



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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Let's Go Postal For The Holidays Delivering The Joys Of Holiday Gifts And Greetings

Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds.

— Herodotus

Nona Cree Smith
Gazette Contributor

The United States Postal Service has been in the news frequently during the 2020 presidential election. In spite of negative claims by its critics, the USPS handled a 142.6 billion mail volume in 2019, with the highest favorability rating of any government agency.

According to the Pew Research Center's periodic surveys of public views of government agencies: "This year, 91 percent of Americans – and equal 91 percent shares of Democrats and Republicans – had a favorable view of the agency."

As we look to the holidays, your mail carrier will be a vital part of your celebration, especially during these times of COVID-19 – delivering the gifts and cards that will be so important in this year of physical distancing. The following are interesting facts and stories about the history, events and personalities of the United States Postal Service.

Benjamin Franklin And The Mail Service

During the Revolutionary War, when communications over long distances was vital, a rudimentary mail service connected the American colonies together. Horseback riders carried mail on roughly formed roads between cities and towns. Making sure important mail was delivered as quickly and dependably as possible was crucial to the 13 colonies' survival. That's why three months after the decisive battles against the British at Lexington and Concord, the Second Continental Congress asked Benjamin Franklin to establish a national postal service in 1775, and Franklin became its first Postmaster General. Mail delivery, including informative newspapers, brochures and flyers helped unite the newly independent United States.

Franklin's inspection of the post roads would inspire his revolutionary vision for how a new nation could thrive, independent of Britain. But not even he could have imagined the importance mail communications would play in creating the Republic.

The Founding Fathers realized the new nation's increasing volume of mail created delivery problems. The old, inefficient system in which merchants, slaves and Native Americans would pass letters and parcels from person to person until they reached the correct recipient, soon gave way to designated mail carriers who traveled on horseback and stagecoach.

One legendary branch of the horseback system was the Pony Express. The Pony Express route was nearly 2,000 miles long overland, had about 190 station mainly in Nebraska, Wyoming, Utah and Nevada, and took roughly 10 days to cover. Each rider generally rode 75 to 100 miles and changed horses every 10 to 15 miles. The Pony Express only lasted about 18 months until its roster of horses, riders and routes become too expensive to run efficiently.

See "USPS" on page 2



Children all across the U.S. will be writing their gift wishes. The USPS will be entrusted to deliver these precious letters to Santa Claus.

JKV In 'Go-Mode,' Even In Trying Times

Welcome And Innovation Center And Aquatic Complex Openings Among Highlights

Rob Seitz
Gazette Contributor

It may seem cliché using Charles Dickens' seminal "Tale of Two Cities," opening line "it was the best of times, it was the worst of times," but looking back on the year that was 2020, there was a bounty of accomplishments at John Knox Village, all done through the tough times of a once-in-a-lifetime world-wide pandemic.

Work around South Florida's premier Life-Plan Continuing Care Retirement Community was in full "go-mode" for the first several months of the year, and while there were some fits and starts as COVID-careful protocols were put into place in March, the work essentially remained on schedule for the balance of the year.

Like a proud parent, JKV's Director of Plant Operations, Thom Price, who oversees all the campus construction, easily cites the major accomplishments:

- Water proofing, exterior painting and replacing outdated windows and sliding glass doors with hurricane impact glass in both the 17-story Cassels Tower (the Independent Living apartment building visible from Interstate 95) and 10-story Village Towers apartment building.
- Part of the Cassels Tower upgrade project included replacing the building's two make-up rooftop units, a logistical challenge with a crane that needed to extend beyond the building's 17 floors.



The John Knox Village Welcome and Innovation Center is now open.

See "Go-Mode" On Page 3

Neither Snow Nor Rain Nor Heat Nor Gloom Of Night

From "USPS" On Page 1

Mail was later distributed via locomotive and eventually airplane. But not even the fastest delivery speeds – at one time, mail was dropped off up to four times a day – could stop what would spell catastrophe for the USPS: E-mail and other forms of digital communications, which are faster, easier and free.

All Aboard

By the 1840s, the post faced a crisis. Average citizens became disgruntled with the high cost of mail – sending a letter more than 150 miles cost around 20 cents, or about \$6 today – were turning to cheaper private carriers, almost putting the post office out of business. In response, Congress converted the post office into a public service that no longer had to break even, and in 1845 slashed letter postage to 5 to 10 cents, depending on distance.

When the transcontinental railroad was completed May 10, 1869, it joined the eastern and western United States, opening a new era in communication, as well as expansion, making the post office once again a favored means of communications and at exceptionally fair prices.

Heroes Of The Postal Service

'Stagecoach' Mary Fields

One of the legendary women of the postal carrier service (and there are many) was "Stagecoach" Mary Fields, a hard drinking, cigar smoking, gun toting stagecoach driver who become a star route mail carrier. The job was tailor-made for Fields: She met trains with mail, then drove her stagecoach over rocky, rough roads and through snow and inclement weather to deliver that mail. Although she intimidated would-be thieves with her height and her rough demeanor, she was loved by the locals, who praised her generosity and her kindness to children. She was only the second woman in the United States (and the first African-American woman) to serve as a star route mail carrier.

Owney, Canine Mascot Of The Railway Mail Service

Owney was an adorable, scruffy mutt who may have once belonged to a mail clerk who brought the puppy to work every day, but when the clerk moved away, Owney decided to make his home in the Albany, NY post office. It was thought the dog was attracted to the smell of the mail bags, as he followed them onto mail wagons and trains. He began to ride with the bags on Railway Post Office cars across the state and then all over the country.

In 1895, Owney traveled around the world with the mailbags on trains and steamships to Asia, across Europe and returning home to Albany. Everywhere he went, he received tags and medals as mementos from



Katherine Stinson, The "Flying Schoolgirl."
Wikimedia Commons image.

the places he had visited. The railway clerks considered Owney a good luck charm, as none of the trains he traveled on were ever in a wreck. He became their unofficial mascot, and his medals and tags are on display at the Smithsonian's National Postal Museum.

Katherine Stinson, The 'Flying Schoolgirl'

In 1913, 22-year-old Katherine Stinson became the first woman to fly the U.S. Mail when she dropped mailbags from her plane at the Montana State Fair. Stinson captivated audiences worldwide with her fearless feats of aerial derring-do. In 1918, she became the first woman to fly both an experimental mail route from Chicago to New York and the regular route of New York to Washington, D.C.

Charles Lindbergh Flew Air Mail Runs

Before Charles Lindbergh made his record-breaking solo transatlantic flight in 1927, he flew the mail. Lindbergh was the chief pilot for the Robertson Aircraft Corporation, which held the contract to provide airmail service between Chicago and St. Louis.

The Stamp-Collecting President

The rewards of stamp collecting brought much enjoyment and relaxation to Franklin D. Roosevelt, 32nd President of the United States.

As a child, he discovered knowledge of the world through his colorful stamps and as a polio patient they offered many happy hours of absorption.

Throughout his life, including his presidency, he spent as much time of each day as possible with his collection. It relaxed him during some very tense times.

In addition to enjoying his stamps privately, each day FDR joined stamp clubs, bought stamps from dealers and in auction, and helped promote the hobby to young people.

Post Office Validates The Existence Of Santa

In this charming Christmas movie classic, "The Miracle on 34th Street," an elegant elderly man calls himself Kris Kringle and takes the place of an intoxicated Santa in Macy's Thanksgiving Day parade. His kindly personality proves to be a such hit, that he is soon appearing regularly at the chain's main store in Manhattan. When Kringle insists to customers and employees that he really is Santa Claus, it leads to a court case to determine his mental health and his authenticity.

The validity of Santa Claus is proven by the young lawyer defending Kringle, by having the officially sanctioned Post Office deliver all the mail addressed to Santa Claus to the New York Supreme Courtroom. Eleven postal workers, each carrying two bags of mail addressed to Santa Claus, delivered the mail to the courtroom. With such overwhelming evidence supplied by the United States Postal Service, the judge had no option but to dismiss the case, and it was determined that Kris Kringle was indeed Santa Claus.



Publicity poster for the 1947 movie, "Miracle on 34th Street." Wikimedia Commons image.

Holly, Ivy And Mistletoe: Enduring Holiday Traditions

Nona Cree Smith
Gazette Contributor

with the most exquisite, clear soprano voice, made shivers run down my spine when she sang "The Hol-

As a British schoolgirl, I remember the first time I heard this Christmas song. Rosalind, a classmate

ly and the Ivy." I did not understand the meaning of the words, but the music was so beautiful and perfect for Christmas.

Traditions Steeped In Antiquity

Using holly and ivy as decorations in winter homes has been a tradition since ancient times. Adorning rather stuffy, closed up homes with these plants helped keep the air fresh and their greenery was a happy reminder of the coming spring.

While the dark days of winter made the landscape of bare trees dreary, many varieties of holly and ivy remained green year-round and became a symbol of eternal life, while the bright red holly berries were cheerful splash of color.

Early Europeans used holly as ornamentation during their winter solstice celebrations. It was the longest night of the year and signified the gradual lengthening of days until spring.

In Norse mythology, holly was associated with Thor, god of thunder, and holly plants grown by the home were used to protect from lightning strikes. Ancient Romans used holly as decor during Saturnalia, a festival dedicated to Saturn, god of agriculture and husbandry.

The use of ivy decorations also goes back to antiquity. The fact that ivy stayed green throughout the year led some to believe it had magical properties and symbolized eternal life, rebirth, and the spring season.

In some cultures, ivy was a symbol of marriage and friendship, while in ancient Rome, ivy was associated with Bacchus the god of wine and revelry. Many paintings of the jolly young god show him with ivy

entwined with grape leaves in his hair.

Over time, many pagan customs and celebrations were incorporated by Christians into religious holidays. Sacred meanings were attributed to the physical properties of holly, especially its prickly sharp leaves and its blood red berries. Today, holly and ivy are still used in the creation of wreaths, boughs and other trimmings. While belief in their mystical powers has disappeared, they remain bright, beautiful decorations for the holiday season.

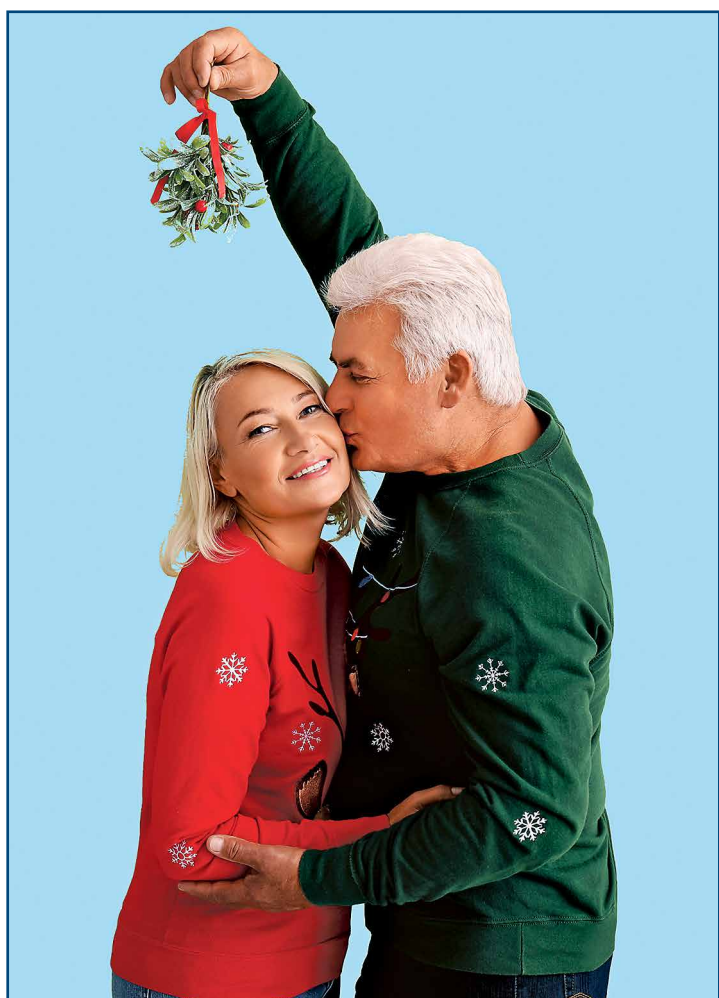
Origin Of Mistletoe Kissing

Mistletoe is a parasitic plant which grows amongst the branches of soft bark trees and shrubs. The evergreen has small, yellowish flowers and white berries. Druid priests thought the plant was sacred and used it in their winter celebrations 200 years before the birth of Christ. The plant was revered since it remained green year long, despite the fact it is not rooted in soil.

It was seen as a symbol of fertility and the Celts believed mistletoe to have magical healing powers and used it as an antidote for poison, infertility, and to ward off evil spirits. Among Romans, the plant was viewed as a symbol of peace and friendship.

According to legend, enemies who met under mistletoe removed their weapons and embraced. Would that be the origin of kissing under the mistletoe? Today a kiss beneath the mistletoe is said to bring good luck, lasting friendship or even love.

So, when decorating with wreaths of holly and ivy or stealing a kiss under the mistletoe, remember you are taking part in some ancient customs that have become a natural part of part of our holiday traditions.



Plan A December COVID-Careful Visit To John Knox Village

From “Go-Mode” On Page 1

• Opening the state-of-the-art \$3.9 million Welcome and Innovation Center, which now provides three Discovery Rooms in which prospective new residents can learn about JKV, offices for the Sales, Marketing, Move-In and Administrative teams and boasts the 70-acre campus’ largest conference room, with a cooking demo kitchen, as well as a 2,500-square-foot open-air space for on-campus events and gatherings for residents and the greater community.

• JKV’s new amenity crown jewel—its Aquatic Complex—should be open by the end of the year. Located just west of the Village Centre, the \$6.9 million project replaces a small pool and gathering area with a resort-style pool, a four-lane 75-foot-long lap pool, a 60-seat dining venue called the Glades Grill, two each Pickleball and bocce ball courts, a Jacuzzi, fire pit and an open-air sports bar called Stryker’s Poolside Sports Pub, thanks, in part, from a generous contribution to the project by JKV President & CEO Gerry Stryker.

• Ground has been broken on the Westlake Pavilion, a 400-seat multi-purpose performing arts center, with a waterfront terrace, two restaurants, a lounge and much more. As part of the project, several villas in the Lakeside neighborhood were razed in order to expand the Village’s waterway system that will ultimately enhance water views for current and new residents.

“It has been a very productive year at John Knox Village,” Price told *The Gazette*. “We have been able to successfully complete a lot of projects during a very challenging time. Next year looks just as busy, including the replacement of roofs at Cassels Tower,



Two new Towers: The Vue and The Terrace will enjoy water views at Westlake at John Knox Village.

Heritage Tower and Village Towers with new 30-year roofs. We will also be renovating our assisted living facility, Gardens West and much more.”

By “more” Price means, along with the Westlake Pavilion, work has started on the Village’s ambitious two apartment building project—Westlake at John Knox Village.

Priority deposits are now being taken as folks get in the queue for one of the 150 new Independent Living apartment homes in The Vue and Terrace buildings.

A fully refundable \$100 Priority Deposit secure your place in line for selecting our favorite floor

plan, location and new home.

For more information, call the Marketing Department at (954) 783-4040 or visit www.JKVGrows.com

The new Westlake at John Knox Village apartment homes will boast 1,277 to 2,364 square feet of light-filled living throughout the spacious open floor plans. A number of homes will have access to private gardens, along with towering floor-to-ceiling windows, balconies and water views.

As JKV’s newest residents, Westlakers—as they will be affectionately known—will also enjoy choosing and customizing their new homes from a selection of one- and two-bedroom floor plans, many with dens and all thoughtfully designed for the entertaining of friends and family. Two penthouses are also in the unit mix.

Additional amenities will include covered parking, as well as first-floor common space offerings ranging from a bistro-like restaurant and mini-theatre to art studio, business office and a Sacred Space.

Through all the changes, one constant remains true for JKV residents and that is the peace of mind that each enjoys from living in a Life-Plan Retirement Community with its all-inclusive comprehensive long-term care insurance policy.

To learn more visit www.JohnKnoxVillage.com or www.JKVGrows.com or call (954) 783-4040.



The John Knox Village Aquatic Complex with two pools, Jacuzzi and dining venues is nearing completion.

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

You Are Invited To These COVID-Careful Holiday Events



“Cocktails For A Cause”
Wednesday, Dec. 2 from 4 to 6 p.m.
at the New JKV
Welcome And Innovation Center

Learn about John Knox Village and put a smile on a child’s face. The challenging COVID-19 holiday season has been very hard on children and donations to Toys For Tots are down considerably. John Knox Village has teamed up with Toys For Tots to bring joy to children during the holidays.

Find out what JKV is all about and bring an unwrapped toy to our “Cocktails For A Cause,” event Wednesday, Dec. 2 from 4-6 p.m. at the new Welcome and Innovation Center.

Enjoy delicious hors d’oeuvres, cocktails and mingle—at a COVID-careful distance—in JKV’s wonderful new outdoor courtyard.

Due to COVID-19 restrictions, reservations are very limited, so RSVP today by calling (954) 783-4040.

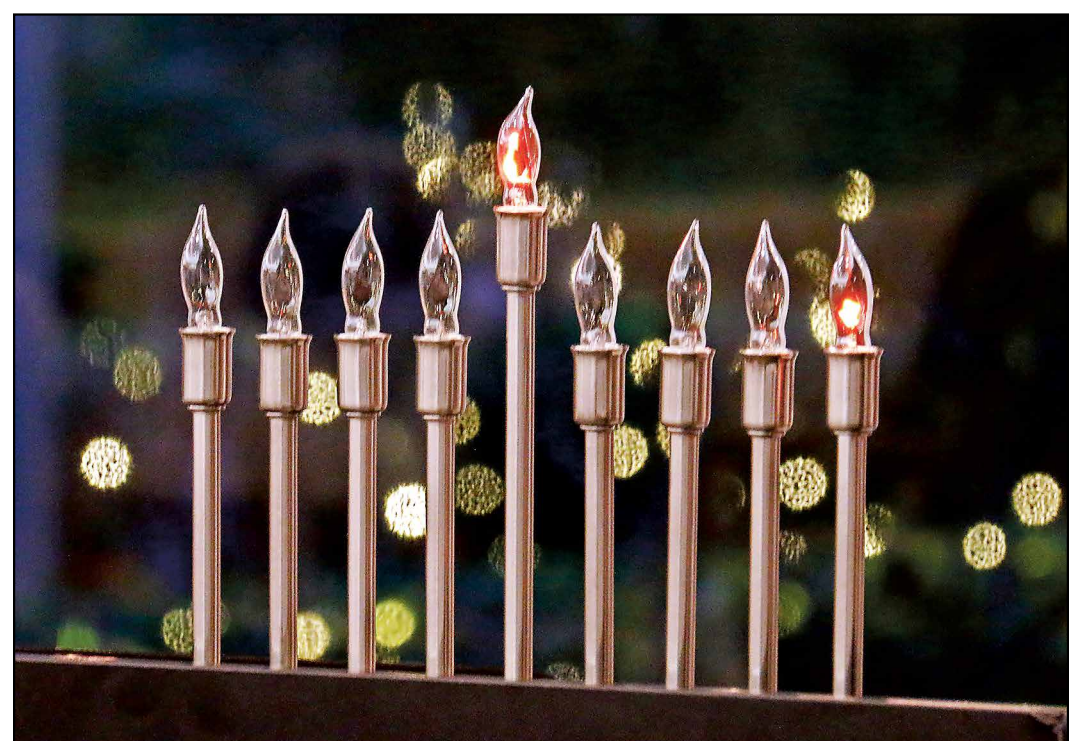
First Night of Hanukkah Lighting
Thursday, Dec. 10
at Sundown
on the John Knox Village Campus

Gather with our Jewish family and friends on Thursday, Dec. 10 at sundown to celebrate the first night of the eight-day Hanukkah festival.

The festivities will include prayers, the lighting of the menorah and traditional music. Plans call for latkes with apple sauce or sour cream and cider to be served the first night.

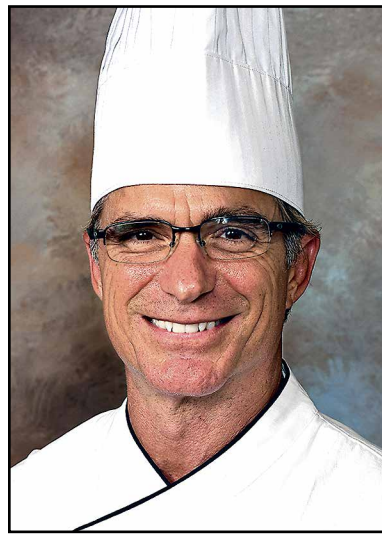
The menorah lighting will take place at the JKV Wellness Park.

Due to COVID-19 restrictions, reservations are very limited, so RSVP today by calling (954) 783-4040.



In Good Taste: Seafood Cioppino Recipe Makes For A Delicious Holiday Dish

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

John Knox Village's Active Aging Week marked the first time in eight months that Executive Chef Mark Gullusci was able to show off his culinary prowess in front of a live audience.

Yes, the "crowd" was limited to 10 residents, all having passed JKV's strict COVID-19 protocols and it was also his first presentation in the Village's new Welcome and Innovation Center cooking demonstration kitchen.

With those combined factors the award-winning chef wanted to make something healthy befitting the Active Aging Week-theme, as well as delicious, and came up with a Seafood Cioppino with Smoked Sausage and di Amore Sambuca recipe.

Food historians generally agree cioppino originated in the California (most often cited San Francisco Bay area). A wide range of dates on the delicious dish's origin span from the Gold Rush Days of the 1800s to the 1930s.

Those pesky details matter not. In Chef Mark's skilled hands, the Italian flair of this tomato-based seafood stew shines.

Seafood Cioppino With Smoked Sausage (Yields 4-6 Servings)

- 1 ounce blended oil. 75% Canola 25% olive oil
- 24 oz. clam juice
- 16 middle neck clams
- 16 mussels
- 16 large shrimp peeled raw



For a delicious change from the traditional holiday turkey and ham fare, try Chef Mark's Cioppino recipe.

- 16 large sea scallops
- ½ pound calamari
- 1 large onion
- ¼ cup sliced garlic
- 1 green pepper, sliced julienne style
- 1 bulb leeks, thinly sliced
- ½ bulb Fennel, sliced
- 2 tbsp. each fresh basil, thyme, cilantro, oregano. If using dry herbs use one tsp.
- 10 ounces sliced Andouille sausage
- 2 diced tomatoes, fresh
- 14 ounce can crushed tomatoes
- Splash of di Amore (or any top-shelf) Sambuca

Method Of Preparation:

Heat oil in large pot. Add onions, peppers, leeks, fennel, garlic and sauté for 10 minutes until all vegetables are tender.

Add clams, mussels, clam juice, tomatoes, crushed tomatoes and bring to boil.

Add remaining ingredients and return to boil. Turn off heat as soon as it reaches a boil. Enjoy.

To see Chef Mark prepare his many recipes, visit the JKV YouTube channel at: www.youtube.com/user/JohnKnoxVillage/videos

A Christmas Surprise

By Donna DeLeo Bruno

Donna DeLeo Bruno
Gazette Contributor

My mother Martha was the most selfless and generous person I have ever known.

When my grandmother suffered a stroke just after my mother retired, "Granny" became installed in Mom's beautifully decorated large living room – the furniture replaced with a hospital bed, pulleys to lift Granny up when linens were changed, and the multitude of necessary items needed to care for her. In the corner remained the baby grand piano, which I sometimes played to entertain her. Her face would lighten up and she nodded her head in approval to her favorites: "Shine On Harvest Moon," "Memories," "On a Bicycle Built for Two."

When I returned home, I would relate to my husband, Frank, how much I missed having a piano, and so he suggested we consider purchasing one. However, the larger grand piano I desired was extremely expensive, and I wasn't sure that my desire wasn't just a temporary whim that justified the cost. My husband encouraged me to look in the newspaper ads for a less expensive, used one. I eventually located a six-foot, ebony grand and arranged to see it. The weather was nasty – snow and sleet – as I pulled up to the seller's address, disappointed because the house was in disrepair, peeling paint and sagging stairs.

A Magnificent Discovery

"There is nothing in there that would interest me," I mused. A disheveled and harried woman who answered the door was reluctant to let me in – said piano belonged to her son and she wanted nothing to do with it; she was busy. However, I insisted that I had come a long distance, so she allowed me into a dark, dingy parlor and withdrew. To my delight, in the corner sat a beautiful, shiny Kawai grand piano. When I ventured to play it, the woman returned, appearing surprised with its rich sound.

"I have never heard it played like that," she remarked

admiringly, "my son only plays keys."

"Well, tell him I am interested," I replied.

"Oh no, I told him I will not be involved. I am too busy and refuse to take another call. The phone has been ringing all morning."

This was before cell phones were common, so I found the nearest telephone booth; and with both feet soaking in frigid, slushing water, I called my husband to give him the results of my quest.

"Go back and give her a deposit," he advised. I was reluctant because it was such a ramshackle house in an undesirable location and I feared losing a deposit.

"And call the piano tuner Mr. Marsella who rebuilds old pianos to go evaluate it."

"But it looks brand-spanking new," I replied.

When I returned, the woman refused to take any deposit, so I left a check on the piano and asked her to have her son call me, leaving a bit extra for her to allow the "piano man" in.

Some time later in the afternoon, the "piano man" phoned to tell me the piano was in fine shape and that it was a very good deal.

The Endless Wait And Expectations

I waited and waited for a call from the seller to no avail. Finally, I called to get the mother again.

"He did not come home last night," she responded annoyed, "or the night before."

Again, I asked her to have him call. "Suit yourself," she said. "You might be waiting forever."

Days passed. My husband rising one morning from bed, instructed, "Call once more and tell them you have found another piano. Either negotiate or return the deposit by Sunday. Start looking for another."

But I had been fantasizing about the feel of the white ivory keys beneath my fingertips, the body's glossy finish, and the deep velvety sound of a fine instrument of quality.

"No," I demurred, "I want that piano." But I did make one last phone call with the ultimatum.

A full week had elapsed and no response. Disappointed, I decided to forget about it for the time being.

Soon Christmas week arrived, and I, as a teacher, was eager for school vacation that began on the Wednesday before the holiday.

Relieved to finally have the time to bake cookies, wrap presents, and all the other preparations that Christmas entails, I entered the door, put down my briefcase, and proceeded to put my coat away in the



hall closet when something red caught my eye. Curious and a bit apprehensive, I approached the living room where, in all its satin finish, stood the splendid piano with a huge red bow around it. I stood transfixed, incredulous. How did this happen?

In tears, I phoned my husband at work. He explained that he had purchased the piano the day after I found it and instructed that I was not to be told and to ignore my phone calls.

I was still crying from the shock when "Santa" replied, "Gee, if I'd known you desired one so much, we could have purchased one much sooner."

Needless to say, I have enjoyed playing this very special and worthwhile gift for years now – possibly the "best" present I ever received.

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.

2020: A Year Of Uncertainty And Change

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



Kaley N. Barbera

As we approach the close of 2020, most of us find ourselves relieved – the end to a year of political unrest, pandemic panic and economic uncertainty.

Attorneys in the estate and tax planning world are focused on end of the year planning and how to ease their clients' fears with the wave of changes that have been occurring and still may occur.

Some considerations and potential changes that we have discussed with clients



include the following:

Estate And Tax Planning Considerations:

• **Coronavirus Aid, Relief, and Economic Security Act (CARES):** The CARES act was signed into law in March 2020 with the sole purpose of providing fast and direct economic relief to American families. A few takeaways include:

All Required Minimum Distributions ("RMD's") for retirement plans such as 401(k)'s and IRA's, to name a few, are waived for 2020. In addition, restrictions have been relaxed for early distributions from retirement accounts.

Therefore, you can withdraw up to \$100,000 from a retirement account without penalty (regardless of age) provided it is for a COVID-19 related distribution.

This distribution is still subject to ordinary income tax, but there will be no early withdrawal penalty.

Stimulus checks that were received will not be taxable. The payment is not income to the taxpayer and will not reduce a taxpayer's refund when 2020 tax returns are filed next year. The stimulus checks are considered a tax credit.

Annual Beneficiary Review:

The end of the year is a good time to make certain that all of the beneficiaries are up to date on any financial accounts, retirement accounts, annuities and life insurance policies, to name a few. This simple act can provide peace of mind during a time filled with anxiety over having your plan in place.

Review Accounts With Financial Advisor:

Make sure to do a year-end review with your financial advisor to discuss the potential conversion of eligible retirement accounts into Roth IRAs, if beneficial. 2020 could be a good year for some of these conversions since this will be a lower income tax year with some depressed asset values. In addition, some high net worth families may wish to take their 2020 RMD since the asset values may be lower coupled with lower income tax rates. This will allow the assets taken to be re-deployed for future growth into more tax favorable investments. These ideas should be discussed with your financial advisor.

Year-End Gifting And Trust Planning:

Clients may wish to take advantage of year-end gifting to reduce their estates or meet with their Attorneys to discuss different beneficial plans that could help reduce their estate tax. The gift tax annual exclusion is \$15,000 and the Estate Tax Exemption is currently \$11.58 million dollars per person. Clients that have estates over or approaching \$11.58 million (twice that amount for a married couple) can use annual gifting

and trust structures to drive down the value of their estate and avoid an impending estate tax. The election may change the exemption amount and therefore some clients are planning now for this potential change with their current estate plans.

Potential Political Changes:

There are big differences between President Donald Trump and President-Elect Joe Biden when it comes to tax policies. As of the date this article was published, the 2020 election results have yet to be certified.

Below are some differences in the tax and economic policies that each candidate supported:

President Donald Trump's Tax Plans:

1. President Trump has campaigned to preserve the tax legislation signed into law in December of 2017, the Tax Cuts and Jobs Act (TCJA). This roughly doubled the standard deduction and eliminated the deduction for personal exemptions. Many taxpayers are now utilizing the standard deduction rather than itemizing their deductions.

2. The federal estate and gift tax exclusion was doubled and in 2020 has reached the value of \$11.58 million (this amount is doubled for married couples). These changes are temporary and scheduled to sunset back to pre-TCJA levels in 2026.

3. In the business world, the TCJA reduced corporate tax rates from a top rate of 35 percent to a flat rate of 21 percent, repealed the corporate alternative minimum tax, and enhanced deductions for capital investments. Pass-through businesses (including many self-employed individuals) received a new deduction equal to 20 percent of their qualified business income. TCJA changes affecting businesses are permanent.

4. According to the Tax Foundation, if the President had been re-elected, he had expressed support for maintaining the current tax changes, providing for additional middle-class tax cuts, and providing reductions in the capital gains tax.

5. President Trump also wanted to boost manufacturing in the U.S. and would aim to bring back manufacturing jobs from China, according to Investopedia.

President-Elect Joe Biden's Tax Plans:

1. President-elect Joe Biden believes that most of the TCJA's tax benefits went to large industries and the wealthy. He has proposed tax increases for corporations and high-income households to help pay for his climate, infrastructure, health and education plans.

2. Mr. Biden plans to reinstate the top personal income tax rate to 39.6 percent from 37 percent, which currently applies to incomes above \$518,400 for single filers and \$622,050 for taxpayers who file jointly. Itemizing deductions would also be limited to those

with incomes above \$400,000 and the 20 percent deduction for qualified business income would phase out above the same \$400,000 threshold.

3. According to the Tax Foundation, Mr. Biden plans to provide targeted tax credits to help make child care and housing more affordable for the middle class.

4. Mr. Biden has proposed and released a 10-year, \$1.3 trillion dollar infrastructure plan. This plan, according to Investopedia will move the U.S. to net-zero greenhouse gas emissions and create jobs to expand the middle class.

5. Mr. Biden also wants to end the preferential tax treatment of long-term capital gains and qualified dividends for households with incomes above \$1 million. The step-up in basis for inherited capital assets might also be eliminated, making more capital gains taxable after death, as reported by the Tax Foundation, August Articles 2020.

6. According to the Tax Policy Center, Mr. Biden's tax proposals will increase revenue by \$4 trillion between 2021 and 2030. It estimated that 93 percent of the tax increases would be borne by taxpayers in the top 20 percent of households by income.

These are just a few of the go-to year-end techniques to be thinking about in addition to the potential political changes as we approach the end of 2020. In between the socially distanced or virtual family gatherings and celebrations, take a moment to think about some of these important financial and estate planning considerations.

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

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



Brigette is one of the many little friends who'll enjoy the holidays at pet friendly and welcoming John Knox Village.

Happy Hanukkah, Merry Christmas, Happy Kwanzaa And Happy New Year From John Knox Village

While 2020 has been a challenging year for us all, more than 900 residents at John Knox Village have weathered the storm in style. Health and safety are always primary concerns among the more than 600 employees who are dedicated to resident care.

As our community approaches 2021 with hope and resolve, consider making John Knox Village your "Home for the Holidays" every day of the new year and for years to come.

JKV is a welcoming all-inclusive Life-Plan Continuing Care Retirement Community where your every need will be met. See page 6 of this month's Gazette for year-end savings and incentives. Call the Marketing Department at (954) 783-4040 for more information.

Sudoku

Answers On Page 10.

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

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



There's something for *everyone* at



JOHN KNOX VILLAGE
A LIFE PLAN COMMUNITY

TAKE ADVANTAGE OF YEAR-END SAVINGS!

GOLD Package 2020

- Up to \$75,000 off entrance fee on select apartments
- Receive two months complimentary monthly service fees (a savings of up to \$5,500)

SOLD OUT!

*Take financial possession by November 30, 2020 to be eligible for this package.

SILVER Package 2020

- Up to \$50,000 off entrance fee on select apartments
- Receive one-month complimentary monthly service fees (a savings of up to \$5,500)
- Receive up to \$2,500 in Move Management with a dedicated and experienced consultant

*Take financial possession by December 15, 2020 to be eligible for this package.

BRONZE Package 2020

- Up to \$50,000 off entrance fee on select apartments
- Receive up to \$2,500 in Move Management with a dedicated and experienced consultant

*Take financial possession by December 30, 2020 to be eligible for this package.

ADDITIONAL BONUS: If you schedule an appointment to discuss any of these packages by **December 30, 2020**, we will add a **designer package of custom finishes and upgrades up to \$2,500 at no cost to you** when you select your apartment.

Act now before this select inventory sells out!

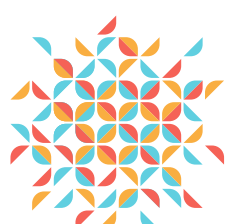
Today

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Pompano Beach, FL 33060

web JohnKnoxVillage.com
f t y JohnKnoxVillage



community

“The Westlake expansion is music to my ears. I can’t wait to start playing!”



Dear Kim: I love to spend time outside. What are the grounds of the community like?

— *Outdoorsy in Sunrise*

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

Dear Kim: I’ve heard great things about your community. I just don’t know if I can afford it.

— *Perplexed in Pompano*

Dear Perplexed: John Knox Village is a tremendous value, especially considering you’ll always have access to award-winning healthcare. We offer resort living for every taste and budget. And right now, we have an impressive but limited number of beautiful apartment homes available with entrance fees starting as low as \$99K. It’s a smart financial choice.

Dear Kim: Cooking every night and doing the dishes, well, I’m over it, Kim! How’s the food there? My husband and I have discriminating but separate tastes.

— *Wanting to be Waited On*

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



Ask

KIM

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



Do you have questions? Ask Kim! Call (954) 573-2002 today.

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.

You Won't Be Alone, By Being Alone

Do Not Let The Pandemic Take Away The Magic Of The Holidays

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

1997 was the first year I spent Christmas away from my family. I had moved from the Czech Republic to Framingham, MA, to do my medical residency.

I was not quite sure how I would “survive” Christmas alone, 3,900 miles and six time zones away from all those I loved, but of course, I did.

And I survived many other Christmases and countless other holidays that I had to work or be on call. That is just one of the many sacrifices physicians

do – and not just physicians, but also people working in hospitality, restaurants, hotels, policemen, drivers, pilots, prison guards – enjoying holidays with loved ones has never been a universal right.

Keep The Blues Away

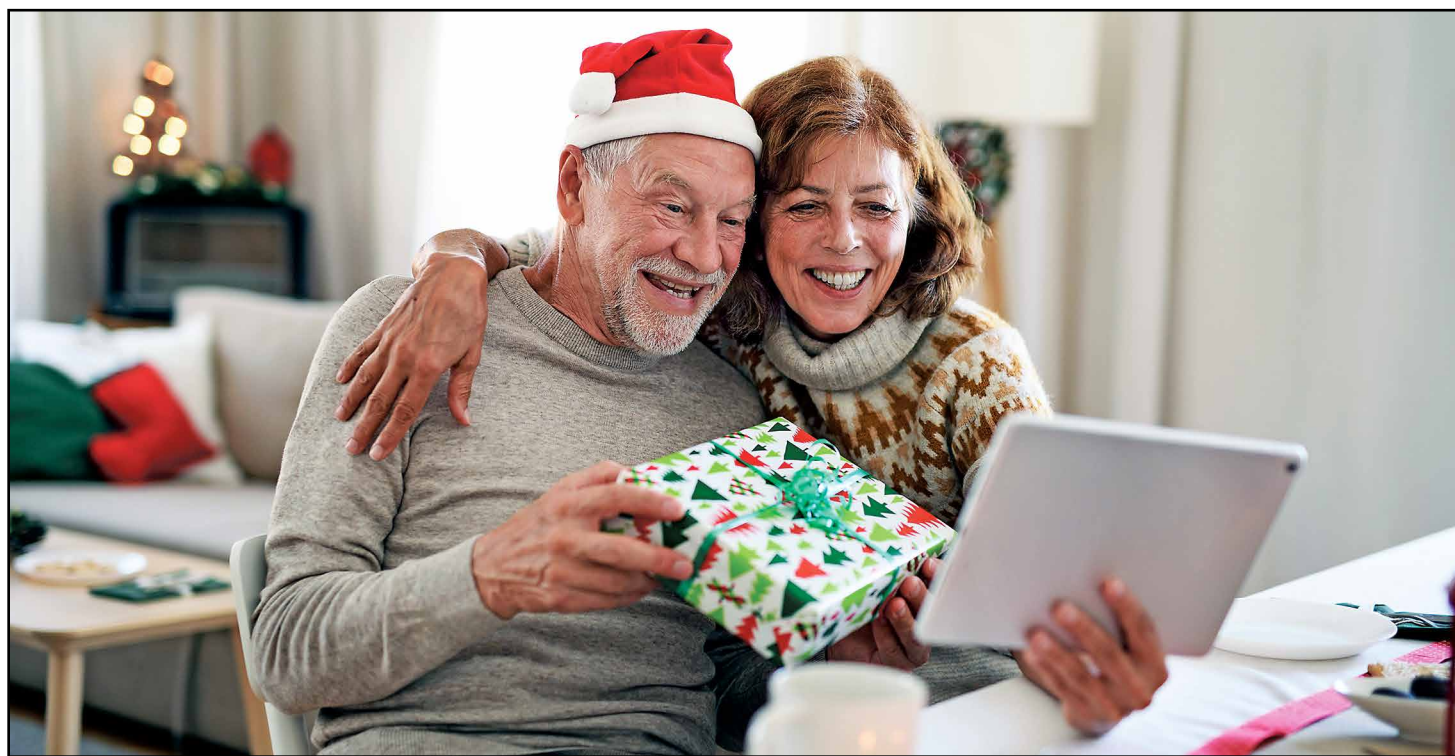
This year Christmas, Hannukah, Kwanzaa and other holidays will be more lonely for all of us. So how do we keep the blues from creeping in?

For one, you won't be alone being alone. So, if you have a computer, you might as well invite your friends to share holidays with you virtually. In fact, this might be the year you could celebrate with more friends and family than ever before. Reach out to childhood and college friends, uncles, aunts, cousins – sip some eggnog and see who remembers the funniest story from half a century ago. Why not?

Isolation can have a negative impact on our mental and physical health, so let's not allow that to happen.

Here Are Some Ideas:

1. Start sending gratitude holiday cards already now – tell your family, friends, neighbors and even your supermarket cashier, how grateful you are for



Get ready to socially distance this holiday season. Start writing those Christmas cards and letters. Be sure to ship your packages early. Remember to Zoom and FaceTime your holiday greetings with family and friends.

having them in your life. When you make others feel good, you make yourself feel even better. Research indicates that gratitude boosts not only your immunity, but also your brain and cardiovascular health.

2. Plan a virtual holiday cooking party and share your best recipes. In fact, send the invitations today, so you do not look for excuses later. It's never too early to start baking Christmas cookies if you ask me. They make a wonderful gift, and unlike you, can still travel quite safely. Consider baking some for your church or local shelter – volunteering can often dispel depression like a magic wand. Be part of something bigger.

3. Share your favorite holiday movies with friends – you can all watch at the same time from the safety of your own homes. I vote for “Home Alone.” Laughter is the best medicine.

4. Share your favorite holiday music. Here is my contribution – the most popular piece of Czech Christmas music by Jakub Ryba – “Czech Christmas Mass” (you can listen to it even on Amazon these days). I would love to know your favorite holiday piece as well. A lot depends on our attitude – we can simply

decide to enrich each other this holiday season instead of sulking in our couch. Do not give COVID-19 the power to ruin your life.

5. And finally, try these wonderful medicinal herbs that can warm up your heart and lift your spirit not just this year: Holy basil (tulsi), lemon balm, linden – they have been enjoyed around the world for centuries. I like to use them as a tea – steep a teaspoon of herbs in a pot of hot water for 15 minutes, strain, add some honey and voila. You can add some gotu kola, mint or even a little bit of fresh rosemary to boost your brain power. You should be able to grow these in Florida year-round, buy from a reputable source or buy in a teabag, ready to steep.

Enjoy and be well during this holiday season.

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 Advent Health, The Center for Whole Person Health, in Overland Park, KS. Dr. Hubkova is a regular contributor to The Gazette.

Magical Holiday Movies To Brighten These Times

Marty Lee
Gazette Contributor

How are you planning to enjoy the holidays? During this time of physical distancing, are you planning to settle back with family to watch one of the classic movies that are popular this time of the year?



“A Christmas Story”

Anyone growing up in the industrial cities of the Northeast or Midwest during the late '40s and '50s will reminiscence over many of the scenes in this classic holiday comedy. “A Christmas Story” is a 1983 American Christmas comedy film based on the short stories and semi-fictional anecdotes of author and raconteur Jean Shepherd.

The story follows young Ralphie Parker in the weeks before Christmas, as he schemes to get Santa to bring him his prized object of his passion and desire: “A Red Ryder Carbine Action 200-shot Range Model air rifle with a compass in the stock and this thing which tells time.”

If you do not have the movie in your library, the TBS network traditionally airs a 24-hour hour marathon of back-to-back replays of “A Christmas Story.”

“National Lampoon’s Christmas Vacation”

Chevy Chase reprises his obsessive behavior as Clark Griswold in this 1989 holiday film. If you traveled along with the Griswolds to Walley World during the original “Vacation” movie, you’ll roar again with laughter at Clark’s maniacal obsession to provide his family and his home with Christmas splendor.

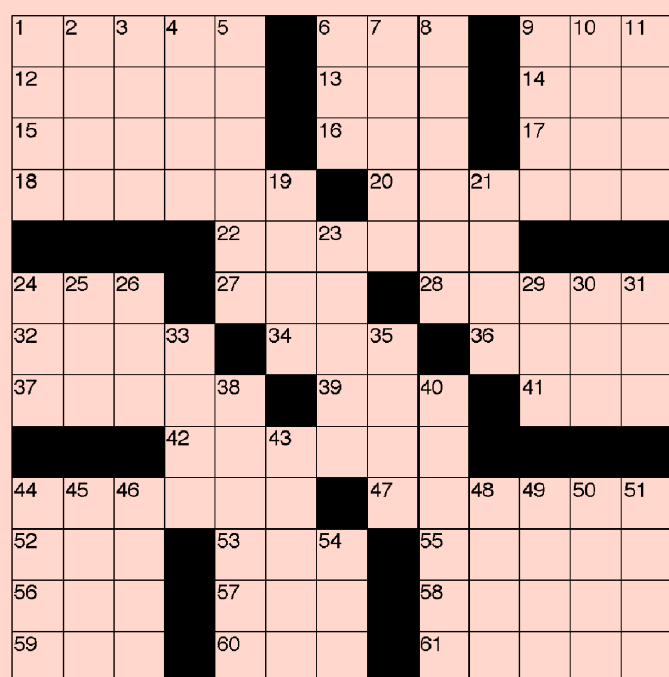
“Home Alone”

The 1990 film stars Macauley Culkin as Kevin, the youngest child in the McCallister family. It is Christmas time, and the entire family is planning a trip to Paris, France for the holidays. In the rush to get to the airport, something is amiss. The family forgot to bring Kevin and they do not discover his absence until they are airborne and on their way to Paris. Kevin is left home to fend for himself.

All is not lost for the young boy. He has the house all to himself and takes full advantage of his newfound freedom: Eating pizza, messing up the house, taking target practice with his brother’s BB gun, watching a mobster movie and in general just having fun.

On Christmas Eve, Kevin discovers that two burglars, Harry (Joe Pesci) and Marv (Daniel Stern) are about to rob his house. The ever-resourceful eight-year-old Kevin reacts quickly by wiring his own house with makeshift booby traps to stop the burglars and to bring them to justice.

Enjoy one or more of these great holiday movies, and Happy Hanukkah, Merry Christmas, Happy Kwanzaa and Happy New Year.



Crossword Puzzle Of The Month

ACROSS

- 1. Last of the Mohicans
- 6. Home Box Office (abbr.)
- 9. Repose
- 12. Hollow stone
- 13. Tree
- 14. Us (Ger.)
- 15. Lagoon
- 16. Goddess (Lat.)
- 17. Own (Scot.)
- 18. Inborn
- 20. Keen
- 22. Desert plant
- 24. Television channel
- 27. Amer. Dental Assn. (abbr.)
- 28. Bird
- 32. Air
- 34. Presidential nickname
- 36. Indian music

DOWN

- 1. Fruit
- 2. No (Ger.)
- 3. Crest
- 37. Glass-furnace mouth
- 39. Survey
- 41. Cistern
- 42. Brown vesuvianite
- 44. East
- 47. Principal commodity
- 52. According to (2 words)
- 53. Belonging to (suf.)
- 55. Eng. poet
- 56. Compass direction
- 57. Rhine tributary
- 58. Wife of Balder
- 59. No (Scot.)
- 60. Fiddler crab genus
- 61. Handwriting on the wall

- 4. Jewish month
- 5. Rom. author
- 6. Pronoun contraction
- 7. Animal sound
- 8. Ruminant’s stomach
- 9. Haw. feast
- 10. Initial (abbr.)
- 11. Anglo-Saxon slave
- 19. French art group
- 21. Russ. despot
- 23. Pole in Gaelic games
- 24. Public vehicle
- 25. Family relative
- 26. Thus (Lat.)
- 29. Civil Aeronautics Board (abbr.)
- 30. Oriental potentate
- 31. Women’s Army Corps (abbr.)

- 33. Scientific name (suf.)
- 35. Unfledged hawk
- 38. Lamb (Fr.)
- 40. Range
- 43. Blaubok
- 44. Home landscape
- 45. Isle of Napoleon
- 46. Wind indicator
- 48. Wings
- 49. Carnation
- 50. Solitary
- 51. And other: abbr. (2 words) (Lat.)
- 54. “Blue Eagle”

Answers On Page 10.

Senior Living Innovator Leads Again With Partnership

JKV–GroovyTek Join To Ease Resident Technology Frustrations

Rob Seitz
Gazette Contributor

In the middle of one of South Florida's notorious thunderstorms, after having to cancel a highly anticipated Pickleball game with his co-workers, John Knox Village President & CEO Gerry Stryker was waiting out the weather in his car before entering a restaurant to enjoy a bite and a beer.

In his car, Stryker reopened a folder containing an advertisement from his Sunday newspaper about a company that helps people who feel frustrated with technology.

"In the pouring rain, in the middle of a parking lot, I called the company and ended up spending an hour on the phone," Stryker told *The Gazette*. "We had aligned visions. At John Knox Village, we believe in working with, for and alongside our residents and they believe in taking a personalized approach to teaching, grounded with respect and patience."

Partnering Senior Living With Technology

Stryker had been on the hour-long call with Matt Munro, co-founder of GroovyTek, a nearly four-year-old company which saw a need for countering technology frustrations by developing a generationally appropriate training service and curriculum around the themes of exploration and empowerment, according to the company's website.

Thus, the John Knox Village–GroovyTek partnership was born, adding to JKV's perennial reputation as a senior living industry innovator.

"When looking at new ventures and partnerships, we believe the most crucial element for success is genuinely understanding there is a shared sense of vision and mission between the organizations," said Munro. "It is easy for two groups to work together on task-oriented or straightforward projects. But, to create real innovation and change, it is critical to partner groups who will put in the work, passion, and resources to build a new program from the ground up with a long-term future in mind."

Complimentary Consultations

The company has been conducting one-on-one complimentary 20-minute consultations with JKV



GroovyTek expert Barry Rogers (2nd from right) consults with JKV resident Bill Nazzaro, as his counterpart Jeff Waterhouse (left) works with JKV resident Dr. Marie Brink.

residents three times a week. After the consult, if residents wish for additional assistance, a GroovyTek expert will set up a one-hour in-home or over-the-phone session to assist with specific technological needs.

They start by taking an inventory of a resident's devices and entertainment platforms, i.e., Smart TV, Android Watch, Amazon Echo, then help determine next steps. These can range from setting up a phone, computer, TV, to learning how to Zoom and FaceTime family and friends, order essentials from Instacart and Grubhub, even navigate the internet and protect your devices from malware.

Getting In Tune With Zoom

As an additional service, GroovyTek's personal technology trainers will be conducting small group workshops, along with informative Zoom presentations for JKV residents.

"Our goal in working with Gerry and JKV is to create a model that can help folks be able to 'catch up' and learn how to use these devices to improve their day-to-day lives," Munro said. "It is not enough to just be told to do a Zoom; what is needed is for someone to sit down side-by-side with someone and walk them through how to set up and use the Zoom

technology in their own way. People learn differently and people use their technology differently, so working with JKV to provide a program that enables this crucial one-on-one support is very important to us."

Look for monthly articles in upcoming *Gazettes* from GroovyTek experts.

Gazette readers who meet with a Life-Plan Consultant and tour John Knox Village will receive a complimentary over-the-phone consultation with a GroovyTek expert. To learn more about this innovative partnership, call the JKV Marketing Department at (954) 783-4040.



Give Your Gift Of You This Holiday Season

Anne Goldberg
Gazette Contributor



Anne Goldberg
The Savvy Senior

COVID-19, I've come to better understand that how I spend my time directly impacts my mood and my coping skills.

Spending mindless time in front of the TV may help "pass time," but too much of it leaves me feeling empty, void of something more important. I feel better when I use my time to connect with people and nature. I go outside and listen to the rush of the breeze through the trees and the birds' sweet melodies sailing on that breeze.

I take in the lush green (or barren, frozen landscape) and the majesty of the trees. I smile at my neighbor and even venture a hello through my masked face, knowing the energy of that smile will reach that person even if they can't see it with their eyes. They can feel it.

Give The Gift Of Your Time

In the coming holiday season, the greatest gift you can give is that of your time, because that is the gift of you. Giving the gift of your time is like saying, "You matter to me. You are important to me." And nothing is as valuable as that love. Nothing.

Time is money. How many of you have heard this? It's a quote from Ben Franklin. To some extent, in a business context, there is truth to it. But there is much more to time than money.

Money spent can most often be replaced. Once time is spent, it can never be regained.

What you do with your time creates a history. Each act become part of the timeline of your life. Each act lives out its own moment, never to be recreated. Time is truly our most precious commodity.

Living in the era of



Be a good neighbor and ask a shut-in friend if you can pick up some groceries during your weekly shopping trip.

Having been apart from my beloved family and friends has taught me that it isn't money that I prize, it's the time I have with the people I love that matters most. Here are a few ways you can connect with people over the holidays while living in a pandemic.

1. Pick up the phone and call someone. Be it your kids, grandkids, a cousin, aunt or uncle or your best friend from college, make that call and get connected.

2. Use technology. Facebook, FaceTime (or with an Android, Video Chatting), Skype, or What's App all offer excellent ways to speak and see your loved ones, even from afar.

3. Take a socially distanced walk (especially in a park) with people you enjoy. Connect with strangers with a warm hello.

4. Volunteer to connect with those who are shut in. Social and religious organizations have programs in which you can participate.

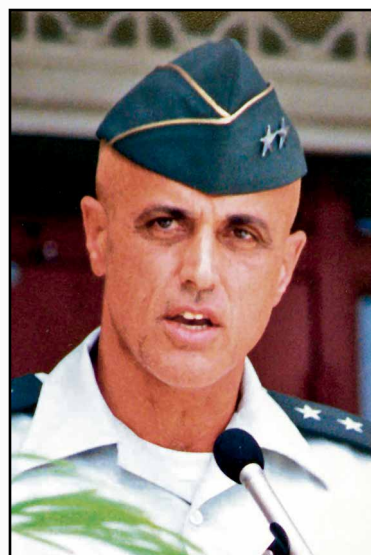
5. Going grocery shopping? Ask a shut-in friend if they need anything. Doing a good deed sends happiness levels through the roof.

Be a Savvy Senior. Use your time wisely this holiday season and give the gift of your time to the people you love the most.

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

Scotoma Busting And The 4 Ds

Burn Loeffke
Gazette Contributor



Burn Loeffke

Ignorance and illiteracy lead to mistakes and misfortune. This is backed by history. When I lived in Moscow, I had this Russian poster in my apartment. The caption reads: "Illiteracy is like blindness. It can cause misfortune." For many of us, prejudices are like blindness. We seem to be unable to see both sides.

Prejudices that make us blind are dangerous. They can lead to hostilities. In this dangerous world in which we live, we need patience and attempt to dialogue, dialogue, and dialogue some more.

In one of my classes in college, I was introduced to the duck and the rabbit. If we look carefully, we will either see a duck or a rabbit. We are not able to see them both at the same time.

When we have a perception, that perception does not allow us to see another point of view at the same time. This drawing has stayed with me. When looking at things, people or anything else I ask myself, 'am I looking at only the rabbit or

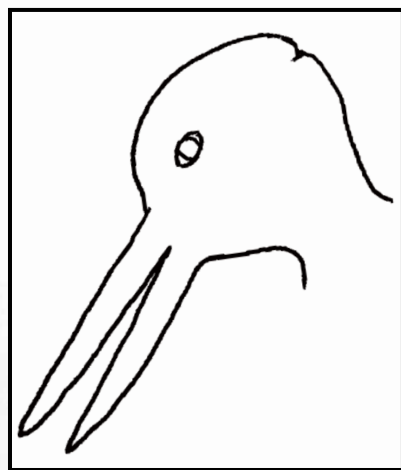
do I take time to also see the duck?'

What Does Scotoma Mean?

It is the Greek word for blindness. The month of December is the month when we make resolutions for the new year. One of my resolutions is to become a Scotoma Buster, by helping those who are blinded by hate, fear and ignorance.

I will explain that the United States believes in the 4 Ds: Democracy, Development, Defense and Dialogue. Whenever anyone asks me to explain the U.S., I do it by explaining the 4 Ds.

DEMOCRACY: We are for democracy because history tells us that with few exceptions no two freely elected governments have fought each other.



Look closely at this sketch. Do you see a duck? Or do you see a rabbit? They are both there, however our perception does not allow us to see both the duck and the rabbit at the same time.

DEVELOPMENT: Without development democracy will have difficulties surviving. Latin American politicians often advertise their platform using the three Ts: Techo (roof), Trabajo (work) and Tortilla (food). Politicians, if they want to win elections need to emphasize the three Ts.

DEFENSE: A nation needs to have an adequate defense so as to protect itself.

DIALOGUE: This last D is a crucial ingredient. Peace is enhanced by dialogue. If we dialogue long enough, we may find a common ground on which we can agree.

The role of a leader is to keep hope alive. The United Nations is a family of 193 nations with a common objective: To keep the peace and hope alive. Let us cooperate by strengthening the UN, where we can dialogue and come up with initiatives that will enhance peace.



General Burn Loeffke had this Russian poster in his apartment in Moscow, where he served as U.S. Army Attaché. The caption read, "Illiteracy is like blindness. It can cause misfortune."

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

Out Of 2020's Chaos: A New Language For 2021



Rev. Dr. Bridgette A. Sullenger and Rev. Jamie Champion, JKV's Spiritual Life Directors

Rev. Dr. Bridgette A. Sullenger
Rev. Jamie Champion
Gazette Contributors

It is not such a profound thought to say that 2020 has been the year of chaos. We have

witnessed natural disasters, civil unrest and violence, general chaos of thoughts and words, a presidential election, and let's not forget a global pandemic that has changed the way we interact with each other on even the most simplest of levels. 2020 will more than likely be known forever as the "Year of COVID-19."

Now we are looking at 2021. A New Year. New beginnings. Changes and of course, hope.

T.S. Eliot once wrote, "Last year's words belong to last year's language and next year's words await another voice. And to make an end is to make a beginning." So now that 2020 is ending, we are able to focus our attention on 2021 and voice a beginning.

But some may ask, "What does that look like?" The simple answer is that 2021 gives us the opportunity to learn from last year's mistakes and work toward improving ourselves and the world around us. We can

leave last year's language to last year and develop a new language for 2021. A language that inspires, a language that dreams, a language that promotes peace and harmony for everyone. A language that shares in a unifying voice for all.

We can see 2021 as a year full of opportunities for each of us. It can be the year that ease tensions amongst us, the year we make better decisions, and dare we say the year of a vaccine for COVID-19.

Positive New Year Resolutions

Let the resolutions for 2021 have a self-fulfilling prophecy based on positive thinking and benevolent behavior. We need to close the door on 2020 so we can make room for 2021.

As we face new beginnings, we focus on our voice. We share in words of kindness and support that promote peace and harmony within ourselves and with others.

Words of kindness also inspire kind actions. The new year is our time to dream big. 2021 is our time to

celebrate and share the goodness that resides within our hearts. 2021 is our chance to focus more on words that inspire and less on words that destroy. 2021 is our chance to focus on living in peace with one another. 2021 is our new beginning. 2021 is our time to make new memories.

An Ending Becomes A New Beginning

As we leave 2020, we should celebrate the ending. Celebrate that we have been able to learn and grow in a world that was full of so many challenges. As we celebrate the ending, we look forward to the new beginnings that are before us. For in all new beginnings there is something that we take with us that helps us to promote newness.

May your voice share words of kindness. May your voice be inspiring. May your new beginning lead you to greater awareness that in all you do you are a fulfilling a new year resolution that will help build, lead, and grow. Remember that in each new day, we are able to impel the hope of a new year.

Answers to Sudoku on Page 5 and Crossword Puzzle on Page 8.

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

U	N	C	A	S	H	B	O	L	I	E
G	E	O	D	E	E	L	M	U	N	S
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W	B	N	A	A	R	N	A	N	N	A
N	A	E	U	C	A	T	E	K	E	L

Imagining New Ways To Dream

Venetian Arts Society ULTRA 21st Century Art Salons Blaze New Path

Willie Riddle

Artistic/Executive Director
Venetian Arts Society

Art springs directly from that reflective consciousness that distinguishes human nature. As society expands, art changes to

reflect its new developments. Art reflects our history and documents the crucial component of our lives.

As Executive Director of the Venetian Arts Society (VAS), we have partnered with John Knox Village since 2016, bringing world-class performing artists, not only to JKV, but also to NSU Art Museum Fort Lauderdale, Nova Southeastern University, Wiener Museum of Decorative Arts and a variety of other intimate venues. We were planning another artistic year of music and dance, when the pandemic canceled all performances starting in March.

One thing that is certain, the arts will survive and once again flourish, bringing solace, hope, and inspiration to mankind. While no virus, no natural or man-made disaster, can defeat the arts, it is most certain that we will all have to meet the challenges of a transformed world. It is not the first time, nor will it be the last.

New Ways To Dream

It is my belief from looking back through history, that out of great loss comes great opportunity. As overwhelming as life is at times, adversity develops character and the capacity for compassion, empathy, and courage. To meet the challenge of a transformed world, *Venetian Arts Society ULTRA 21st Century Art Salons* is committed to nurturing the emotional, mental, and spiritual well-being of our diverse community and the world at large through purposeful, thought-provoking, and enlightening artistic experiences, "...Imagining new ways to dream."

Adhering to all of the latest CDC/WHO safety guidelines and engaging all of today's state-of-the-art digital media technology, *Venetian Arts Society ULTRA 21st Century Art Salons* will bring a global audience into South Florida's most prestigious museums, galleries and private estates. The new premier VAS flagship series, "*The 11th Guest Salons*," offers everyone, novice or connoisseur, a VIP up close and personal opportunity to observe and/or participate in the most unique, fulfilling, and complete artistic experience possible. VAS' goal is to be emotionally enlightening, "cleverly" educational, and to present powerful messages of hope and inspiration.

Worldwide Performance Shutdown

In speaking with friends and colleagues throughout the world over the course of the last nine months, it has become almost impossible for me to fathom the extent



VAS Executive Director Willie Riddle with vocalist Kimilee Bryant, who performed at John Knox Village during a 2018 Christmas concert. Bryant is well-known for her role as Christine Daaé in the Broadway production of "The Phantom of the Opera."

of the devastation to the "industries" that make up the arts world.

Kimilee Bryant, Broadway Star and VAS guest artist at JKV for Christmas 2018, wrote: "I don't know if the public really understands how terrible the situation is for millions of hard-working professionals. The legendary New York Metropolitan Opera announced its closure until September 2021.

"Their musicians, choirs, stage techs, etc... have been without pay since last April. Broadway is closed until well into 2021. Cirque du Soleil goes bankrupt and cuts over 3,500 jobs. Cruise boat artists are unemployed and amusement park productions have no idea when they will be rehired. There are no concerts, festivals or tours scheduled until 2021 and if they don't perform next year, they may never happen again.

"Artistic and musical organizations of all kinds – choirs, theaters, orchestras, dance companies, festivals, music rooms, not to mention all technical and independent suppliers – all are trying to find alternatives to succeed in working. Over 12 million people work in entertainment production, we are not insignificant and this industry can't reopen until mass gatherings are allowed. This does not include the additional dismissal of techs and openers, maintenance staff for bar rooms and staff, safety and thousands of vendors.

"So, wear masks and stay home. Understand that we are watching, helplessly, our industry collapse before our eyes because not enough people care about taking the necessary means to reduce the spread."

VAS Plans For The Future

While we're mourning the loss of the arts, among the myriad other losses exacted by this pandemic, we must never give up hope. We must find "new ways to do dream." How might we rethink basic structures (economic, architectural, aesthetic) in this period of forced reprieve? How might fresh vision transform crisis into opportunity?

"Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality" – Jonas Salk

On behalf of Venetian Arts Society, I want to remind everyone to "live in the sunshine," believe in miracles, and keep the faith for a better tomorrow. It is needed today more than ever before and VAS is going to do all it can to bring comfort, hope, and inspiration to not only survive, but to flourish and experience all the beauty and miracles of life.

NSU Art Museum Fort Lauderdale Events

Jessica Graves

Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM

FORT LAUDERDALE

December Events



Free First Thursdays Sunny Days, Presented by AutoNation
Dec. 3 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
Dec. 5 and 6

Bank of America cardholders receive free admission to the Museum.

Creativity Exploration: Live Virtual Adult Workshop Spaces and Places
Dec. 12 from Noon to 1:30 p.m.

Inspired by the vibrant drawings of Friedensreich Hundertwasser, participants will make drawings of imaginary places and spaces, exploring color, pattern, and visual rhythm. RSVP Required: <https://nsu-artmuseum.org/event/fort-lauderdale-neighbor-days/>

Plan a visit to enjoy the exhibitions at the NSU Art Museum Fort Lauderdale during the holidays.

Museum hours are Sunday: Noon to 5 p.m., Tuesday – Saturday: 11 a.m. to 5 p.m. and closed on Mondays.

Ft. Lauderdale Neighbor Day
Dec. 27 from Noon to 5 p.m.

All Fort Lauderdale residents receive free admission to the Museum.

Current Exhibitions – Extended

New Art South Florida: 2020 South Florida Cultural Consortium (SFCC) Exhibition. Through Feb. 21

Featuring the work of 13 preeminent South Florida artists who are recipients of the 2020 South Florida Cultural Consortium awards.

I Paint My Reality: Surrealism In Latin America

Examining the flowering of the Surrealist movement in Latin America in the 1930s and today. Through Fall 2021.

William J. Glackens: From Pencil To Paint

Featuring over 100 works from the 1890s to 1930s, highlighting Glackens' role as an illustrator and painter. Through Spring 2021.

Transitions And Transformations

Transitions and Transformations transforms *Remember to React*, the previous installation of NSU Art Museum's collection, with the addition of new acquisitions, other works from the collection and works on loan to the Museum. Through January 2021.

Upcoming Exhibitions

The World Of Anna Sui
Feb. 21 through Sept. 19, 2021

This major retrospective exhibition explores the glamorous and eclectic world of one of New York's most beloved and accomplished designers Anna Sui.



Image Credit: Friedensreich Hundertwasser (Austrian, 1928–2000), "Blobs Grow in Beloved Gardens," 1975.

Eric N. Mack: Lemme Walk Across The Room
March 6 through Fall 2021

"*Lemme Walk Across The Room*," the large-scale installation by New York-based artist Eric N. Mack (b. 1987), that premiered at the Brooklyn Museum in 2019, is being reimaged for NSU Art Museum's grand second-floor gallery.

NSU Art Museum is located at One East Las Olas Blvd., Fort Lauderdale, FL. For additional information, please visit nsu-artmuseum.org or call (954) 525-5500. Follow the Museum on social media @nsu-artmuseum.

For information about attending these events as a John Knox Village guest, please call the Marketing Department at (954) 783-4040.

Music: The Brain's Best Mood Booster

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

with a very different holiday season. The COVID-19 restrictions that keep us safe, may also interfere with our usual festivities and sadden our hearts.

The Joy Of Holiday Music

Let the “medicine” of your favorite holiday tunes boost your immune system and confound the coronavirus. The one thing you can count on doing, no matter what, is listening to holiday music. You can do this safely at home or with others.

Music has been delighting the human spirit for at least 40,000 years, based on the fossilized remains of instruments found by archaeologists. Long ago, our ancestors began to celebrate December’s darkest days of winter with music, dance and food.

The loss of loved ones and cherished traditions can hurt all the more during the holiday season. My father died in December, making the holidays less merry for many years. And I still remember my D-Day veteran father and father-in-law saying how especially difficult it was to be away from home at the holidays during World War II.

Music Reflects The Mood Of The Times

Fortunately, popular holiday music was written with the highs and lows of the human spirit in mind.

In past columns, we have considered the many ways that music benefits brain vitality.

Music, especially from our earliest years, brings good memories and feel-good, anti-inflammatory neurotransmitters such as serotonin and oxytocin to the brain. These powerful hormones also reduce anxiety and improve immune function.

As we close this trying year, we will need to give our brains an extra boost to cope

Many popular holiday songs reflect the cultural mood of when they were written, and continue to comfort and inspire listeners for generations to come.

For example, these hit songs with a sad or nostalgic tone were released amidst the tragic losses of World War II:

- “White Christmas” by Irving Berlin (1941)
- “I’ll Be Home for Christmas” by Kim Gannon, Walter Ken and Buck Ram (1943)
- “Have Yourself a Merry Little Christmas” by Ralph Blane and Hugh Martin (1944)

- “The Christmas Song” by Mel Tormé and Robert Wells (1946)

Conversely, these upbeat favorites debuted in the happier times of recovery from the Great Depression and World War II:

- “Santa Claus Is Comin’ to Town” by Fred Coote and Haven Gillespie (1934)
- “Winter Wonderland” by Felix Bernard and Richard B. Smith (1934)
- “Here Comes Santa Claus (Down Santa Claus Lane)” by Oakley Haldeman and Gene Autry (1947)
- “Sleigh Ride” by Leroy Anderson and Mitchell Parish (1948)
- “Happy Holiday” by Irving Berlin (1948)
- “Rudolph the Red-Nosed Reindeer” by Johnny Marks (1949)

Maybe it’s time to make some new friends. See how you like more recent hits such as “Feliz Navidad” by Jose Feliciano (1970), “Wonderful Christmastime” by Paul McCartney (1980), and “All I Want for Christmas Is You” by Walter Afanasieff and Mariah Carey (1994).



During pre-pandemic days, you could gather a group around the piano to sing the festive carols of the holidays. Today, you can still do the same, with physical distancing and face masks.

Losses and disruptions are nothing new. Let the heart-warming melodies of the past brighten your holiday season. Play all your favorites, and sing along at home or safely with others. See which ones resonate most with you in these current times.

May Irving Berlin’s lyrics from 1948 bring a smile to your face and your brain every day:

*Happy Holiday
Happy Holiday
While the merry bells keep ringing
May your every wish come true.*

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

Take Advantage Of End-Of-The-Year Savings On The Featured Dogwood Garden Villa

John Knox Village will be ready for you, when you are ready to make the move to life-plan security. During this time of crisis, rest assured that John Knox Village will take care of your needs today, tomorrow and every day in the future.

If you are looking for the ultimate in economy and convenience, plan a COVID-careful visit to John Knox Village and tour the Dogwood Garden Villa.

See page 6 of this month’s Gazette for details on end-of-the-year savings and incentives. Savor a carefree lifestyle with every life-plan advantage at a very affordable cost. Call the Marketing Department at (954) 783-4040 to arrange your COVID-19 sensitive tour.

The Dogwood Garden Villa 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

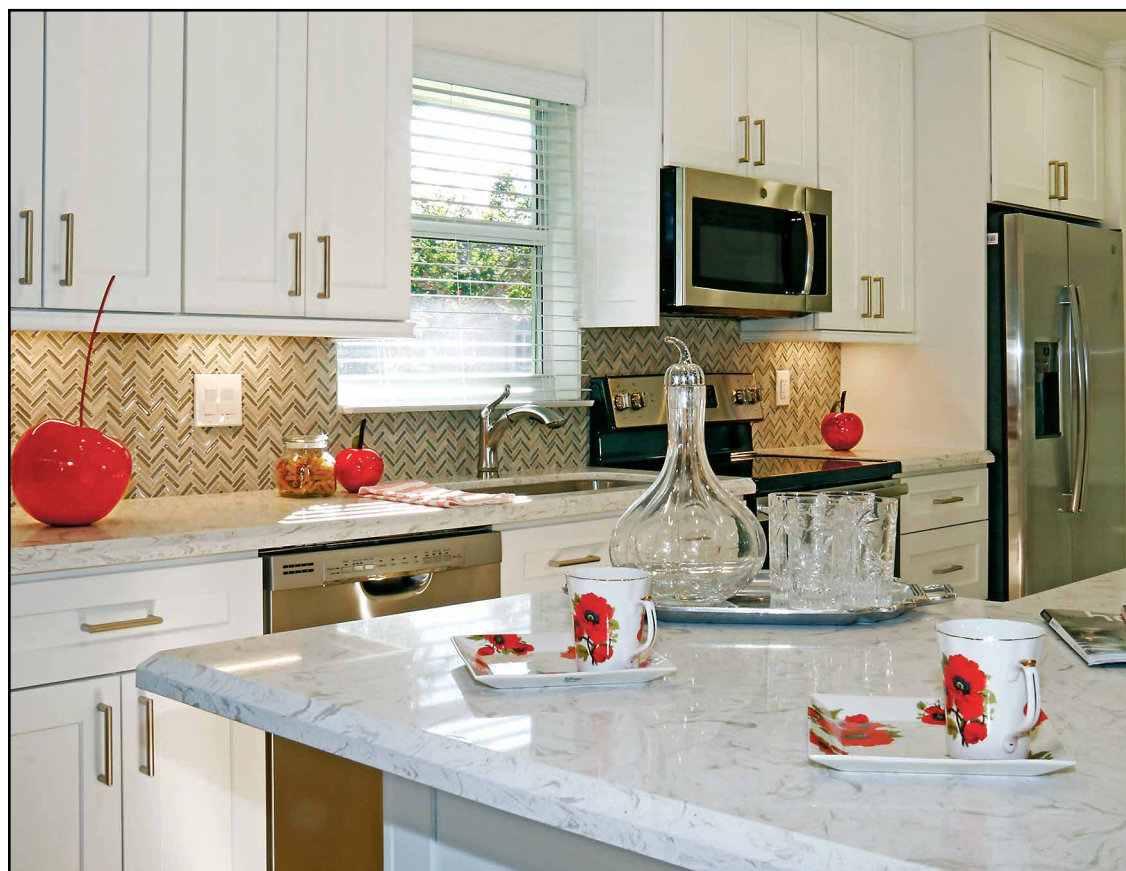
- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

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, the new Aquatic Complex with two pools, Glades Grill, Stryker’s Poolside Pub, Pickleball and bocce ball courts, and much more. Call the Marketing Department at (954) 783-4040 for details.

web JohnKnoxVillage.com

JohnKnoxVillage

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



A spacious kitchen with stainless steel appliances and quartz/granite countertops compliments your opportunities for in-home dining and entertaining.

The Dogwood Garden Villa
2 Bedroom / 1 Bath / 1,296 Sq. Ft.

