

JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

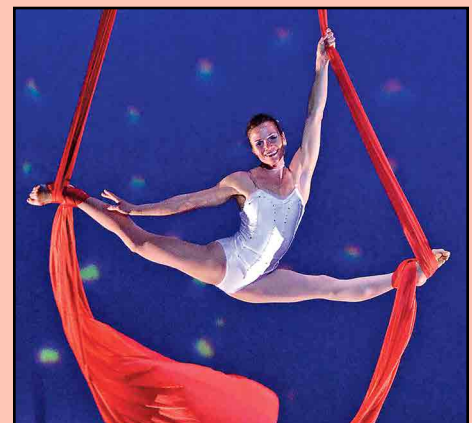
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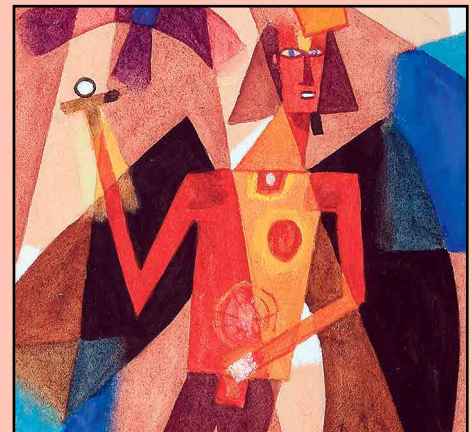
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By Golly, Be Jolly At JKV 'Tis The Season, Join Us



Staff from Gardens West, Seaside Cove and The Woodlands welcome spectators to last year's John Knox Village Holiday Parade.

35th Parade Highlights Busy JKV Holiday

Marty Lee
Gazette Contributor

B.C. Forbes, the Scottish-born American financial journalist and author who founded *Forbes* magazine once said: "Christmas is a tonic for our souls. It moves us to think of others rather than of ourselves. It directs our thoughts to giving."

The month of December at John Knox Village in Pompano Beach, FL is truly a tonic for our souls with a full schedule of holiday events to celebrate Hanukkah, Christmas and New Year's Eve. Readers of *The Gazette* are invited to join with friends and family at many of the listed events.

Festival Of Lights

By the date of this *Gazette* publication, The Village will be aglow with a "Festival of Lights." In November, more than 100,000 lights, garlands and light pole ornaments were installed on campus. That installation was supplemented later

in the month with additional color displays and illuminated scenics along the roads of John Knox Village. Nighttime visitors to JKV will enjoy a bright and shiny welcome to the holiday season.

35th Annual JKV Holiday Parade

The most anticipated holiday event of the season welcomes the surrounding Pompano Beach community to the Village for the 35th Annual JKV Holiday Parade Thursday, Dec. 12 starting at 4 p.m. Join with family and friends along the streets of the community, as more than 40 parade units follow a one-mile route, passing the Village's many residential apartments and villas, Gardens West, Seaside Cove and The Woodlands. In addition to floats created by Village departments, area high school marching bands, classic cars, local businesses and government officials, the Broward Sheriff's Office (Motorcycle Unit and Horse Patrol) and even Santa Claus will make an appearance. The Parade begins at the Village Centre Auditorium.

See "Holidays" On Page 2

How We Got To 'The Night Before Christmas'

"We know not to whom we are indebted for the following description of that unwearied patron of children ... SANTE CLAUS, his costume and equipage, as he goes about visiting the fire-sides of this happy land, laden with Christmas bounties; but, from whomsoever it may have come, we give thanks for it."

— Account of a Visit from St. Nicholas (the Troy, NY Sentinel newspaper archives, December 23, 1823)

Nona Cree Smith
Gazette Contributor

As we approach the height of the holiday season, we gather with family and friends to celebrate Hanukkah, Christmas or Kwanzaa – all with time honored traditions. Our traditions, both old and new, become an essential aspect of how we celebrate our joyful times and help bond us to those we love.

One of the most enchanting holiday traditions is the reading of the famous poem, "The Night Before Christmas," also known as "A Visit from St. Nicholas." This childhood classic has been read on Christmas Eve to generations of children cuddled up in cozy beds charmed by the magical words written almost 200 years ago.

Christmas Lore And Traditions

The poem has shaped many of our Christmas traditions and has also found its way into numerous other areas of our culture



"The Night Before Christmas" by Thomas Nast. Alamy image.

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

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See "St. Nick" On Page 3

Holiday Events To Make Your Season Bright

From "Holidays" On Page 1

Christmas In The Village

In another showcase that is becoming a JKV tradition, *Gazette* readers are invited to experience the sights and sounds of "Christmas in the Village" on Saturday, Dec. 14 beginning with a wine and hors d'oeuvres reception at 6 p.m. in the Village's Centre Auditorium. Now in its third annual presentation, "Christmas in the Village" is produced with one of the Village's cultural arts partners, the Venetian Arts Society.

The evening's musical program features celebrated operatic soprano Jennifer Forni and Casey Robards, renowned concert artist and collaborative pianist. Also performing will be the Venetian Arts Chamber Society and classical guitarist Jose Angel Navarro.

Join us, as we celebrate the holidays with our most favorite music from classical masterpieces to traditional carols and even to obscure gems. Following the holiday salon concert, there will be champagne and dessert and the opportunity to meet the artists and continue the holiday festivities. Read more about "Christmas in the Village" and how to make reservations on page 8 of *The Gazette*.

Holiday Follies

On Tuesday Dec. 17, a holiday-themed variety show will be presented by keyboard artist Tim Schramm and vocalist James Perkowski. For the second year in a row, organist Schramm will grace the Village Centre Auditorium stage. He plays for many local theatre organ groups in the New York City area.



The John Knox Village Holiday Parade features floats and displays from every Village department. Employees and their children take part in one of the most anticipated and festive events of the year.

He is also the Director of Music Ministries at St. Michael's Catholic Church in Newark, NY. Perkowski is a singer seen frequently on the JKV campus. A popular tenor, he is also making his second appearance at the JKV Holiday Follies. The matinee performance will begin at 2 p.m. and the evening show at 7:30 p.m., both in the Auditorium.

the first night. The menorah lighting will take place in the open area near Seaside Cove.

We welcome readers of *The Gazette* to join us for any or all of these events. Get into the holiday spirit and meet new friends at John Knox Village. For information and reservations for these events, please call John Knox Village at (954) 783-4040.

Hanukkah

Join with us on Sunday, Dec. 22 at 5:30 p.m. for the First Night of Hanukkah, Outdoor Candle Lighting Ceremony. Then gather with our Jewish family and friends each night to celebrate the eight-day festival. The festivities begin the first night, and will include prayers, the lighting of the menorah and musical performances by John Knox Village singing groups. Plans call for latkes with apple sauce or sour cream and cider to be served



JKV residents John and Diane Dalsimer will lead us in the lighting of the menorah.

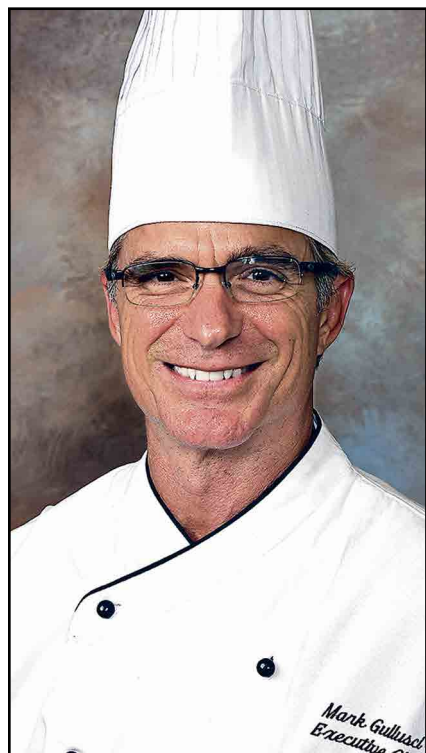


Organist Tim Schramm will join with vocalist James Perkowski for "Holiday Follies."

In Good Taste: Chef's Recipe Has The Right Stuff

Rob Seitz

Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

Be the guest of John Knox Village and sample one of Chef Mark Gullusci's taste tempting lunches or dinners. Call the Marketing Department at (954) 783-4040 and speak with a Life-Care Consultant. Take a tour of the Village and enjoy a meal with us.

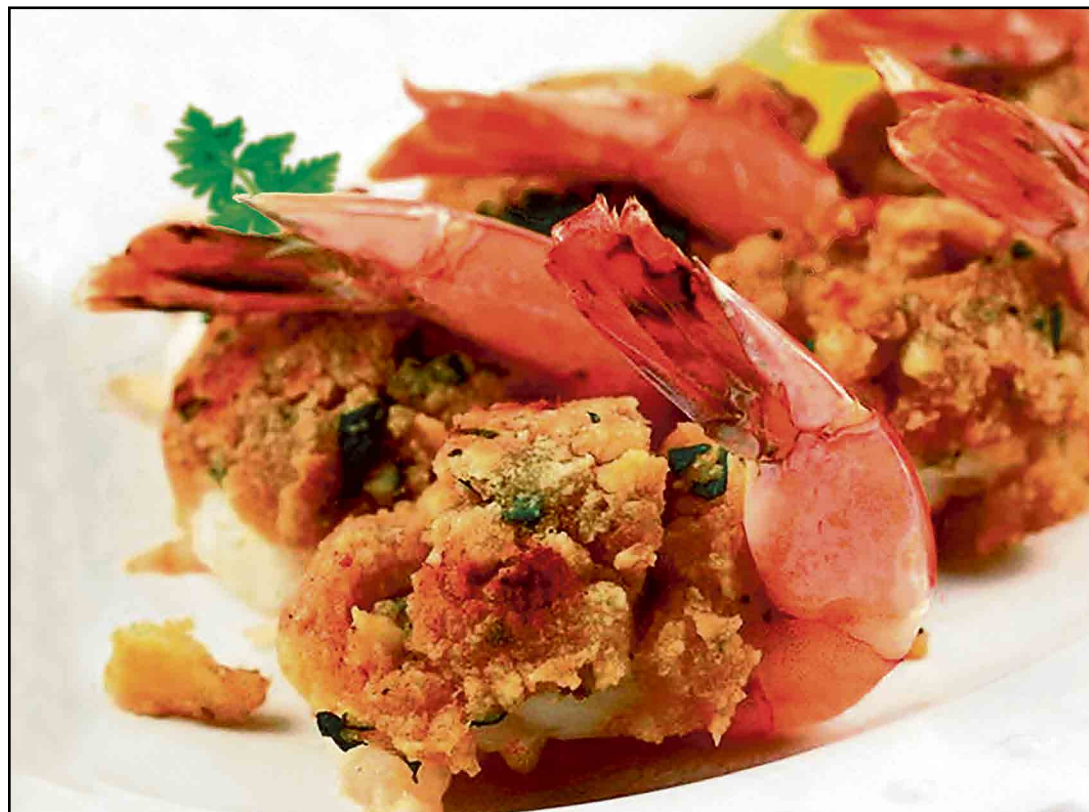
With Thanksgiving past and more holiday meals ahead, some may begin dreading another plateful of stuffing. That is until you try John Knox Village Executive Chef Mark Gullusci's stuffed shrimp recipe.

Quick, delicious and healthy, it will also allow you to pull your bowl back in for another serving.

High in several vitamins and minerals, shrimp is also a rich source of protein and eating them helps promote heart and brain health due to their Omega-3 content. Yummy!

Stuffed Shrimp: Yield 36 Shrimp

- 16/20 shrimp - approx 2.25 lbs. (36 shrimp)
 - 2 oz. whole butter
 - ¼ cup chopped celery
 - ¼ cup chopped onions
 - ¼ cup carrots
 - 1 tbsp. minced garlic
 - 1 cup clam juice
 - 8 oz. special crab meat
 - 1 tbsp. clam base
 - 1 cup panko bread crumbs
 - 1/8 tsp. white pepper
 - ½ tsp. oregano



Executive Chef Mark Gullusci's stuffed shrimp has become a favorite of John Knox Village residents and is one of the most requested entrees over the holidays.

Method Of Preparation:

Thaw shrimp, score back of shrimp with a paring knife to prevent curling. Lay shrimp flat on sheet tray.

To prepare stuffing: Melt butter in skillet and add garlic and cook for 2 minutes, add onions, celery and carrots and sweat for 4 minutes.

Add clam juice and base and bring to boil, add remaining ingredients and incorporate. Allow to cool, place in pastry bag and pipe onto shrimp. To cook: Bake in a 350-degree oven approximately 15 minutes until stuffing reaches over 140 degrees.

(This recipe, first published in 2016, and repeated in 2018 has been so popular with *Gazette* readers we decided to reprint it for the 2019 holiday season. Invite family and friends over for the holidays and enjoy!)

Visions Of Sugar Plums Danced In Their Heads

From “St. Nick” On Page 1

and lore, that it has become an important part of the Santa Claus legend for children of all ages. From the stockings “hung by the chimney with care,” to the description of Santa whose “cheeks were like roses, his nose like a cherry” and “he was chubby and plump, a right jolly old elf.” The poem was so influential, it forever changed our image of Santa Claus, not only in English-speaking countries, but around the world.

The poem introduced and immortalized the concept of Santa’s arrival by a flying sleigh and drawn by eight reindeer named Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen (although they have been slightly changed over time). The names have been used by Disney and numerous entertainment and publishing companies. (Note: Rudolf the red-nosed reindeer was not added to the team until 1939, when he became the most famous reindeer of them all.)

An Immediate Classic

The poem became an instant and beloved classic when it first appeared anonymously in a newspaper in Troy, NY on Dec. 23, 1823. No one came forward to claim the poem as their work until 13 years later. Clement Clarke Moore, a professor of Oriental and Greek Literature at Columbia College and a poet, claimed the authorship and said he was inspired to write the poem during a sleigh ride on a snowy winter’s day. He was fond of writing amusing rhymes and poems to entertain his many children.

It seemed Moore had a very fulfilling domestic life with nine children by his adored wife Elisabeth. He wrote a loving poem, in honor of his wife which perfectly displayed his poetic and emotional abilities: “To crown the numerous blessings of my life, I had sweet children and a lovely wife.” The poem “*Southy*” disputes the claim by Moore’s detractors that he was too strict and dour to write witty, charming and inspiring verse.

Blame It On The Housekeeper

How “*The Night Before Christmas*” was published in the first place can be blamed on the Moore family housekeeper. She found the handwritten poem, was enchanted by it, and sent it to the local



“*The Night Before Christmas*” gave rise to artistic images of Santa Claus and his reindeer flying to great heights to deliver gifts to the children of the world. Image from McLaughlin Bros. Publishing, 1880 edition “*A Visit from St. Nicholas*.”

newspaper to be published. Moore did not wish to claim the authorship of children’s verse, as it did not fit with his image of a scholar and professor. However, he relented at the insistence of his children and after the acclaim and popularity of the poem, he finally admitted he was the writer in 1844. He added “*The Night Before Christmas*” to his book entitled “*Poems*.” It was also published many times in various publications under the byline of Clement Clark Moore, further cementing his claim as writer of the poem.

The Controversy Will Never Be Settled

Many people say that Henry Livingston, Jr. is the famous poem’s author, rather than Moore. Livingston was a former major in the Revolutionary War, a gentleman farmer and poet. In 1870, his children claimed their father had read the poem to them many times, years before it was published in *The Sentinel*. Their claim is based on shared memories that they wrote to each other to compare their notes to substantiate their claim. But, in theory, they may have been thinking of a another but similar Christmas

poem their father had written.

Although the family could not produce an original manuscript, they claimed there had once been a manuscript of the poem written in their father’s hand, but it had been destroyed in a house fire.

The consensus and the work of forensic linguists supports Moore’s claim, however neither men had solid proof, and the mystery will never be solved. Regardless of the true authorship, the poem is now an American classic, shaping our conception of St. Nicholas and Santa Claus.

Childhood Dreams Of Sugar Plums

So many of us remember dad or mom reading the poem out loud on Christmas Eve, after we were tucked into bed. My father read the poem to me. I read it to my daughter. She read it to her sons, and they will, hopefully, read it to their children. And so loving traditions are established from generation to generation.

Today the poem has been published in many languages and even in braille.

Happy holidays to all, and to all a good night!

Vision Plan Projects Masterfully Transforming John Knox Village

Rob Seitz
Gazette Contributor

John Knox Village’s ambitious multi-year Master Vision Plan is on schedule and as the year comes to a close,

two projects currently under construction continue the transformational work taking place within its 70-acre Pompano Beach campus.

A Spring 2020 grand opening is predicted for JKV’s \$3.9 million Welcome and Innovation Center, which will include offices for the Sales, Marketing and Innovations Teams, along with Discovery Rooms in which prospective new residents can learn more about JKV. There will conference rooms and a nearly 2,500-square-foot open-air space for on-campus events and gatherings for the greater community.

Aquatic Complex Now Underway

The next Master Vision Plan puzzle piece coming out of the ground is the \$7.6 million Aquatic Complex, which is replacing a small pool and gathering area with a walk-in zero-entry resort style pool, a

four-lane 25-meter-long lap pool, 60-seat indoor restaurant, an open-air sports bar and grille, two each pickleball and bocce ball courts, a Jacuzzi and fire pit.

“There are a lot of moving components to both of these projects, but they are fun ones to work on,” JKV Director of Operations Thom Price told *The Gazette*. “Once they’re completed, we will have a completely new set of amenities added to our campus. They will provide great enhancements for our current residents and help keep us as leaders in the industry.”

Behind-the-scenes work is currently taking place on the grandest plan ever for South Florida’s premier Life Plan Continuing Care Retirement Community—its \$100-million-plus Westlake at John Knox Village project.

Deposits Now Being Accepted

Priority deposits are being taken as folks get in the queue for one of the 150 new Independent Living apartment homes, during informational Priority Deposit presentations held several times a month, either

at JKV or select venues in Broward County.

For this month, a Priority Deposit event will be held Tuesday, Dec. 3 starting at 10:30 a.m. in JKV’s Lakeside Dining Room. See our Center Spread ad in this *Gazette* for more information. As a Priority Depositor, you will also be invited to exclusive on-campus special events—only held for Priority Depositors—as well as be among the first people to receive project updates.

Spacious Westlake Apartment Homes

The new Westlake 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 and balconies.

Westlake construction is anticipated to begin early Summer 2021, with move-ins starting in Spring 2023. This timeline could be accelerated if Priority Deposit goals are met sooner than scheduled.

As JKV’s newest residents, Westlakers 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.

All JKV residents will enjoy enhanced water views as the entire Village undergoes a huge expansion of its current lakes system. Additional amenities in Westlake 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 offices and a Sacred Space.

The Westlake Pavilion will rise at the northwestern corner of the project, with its 200-plus seat multi-purpose performing arts center, terrace, outdoor dining and much more.

Get The Security Of A Life-Plan

Through all the changes, one constant remains for residents and that is the peace of mind that comes 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 new Aquatic Complex is now under construction. When completed the complex will feature a walk-in zero-entry resort style pool, a four-lane 25-meter-long lap pool, 60-seat indoor restaurant, an open-air sports bar and grille, two each pickleball and bocce ball courts, a Jacuzzi and fire pit.

End Of Year Estate And Tax Planning Strategies

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



Kaley N. Barbera

As we approach the close of 2019, most of us are focused on holiday gatherings and New Year's resolutions, but the estate planning attorney is often focused on what clients should consider for both estate and tax planning at year end. Below are some considerations for the end of 2019.

Annual Beneficiary Review

The end of the year is a good time to make certain that all of your beneficiaries

are up to date on any financial accounts, retirement accounts, annuities and life insurance policies, to name a few. Make sure that you have both a primary beneficiary and a contingent beneficiary listed on such accounts. In addition, check to make sure that the beneficiaries listed in your estate planning documents are still correct or if you need to make any adjustments.

Review Financial Accounts

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, as well as discuss how the new tax laws may affect you.

Year-End Gifting

With the passing of the Tax Cuts and Jobs Act (TCJA) in December of 2017, the annual gift tax exclusion was raised to \$15,000. Therefore, this is a good time to consider gifting opportunities. Clients who have estates over or approaching \$11.4 million (around \$22.8 million for spouses) can use annual gifting to drive down the value of their estate and avoid an impending estate tax. Annual gifting can also be utilized for individuals not concerned with estate tax so that they can provide gifts to children, grandchildren or important people in their lives annually without having to file a gift tax return (provided the gifts to each individual do not exceed \$15,000). Consider too, that this \$15,000 gift can be placed in 529



Accounts which are set up for children and/or grandchildren.

Identify Opportunities For Harvesting Tax Losses

Consult with your financial advisor to see if there are opportunities to use tax-loss harvesting sales to offset capital gains in your portfolio.

Charitable Giving

Prior to the passing of the TCJA, many taxpayers itemized their deductions on tax returns. Now that the standard deduction has almost doubled, many taxpayers and clients will not be itemizing their deductions, which greatly impacts the way individuals make charitable donations. If you will be taking the standard deduction in 2019, there are a few ways to continue to receive a benefit with charitable planning. If you are 70 ½ or older, you can make a qualified charitable distribution, whereby instead of the individual taking the distribution, you can instead distribute funds from your IRA directly to an eligible charity tax free (up to \$100,000 per IRA owner).

Another option is to bunch multiple years of charitable gifts into one year in order to itemize deductions on that year's tax return. For example, instead of a couple gifting \$10,000 annually to a qualified charity, this couple could consider gifting \$30,000 in one year, representing three years' worth of gifts. The couple would benefit from itemizing deductions that tax year

and then could claim the higher standard deduction the next two years.

These are just a few of the year-end techniques to be thinking about as we approach the end of 2019. In between the 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.

NOTE: This column originally appeared in the December 2018 Gazette. It has been updated for 2019.

Symphony Of The Americas Presents 'Cirque Holidays'



**Broward Center for the Performing Arts:
Amaturo Theater • Tuesday, Dec. 3 at 7:45 p.m.
& Sunday, Dec. 8 at 2 p.m.**

Special To
The Gazette

Cirque de la Symphonie is a new production formed to bring the magic of cirque to the music hall.

It is an exciting adaptation of artistic performances widely seen in theaters and arenas everywhere. Artists include the most amazing veterans of exceptional cirque programs throughout the world—aerial flyers, acrobats, contortionists, dancers, jugglers, balancers, and strongmen.

A Visual Treat For The Entire Family

This truly unique program includes selections from Tchaikovsky's Nutcracker, Rimsky-Korsakov's Danse des Buffoons (The Snow Maiden) and other holiday favorites choreographed to amazing acrobatic feats. Musical highlights include Sleigh Ride, Anitra's Dance (Peer Gynt) and film score melodies including The Polar Express and Pirates of the Caribbean. A genuine treat meant to be shared with the whole family.

Under The Baton Of Maestro James Brooks-Bruzzese

Join us as we celebrate the wonderful legacy Maestro James Brooks-Bruzzese has built in our community, in his internationally acclaimed career of more than 50 years bringing the best of classical music to South Florida and the world, at the helm of the Symphony of the Americas.

Next year, the Maestro will be "passing the baton" to a new Conductor/Artistic Director, and throughout this season, the Symphony welcomes finalists of our conductor's search process to the podium. Now in its 32nd season, Symphony of the Americas is a Broward County Major Cultural Institution and performs at the Broward Center for the Performing Arts.

For information regarding upcoming Symphony of the Americas concerts and events go to www.sota.org or call Hildy Berger at 954-335-7003.



Maestro James Brooks-Bruzzese
conducts the Symphony of the Americas.

Join Us In December For These John Knox Village Events

You Are Invited to a Priority Deposit Event Tuesday, December 3 at 10:30 a.m. in the Lakeside Dining Room

JKV is expanding its lushly landscaped campus with new lifestyle opportunities that wind throughout, and along with, 150 new Independent Living apartment homes. Get the details of the Village's expansion plans.

Join us for this Priority Depositor Event at which—for a \$100 fully refundable deposit—you can reserve your place in line for these fast-selling homes. A delightful lunch will be served.

To learn more about this exciting new John Knox Village project visit: www.JKVGrows.com.

Call (954) 783-4040 to RSVP.



Join Us for a Winter Wonderland on Tuesday, December 10 at 5 p.m. in the Village Centre Auditorium

Ice Fairies, Holiday Spirits, Polar Bears, Oh My!

Join the John Knox Village family and friends for a Winter Wonderland Holiday Celebration on Tuesday, Dec. 10 starting at 5 p.m. in the Village Centre Auditorium. Celebrate the holidays in style. Enjoy festive foods and drinks. Learn about all the Wonderful things taking place in the Wonderland that is John Knox Village. Friends and family are welcome.

Festive Holiday Attire will add to the fun!

Please RSVP to the John Knox Village Marketing Department before December 5th by calling (954) 783-4040.

To learn more about John Knox Village visit the website www.JohnKnoxVillage.com



35th John Knox Village Holiday Parade Thursday, December 12 at 4 p.m. Along the Streets of the John Knox Village Campus



Be the guest of John Knox Village and enjoy the festive atmosphere of our Annual Holiday Parade. Join with family and friends along the streets of the community, as more than 40 parade units follow a one-mile route. In addition to floats created by Village departments, area high school marching bands, classic cars, local businesses and government officials, the Broward Sheriff's Office (Motorcycle Unit and Horse Patrol) and even Santa Claus will make an appearance.

Invite your family and friends and plan to join us for the Annual John Knox Village Holiday Parade.

Call John Knox Village at (954) 783-4040 to let us know you plan to join us.

'Christmas in the Village' Concert Saturday, December 14 at 6 p.m. in the Village Centre Auditorium



Kimilee Bryant in the 2018 show.

You are invited to experience the sights and sounds of "Christmas in the Village" on Saturday, December 14 beginning with a wine and hors d'oeuvres reception at 6 p.m. in the Village's Centre Auditorium. Now in its third annual presentation "Christmas in the Village" is produced in collaboration with the Venetian Arts Society.

The evening's musical program features celebrated soprano Jennifer Forni and Casey Robards, renowned concert artist and collaborative pianist. Also performing will be the Venetian Arts Chamber Society and classical guitarist Jose Angel Navarro.

Seating is extremely limited and RSVPs are required. Make sure you call the John Knox Village Marketing Department at (954) 783-4040 to reserve your place.

Join Us For the Holiday Follies Show Tuesday, December 17 at 2 and 7 p.m. in the Village Centre Auditorium

You are invited to join us for a holiday-themed variety show with pianist Tim Schramm and vocalist James Perkowski. Tim plays for many local theatre organ groups in New York, where he is also the Director of Music Ministries at St. Michael's Catholic Church in Newark, NY. Tenor James Perkowski is a singer seen frequently on the JKV campus. The matinee performance will begin at 2 p.m. and the evening show at 7:30, both in the Village Centre Auditorium.

Call John Knox Village at (954) 783-4040 to let us know you plan to join us for either the matinee or evening performance.



First Night of Hanukkah Lighting Ceremony: Sunday, December 22 at Sundown on the John Knox Village Campus

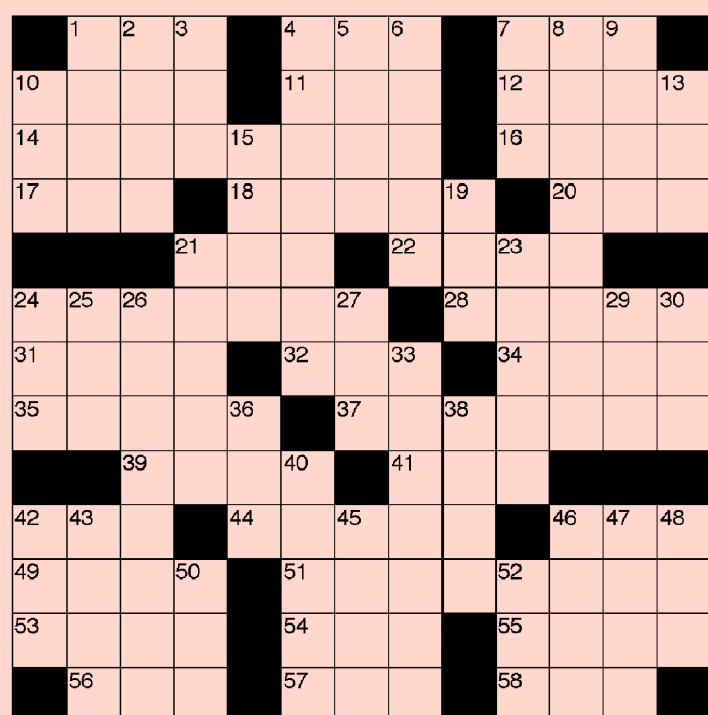
Gather with our Jewish family and friends each night starting on Sunday, Dec. 22 to celebrate the eight-day festival.

The festivities begin the first night, and will include prayers, the lighting of the menorah and musical performances by John Knox Village singing groups. Plans call for latkes with apple sauce or sour cream and cider to be served the first night. The menorah lighting will take place in the open area near Seaside Cove.

Call John Knox Village at (954) 783-4040 to let us know you plan to join us.



Special Note: The Silver Scribes will not meet in December. If you are interested in publishing your autobiography, please watch for the January 2020 Gazette to see when the next Silver Scribes meeting will be scheduled.



Crossword Puzzle Of The Month

ACROSS

1. Surety (Lat.)
4. Cubic feet per second (abbr.)
7. Father of Jehoshaphat
10. Stamp-sheet segment
11. Sultry
12. Culmination
14. Wont
16. Melville's captain
17. Droop
18. Inuit boat
20. Legal gambling (abbr.)
21. Shoshonean
22. Leftside (pref.)
24. Extent
28. Taint
31. Tolstoy heroine
32. Sixth sense
34. Fresh-water duck

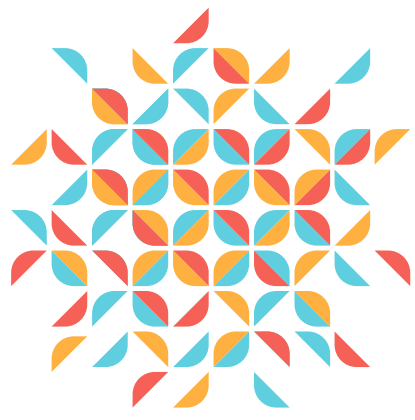
DOWN

1. Old Texas linear measure
35. Act
37. Fr. historical provinces
39. Secretary (abbr.)
41. Evil
42. It. exclamation
44. Perturb
46. Object of worship
49. Hindu garment
51. Abnegate
53. Razor-billed auk
54. Corrode
55. Down (pref.)
56. Mulberry of India
57. Single room occupancy (abbr.)
58. Altar constellation

2. Anagram (abbr.)
3. Dry wine
4. Anglican bishop's garment
5. Central points
6. Plagiarize
7. Amer. Automobile Assn. (abbr.)
8. Sailboat
9. Love (Lat.)
10. Additional postscript (abbr.)
13. Recede
15. Ballet skirt
19. Ketone (pref.)
21. Way
23. Important
24. But (Sp.)
25. Within (pref.)
26. Dropsy

27. Extrasensory perception (abbr.)
29. Roam
30. Eng. cathedral city
33. Allspice
36. Five-franc piece
38. Rom. author
40. WWI battle
42. Television channel
43. FDR's dog
45. Wither
46. Growl
47. Eight (pref.)
48. Drug Enforcement Admin. (abbr.)
50. Adjective-forming (suf.)
52. Fiddler crab genus

Answers On Page 10.



JOHN KNOX VILLAGE

daytime



nighttime



any time



all the time



We're offering **unbeatable current pricing**, as well as taking fully refundable priority deposits for our expansion.



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

RSVP for an inspiring December event or **take the next step** toward your exciting new home today!

Join us and discover why life is so revitalizing here.

December 3 • 10:30 a.m. to 12:30 p.m.
Lakeside Dining Room at John Knox Village

Celebrate at our Winter Wonderland holiday gathering.

December 10 • 5 p.m. to 7 p.m.
Centre Auditorium at John Knox Village

Our end-of-year opportunities on select inventory will blow your mind.

Final savings up to \$60,000
Additional savings for retired teachers and civil servants
For a limited time. Must take financial possession by 12/31/19.

Don't wait to explore the possibilities!
Call (954) 871-2655 today to RSVP!

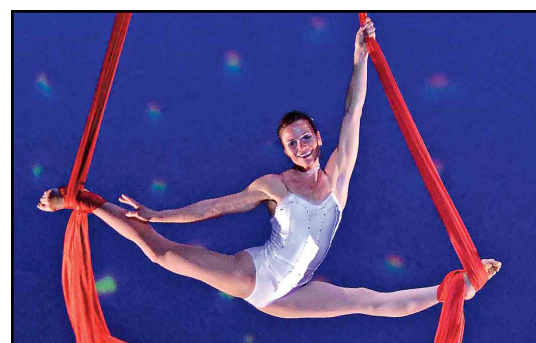
johnknoxvillage.com • jkvgrows.com

651 SW 6th Street • Pompano Beach, FL 33060



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Enjoy Holiday Festivities At These Area Events In December



December 11 – 14
Exit 36: A Four-Day Slam Poetry Festival
Pompano Beach Cultural Center
 50 W. Atlantic Blvd.
 Pompano Beach, FL 33060
 www.ccpompano.org
 (954) 545-7800
 Times vary. Tickets from \$10

December 13
57th Annual Greater Pompano Beach & Lighthouse Point Holiday Boat Parade
 along the Intracoastal Waterway from Pompano Beach north to Deerfield Beach.
 (954) 941-2940
 www.pompanobeachchamber.com
 6:30 p.m. Free along the Intracoastal

December 14
Christmas in the Village
John Knox Village Centre Auditorium
 651 SW Sixth Street
 Pompano Beach, FL 33060
 (954) 783-4040
 www.johnknoxvillage.com
 Call the Marketing Department for information (954) 783-4040
 Beginning at 6 p.m.

December 3 & 8
Cirque Holidays: Symphony of the Americas
Amaturo Theater at The Broward Center for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 Dec. 3 at 7:45 p.m. & Dec. 8 at 2 p.m.
 Tickets from \$50

December 8
Seasons of Love: South Florida Jubilee Acapella Women's Chorus
Pompano Beach Cultural Center
 50 W. Atlantic Blvd.
 Pompano Beach, FL 33060
 www.ccpompano.org
 (954) 545-7800
 2 p.m. Tickets from \$22

Sudoku

Answers On Page 10.

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

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

Join Us At JKV For 'Christmas In The Village' Dec. 14

You'll Feel At Home For Holidays With The ArtSage Alliance



Jennifer Forni will be featured at "Christmas in the Village."

Village performance is an elegant holiday experience featuring world-class artists from the great stages of the world.

This season's show will be held on Saturday, Dec. 14 beginning at 6 p.m. in the John Knox Village Centre Auditorium.

The evening's musical program features celebrated operatic soprano Jennifer Forni and Casey Robards, renowned concert artist and collaborative pianist.

Also performing will be the Venetian Arts Chamber Society and classical guitarist Jose Angel Navarro. Please join us, as we celebrate the holidays with our most favorite music from classical masterpieces to traditional carols and even to obscure gems.

Following the holiday salon concert there will be champagne and dessert and the opportunity to meet the artists and continue the holiday festivities.

JKV has a long-standing partnership with The Venetian Arts Society (VAS), a South Florida fine arts organization that provides a unique opportunity for an intimate, and interactive, artistic experience with world-class artists from the great stages of the world, stimulating conversation and a connection with artists and like-minded arts enthusiasts.

Jennifer Forni

Jennifer Forni has distinguished herself as a dynamic soprano possessing a strong, robust voice while maintaining the ability to effortlessly float stunningly-spun pianissimi above the staff. Ms. Forni excels in the heroines of operas by Puccini, Bizet, Mozart and Tchaikovsky.

In February 2013, Jennifer made her Metropolitan



Opera debut in the role of the First Esquire in the Met's production of Wagner's "Parsifal."

Special To The Gazette

Many Gazette readers are making holiday entertainment plans to attend performances at the major concert venues in Miami, Ft. Lauderdale and West Palm Beach. One holiday show you will want to include on your calendar is The Venetian Arts Society's "Christmas in the Village" at John Knox Village. This annual



"Christmas in the Village 2018" featured Broadway star Kimilee Bryant, along with numerous world-class musical artists, performing in a memorable holiday concert.

Casey Robards

Known for her musical sensitivity, collaborative skill and versatility, pianist Casey Robards has given recitals throughout the United States, Europe, Central and South America, and Asia. Her repertoire includes art song, opera, musical theatre, gospel and popular vocal music, string, brass and wind chamber music, solo piano and new works. Dr. Robards is currently on the faculty of the University of Illinois.

Be sure to make your reservations today and save the date: Saturday, Dec. 14 at the John Knox Village Centre Auditorium, 651 SW Sixth St., Pompano Beach, FL 33060. "Christmas in the Village," begins at 6 p.m. with a wine and cheese reception, followed by the concert at 7 p.m. Stay after the show for champagne and dessert, then meet and greet the performers and your friends at John Knox Village.

A limited number of complimentary seats (a \$50 value) are available from the John Knox Village Marketing Department. Call (954) 783-4040 for information and reservations.

"Christmas in the Village" promises to be the highlight concert of the holiday season. Reserve your seat today.

The Doctor Is In

Notes To Self For Navigating Holiday Gatherings

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Christmas again. So soon? Yes, Christmas, with all the joy of the Christian message that it brings: And, yet, for many of us, difficult memories and anniversaries. Lots is written about the negative aspects of Christmas, so this year, I'll skip that part.

But there will be many social events—fun times with friends and families that some of us also find difficult

to navigate just because they are so—well, social.

I know these were often perplexing for me, but parties and reunions were made easier for me when I made some navigating guides for myself. I remind myself of them as needed and here, I share them. Let me know if they work out for you as well.

Here they are, my Holiday Guidelines for Social Events. They can be reduced to just two:

1. *Be the calmest in the room*
2. *Connect with meaning to as many people as possible.*

Be The Calmest In The Room

When people get together, the anxiety goes up. Remember how anxiety is catching? Maybe the level of tension (anxiety) rises according to the level of the most anxious one in the room. Or, maybe, it is just people getting together. Did you ever notice how the noise level at a party goes up over time? Whatever the cause of it, I try to make it my job to pull the anxiety down, and the relaxation level up. That makes for a more pleasurable event. That is because anxiety is not pleasant. How do we do that, though when everyone is wired, and becoming more so? Though we are not trying to change anyone but self, calm is catching to some degree also. I am definitely interested in calming myself though. I know I'll have a better time if I can.

Four ideas will help with calming self:

First, observe. Start watching to see what one can learn. Who is the most anxious? Where is the anxiety moving? Going to observation mode employs the logical, planning part of brain activity. In some way, starting to watch to see what we can learn calms anxiety automatically. Learning to be a good observer has become invaluable to me over the years.

Second, relax. Think about those big muscles in the arms and legs. Make them soft and relaxed, like a Raggedy Ann doll. Scientific studies by Dr. Elmer Green showed that relaxation of the voluntary muscles is incompatible with anxiety. The softer the muscles, the calmer the emotions. In addition, a few deep, slow breaths may help one relax if needed.

Third, listen. Be fascinated by what the other is saying. In this mode, I may actually learn something, again turning on that non-emotional part of the brain that dampens the rising tension. My favorite people to listen to and learn from are the longest-living elders. They know so much. I love learning from them.

And fourth, let's not forget the invaluable magic of smiles, humor and laughter. As an oldest child in my family, I don't do this one as well as I'd like, but I'm working on it. Alexa, the virtual assistant from Amazon, is helping me here: Q: "Why was the ladder unlucky in love?" A: "It was always being stood up." Like I said, I'm working on it.

Connect With Meaning To As Many People As Possible

Some call it "working the room." Social events are a wonderful opportunity to meet some wonderful people, or to learn to know others better, so—let's go for it. The more connections made, the more good memories. If it is a family event, there are great reasons to get to know people. Some people, for various reasons, I may want to simply make small talk with. But with some, I or they may want to go a little deeper.

I attended a seminar, where some of the people learned to know so many people at one family event that their lives were changed forever. They continued these new relationships that were actually based on their generational connections. We learned to coach people to never miss a family wedding, funeral or other event. They can be watershed happenings.

What do I want to connect about? In the case of family members, the genetics of the situation is great for starters. For everyone, what is going on in their



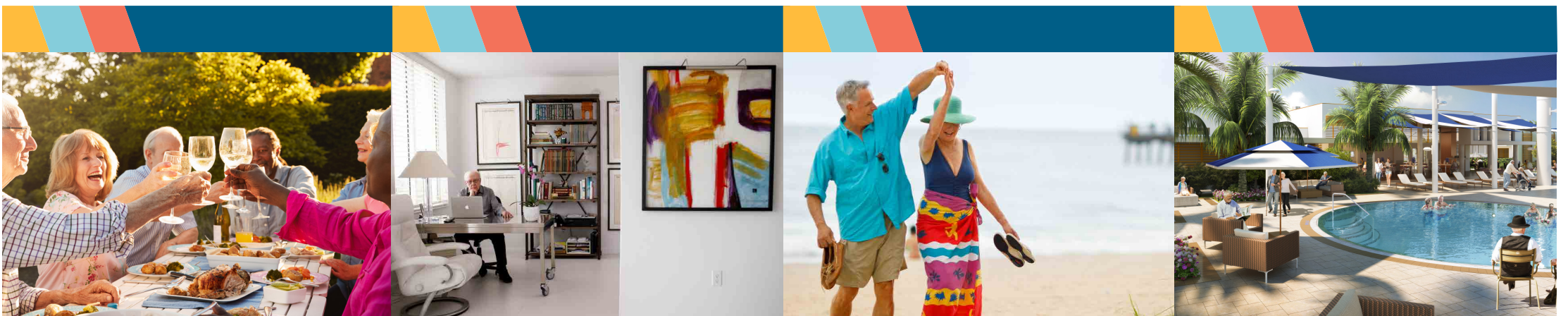
Be a good listener and remember to smile and laugh often during holiday festivities.

lives? Everyone I meet has something big going on all the time. And often, people want to share it. It's just a matter of getting to it. A holiday party may not be the time nor place, but it can be sometimes. If it is, I am really interested to know what it means for someone else, right now.

How do I connect? I just try to be a friend. I'm not trying to be the therapist or have answers. Most of us have a pretty good idea of what friendliness is. It starts with a smile and goes from there.

Of all the guidelines, remembering to listen without trying to solve anything may be the most important. What brings out from others the stories and guides for living that I am so interested in listening to? Ask questions: Not prying, anxious questions, but curious ones, like those of a scientist. Almost everyone likes to talk about themselves. So, most people will welcome questions that touch on the heart of meaning for them. What a great way to build memories. Happy Holidays to all.

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.



End Of Year

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Final Savings

\$60,000*

UP TO

Very limited inventory on select apartment homes and villas.

Now is the time to take advantage of these Year-End Savings Incentives!

ADDITIONAL SAVINGS FOR RETIRED TEACHERS AND CIVIL SERVANTS

*FOR A LIMITED TIME. MUST TAKE FINANCIAL POSSESSION BY 12/31/19. CONTACT US FOR DETAILS.



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Variety of Designer Finishes

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Amenities

Move Management



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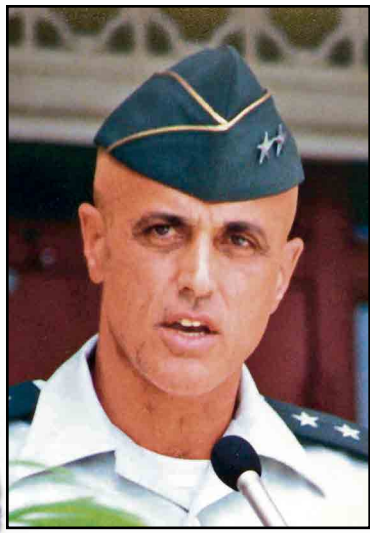
web JohnKnoxVillage.com
JohnKnoxVillage

(954) 783-4040

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A General's Thoughts On Friendship And Sharing This Christmastime

Burn Loeffke
Gazette Contributor



Burn Loeffke

The holiday season is here, and I am reminded that I spent four Christmases in combat in Vietnam. Although I am not in combat now, I have suffered, last month, broken bones in both feet. As I laid in bed with my feet up, memories of those Christmases filled my mind. A couple of incidents jump out.

My son used to ask, "Dad, why do soldiers have to fight? You were a soldier; did you hate your enemy?"

How do you explain to your five-year old that you spent four years fighting people you did not know and did not hate? The answer that came to mind was, we need to work hard to avoid having enemies.

Senator John Glenn was our first astronaut. He recounted, that in his space voyage, he had been given a series of cards in

foreign languages to be used in case of an emergency. He noticed that in many languages the words stranger and enemy were the same.

One incredible American, Stan Cottrell, has a unique way of making friends out of strangers. Stan, who ran 40 miles a day for 40 days, made a difference in Sino-U.S. relations in his great friendship run from the Great Wall of China to the tip of Southern China. The 50-year-old American met more Chinese during his run than any of us had in our years in China. Stan then invited three Chinese champions to run from San Francisco to Washington, where President George H.W. Bush greeted them. Personal relations build strategies. In China, as in everywhere else, relationships are important. Friendship is valued. We need to make sure we make friends out of strangers.

Who Gets To Heaven?

Another question Marc, as a five-year old, asked, "Daddy, do all poor people go to heaven?"

I answered, "What do you think?" Marc responded, "Poor people go to heaven because they have been poor, and anyway, Dad, how can poor people be bad – if they don't have any money?"

Before answering I asked, "How about rich people? Do they go to heaven?"

His answer: "Rich people could go to heaven if they don't complain about their money and do something good with their money."



The dialogue continued. "Son, are we rich?" "No, Dad, we are not rich. We are in the middle – between rich and poor." "Do we go to heaven?" I asked. The answer: "I think we go to somewhere in the middle, between heaven and hell."

I thought that this was the appropriate time to say, "Son, it is not a sin to be rich. What matters is what we do with the money we have. Jesus taught that from those who have much, much is expected."

I then added that the concept of doing good is also good for the one who does it. It has been shown that we strengthen our immune systems when we do acts of love, such as helping our neighbor. I ended our conversation by telling him about one of our most admired soldiers. General John William Vessey, Jr. used to say, "The relationship between man and man is bad because the relationship between man and God is bad." He would then add, "It is hard to be a good soldier in the Army of the Lord, as many find it difficult to live by the rule of 'Do unto others as you would have them do unto you.'"

**"Whoever wants to be first among you must be a slave to all."
– Mark 10:44**

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

December Events At NSU Art Museum Fort Lauderdale

Jessica Graves
Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM

FORT LAUDERDALE

at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd. Space is limited for the events listed. Advance reservations are required. To reserve your spot, email: moareservations@moafl.org or call (954) 262-0258.

Free First Thursdays Starry Nights, Presented by AutoNation: Thurs., Dec. 5 from 4 to 8 p.m.

Enjoy NSU Art Museum Fort Lauderdale's exhibitions, 2-for-1 drinks in the Museum Café and hands-on art projects for all ages. Free admission.

Art of Wine & Food: Sparkling Day & Night Thurs., Dec. 5 from 6 to 8 p.m.

Join Sarah Tritant from Vranken Pommery America as she presents a variety of sparkling wines. We will sample four great varietals of bubbly to celebrate the holidays with small bites served to pair with each sparkle. Arrive early for a docent-led tour of the exhibition "Happy!" at 5:30 p.m. Presented by Darcy J Beeman, CFP, Edward Jones.

RSVP online or call 954-262-0258 \$40 per person; \$30 for members at the Patron level and above. Limited seating, advance paid reservations required.

Art Basel VIP Director's Brunch Sat., Dec. 7 from 10 a.m. to 1 p.m.

Join us for NSU Art Museum Fort Lauderdale Art Basel VIP Director's Brunch celebrating the exhibitions "Happy!" and "I Paint My Reality: Surrealism in Latin America," hosted by Bonnie Clearwater, NSU Art Museum Director and Chief Curator. Free roundtrip shuttle

Plan a visit to enjoy the exhibitions at the NSU Art Museum Fort Lauderdale during the holidays. Museum hours are Sunday: Noon - 5 p.m., Tuesday-Saturday: 11 a.m. - 5 p.m. and closed on Mondays.

Events take place

for VIP cardholders to Art Basel Miami departs from Museum at 11:30 a.m.

Bank of America Museums on Us: Sat. & Sun., Dec. 7 & 8

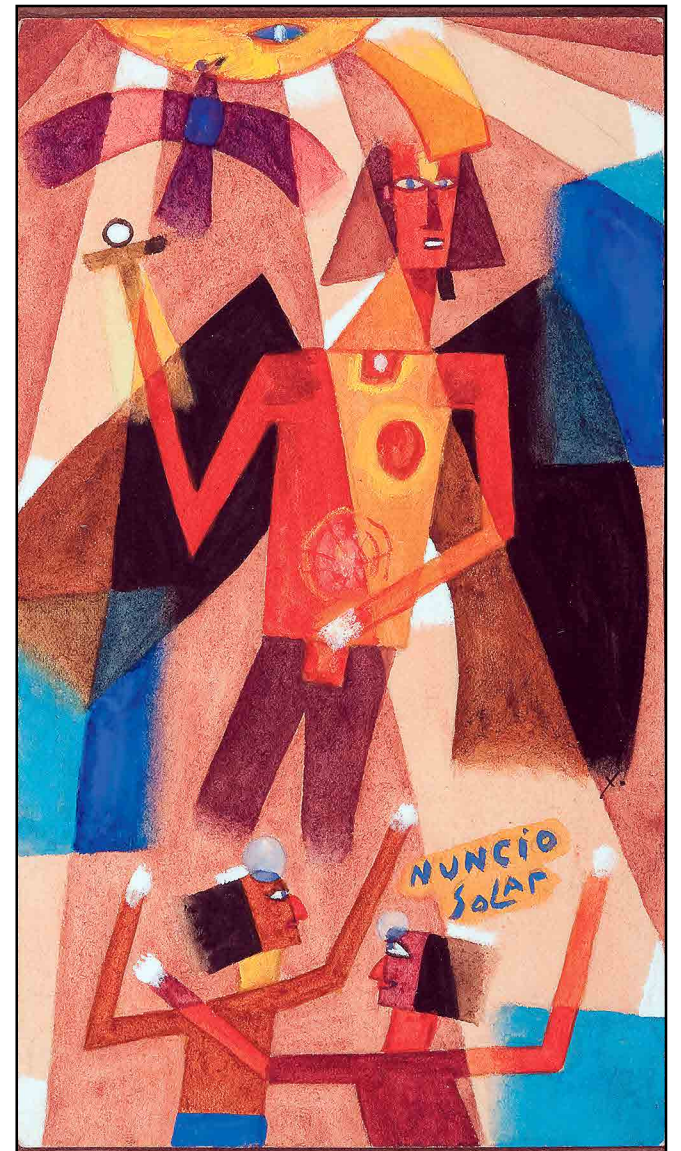
Bank of America cardholders receive free admission to the Museum. Saturday hours: 11 a.m. to 5 p.m. and Sunday: Noon to 5 p.m.

Second Sunday Film Series: "Miracle of Miracles" Sun., Dec. 8 at 1:30 p.m. Tour / 2:30 p.m. Film

Join NSU Art Museum and David Posnack JCC for a Sunday afternoon of art and film. Enjoy a guided tour of the Museum's new exhibition, "Happy!" at 1:30 p.m., followed by a screening of a "Miracle of Miracles" at 2:30 p.m. The Museum and Café open at Noon.

The original story behind one of Broadway's most beloved musicals, "Fiddler on The Roof," and its creative roots in early 1960s New York, when "tradition" was on the wane as gender roles, sexuality, race relations and religion were evolving. Film: \$9 for Museum members and **John Knox Village residents**; \$11 non-members. Film and tour: Museum members and **John Knox Village residents** tour free; \$22 non-members.

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



Xul Solar. Nuncio Solar (Messenger of the Sun), 1923. NSU Art Museum Fort Lauderdale; promised gift of Stanley and Pearl Goodman.

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

V	A	S		C	F	S		A	S	A				
P	A	N	E		H	O	T		A	C	M	E		
P	R	A	C	T	I	C	E		A	H	A	B		
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2	5	3	6	4	9	7	1	8
7	1	9	8	2	3	5	6	4
1	4	7	3	5	8	9	2	6
8	9	2	1	7	6	4	5	3
6	3	5	4	9	2	8	7	1

Update Your Tech For The New Year

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

With the holidays approaching, something to consider is to update your home computer setup. If you have a Windows 7 computer, Microsoft will no longer distribute security updates after mid-January 2020. This does not mean your computer will stop working. You can keep using it as long as you like. Just understand it will not be as safe to use on the internet. If you do any banking or financial transactions eventually you could have some security issues.

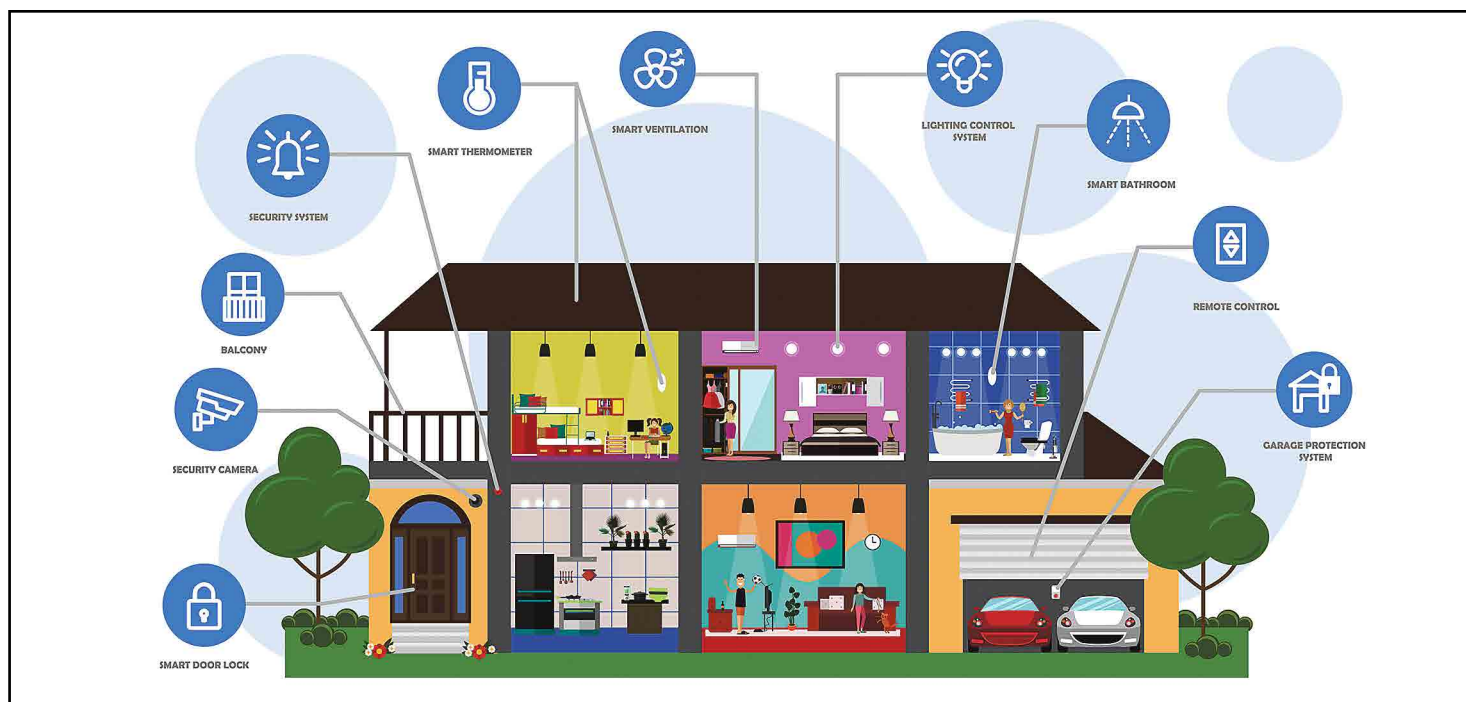
If you don't want to buy a new computer, you can spend \$120 and get a Windows 10 upgrade for your old computer. Just remember you're upgrading old computer equipment, and sooner or later, your older machine's hard drive may fail. Personally, I would not invest the \$120 into old equipment especially since a new Windows 10 computer can be had for as little as \$400 to \$500. This gives you new equipment with a 12-month warranty. If you buy a computer at Costco, they double your warranty to two years. Most retailers charge an extra \$99 for that coverage.

The least expensive way to solve your Windows computer "slow down," is to replace the old internal hard drive with a new solid-state hard drive (\$49 to \$130) but they do require a technician to do the exact cloning/data transfer and then opening up of a computer to swap out the internals. That service should be less than \$99.

For years, folks have been using laptops with small screens. Why not improve your comfort by adding a larger external monitor. All that is needed is an inexpensive cable to plug into your laptop and about \$40 to add a wireless keyboard/mouse. Now just push the laptop off to the side and have a larger desktop solution.

Protect Yourself From Power Outages

With our South Florida weather, you don't want your computer equipment damaged by lightning, electrical



Now may be a great time to make sure you have Wi-Fi throughout your home.

spikes and surges. Consider replacing your six-plug strip surge protectors with an Uninterrupted Power Supply. Should you have a brownout, lightning strike or a surge, this device will take the hit, saving you the cost of replacing computer equipment. APC and Cyberpower are the most popular and have six plugs starting at \$49. Make sure you plug your computer into the battery portion and connect the USB cable that comes with the battery and install the software. During a power outage, the software will communicate with the computer and power it down gracefully.

Time For A New Smartphone?

It's also a good time to consider upgrading your smartphone. All the cellular carriers are offering trade-in offers. Sometimes it requires you switching from your current carrier, but you can port your existing phone number, so you won't lose it. It is worthwhile looking at all the major vendor offers during the holiday season.

One of the benefits of upgrading to a new Apple iPhone or a Samsung phone, as examples, is wireless charging. You no longer have to try to stick a small wire into the bottom of the phone to recharge the battery. Simply lay the phone down on a wireless pad, and through magnetic energy, the phone is charged.

If you have terrible wireless internet in your house, you have two choices. The less expensive solution is a

technology called Power Line adapters. They use your home's electrical wiring to extend the internet throughout the house. (If you have more than one electrical panel these will not work.) You plug one adapter into the router, then plug as many other adapters in the other rooms of the house where you need the internet. The other adapters can have either an ethernet cable or can be wireless. Many companies make them, but I like the TP-Link AV600 Powerline Wi-Fi Extender \$50.

If money is no object, I recommend upgrading to what is called a mesh router. Many companies make them ranging in prices from \$200 to \$450. It will blanket a house measuring over 5,000 square feet with multiple floors with no dead spots.

Here's to great computing in 2020.

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

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

John Knox Village Wins Beacon & Pinnacle Awards For 'Highest Wellness Achievements & Exceptional Contributions'

Awards Presented by International Council of Active Aging (ICAA) in North America

Kim Morgan
Gazette Contributor

John Knox Village has won the 2019 ICAA NuStep Pinnacle Award, which honors the Top 5 Senior Living Communities in North America for their "Exceptional Contributions," and the Beacon Award, which recognizes the Top 25 "Best in Wellness."

The award was created as a joint effort between International Council on Active Aging (ICAA) and NuStep, LLC, a major manufacturer of recumbent (lying down) cross-trainers used in healthcare, senior living and fitness. JKV is among those recognized as best-in-class for successfully fostering a wellness-centered environment to benefit all who live and work in their community.

The ICAA is responsible for leading, connecting and defining the active-aging industry. CEO and founder Colin Milner says, "Senior living communities have long been aware of how important wellness is for the health and well-being of their residents, but in recent years, wellness has evolved from being a programming option to becoming a way of life."

This evolution, says Milner, is also reflected in a survey recently conducted by the ICAA. The survey found that 59 percent of senior living communities state their business model will be wellness-centered with care services by 2023. JKV has successively partnered with its residents and staff to create relevant, meaningful opportunities and inspire participants to improve their quality of life.

Wellness is typically defined by seven key dimensions: Emotional, physical, intellectual, social, spiritual, vocational and environmental. When each of these dimensions is equally nurtured and prioritized, it can enhance a sense of well-being among residents.



Left to right: Vice-Chairman of the John Knox Village Board of Directors Dr. H. Murray Todd; CEO of the International Council on Active Aging Colin Milner; John Knox Village CEO Gerry Stryker and JKV Chief Marketing & Innovation Officer Monica McAfee are shown after a recent Milner presentation at JKV.

It is this commitment and acknowledgement of how important wellness is for older adults that elevates resident health to new heights.

JKV CEO Gerry Stryker told *The Gazette*, "We are incredibly proud to be recognized by the ICAA for these two very prestigious honors in the senior living sector. We pride ourselves in always staying relevant and forward-thinking for all of our 900-plus residents so that each one of them continues to pursue purpose, stay active and engaged, with the security of being cared for into the future."

As the older adult

population continues to grow and more individuals seek a better, longer life, where they choose to live is becoming increasingly important. How communities structure their wellness culture can have a significant effect on health and longevity. It's more than just practicing wellness, it's about having it permeate all aspects of life. As winners of the Beacon award, John Knox Village is leading the way.

See more about the ICAA and Nu-Step Awards by going to <https://vimeo.com/367626906>

The 3:58 minute mark highlights John Knox Village as #4 of the top 5 in North America.



The Twelve Days Of A Brainy New Year

Have Some Fun As You Prepare For A New Year

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

The holiday season is perfectly timed to get our brains off to a strong start in the new year. Get some friends or family together and have some fun with this old-fashioned, brain-boosting activity. "The Twelve Days of Christmas" was originally used as a way to build memory in kids. Below you will find an adult version to buff up your memory. Try to repeat all 12 verses below from memory to the tune of "The Twelve Days of Christmas."

There is a tip in each verse to help your brain get better with age in 2020.

*On the 1st day of New Year's
My true love gave to me
A pear and a cup of green tea
(Pear is high in fiber to keep colon happy,
green tea is full of antioxidants)*

*On the 2nd day of New Year's
My true love gave to me
Two jugs of love
(Oxytocin, the love hormone, reduces pain and
inflammation)*

*On the 3rd day of New Year's
My true love gave to me
Three French pens
(Writing is one of the best brain exercises)*

*On the 4th day of New Year's
My true love gave to me
Four hard new words
(Lifelong learning builds new brain connections)*



A baker's dozen getting together and hugging during a holiday gathering.

*On the 5th day of New Year's
My true love gave to me
Five old friends
(Friendship is the antidote to loneliness)*

*On the 6th day of New Year's
My true love gave to me
Six harps for playing
(Music soothes toxic anxiety and relaxes the brain)*

*On the 7th day of New Year's
My true love gave to me
Seven songs for singing
(Singing fills the brain with
memory-boosting serotonin)*

*On the 8th day of New Year's
My true love gave to me
Eight hours of sleeping
(A good night's sleep is the foundation
of brain health)*

*On the 9th day of New Year's
My true love gave to me
Nine ways of dancing
(Dancing is the best whole-brain workout)*

*On the 10th day of New Year's
My true love gave to me
Ten trails for hiking
(Physical exercise boosts brain performance)*

*On the 11th day of New Year's
My true love gave to me
Eleven smilers smiling
(Smiling fools the brain into thinking you are happy)*

*On the 12th day of New Year's
My true love gave to me
Twelve huggers hugging
(Hugging reminds the brain we are not alone)*

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

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

The Harbor II Apartment Home Is Just Your Style Make Your Move Before Year's End And Save Up To \$60K*

Take advantage of substantial savings on the Harbor II apartment home now available for year-end occupancy. You have a choice of two locations: From convenient midrise apartment living at East Lake, overlooking beautiful Lake Maggie, or enjoy stunning panoramic views from the 17-story Cassels Tower. You'll savor a truly carefree lifestyle. Take advantage of all the activities available to you both on campus and in the greater community, while JKV takes care of your home environment. All maintenance inside and out is included, plus you will have the peace-of-mind of the Life-Plan security that every resident at John Knox Village enjoys. If you are able to make your decision yet in 2019, you'll receive special year-end incentives and discounts on the Harbor II and other villas and apartments.

Tour this Harbor II apartment home, experience the special ambiance of the Village, and enjoy a complimentary meal in JKV's Palm Bistro.

The Harbor II Apartment Home Features:

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

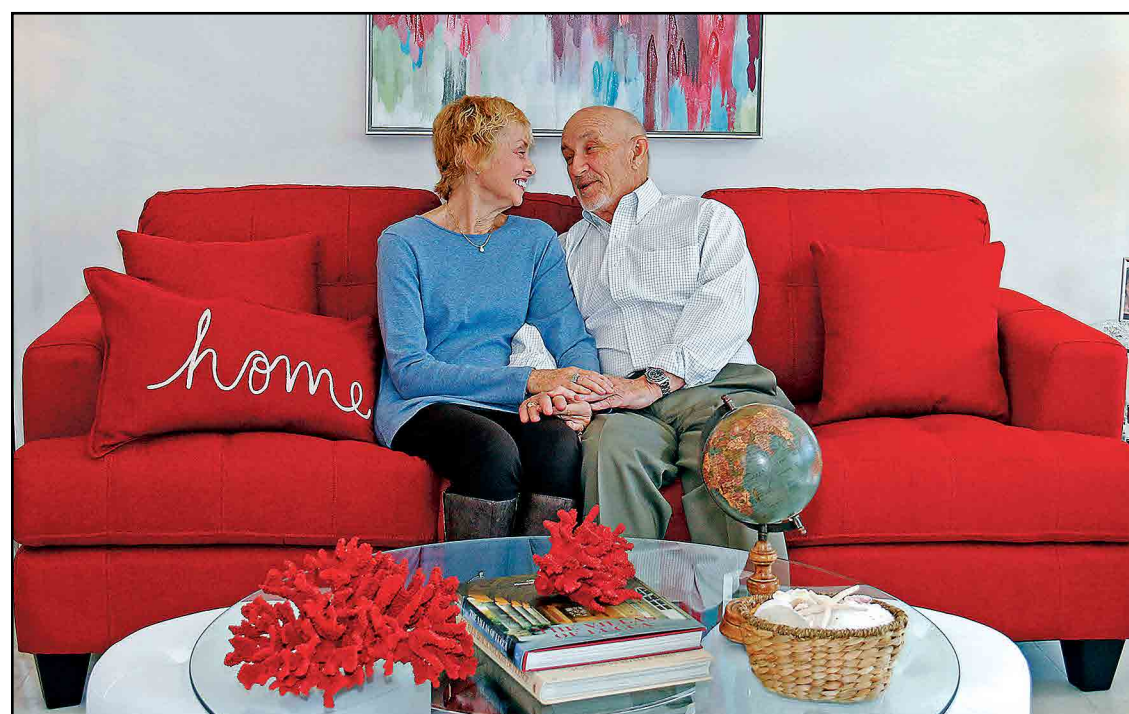
Master Suite

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

Bright, Spacious Interior

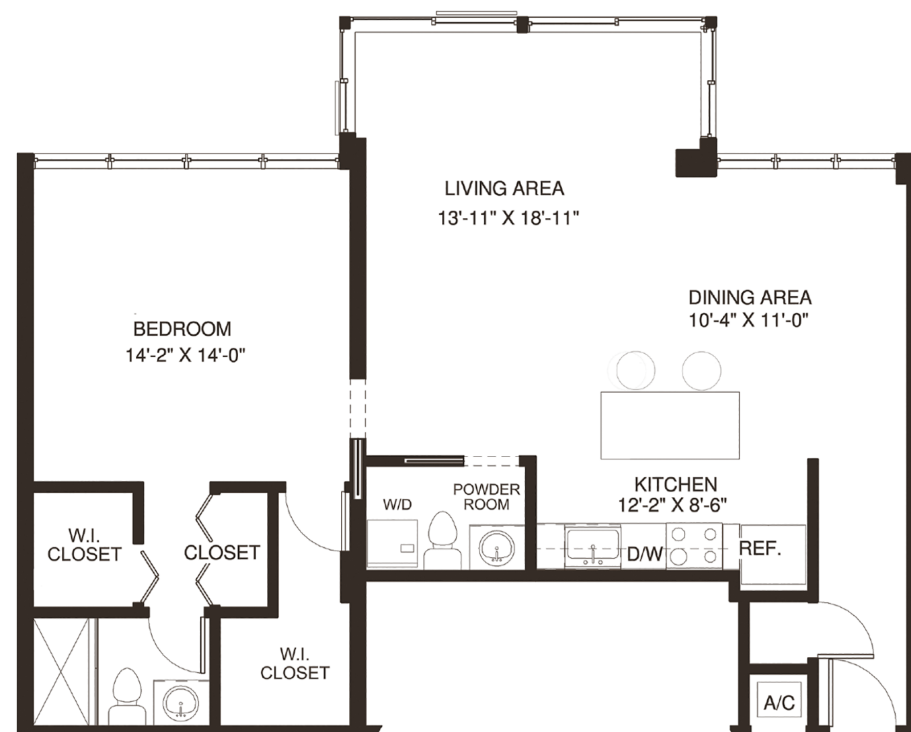
- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

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



Enjoy comfort and convenience in the Harbor II apartment home.

The Harbor II
1 Bedroom / 1 1/2 Bath / 1,013 Sq. Ft.



*On select models, for a limited time. See Page 9 for specifics.