apps access your permissions, like using the camera or microphone.

New Health App

The new and improved health app adds features to share your info with your family or caregiver. For example, you can now add COVID-19 vaccinations and keep track of your walking steadiness to manage fall risks.

With any update, the new features might be a little bit overwhelming at first. Remember to take them one step at a time and work at your own pace. If you think you can use a little bit more assistance, GroovyTek is always there to help.

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



Gazette readers who make an appointment, meet with a Life-Plan Consultant and tour John Knox Village will receive a complimentary over-the-phone consultation with a GroovyTek expert. For details, call the JKV Marketing Department at (954) 783-4040.



Exercise Your Freedom

Anne Goldberg
Gazette Contributor



Anne Goldberg
The Savvy Senior

Last month, we celebrated Independence Day. It's always a fun celebration with barbecues, picnics and fireworks. But make no mistake, the real celebration is about freedom. It got me thinking. If freedom and independence are hallmarks of our society – how does that relate to us seniors?

We all want to live independently with dignity, but aging can sometimes make that difficult. And loss of independence can be very discouraging when we have spent our

lives working, raising families and making decisions. It is particularly vexing when our children think they know what's better for us than we do.

As a reader of this column, you must know I believe we are all empowered to make choices in our lifestyles that result in our feeling "happy, not crappy," with greater emotional and physical health. With this in mind, here are some actions you can take to help you stay independent, free to make your own decisions.

Work On Balance And Strength

The big fear for most of us is falling. That's why working on balance and strength must be constantly urged into being through movement and exercise. It is your first defense against falling and will help you continue walking, dancing and gardening throughout

the day. If your balance is compromised, don't be shy about using assistive devices like a cane, walker and railings. And always be mindful of where and how you are walking, so pay attention to your feet and your surroundings when walking.

Don't Stop Making Choices For Yourself

Perhaps you are no longer making certain decisions for yourself. That's ok, it happens. What's critically important though is that you continue to make decisions about those things that are in your control. What you wear, what you eat, what surrounds you (furniture, personal items and very importantly, pictures) and what you do with your time.

Maintain Your Sense Of Purpose

The research into happiness is very clear that having a purpose – something that gives meaning to your life – is critical. Without a clear purpose, humans languish. What is your purpose? Some questions to ask yourself to help you: What gets you excited? What is it that you do, that when you do it, time just flies? Do you enjoy being alone or with others? Do you enjoy helping others? What is your gift? (Music, art, poetry, dance, math, teaching, organizing.) How can you share your gift(s)? Even if you are limited by mobility, you can still volunteer and be an important cog in a larger wheel.

Eat Smart

Eat a diet of whole, unprocessed foods and limit sugar intake to 35 grams per day. It's no secret that the food you eat affects your brain and heart. Limiting (or eliminating) ultra-processed "Frankenfood" is an important step toward cognitive and cardiac health allowing you to maintain your independence.

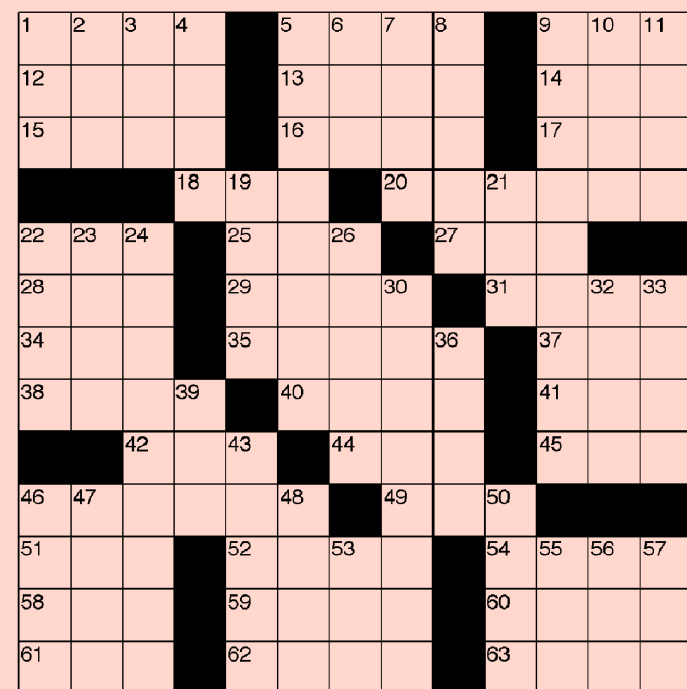
Keep Learning

Your brain is not static. Continued learning literally stretches and expands its capabilities. Use your non-dominant hand for routine tasks and **NEVER STOP LEARNING**. Whether it's an instrument, a new language, your smartphone or computer, keep challenging your brain and you will be rewarded with continued cognitive health.

Be a Savvy Senior. Exercise your freedom to stay healthy so you can continue to be independent and in charge of your life.



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



Crossword Puzzle Of The Month

ACROSS

1. Buttocks
5. Reel
9. Adjective-forming (suf.)
12. Leaf-cutting ant
13. Scientific name (suf.)
14. No (Scot.)
15. Beer
16. Polish border river
17. Poetic contraction
18. Europe (abbr.)
20. Swed. sculptor
22. Spot on cards or dice
25. Flat fish
27. Flood
28. Or best offer (abbr.)
29. Irish exclamation
31. Answer requested (abbr.)
34. 102 (Rom. numeral)

DOWN

35. Book (Lat.)
37. Indo-Chin. people
38. Thessaly mountain
40. Large intestine beginnings
41. Interstate Commerce Commission (abbr.)
42. Poetic contraction
44. Eye-infesting worm
45. Council for Econ. Advisors (abbr.)
46. Firearm
49. Recommended daily allowance (abbr.)
51. Melody
52. Fine Cuban tobacco
54. Regard
58. Centers for Disease Control (abbr.)
59. Acid (pref.)

60. Hettles of a loom
61. Compass direction
62. Foot (suf.)
63. Forbidden

23. Bird
24. Taro (2 words)
26. Biblical tower
30. Deck
32. Flower holder
33. Geophagy
36. Electric catfish
39. Bronze money
43. Summary
46. Medieval warclub
47. Acquired immune deficiency syndrome (abbr.)
48. Run
50. Accountant (abbr.)
53. Child (pref.)
55. Amer. Automobile Assn. (abbr.)
56. Mortar mixer
57. Flightless bird

Answers On Page 10.

Alzheimer's Dementia May Not Be Curable, But Might Be Preventable

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

It's been only weeks since a new drug for Alzheimer's dementia, Aduhelm, was approved by the FDA, stirring hope among Americans, as well as controversy within the medical community.

Why hope? Aduhelm is the first new drug approved for Alzheimer's in 20 years, and we desperately need an effective treatment for this terrible, thus far considered incurable, disease.

Why controversy? At \$56,000 per year of treatment, Aduhelm was only marginally effective and

only at a high dose during a second trial—after the first trial was stopped due to meeting the criteria for futility. In addition, significant side effects, such as brain bleeding and swelling, were experienced by nearly half of the APOE4 gene carriers in the study.

APOE4 Gene Connection

The APOE4 gene is present in two-thirds of patients with Alzheimer's dementia. The disease is most common in those who inherited two APOE4 copies—one from each parent.

The APOE4 gene was identified as a risk factor for Alzheimer's in 1993, and thankfully, much has been learned since then. For instance, while APOE4 increases the risk of Alzheimer's by as much as 15-fold for people with two copies living in the United States, it does not appear to have any bearing on the risk of Alzheimer's dementia for people living in West Africa (Osuntokun et al, 1995).

The APOE4 gene likely served well our ancient hunter-gatherer ancestors. It allowed them better to absorb fat to go longer without food and equipped them with an immune system eager to launch a life-saving inflammatory response to injury. The very same gene, however, does not serve us when dipped in the modern

American lifestyle of munching on processed, sugary foods and beverages in front of our television sets. The excessive, constant inflammation triggered by processed and fast food unleashes a chemical war of cytokines in our body—including the brain—leading to collateral damage including the death of brain cells, leading to yet more inflammation and more destruction—a self-perpetuating and vicious cycle.

Sleep And The Brain

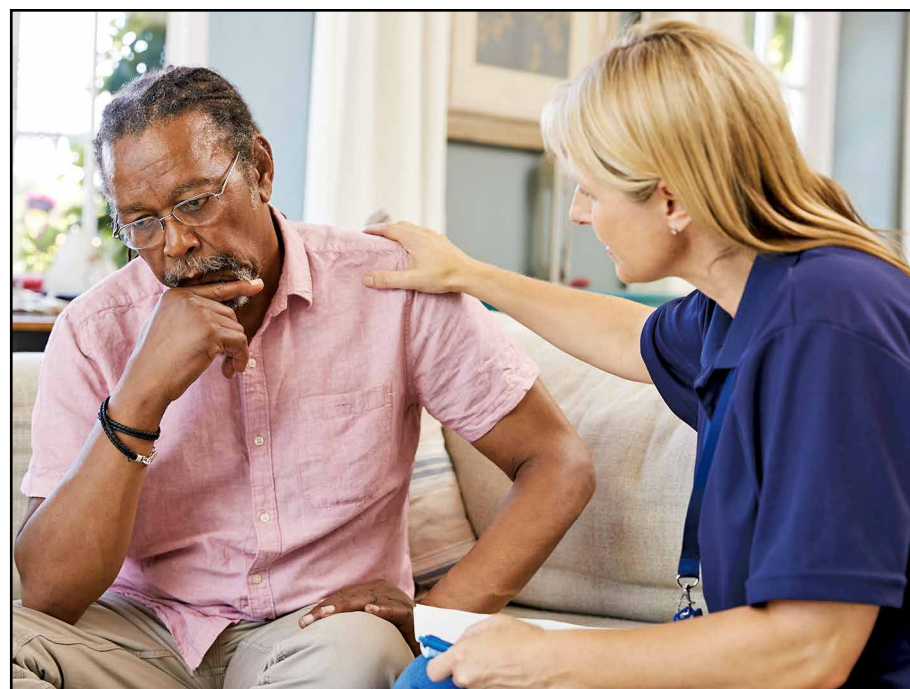
Our brain's glymphatic ("sewage") systems can siphon out debris and abnormal proteins during deep sleep. However, deep sleep times have dropped an average 90 minutes of sleep per night since last century. Some consider it (stupidly) a badge of honor.

(Why sleep when you can make more money working?) The epidemic of sleep deprivation is compounded by stress and environmental pollution which damages our mitochondria (the energy factories of our cells) making us more vulnerable to chronic infections including those affecting the brain (herpes virus, Lyme disease). Add to bacteria crawling into our brain from gum disease (more sugar, anybody?) and the decimation of the gut microbiome by Western diet, antibiotics and pesticides causing yet more inflammation and food sensitivities, and the storm is perfect.

In other words, it is not the gene, but the lifestyle and the environment that is causing Alzheimer's, or at least a big chunk of it.

We need to move, eat real food, and in moderation, feel the sunshine on our skin, laugh, live, smell the pine trees instead of car exhaust, and take care of the land on which we have the privilege to live.

Like diabetes, obesity and depression, we have begun exporting Alzheimer's to foreign lands—along with the golden arches, donuts, and the worship of working more at the expense of sleep, exercise and time spent with family, friends and nature.



Proper nutrition and essential daily sleep are important factors in reducing the possibility of dementia.

As the native Suquamish Chief Seattle said over a hundred years ago, "Contaminate your bed and you will one night suffocate in your own waste."

We need to take a deep look at our American lifestyle, our food industry, agricultural practices, and get our act together fast, as with projected rise of Alzheimer's from 5 million people in 2014 to nearly 14 million by 2060—there is no amount of Aduhelm that will save us, even if we could afford it.

So, let's do it; we have no time to spare. And if we manage to change our way of living, I am certain we will have less heart disease, obesity, diabetes, allergies, autoimmune diseases, depression, cancer, inflammatory bowel diseases, and just about every other chronic disease.

With love and hope.

Dr. Tereza Hubkova is 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.

The Doctor Is In: How To Stay Calm

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Staying as calm as we can is more important than we think. One Freudian theory taught us to "get it out." By that they mean to talk to someone, letting all emotions out. They believe in an "unconscious mind." This mind is a reservoir of old thoughts, repressed emotions, painful or traumatic experiences that have to get out or it will cause lifelong trouble.

Family theory teaches us that emotions are brain states. They come

and go, and we have some control over this process. We can learn to have more. We can learn to minimize excessive emotion, emotion that is interfering with optimal brain function. Yes, after a certain point in time and intensity, emotion interferes with:

- Logical thinking
- Good decisions
- Best actions
- Relationship functioning
- Creativity—problem-solving
- Immunity

So, if I am dealing with the intensity or emotion that might come from the COVID-19 lockdown or just being in the presence of an upset person trying to "let it all out" (remember, emotions are transmissible between people) what do I do? How do I control or get my own emotions to a reasonable point that does not interfere with good functioning? There is much that we can do, and "practice makes perfect." With use, these simple techniques become easier and more nearly automatic.

What To Do In A Pinch?

Let's say someone buttonholes us when we are in a hurry to get somewhere, wanting to spill out what he or

she fancies is "in there." How do we avoid "catching the over-anxiety?" How do we deal with it?

Well, we know that the cerebral (the logical left brain) can help if we can only gain access to it. So perhaps a few well-tested techniques stashed in memory will be of use.

I believe that the first and easiest-to-access technique, and one available to most of us, is to start breathing slowly and deeply.

This can be practiced, so that we get good at it, even in the car or while talking with someone. They probably won't even notice. Then it's available for instant use. That will add some calm.

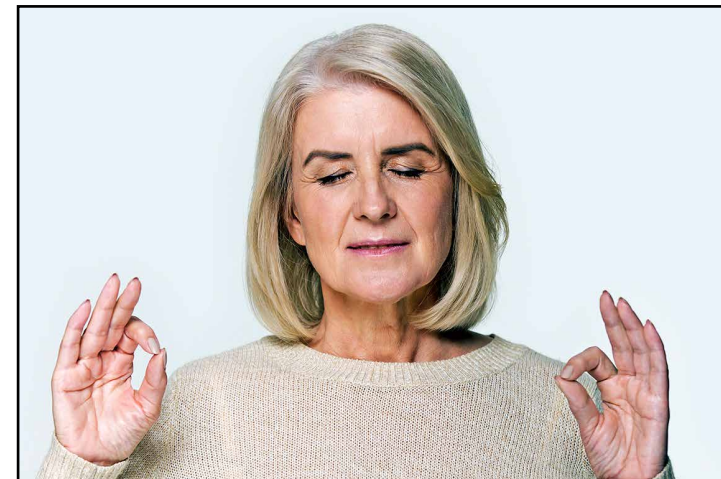
With that calmer state, other calming ideas may come to mind, such as: Relax as totally as possible, arms and legs. This will add another level of control and separation from the anxiety while allowing complete attention to what is going on. Remember, relaxation is incompatible with anxiety. Think also of the face, neck and upper back while relaxing. Think the word "soften."

These exercises are so simple and can become so much a part of our repertoire that they are done easily while staying in rapt attention to the other.

Observe what is going on. This one is especially useful in situations such as a tense board meeting. The more people, the more anxiety present. So, if it is beginning to interfere with your functioning or best thinking, become an observer. Just watch. We'll be amazed at what we learn in this way, just by trying to calm the emotions.

- In this series, we've considered: The usefulness of anxiety.
- As well as the difficulties imposed by too much anxiety.
- We have learned some simple techniques (deep breaths a very good one) for controlling anxiety that is not useful.
- We can practice them every day, with no partners, or equipment needed.
- We may even be able to be of use in some intense situations.

I hope the series on anxiety, and controlling it, has been useful to some. Next, we'll move on to why we would want to do this, and how we can become more emotionally mature.



Deep breathing offers calming effects.

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

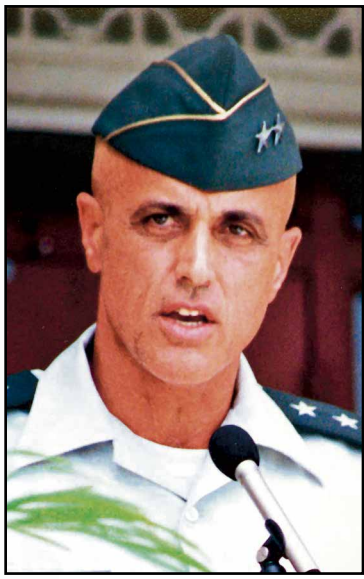
Answers On Page 10.

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

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

A Leader's Mission: Keep Hope Alive

Burn Loeffke
Gazette Contributor



Burn Loeffke

Over the Independence Day weekend, I addressed more than 400 Captains and Lieutenants at Ft. Benning, the U.S. Army Base outside of Columbus GA. I gave a speech on what these talented military men and women officers should know about their duty and responsibility in defending our country.

I explained the lessons I learned during my long military career, and the importance of understanding the "4 Ds:" These are the reasons why they fight for this country.

The first D is Democracy. Our democracy has been a shining example to freedom loving people all over the world. Democracy is important for stability, as history has told us that two freely elected nations have seldom fought each other. Democracy is in the best interest for peace for us all.

The second D is Development. We need to encourage and help young democracies

through economic development. Without economic development, there can be no real democracy, because the people will vote for whomever will promise them bread to eat, and a roof over their head.

The third D is Defense. Traditionally democracies do not vote for huge military budgets, that is generally the domain of the dictatorships. Yet in the United States, we maintain a strong defense to assure security and worldwide stability. Strong alliances, like NATO, have helped greatly in this goal.

The final D is Dialogue. Conflict must be avoided at all costs. Meaningful dialogue must be exercised to gain understanding, perspective and as a means to diffuse conflict. Dialogue however, is not a one-way street. We need to listen, as well as speak.

My visit to Ft. Benning brought back many memories of my years as a young Army officer. I remember Sgt. Larry Morford, who was killed in Vietnam just days before he was to return to the States.

Larry did not believe in war as the way to resolve conflicts or even that we should have been in Vietnam. I asked him why if he felt this way, had he volunteered for Vietnam and combat duty? Sgt. Morford replied, "Sir, the job you and I are doing is the job of a beast and the least beastly of us should be doing it."

I remember Lt. John Little, who was a student of mine when I taught Russian at West Point. The next time I saw Lt. Little, he was assigned to my battalion in Vietnam. About a month later, I was the last person to speak with him over the radio...and then the radio went dead. The next thing I heard was



Avoiding conflict assures the world's existence for ourselves and our children.

the sergeant radioing back to me: "They just killed the lieutenant."

I think about the 200-plus wounded and killed when I commanded the battalion in Vietnam.

These experiences have made a lasting impression on me. I am an ardent proponent of dialogue, even with our competitors. We need to make friendships to prevent conflicts.

One of the missions of a leader is to keep hope alive. I take great inspiration from the young women and men in our military. In many ways, the future is in their hands, and it is important to understand that our future depends upon friendship and cooperation.

With pandemics, global climate change and the threat of nuclear disaster all facing our common world, we must strive to cooperate with other nations as partners to resolve conflicts.

"Whoever says he is in the light and hates his brother is still in darkness."

— 1 John 2:9

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 old USSR. He retired again in 1993, and immediately started his second career in medicine. He finished his medical studies in 1997, and participated in medical missions in war-torn or impoverished areas such as Bosnia, Haiti, Kenya, Iraq, Niger, Darfur and the Amazon jungles.

With Two New Hires, JKV Gets A Look From Above And From Within



Rev. Rachael Gallagher, Spiritual Life Director.

Kim Morgan-Vagnuolo
Gazette Contributor

John Knox Village Chief Marketing & Innovation Officer Monica McAfee announced two exciting

new additions to the Life Enrichment Team – Rachael Gallagher, Spiritual Life Director and Melissa Jill Clark, Lifestyle and Aquatics Coordinator.

McAfee states, "For the past 53 years, JKV has set the bar when it comes to delivering an all-inclusive resort lifestyle designed for living life to the fullest at each stage of retirement by emphasizing fitness and overall well-being with world-class programming, state-of-the-art amenities, healthy and delicious dining and more.

"The additions of Rachael Gallagher and Melissa Jill Clark, both industry professionals, bring their impressive talents to the Life Enrichment team that serves our nearly 1,000 residents."

Rachael Gallagher, Spiritual Life Advisor

Rachael Gallagher relocated from Philadelphia, where she worked as an interfaith hospice chaplain, as well as an associate pastor.

In her younger years, Rev. Gallagher had a brief

career as an opera singer. She holds a Master of Music degree from Temple University and a Master of Divinity Degree from Missio Seminary.

She enjoys leading spiritual services and is passionate about providing spiritual support to people from all backgrounds. She was born and raised in Florida and attended Stetson University in Deland for her undergraduate degree.

Gallagher may look familiar to some reality TV fans as she appeared on an NBC reality singing competition, "Clash of the Choirs," in 2007. She is thrilled to be back in her home state after 18 years away and told *The Gazette* she cannot wait to get to know all the residents at John Knox Village.

Melissa Jill Clark, Lifestyle & Aquatics Coordinator

Melissa Jill Clark joins JKV with more than 25 years' experience as a Life and Wellness Coach and as the founder of "Alive with Melissa."

She served for many years as Director of Life Enrichment and Community Outreach for a thriving retirement community in Whiting, NJ and Director of Group Exercise and Aquatics in a large fitness center



Melissa Jill Clark, Lifestyle and Aquatics Coordinator.

in Toms River, NJ.

Clark has led groups all over the globe to motivate, inspire and empower people to live their ideal life of health, wellness and happiness. She has spearheaded and presented hundreds of life enrichment events to many organizations, including several of JKV's Active Aging Weeks.

"My mission is to inspire residents to live their best lives," she said. "I look forward to helping them achieve their personal and wellness goals."

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

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

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

NSU Art Museum Fort Lauderdale Events

Donna Fields
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM FORT LAUDERDALE

“Still Cheaper Than Paying.”

In this series, the artist transforms his financial obligations, such as parking citations and insurance bills, into striking drawings that are sold for the price of the original bill through social media or crowd-sourcing. Through the process, the bills transcend their original value and the artist comes a step closer to his goal of living a net-zero lifestyle. The title *“Still Cheaper Than Paying”* refers to Bil’s original catalyst for the project: That it was cheaper to pay the fines for his parking tickets than it was to pay the meter.

The exhibition, which also includes paintings that Bil’s based on some of these drawings, is installed in NSU Art Museum’s William J. Glackens Wing, where it is shown in tandem with the exhibition *“From Pencil to Paint,”* which highlights the influence of Glackens’ illustrations and drawings on his paintings. For Glackens, his illustrations for magazines and books were a financial transaction, which supported his life as a painter.

Bil’s *“Still Cheaper Than Paying”* is curated by Bonnie Clearwater, Director and Chief Curator and Ariella Wolens, Bryant-Taylor Curator, at the NSU Art Museum Fort Lauderdale.

Upcoming Events

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

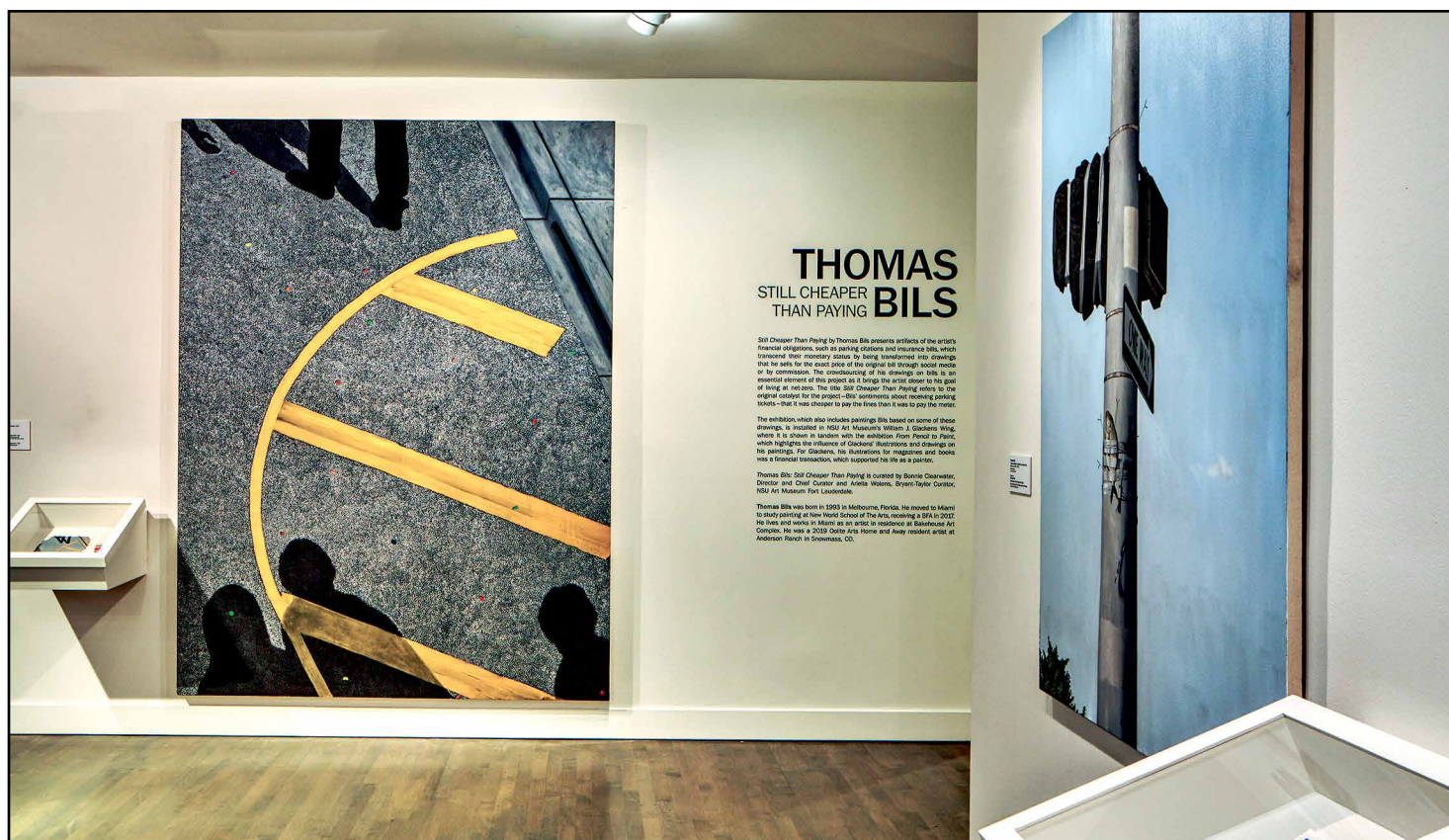
Free admission. Enjoy NSU Art Museum Fort Lauderdale’s exhibitions and all-day happy hour in the Museum Café.

Bank of America Museums on Us
August 7 and 8

Bank of America cardholders receive free admission to the Museum.

Creativity Exploration: Intuition Blocks
August 14 from Noon to 1:30 p.m.

NSU Art Museum is currently presenting the first solo museum exhibition by a young Miami-based artist named Thomas Bil’s. The exhibition features artworks from his ongoing series,



Installation view of the exhibition, *“Thomas Bil’s: Still Cheaper than Paying”* at NSU Art Museum Fort Lauderdale. Photo by Steven Brooke.

Join educator and mindfulness instructor Lark Keeler for a Zoom class inspired by artist Joseph Cornell. Design and decorate a container to house your desires, intentions, visions and hopes for the future you wish to curate. No prior experience is necessary.

\$10 Members; \$15 non-Members. RSVP required. Space is limited. Materials should be obtained prior to the class. Creativity Exploration is sponsored by the Charles P. Ferro Foundation.

Fort Lauderdale Neighbor Day
August 29 from Noon to 5 p.m.

All Fort Lauderdale residents receive free admission to the Museum.

Exhibitions Now On View

“The World of Anna Sui.”
Through Oct. 3, 2021

Iké Udé: “Select Portraits...”
Through Jan. 9, 2022

Eric N. Mack: “Lemme walk across the room.”
Through Fall 2021

Lineages: “Works from the Collection.”
Through Nov. 7, 2022

Thomas Bil’s: “Still Cheaper Than Paying.”
Through Dec. 12, 2021

The Carter Project.
Through Jan. 9, 2022

The New Woman: “Recent Acquisitions.”
Through Fall 2022

I Paint My Reality: “Surrealism in Latin America.”
Through Fall 2021

William J. Glackens: “From Pencil to Paint.”
Through Spring 2021

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

Shopping Is A Breeze @nsuartmuseum

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Pompano Beach Cultural Venues Welcome Back Patrons

Special To
The Gazette

The Pompano Beach Cultural Affairs Department is opening its doors for patrons once again. The department, which manages the Pompano Beach Cultural Center, Bailey Contemporary Arts Center, Ali Cultural Arts Center and the Blanche Ely House Museum, has listed a full array of events on its website, www.pompanobeacharts.org. Fan favorites including Lyrics Lab, A Taste of Jazz and Soulful Sundays will all be returning, as will an array of compelling art exhibitions.

Art Exhibitions

Edge of Seventeen by Jordan Guzman
Bailey Contemporary Arts Center through Aug. 25: Tues. – Sat. 10 a.m. - 6 p.m.

This exhibition celebrates a decade of introspective work by Jordan Guzman. As her artistic processes are taking her in new direction, the work at the *“Edge of Seventeen,”* provides us a glimpse of her life after a moment of epiphany.

For this exhibition, Guzman describes her inspiration: “In January 2008, at 17 years of age, an internal light switch was turned on and the question was asked of the person standing in the mirror looking back at me: Who are you? Out of this awakening came an outpouring of poems and paintings expressing more than teenage angst. Displayed before you are tactile, visual journal entries documenting the subsequent decade of spiritual self-discovery that followed that fated 2008 epiphany. My hope is that as you meditate on my work, you will contemplate

the delicate, yet profound connections made between family, upbringing, home and the self.”

CAMOUFLAGE: Patterns of Disruption
Bailey Contemporary Arts Center through Sept. 23: Tues. – Sat. 10 a.m. - 6 p.m.

“CAMOUFLAGE: Patterns of Disruption” curated by Lisa Rockford brings together a group of diverse artists that utilize the language of “camouflage,” via colorful amalgamations of prints, patterns, textiles and minimalist aesthetics to represent their unique voices. As camouflage has been used for self-protection by manipulating and disguising materials, patterns and coloration for concealment, these artists have similarly created complex compositions with contradictory combinations and plays of figure and ground. Figures or text may, at first, be overlooked among visually overwhelming environments, yet assert their survival among adverse environments or oppressive influences. Through photography, fiber art, collage and assemblage, their unique voices personify those who have been marginalized, or have faced being “othered,” whether by race, gender or societal non-conformity.

Memories and Myths by Alejandra Abad
Pompano Beach Cultural Center through Sept. 30: Mon. – Fri. 10 a.m. - 6 p.m. Saturday & Sundays: CLOSED

This solo exhibition is a collection of animated works that relate to folklore, myth, national idealism and the loss of identity in hopes of gaining a new hybrid identity.



Among the works showcased in the exhibition *“CAMOUFLAGE”* is this mixed media work by Edouard Duval entitled *Carrié Memory #9*.

The artist Alejandra Abad explains her works: “In reflecting on my own experiences of memory, place, land and home, these works also connect to our relationship with ecology and environmental futures. I use organic materials, sculptural elements, collage and printmaking techniques to create animations that represent transformation and cycles of impermanence. My content has historic roots in anticolonial movements that are tied to international surrealism and magical realism, particularly from South America and the Caribbean.”

For more information on the art exhibitions, plus the schedule for two additional live concerts of the *Pompano Beach Arts Music Series* featuring Allan Harris and Leesa Richards, please visit the website: www.pompanobeacharts.org.

Redefining Your Life Story's Success

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

achieved some legitimate failures. But you are wrong.

Redefine Success

Forget all your preconceived notions about success. When it comes to making sense of your life story, you need to think like a brain. The brain is very smart in defining success. Since the brain is an organ, its yardstick for measuring success is survival.

Therefore, no matter how awful an experience was, your brain thinks you're a winner if you live through it. If you are dead, that's the end of your story. Still alive? Hooray, the future is open wide.

As Friedrich Nietzsche put it, "That which does not kill us, makes us stronger." And not only stronger but wiser. We always have wisdom to share from our experiences, if we live through them. The payoff of a personal life story is a golden harvest of wisdom to share with others. Your story protects you from the horrible feeling of being useless to others.

Remember, over age 40, the brain is optimized for wisdom. No setback need stop your story in its tracks, as long as you reframe setbacks into successes by learning your lessons. As long as you are alive and learning from setbacks to grow richer in wisdom every day, your brain thinks you're a success.

The sultry midsummer nights of August are upon us already. It's a good time to sit and talk and catch up.

Let's talk about how your life story is coming along.

If you are reading this column, I guarantee you that your life story has been a string of successes so far. If you don't see it that way, you are using the wrong definition of success. You might be thinking the problem is: I don't really know you, and if I did, I would know that you have

Be The Hero

No matter what happens in your life, you have the last word on your story—it's all yours. Unlike other stories, the personal story has no end until death.

Chapters of your story begin and end, but you must keep your story alive and growing as long as you live.

You are the hero of your story. It is up to you to make the words of your personal story reveal truth about life, love, loss and wisdom from your own perspective. Your brain has no idea what's going to happen next in your story. It is waiting for you to figure that out. Just remember that if your brain gets the idea that you are done growing your story, it will be inclined to take an early checkout.

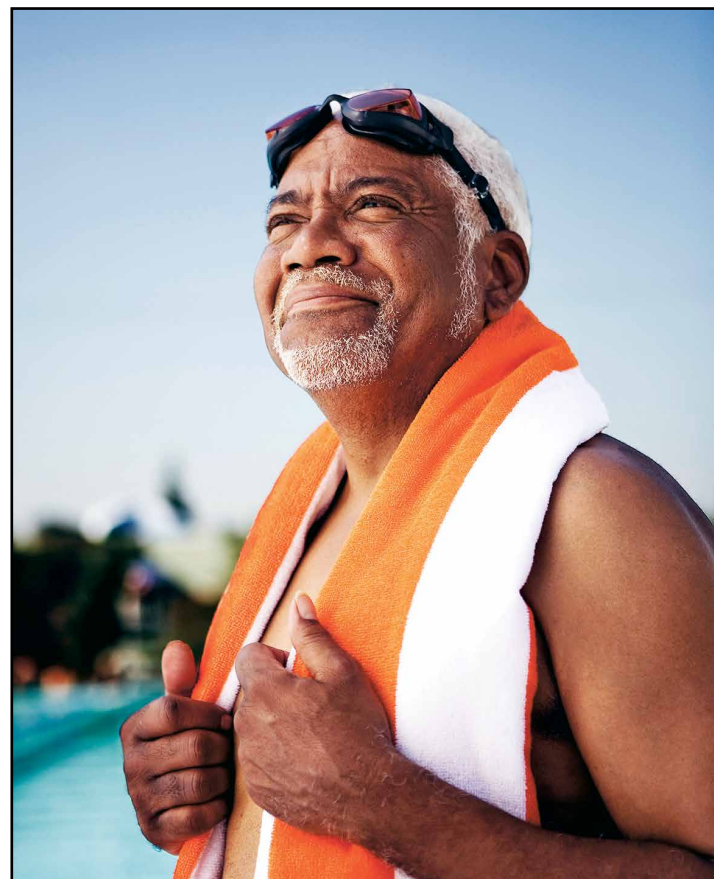
Your story has to keep growing for your brain to get better with age. However, sometimes a past setback can stop your story in its tracks. You have had some setbacks in your life. Even if you forget about them and move on, you might be keeping your brain from moving on.

Reframe Failures

When a setback gets stored in your memory with the label "failure," it's like having an open file on your computer. The brain will hold it open until you reframe the setback into a success by learning from it. These "open failure files" can create negative self-talk, like "I'm a loser," which keeps you focused on a loss narrative about your life.

Over time, a loss narrative can produce chronic negative thoughts about the self and others. A pattern of poisonous thoughts, also called rumination, is a cue for reframing setbacks into successes. If unchecked, rumination can wreak havoc with sleep and brain performance. As your brain's resources are drained by ruminating about past setbacks, memory retrieval may slow down.

It's easy to close up any open failure files. Learn a lesson and harvest wisdom to share from the troublesome event, and start thinking of the setback as triumph. Once you close the open failure files, your rebooted brain will perform better, allowing memory, motivation and mood to bounce back. Your self-talk becomes kind and encouraging, making your words work for you, rather than against you.



Keep your story alive by positive thinking and continue to age gracefully with wisdom and purpose.

The power of positive thinking about yourself is the key to keeping your story and your brain getting better with age. Chronic positive feelings about yourself refresh the brain and excite the mind to keep your story growing.

Congratulations. You've won the survival jackpot. You have survived another day and have more wisdom to share. Sweet dreams.

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

Heritage Tower's Poinciana Apartment Home Offers Two Bedroom And Two Bath Luxury

If you have been waiting for just the right time to make the move to LifePlan security, now is the time to take a tour of John Knox Village. Stroll the tropically landscaped 70-acre campus and meet new friends who will share their experiences of life in the Village.

This month's featured two bedroom and two bath Poinciana apartment home is available in the highly desired Heritage Tower. Learn all about the current and future plans at JKV. Experience the special ambiance of the community, including the new Aquatic Complex and enjoy a complimentary lunch in the Glades Grill.

The Poinciana 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

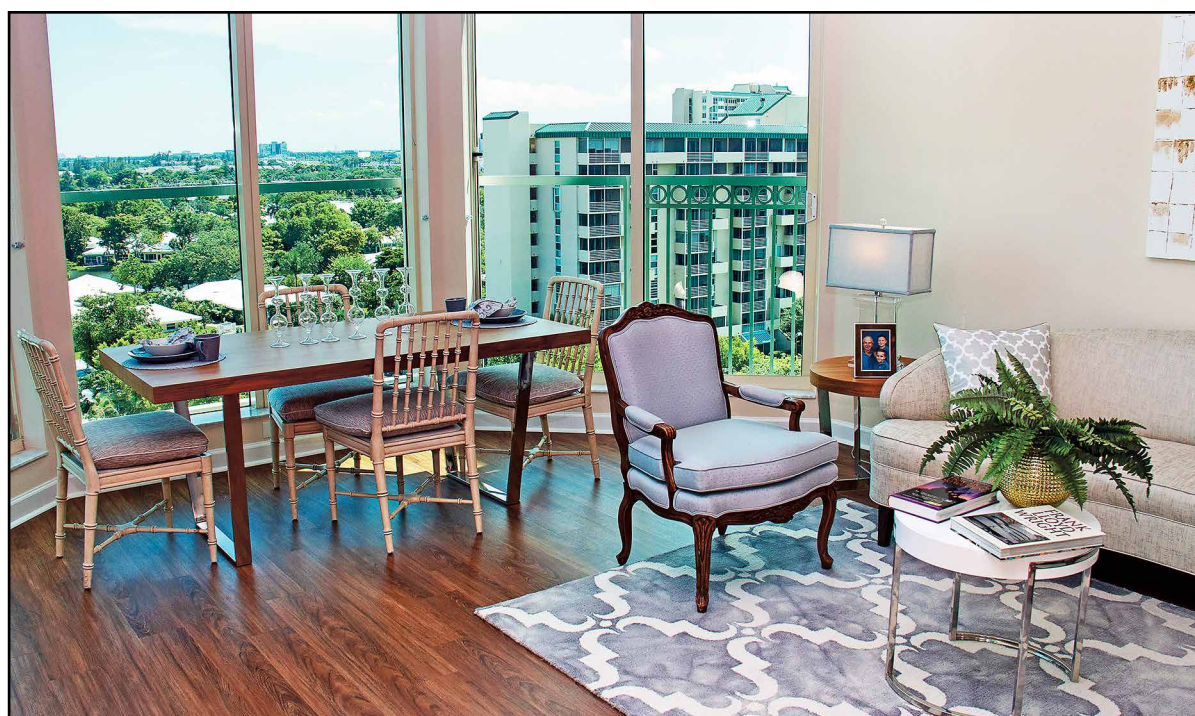
- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

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

[web JohnKnoxVillage.com](http://web.JohnKnoxVillage.com)

JohnKnoxVillage

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



The Poinciana apartment home in Heritage Tower offers expansive views.

**The Heritage Tower Poinciana:
2 Bedrooms / 2 Baths:
1,385 Square Feet**

