



JOHN KNOX VILLAGE

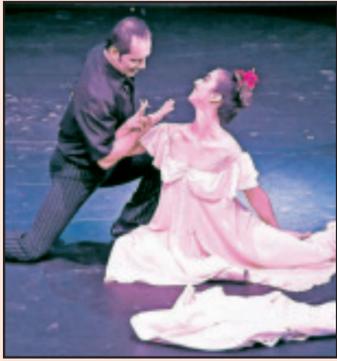
Gazette

A Life Plan Continuing Care Retirement Community

where possibility *plays!*

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

IN THIS MONTH'S ISSUE



- Photos From ArtSage 2
- Chef Mark's In Good Taste Recipe 3
- Book Review 3
- Tribute To Mom-isms 4
- The Gazette Travels 4
- Visit Us In May 5
- Spring Into Savings 6
- South Florida Events, Shows & Arts 8



- Pet Trusts 8
- The Doctor Is In 9
- Memorial Day 9
- Living Well With Carmel.. 10
- A General's Thoughts ... 10
- Ask Abby Stokes 11
- NSU Art Museum 11
- Train The Brain 12
- Check Out This Featured Apartment Home 12

web JohnKnoxVillage.com
JohnKnoxVillage

'All Things Arts' Celebrated

JKV's 2nd Annual ArtSage A Funky, Quirky, Rousing Success



Ari Seth Cohen, Michael Werzer, Scott Levine and Debra Rapoport showcase their advanced styles.

Elizabeth Roberts & Rob Seitz
Gazette Contributors

It was a festival for fashionistas when Ari Seth Cohen—the 30-something photographer—who has fashioned a career exploding stereotypes of seniors, brought his road show to Pompano Beach as part of John Knox Village's week-long Second Annual ArtSage Alliance celebration of "All Things Arts."

In the 10 years since Cohen began his Advanced Style blog as an homage to his fashion-forward grandmother, it has blossomed into several books, a film and his canvas has expanded from the streets of Manhattan, to streets around the world.

Those streets converged when Cohen participated in an anti-ageism panel discussion at the Pompano Beach Cultural Center, and a subsequent high-tea at John Knox Village, South Florida's forward-thinking premier Life Plan Retirement Community. He

arrived at both events like he was auditioning for a page in his own book.

Eclectic Advanced Styling

For the Cultural Center discussion, Cohen wore an embellished fez, a caftan and matching shoes and scarf of gold lamé. For the subsequent tea at JKV, he donned a pink Western string tie, embellished with sequins, a coral-colored print shirt, black trousers and black glasses. Yet, his was not the most arresting outfit. That distinction fell to Pompano Beach residents themselves.

Nina Brittan, 77, of the Broward International Women's Club, attended in black knit leggings and a pink, English leather jacket, her English companion, Ron Lambert, 86, in a Tweed hat and Ralph Lauren jacket.

JKV resident Sam Townsend, 92, special ordered
See "ArtSage" On Page 2

You Always Have A Friend With An Animal Companion

"Animals are such agreeable friends – they ask no questions, they pass no criticisms."
– George Eliot

Nona Smith
Gazette Contributor

May is National Pet Month and what better time to celebrate the many benefits pets bring to our lives and vice versa. Today our human-animal bond has changed from just a few decades ago, to the extent that we now look upon animal companions as a means of promoting both the mental and physical health of the people with whom they live.

As we age our lifestyles often change. The kids are grown, moved away or have families of their own. Our houses are too big and sometimes too cluttered, and we look for a change. For some this change means aging in place, or relocating to a smaller house or condo. For many others a lifestyle change can mean moving to independent or assisted senior living. In all these instances having an animal companion can ease the transition by creating a sense of companionship and improving our outlook on the move.

The strength of the human-animal bond is well known since almost the beginning of time, but scientific evidence about how it works was first published just a few decades ago, by the seminal

work of psychologist Alan Beck of Purdue University and Aaron Katcher, psychiatrist and professor emeritus at the University of Pennsylvania. The researchers found – no surprise to any animal lover – that people who petted and interacted with a friendly dog lowered their blood pressure, their heart rate slowed, breathing became regular and muscular tensions became relaxed. All benefits to people who are going through the aging process.



Joyous Burkart and her poodle Taffee are virtually inseparable around the John Knox Village campus.

Today, the social outlook on how animal companions fit into society has really changed. While it was nice for kids to grow up with a dog or cat, we now recognize that animals make a significant

See "Pets" On Page 4

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

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

ArtSage: A Week Celebrating Music, Fashion, Crafts, History And All Things Art



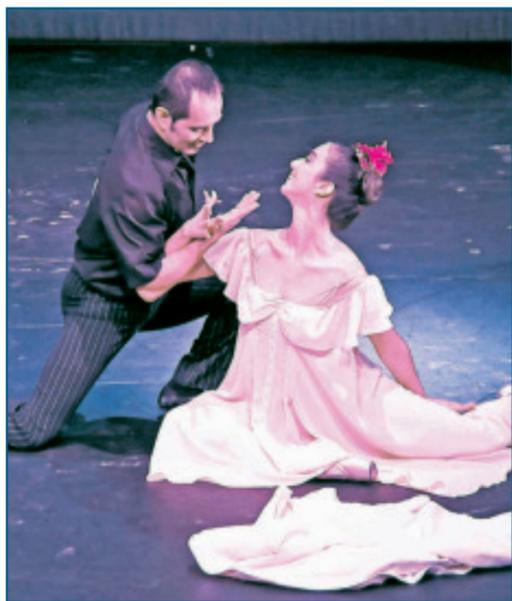
ART Sage
AT JOHN KNOX VILLAGE

From "ArtSage" On Page 1

a jump suit – his go-to outfit he said – but quite hard to find these days. Made popular in the 1930s, revived in the 1980s and, as far as Townsend was concerned, a timeless fashion statement. He could find it only by mail and only in red and black, his color of choice, accessorized with a with a monogram, bolo tie and a hat left over from JKV's St. Patrick's Day.

Scott Levine and Michael Werzer wore jackets in patterns so distinctive that they took position on either side of Konstantinos Psomos, so Psomos's elegant Italian suit and shoes, could both frame and soften the effect.

On the classically elegant side, another JKV resident, Dr. Paul Loree, wore a tuxedo to the Cultural Center presentation that he hadn't worn since his wedding to Sally in 1999. Sally accessorized her white lace dress with white, opera length gloves and a fox stole.



The Cuban Classical Ballet of Miami appeared during the Advanced Style presentation.

Even Maria Napoles and Anna Ibisiero, the pair responsible for bringing the Cuban Classical Ballet of Miami to the second half of the ArtSage show, dressed for the event. Napoles in a tunic hand-painted with a hand, and Ibisiero in a classic poncho.

"I feel good when I look good," said JKV resident Anna Rua.

"I look. I organize. That's it," Anna explained of her approach to fashion. "Just be aware of yourself and know that as long as you have something black, with a piece of jewelry, you are spectacular."

ArtSage: All Things Creative

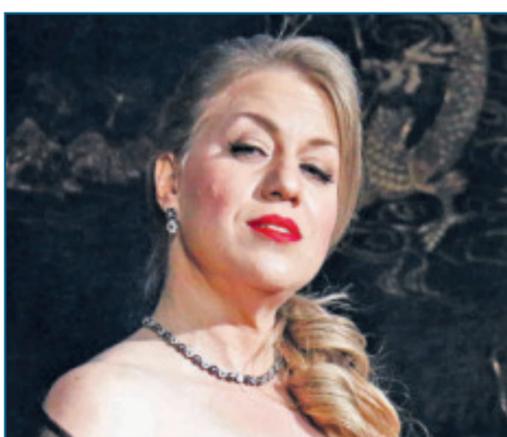
The Advanced Style of delightful attire was just one part of the ArtSage week of artistic activities. Two performances by the



Joe Wiegand captivated the audience with his portrayal of President Teddy Roosevelt.



More than 40 classic and antique automobiles welcomed visitors to the Village's 50th Anniversary Cars, Crafts and Community Jubilee Celebration.



Soprano Elizabeth Caballero presented a stunning Venetian Arts Society Salon performance.

Notre Dame Glee Club delighted audiences at Assumption Catholic Church in Lauderdale-by-the-Sea and John Knox's Village Centre Auditorium. The Glee Club was brought to town by influential ND Alum and JKV resident Harry Durkin.

Award-winning JKV Executive Chef Mark Gullusci provided a demonstration titled: The Art of Food. (Please see a related story on Chef Mark on Page 3.) The Shakespeare Troupe of South Florida returned to the JKV stage for readings of The Bard's "The Tempest," "The Merchant of Venice," "Much Ado About Nothing" and other classics.

Joe Wiegand, considered by many to be the world's premier Theodore Roosevelt reprimor, brought his unique perspective on the 26th U.S. President during multiple performances on and off JKV's campus.

Nationally renowned photographer Deborah Triplett was brought down from North Carolina to provide JKV residents with their 15 Minutes of Photographic Fame during a funky and fun photoshoot, where they donned feather boas and other delightful props.

Penny Morgan, President of the Handweavers Guild of America, lectured on "Sharing the Art of Beading in Africa," and a demonstration and workshop on "Kumihimo Japanese Braiding."

Organist Tim Schramm and Friends returned for a performance of uplifting sing-along songs.

John Knox's Home Health

Agency Administrator Leslie Schlienger, who is also very artistic, provided a silk scarf dyeing workshop at which residents and guests created vibrantly colorful custom scarves.

Opera fans were treated to a performance by Soprano Elizabeth Caballero, as part of another of Venetian Arts Society's (VAS) contributions to ArtSage.

ArtSage week culminated on St. Patrick's Day with an ode to JKV's year-long celebration of its 50th Golden Jubilee Anniversary. The Saturday event was dubbed: Cars, Crafts and Community and brought area groups and organizations to the JKV campus. There was food, music, arts and crafts and informational booths from the greater community.

A Tribute To Detroit Power

The Village's Antique & Classic Car Show was a highlight of the day, with some 47 cars (the most ever!) brightly on display.

"Our residents and guests really love walking the grounds, seeing the old cars and talking to the owners," JKV Resident and Car Show Organizer Dr. Paul Loree told *The Gazette*. "It's always enjoyable listening to them share memories and personal stories."

Perhaps JKV's Sales & Marketing Director Monica McAfee best summed up ArtSage week: "John Knox Village is working very hard to become the nation's senior living thought-leader and ArtSage is an example of creating unique experiences for our residents and those in the greater community. There is a conscious effort to elevate all of our programming. This is a unique South Florida event and it is taking place at John Knox Village. How fun!"



Four generations of the DeJong family enjoyed the Cars, Crafts and Community Celebration. Left to right: Dirk DeJong, his daughter Allison DeJong Sorenson, Allison's daughter Stella, and senior member of the clan Don DeJong.



Members of the Notre Dame University Glee Club surround alumnus and John Knox Village resident Harry Durkin after their Lauderdale-by-the-Sea performance at Assumption Catholic Church.

In Good Taste: 3rd Year's A Charm For Chef Mark, JKV Catering Team

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

Three's certainly a charm for John Knox Village Executive Chef Mark Gullusci and the Catering Team. For the third consecutive year, the Johnson and Wales-degreed chef and JKV's Catering

Team have participated in Ft. Lauderdale's Museum of Discovery and Science's Wine, Spirits and Culinary Celebration.

Each year Chef Mark has whipped up at least two exciting recipes with the goal of wowing people in the greater community to the wonderful culinary work taking place in South Florida's premier Life Plan Community, located in Pompano Beach.

"It's happened every year," Chef Mark told The Gazette. "A person stops by our booth, tries one of our samples and asks surprisingly 'aren't you that old folks' home?' To which I happily say, 'We are not your grandmother's retirement home!'"

The event, which is held in the Museum and is MODS' largest fund-raiser, was packed. As they entered, each patron received a poker chip to be dropped in a box at the booth whose appetizer they enjoyed the most.

"Chef Mark made his famous Crawfish Dip recipe, which is always a big hit with our residents when it's on our menu," said JKV

Catering Manager Susanne Russell.

"People kept coming by our booth and dropping poker chip after poker chip in our box. I thought, we might just have a chance to be one of the winners."

Indeed they were. Try a second-place finish – out of more than 40 of South Florida's premier restaurants!

Should you wish to learn more about John Knox Village's off-campus catering services please call Susanne at (954) 783-4036 or visit the website at: <http://cateringbyjkv.com>

Now, here is Chef Mark's award-winning Crawfish Dip recipe. Enjoy!

Ingredients:

- 2 oz. whole butter
- 1 clove garlic, minced
- 1 cup sliced scallions
- 1 cup diced pimentos
- 2 lbs. whole crawfish tails with juice (Thawed)
- 1 oz. Lea and Perrins Worcestershire sauce

- ½ tsp. lemon juice
- ½ tsp. Old Bay seasoning
- 1 tsp. crab base (Shrimp or lobster base can be used)
- 1 tsp. blackening spice (Paul Prudhomme's Blackening Redfish Magic Seasoning Blend is great)
- 1 lb. cream cheese
- 1 cup shredded cheddar cheese

Method Of Preparation:

Melt butter in skillet, add garlic and sauté on medium heat for 5 minutes.

Add scallions, pimentos and crawfish, cook for 1 minute. Remember crawfish are cooked already. They will get tough if you cook too much.

Add remaining ingredients and mix well.

Place in a casserole dish and top with some extra cheddar cheese. Bake for 10 minutes to melt cheese and get bubbly hot.

This dish is delicious served with sliced French baguettes.



WINNING COMBINATION... John Knox Village Executive Chef Mark Gullusci (L) created a Crawfish Dip recipe, which proved to be a second-place winning appetizer out of more than 40 entries from South Florida's premier restaurants, during the Museum of Discovery and Science's 23rd Annual Wine, Spirits and Culinary Celebration. JKV Catering Team members shown with Chef Mark (L-R) are: Assistant Manager Chantale Pierre, Michelle Taylor, Yolanda Benjamin, Doris Castano and Catering Manager Susanne Russell.

Book Review

The Story of Arthur Truluv

By: Elizabeth Berg

Donna DeLeo Bruno
Gazette Contributor

"The Story of Arthur Truluv," a refreshingly sweet and gentle tale, is told with simplicity and a true sense of humanity.

The 85-year-old widower Arthur Moses visits his deceased wife Nola's grave every day and often sees teenager Maddie Harris, also visiting the cemetery. At first, they just wave to each other from a distance, but soon they strike up a conversation about why each of them is there. Both are extremely lonely and recognize each other's pain. Not only did Maddie, at two weeks old, lose her mother, but her father is distant and she is ostracized by peers at school. Her only relationship is with Anderson, a classmate with whom she is in love, but who abandons her when she becomes pregnant.

The Lonely Meet And Support

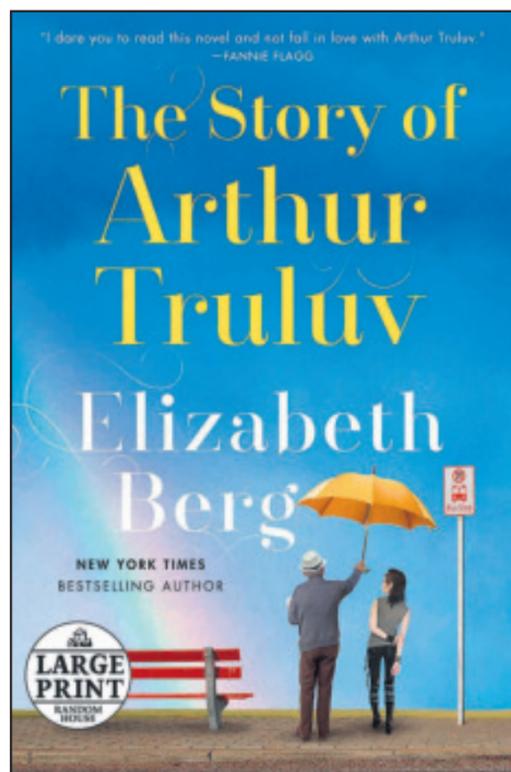
Equally lonely is Arthur's elderly, next-door neighbor Lucille who attempts to get close to him, but often feels rebuffed. A spinster all her life, Lucille is still in love with Frank, her old flame who ditched her to marry someone else. All these years later, he will re-enter her life, making her feel youthful and rejuvenated once

again. But when Frank dies suddenly and all hope for a new beginning is lost, Lucille will experience the worst depths of despair. Author Elizabeth Berg is well-known for her ability to delve deeply into the hearts and souls of her characters, who in this case, are all broken and fragile individuals. She probes their psyches to reveal their pain and yearning for connection. When brought together by need and circumstance, these three will find sustenance and support in each other. Together they will share heartache and disappointment, but in so doing will band together, creating their own type of "family." This is a beautifully written and gentle story – Berg at her best, reminding us that it is never too late to reach out to each other, and in so doing, enrich our own lives as well. Her tale touches upon the essence of who we are and what we can give to others: Unconditional acceptance, trust, love, a sense of family and appreciation for life's simple pleasures. This book will tug at your heart strings.

Author Conveys Beautiful Imagery

In many ways, "The Story of Arthur Truluv" echoes the writing of the late Kent Haruf, particularly his lovely books "Plainsong" and "Eventide" that also focused on ordinary people who exemplify great dignity in their care and devotion to fellow human beings. In addition, Berg conveys the beauty of nature, from the softening earth at spring when "buds are like tiny little pregnant women," to the mother who opens the blue towel to her children stepping out of their bath "like a great bird spreading its wings." Her lovely images are created by the drooping lilacs on the bush outside the kitchen window to the manner of squirrels, "racing across the lawn cheeks fat with bounty," burying red-oak acorns under-

ground for the winter. Graceful, poignant, and life-affirming, this story is deeply affecting and has much to offer the receptive reader.



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 Scribers group, guiding authors in publishing their books as part of the Senior Connection Club.

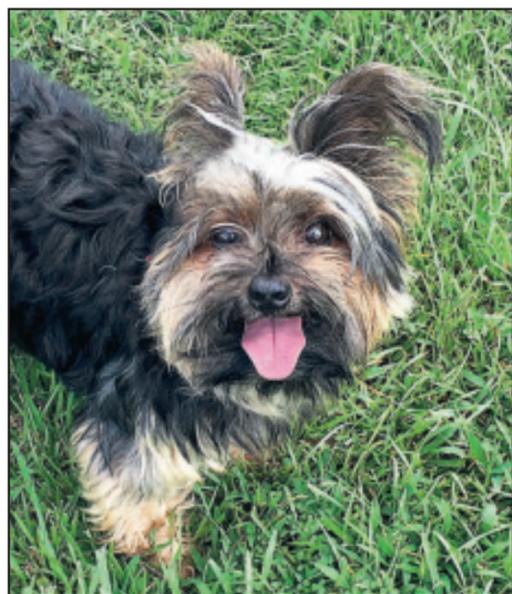
web JohnKnoxVillage.com
 JohnKnoxVillage

May Is National Pet Month: Consider Adopting A Furry Family Member

From "Pets" On Page 1

positive contribution to certain populations, such as the elderly. That's why many senior communities now allow pets, and some even develop dog friendly wellness parks for pets and owners to get exercise, meet and bond with neighbors. As dogs are natural "ice-breakers," making new friends is easier as people tend to stop to chat when you're out walking or playing with a pet.

Our TeeKee, an active seven-year old rescue Yorkie terrier mix, always attracts attention. In



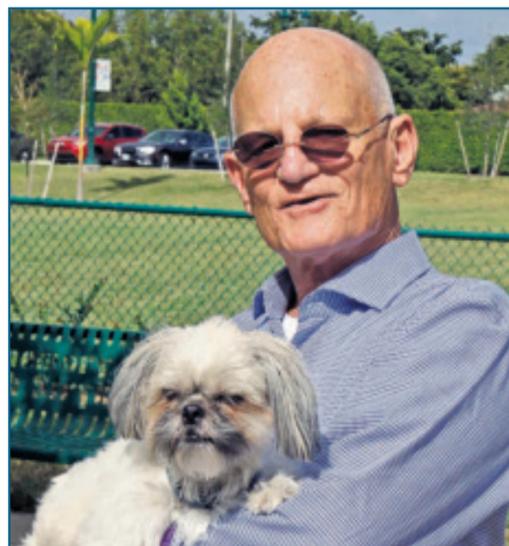
The author's Yorkie mix rescue dog TeeKee.

fact, the first time Marty took him for a walk in the neighborhood, he was stopped many times, with many questions and comments. The best remark and one we continue to use with him today was: "Could he get any cuter?"

Over the course of many miles walked, TeeKee has made friends with many dogs and their owners. The encounters give us a lot of amusement and a wonderful sense of community.

JKV Is Pet Welcoming

In the South Florida area several senior communities have recognized the benefits of welcoming animal companions along with their owners. Foremost among these is John Knox Village (JKV), a Life Plan Continuing Care Retirement Community in Pompano Beach located on a verdant 70-acre campus of beautiful mature trees, flowers and lakes interspersed with winding walkways. The community opened a Wellness Park and proclaimed it "a place where people and pets can be unleashed," and indeed, it became and remains a popular hub for every kind of resident dog from the most purebred to loveable mutts. The park features people and pet water fountains, shaded benches, tables and a winding pathway with plenty of strolling room for four and two-legged walkers. According to Nanette Olson, John Knox Village Foundation Executive Director, "As we move to include wellness in all we do here at John Knox Village,



Tom McKay and Winston are constant companions.

having an outdoor space for people and their pets to gather and play is a natural addition to the campus."

Celebrate National Pet Month with your special animal companion. Mankind and our pets have an ancient bond that strengthens over the ages and grows stronger as we learn more about the many benefits they bring to our lives. If you don't have special furry, fluffy or even feathery companions in your life, perhaps this May is the month to visit local shelters and bond with someone special who would happily become a loyal companion and add unconditional friendship to your life.

Do As I Say, Not As I Do ... And Other Favorite Mom-isms

"Sometimes when I open my mouth
my mother comes out"

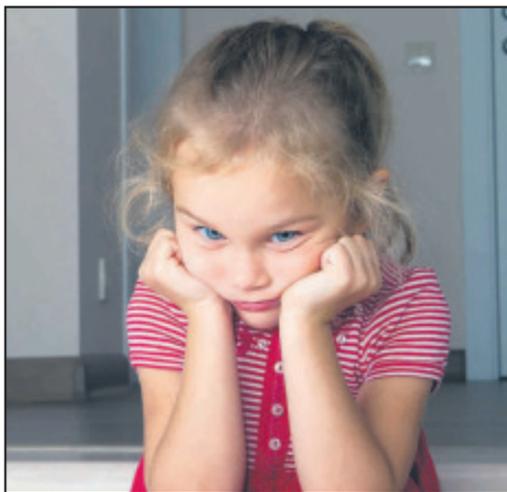
Nona Smith
Gazette Contributor

Every mother does it, whether they intend to or

not. I know, I smugly thought I would never, ever criticize my child with pat, highly negative phrases like, "Go to your room and think about what you did," or "Are you going out dressed like that?" And my favorite, overheard in countless stores and supermarkets around the world, "If you don't stop crying, I'll give you something to cry about," and "I'll never take you with me ever again." No, none of that for me, I would be one of those cool moms who glides through motherhood with a perfect, loving relationship with my child, dismissing all negative feelings before they even arose!

It didn't happen. I think I have used every mom-ism ever uttered on my daughter, who despite everything, grew up to be a spectacular woman and extraordinary mom. She has now inherited a complete anthology of mom-isms from me and uses them routinely on her sons.

The list of mom-isms is endless and have



"Young lady, don't you dare give me that look!"

been used since the beginning of time, when a cave-dwelling mom would growl admonishments to recalcitrant children accompanied by a smack to the bottom. Today, we don't smack our children, but mom-isms are in constant use. The best mom-isms are those that make no sense at all and are greeted with puzzled or amused looks on the child's face. Mother to child: "I'll wipe that grin off your face" or "You can't find it? Well, where did you leave it

last?" And this admonishment, which is usually greeted with a smirk from the child: "Shut your mouth and eat."

There are the clothes and personal hygiene critiques: "Are you going out dressed like that?" How about this cheerful thought: "Always wear clean underwear in case you get into an accident," or "A little soap and water never killed anybody."

But let us not forget dads who can utter words of wisdom, educational insights or dire warnings. And some of them you just didn't understand until you were older. Dad's gems included "Rise and shine, the early bird catches the worm," or "If your friend jumped off a bridge would you follow?"

The dad-isms that make no sense are truly hilarious. My favorite from my father: "Don't look at me in that tone of voice." He used this one a lot too, "Yes, I am the boss."

And, of course the universal threat that brings fear into every child's life is: "Just wait until your father comes home," or "When your mother comes home you're going to be in big trouble."

But let us thank our moms and dads for their words of wisdom over the years. Some made us think, while others make us snort-laugh out loud. All of the good ones have stood the test of time and are handed down from one generation to the next.

Happy Mother's Day!

The Gazette Travels Where You Are

Every month, *The Gazette* is published and mailed to readers across the country. The newspaper is geared to inform and inspire adult readers who believe that being involved and engaged is an essential part of life.

We want to travel with you and we offer you a challenge with a reward.

- Take a photo of yourself (a selfie) or of a friend reading *The Gazette* in front of a landmark. It can be here in South Florida or anywhere you live or travel across the world.
- Post your photo to our Facebook page (Facebook.com/JohnKnoxVillage). Make sure your photo is large enough in resolution to print in *The Gazette*.
- Invite your friends to the Facebook page and see if they can identify the location of your photo.
- *The Gazette* staff will choose photos submitted to the Facebook page and publish them in future editions of *The Gazette*.
- If your photo is published, you will receive a gift certificate for four to the Palm Bistro, a great casual dining experience located in The Woodlands at John Knox Village, Pompano Beach, FL.
- Good luck! Happy photo taking and posting your submissions. If you do not know how to post to Facebook, simply email your photo to rseitz@jknvfl.com
- You will be notified by email if your photo is selected, so make sure you let us know who you are and how best to contact you.



Join Us At John Knox Village For These May Events

Join Us For JKV's Topical Lunch & Learn "Train Your Brain" on Wednesday, May 16 at 10:30 a.m. in The Woodlands Life Enrichment Center

Just as the body needs exercise, brains need a workout too. Join John Knox Village Brain Training Coach Phyllis Strupp on May 16 for a mini "Train Your Brain" workshop, followed by a delicious lunch. Learn the simple story of why "use it or lose it" is good advice for brain health. Read more about this session on page 12 of *The Gazette*. **To reserve your spot, please contact the Marketing Department at (954) 783-4040.**



NSU Museum Docents Present "Treasures in Our Backyard," Thursday, May 17 at 11 a.m. in The Woodlands' Life Enrichment Center

Every month, as part of JKV's partnership with the NSU Art Museum Fort Lauderdale, an interesting interactive discussion is held on a wide variety of art-related topics. Knowledgeable Museum Docents will steer the conversation in May about some of the unknown artistic treasures that can be found in our area. Join us and hear more about this exciting topic. **To RSVP call (954) 783-4040.**



You Are Invited on Thursday, May 17

- Silver Scribes Book Class at 10 a.m.
- Digital Photo Class at Noon

Have you ever wanted to publish your autobiography or collection of short stories but have no idea how? Join our Silver Scribes and we'll take over the technical publishing of your life story. Want to learn more about your digital camera? Bring your camera with you to the photo class. Meet in the Cassels Tower Party Room at John Knox Village. **Call to reserve your place for the classes: (954) 783-4040.**



One Is Not The Loneliest Number, Sometimes One Is Just Enough! Join Us Wednesday, May 23 at 2 p.m.

Learn about all the benefits of resort-like, stress-free living at John Knox Village while having the peace of mind that your future health care needs are taken care of. Attend the John Knox Village *One Bedroom Apartment Home Tour* – with music and deliciously prepared gourmet treats, on Wednesday, May 23 from 2 - 4 p.m. The Tour kicks off at The Woodlands, Florida's only Life Plan Community that offers THE GREEN HOUSE® model of care: Meaningful life, a real home and an empowered staff. Tour apartments with contemporary finishes. Enjoy an engaging lifestyle all within a lush 70-acre campus. Ask about significant savings on Entrance and Monthly Service Fees. What's stopping you? Make the move today. John Knox Village, where possibility plays! **Join the Parade by calling (954) 783-4040.**

Honor Our Fallen Military Heroes On Memorial Day Monday, May 28 at 11 a.m. in the John Knox Village Centre Auditorium

John Knox Village will be holding a Memorial Day Ceremony on Monday, May 28, beginning at 11 a.m. in its Village Centre Auditorium. Join resident-veterans and others, as we honor the men and women who gave the ultimate sacrifice while serving in the U.S. military. **To reserve your seat for the Ceremony, please call (954) 783-4040.**

web JohnKnoxVillage.com
 f t y JohnKnoxVillage



Crossword Puzzle Of The Month



ACROSS

- Scot. island
- Have debts
- Diplomacy
- Time period
- Bled
- Three-banded armadillo
- Vega (2 words)
- Eelworm
- Month abbr.
- Pokeweed
- King (Sp.)
- Move a camera
- Nub
- Yellow
- Poseidon
- Bare
- Lugubrious
- Of the mouth
- Shaped like a club

DOWN

- P.I. Food
- Iodine source
- Possessive pronoun
- Compass direction
- Eng. dramatist
- Women's Army Aux. Corps (abbr.)
- Irate
- Buff
- Gap
- Window lead
- Salver
- Rod
- Drink of liquor
- Irk
- Fume
- Television channel
- Honey
- Armband
- No (Scot.)

DOWN

- P.I. Food
- Iodine source
- Possessive pronoun
- Compass direction
- Eng. dramatist
- Women's Army Aux. Corps (abbr.)
- Irate
- Buff
- Gap
- Window lead
- Salver
- Rod
- Drink of liquor
- Irk
- Fume
- Television channel
- Honey
- Armband
- No (Scot.)
- Bobbsey twins
- Guido's note (2 words)
- Layer
- Mulberry of India
- Alaska Hawaii Std. Time (abbr.)
- Papal court
- Tree
- Mineral tar
- Sayings (suf.)
- Linden
- Family relative
- Elbe tributary
- Thou (Fr.)
- Amer. College of Physicians (abbr.)

Answers On Page 11.

IT'S YOUR CHANCE FOR

Savings!

Why wait when you can save right now on a home with luxury finishes and an all-inclusive long-term Life Care plan all in one!

Whichever month you choose, **YOU SAVE!**

ENTRANCE FEES STARTING AT **\$46,500!**

**This pricing is for Type C Contract Only*



1. SETTLE BY MAY 31ST*

SAVE up to **\$40K** on Entrance Fee!
4 months of Monthly Service Fees waived!

2. SETTLE BY JUNE 30TH*

SAVE up to **\$30K** on Entrance Fee!
3 months of Monthly Service Fees waived!

**This special is for Type A Contract Only*

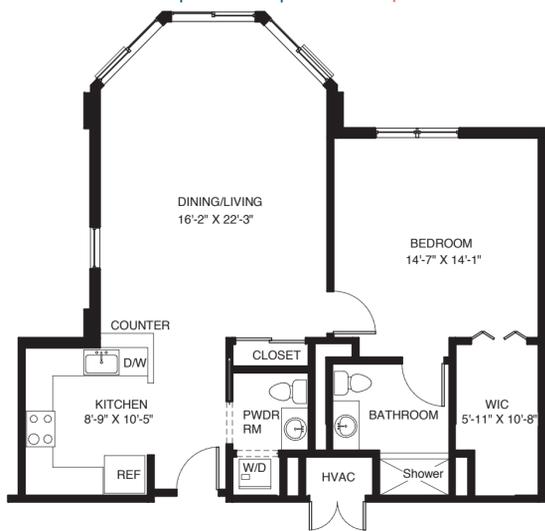
Ready for Savings! Call us at!
(954) 783-4040

**Type A Contract is a Life Care Agreement includes health care plan.*

**Type C Contract is a fee for service where the health care plan is not included.*

**Must take full financial possession at given date to receive savings! This promotion is only for selected premium one bedroom apartment or villa homes.*

JASMINE | Heritage Tower
1 BD | 1.5 BA | 1,033 Sq. Ft.



FLAMINGO | Village Towers
1 BD | 1 BA | 790 Sq. Ft.



Variety of Designer Finishes



Unmatched Life Care Services



24/7 Gated Security



Maintenance-Free Living



Amenities

ALL-INCLUSIVE WITH YOUR

Premium Home!

It's your chance of a lifetime to have the chance of a lifetime - Life Care for the rest of your life **PLUS** save now with specials on upgraded premium one bedroom apartment & villa homes throughout our 70 acre all-inclusive community. Your home with luxury finishes includes the best Long Term Care Insurance a person can have!

Also, don't forget our award-winning, state-of-the-art rehab and care-enhanced living at *The Woodlands*. The first and only **Green House® Project** model of care in Florida provides specially trained caregivers offering unmatched personal service.



JOHN KNOX VILLAGE

A Life Plan Community • Pompano Beach • Where Possibility Plays

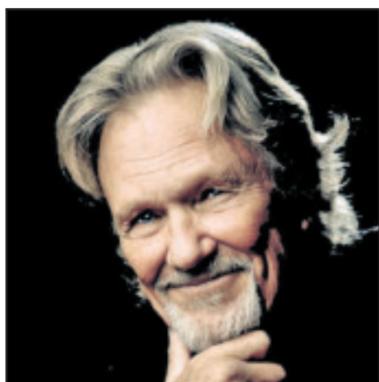
651 SW 6th Street
Pompano Beach, FL 33060

To Learn More Info Contact
(954) 783-4040

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

From Theater to Music To Dance: Check Out These May Events



May 2
Kris Kristofferson
Parker Playhouse
 707 NE 8th St.
 Fort Lauderdale, FL 33304
 (954) 462-0222
 www.browardcenter.org
 7:30 p.m. Tickets from \$37.50

May 9 - 13
A Class Act
By TheatreSouth
Pompano Beach Cultural Center
 50 W Atlantic Blvd.,
 Pompano Beach, FL 33060
 (954) 545-7800
 www.ccpompano.org
 Times vary eves. & mat.
 Tickets from \$21.50

May 9
Gold Coast Jazz:
Society Band & Friends
Amaturo Theater at The
Broward Center
for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 7:45 p.m. Tickets from \$27.50

May 27
Great American Beach Party
Fort Lauderdale Beach
A1A and Las Olas Boulevard
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.fortlauderdale.gov
 10 a.m. to 8:30 p.m.

May 27
Israeli Dance Festival:
Au-Rene Theater at The
Broward Center
for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 7 p.m. Tickets from \$18

Events listed were current at press time, however are subject to change. Please contact each venue for the latest information.

Sudoku

Answers On Page 11.

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

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

'All Dogs Go to Heaven'

Estate Planning For Your Furry Friend

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



Kaley N. Barbera

Leona Helmsley, the American hotel magnate who passed away in 2007, left \$12 million to her dog. A judge later lowered this windfall to \$2 million. The dog took the money and retired to sunny Florida to live

in the Helmsley Sandcastle hotel. The hotel's general manager was the caretaker of the dog and spent hundreds of thousands on her care annually, including \$1,200 on food, \$8,000 on grooming and \$100,000 for full-time security.

Oprah Winfrey has allegedly set up a Trust for the care of her pets in the amount of \$30 million.

Michael Jackson allegedly left close to \$2 million to a Chimpanzee named Bubbles.

Well, with all of that said, what are you planning to leave your pet?

85 Million Families Own Pets

According to the 2017-2018 National Pet Owners Survey, which is conducted by the American Pet Products Association (APPA), 68 percent of U.S. households own pets, which translates to about 85 million families owning a furry, feathery or scaly friend. Even more jaw dropping is the 2016 APPA survey, which estimated that U.S. pet owners, combined, spend around \$62.75 billion on their pets.

These surveys reveal to us that most Americans own a pet and that those pet owners are willing to spend a small fortune (a large fortune in Oprah's case) on the care and maintenance of their beloved pet companions. What this survey does not reveal and what is often forgotten is how to plan for these special friends at death. Within the estate planning world, pets are considered tangible personal property, which not so eloquently means that they are considered "goods" or "chattel" and are grouped in with the disposition of items such as jewelry, furniture and furnishings listed in an individual's Last Will and Testament. These treasured "goods" are often forgotten since most individuals assume that someone in their family will care for them, but so often the family member or friend is not able to or willing to care for them, cannot afford to care for them or is no longer living themselves. Therefore, the best plan of action is to take the time to think about who this future caretaker will be and then plan for their care-taking role in your estate planning documents. Keeping in mind the survey results stated above, it may be wise to leave a bequest of cash to the individual who will be taking care of your pet, so that they have the means to care for them without feeling the burden of the extra cost of care. Every pet is different in terms of how much it costs to maintain that pet.

Pet Trusts Ensures The Care Of Pets

Many clients will provide for the future care of their beloved pet through an outright gift of cash in their Last Will and Testament or through a Pet Trust, which is now recognized under the Florida Trust Code, Chapter 736.0408. The concern with an outright bequest of cash within a Last Will and Testament is that it is hard to adequately predict the actual expenses associated with caring for your pet(s), which could cause a shortfall, whereby the money runs out, or a windfall, whereby the recipient-caregiver receives a larger

inheritance than intended. By comparison, a Pet Trust ensures that the money bestowed upon that lucky caregiver/trustee is actually used for the care and maintenance of the pet. The trust is set up to last for the lifetime of the pet and you can name a Trustee to manage, invest and distribute money to the caregiver to care for and maintain the pet. Such funds can be used for their food, housing, maintenance, insurance, grooming and healthcare. Upon the death of the pet, the trust dictates who will receive any of the remaining property or assets within the trust. These trusts are easy to set up within your own estate planning documents and can give you peace of mind that your companions will be cared for.

Plan For Your Special Friends

As comedian Gilda Radner put it, "I think dogs are the most amazing creatures; they give unconditional love. For me they are the role model for being alive." So, let's not forget when we plan for ourselves, we must also plan for these special friends.

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

Kaley N. Barbera is a senior associate 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.



The Doctor Is In

Observations On Social Wellness

Dr. Roberta Gilbert
Gazette Contributor



In the next few months, I'd like to take up each of the "leaves" of the flower we have seen "blooming" around John Knox Village. Each petal is a different aspect of wellness: Social, Physical, Intellectual, Environmental, Emotional, Occupational, and Spiritual. Health is such an impor-

tant topic to us seniors, that some of us work very hard to attain and maintain it. (It's true, some work harder than others.)

At any rate, the first "leaf" of the flower is Social Wellness. It is so important and there is so much to say on this topic that it will take more than one column to cover it. Let's start.

Relationships And Wellness

Our research in family psychiatry shows that social relationships determine much more of life than most of us have any idea about. It starts out when we are children. Much of what goes on in those years becomes ingrained in the brain, staying with us the rest of our lives. Yes, forever, in the forms of adult relationships, and, as well, how we manage not only our relationships, but also how we manage stress, sickness, wellness and much else. What a large chunk of life itself for all of us.

How does that work? In several ways.

1. *Some relationship postures are native to all of us. They pop out under anxiety.*
2. *Some of those patterns are useful, but some put us at a disadvantage.*
3. *How do we keep the strengths and avoid the weaknesses of our favorite postures and patterns?*

Native Postures

When we have enough stress, the inner anxiety produced can result in certain relationship postures. There are four of them: Conflict, Distance, Over and Under functioning, and Triangling.

In the Conflict posture, we become adver-

sarial to those close to us. Fruitless arguing, the blame game, seeing the other as the cause of all our distress – all these are symptoms of a conflicted relationship. A fly on the wall of a therapist's office might hear: "You make me so mad. If it weren't for you, I would have a great life." The other retorts: "No it's your fault. You always start the arguments. Give me a break." And on and on. In a conflicted relationship, each believes the other to be at fault. Internationally, wars start this way.

Partners in conflict may get tired of arguing and decide on another posture:

Distance. In the Distance posture, people go to the next room, or maybe another country. They decide that the only way to solve the mess they are in is to stay silent. I once knew a lady who had not spoken with her husband in two months. The Distance posture is the most common. and can even be useful for short periods of time. If used excessively or for long periods, it becomes a pattern and solves nothing. Often people repeat the two postures, Conflict and Distance, over and over in an unending saga that gets most tiresome to all involved.

Cutoff, the extreme form of Distance, can lead to symptoms of illness or disability. Most people do not relate the Cutoff to the symptom, because immediately after Cutoff from the troublesome relationship, one can feel very good.

The Over and Under functioning pattern is when one dominates and the other allows it. One is the boss, and the other takes the orders. One is superior and gets a lot of energy out of the relationship. The other not so much. The "in charge" one usually does well, feels well and can be quite successful in business or professional life. The subordinate one is the anxious one. That anxiety, if it goes on long enough, and is strong enough, can lead to symptoms. Physical problems, emotional or mental illness, or social difficulties, such as bad addictions, can be the result. Are you beginning to see how our relationship world affects wellness?

Triangling is one more relationship posture that can turn into a pattern. When the anxiety is too great to be contained within a twosome, it often spills out to a third. Examples of Triangling include: Rumor-mongering in gossip, fighting in court or other public agencies. A child or anyone who is focused on excessively, absorbs anxiety. Again, dysfunction can be the result of that. A helpful Triangle, of course, can be a therapist or calm medical or other profes-

sional with a knowledge of systems thinking who can help to calm the intensity.

I believe the goal in relationships is to attain a separate, open and equal posture.

Any time the underlying anxiety can be addressed, not by verbal dissection, but by just one person being in contact with the upset and staying as calm as possible, there can be some resolution. That is because, with less anxiety the brain works better. It is more logical and objective. Once we get to logical and objective, the answers can come. Calm, like anxiety, is catching. Have you ever noticed how pleasant it is to be around a relatively calm person?

Separate boundaries means I know who I am and what I stand for, how far I will and will not go. I am guided by those principles in living.

Openness means good communications. I am free to say what I think, as is the other.

Equal means no one is over, and no one is under the other. They relate as equals.

What Do We Do?

The "social" petal of the wellness flower, then, is all about relationships. When we can see the posture, we can also see our own part in it. Once we see that, we know how to be different in the relationship. Ultimately, the Over functioner can have fewer answers and the Under functioner can step up to equality in the relationship. The Triangler can redirect the focus that is doing someone in. The Conflicted can lower voices and talk according to logic and not emotion. The Distant can make contact.

Often the most productive way to start the ball rolling is in the extended family. Relationships are usually waiting there for us to reappear, and work with people to our own and their good and wellness. Sounds easy, right? It's not, because some of these postures may have been in place a long time. They have become patterns, but the rewards are great. People report a groundedness and an emotional calm that had been missing. They are the magic pill that ameliorates the anxiety that leads to illnesses of various kinds. Calm groundedness in our social relationships, then, is an important basic element of wellness.

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.

Lest We Forget – Memorial Day Remembrance

"Each of the patriots whom we remember on this day was first a beloved son or daughter, a brother or sister, or a spouse, friend and neighbor."

– George H.W. Bush

Memorial Day usually marks the start of summer with plenty of picnics, barbecues or just a few lazy days off. But originally the holiday was charged with a much deeper meaning. It is a holiday we have dedicated to American men and women who have fallen while serving in our nation's military.

Originally Named Decoration Day

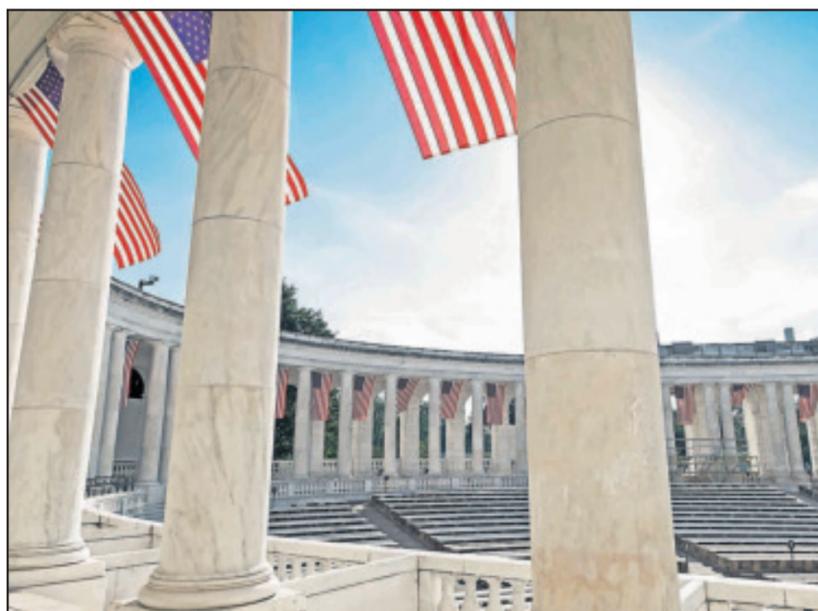
Three years after the Civil War ended, on May 5, 1868, the head of an organization comprised of Union veterans established Decoration Day as a time for the nation to decorate the graves of the fallen with flowers. Maj. Gen. John A. Logan declared Decoration Day should be observed on May 30. It is believed the date was chosen because flowers would be in bloom all over the country. During that first national celebration, former Union General and Ohio Congressman James Garfield made a speech at Arlington National Cemetery, after which 5,000 participants helped to decorate the graves of the more than 20,000 Union and Confederate soldiers who were buried there.

After World War I, the holiday evolved to commemorate all American military personnel who lost their lives in all wars and was widely established as a national holiday throughout the United States.

Memorial Day was originally observed on May 30 until 1968 when Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May. The law went into effect in 1971 and Memorial Day legally became a federal holiday. Official Memorial Day ceremonies call for the President or Vice President of the United States to lay a wreath at Arlington National Cemetery while "Taps" is played. Since the 1950s, just before Memorial Day, soldiers of the 3rd Infantry Division place American flags at each of the more than 260,000 graves in the cemetery and throughout the weekend they patrol around the clock to make sure each flag remains aloft.

A Minute Of Silence

In 2000, the National Moment of Remembrance Act was signed by President William J.



The Amphitheater in Arlington National Cemetery decorated with flags on Memorial Day.

Clinton. This Act encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a minute of silence to remember and honor those who have died in service to the nation. This Memorial Day, let us give thanks for the many sacrifices made by our military to preserve our freedoms and spend one minute of silence at 3 p.m. in their honor.

web JohnKnoxVillage.com

[f](#) [t](#) [v](#) [JohnKnoxVillage](#)

Living Well With Carmel

Putting The Grand In Grandmother

Carmel Baronoff
Gazette Contributor



“A grandmother is a remarkable woman. She’s a wonderful combination of warmth and kindness, laughter and love. She overlooks our faults, encourages our dreams, and praises our every success.”

- Author Unknown

There is a reason we attach the word

grand to the parenting of our children’s children. Good parenting, even great parenting doesn’t come close to describing the joy and fulfillment of looking after, caring for or mentoring our youngest generation in the family. What is it that makes this sacred parenthood so grand and glorious? As a new grandparent myself, I am in constant reflection over this question as I revel in the excitement of my new role.

A Miraculous Legacy

I often look at my grand babies and realize the history of generations and the many journeys it took to manifest their tiny lives on earth. One slight sidestep, and their entire existence would be different. I hold my newest grandson and see the likeness of my son. I brush my granddaughter’s ponytail and I see the color of my hair. These children are carrying down our family legacy, from our Italian spunk, to the laughter and energy of many of their aunts and uncles. I am never happier than when I see four generations happily gathering at my table. The puzzle comes together to form a beautiful family portrait as each generation adds another layer of color to the group. I especially love to look at my mother’s face as she holds her newest great-grandchild. She beams with pride. Her family continues. It’s a grand moment.

Lessons Learned

I was asked the other day if I had plans for my grandchildren. Beyond the playing, snuggling and enjoying watching grandchildren grow, I plan on being a major part in their lives. Teaching the grandkids lessons are an important part of that role. The importance of family is certainly lesson number one. I was always taught that family comes first and although my granddaughter is still tiny, I don’t let an opportunity go by to teach her to protect and love her baby brother – no matter what. Next comes traditions. When my grandchildren are old enough, I will teach them to cook. They will learn all my family recipes including the dishes we enjoy on holidays. I also look forward to teaching them the value of nutrition and fitness. I am a grandmother of the 21st Century that will gift my grandchildren with the knowledge of good living and the elements needed to stay healthy. Most importantly, I will teach them to dream big. All those around me know I dream big. This mantra has served me well and I hope it will help my grandchildren realize their dreams.

Today’s Grandma

Many baby boomer grandmothers are a different breed from those women we called granny a half-century ago. Many of the grandmothers of yesteryear didn’t work. Their families were their work. Today 60 percent of grandparents work outside the house making the time we spend with our grandchildren even more precious.

Statistics show that today’s grandparents are more active than generations who preceded them. According to the American Grandparents Association: 43 percent play sports, 28 percent volunteer regularly and 18 percent dance.

Here are some other fun facts I found about today’s grandparents:

- 10% have a tattoo
- 15% have demonstrated for a cause
- 17% have attended a rally
- 6% have started a blog
- 3% have run a marathon
- 2% have gone skydiving

Goals And Dreams

No doubt today’s grandparents are adventurous. We are also living longer which gives us more time to enjoy and be active with our



grandchildren. I plan to be a friend, mentor and who knows, maybe even a business partner with my grandchildren. Actually, that’s one of my goals, to start a health-based business with my grandkids. Of course, they would have to share that goal. In the meantime, it’s peekaboo and hide and go seek. I’m teaching my grandchildren that the sky is the limit while their gift of play reminds me to be in the moment and see the world through the eyes of a child. I must remember they are only tiny tots. There will be plenty of time for that health business.

Live your dreams...Carmel

An author, chef, TV personality, nutritionist, wellness coach and trainer, Carmel Baronoff is hostess of a locally produced health and fitness show titled “Living Well With Carmel.”

John Knox Village is an underwriter of the show airing nationally, as well as on local PBS stations WPBT and WLRN. It is a natural extension of John Knox Village’s commitment to expanding the Seven Dimensions of Wellness for its residents. A partnership has been forged with JKV and Carmel that includes motivational columns for The Gazette.

My Recent Diagnosis: V.O.P. Syndrome

Fortunately The Cure Will Also Be A Long-Time Companion

Burn Loeffke
Gazette Contributor



March 6th was the date that I realized that having V.O.P. has serious consequences.

I had arrived on time for my medical appointment. The doctor, a pleasant woman, asked several questions and then left the room. This gave me time to look around

and I saw the sign: V.O.P.

When she returned I asked her what was V.O.P.? She said it stood for “Very Overworked Person,” a syndrome that can be harmful for one’s health. Most of us may never qualify for V.I.P. status, but many of us can qualify for the V.O.P. title. The message is clear: Slow down or die fast. How to slow down?

Chilling Out

March was also the month I dog sat for a friend. Taking care of Marley, a Bichon Frise, was a lesson on how to “chill out.” He has few worries. He lets you know when it is time for his morning meal and his evening meal. He is always happy and asks for nothing else but

to be recognized with a simple pat, rub or scratch. I don’t think he knows what stress is. Most of all, I think, his secret for a good attitude is that he takes frequent naps.

When I served in Washington D.C., there was a saying: “If you want a friend in this city, get a dog.” I agree, the dogs I have had have been my best friends.



Marley’s companionship has been the cure for Burn’s V.O.P. Syndrome

V.O.P.
(VERY OVERWORKED PERSON)

Therapy Dogs

Many hospitals use therapy dogs to lift the spirits and lower the blood pressure. Marley definitely qualifies as a therapy dog.

Bottom line: To be healthy and happy, consider getting a dog. Your canine friend will get you out walking a couple times a day to keep you fit, and the companionship will keep your mind “chilled out.”

Burn Loeffke is 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 crunches, 10 minutes of stretching and then, with Dr. Carmen Queral, they sprint one-minute between 30 seconds of rest in between. They finish with 10-20 second dashes with 10 squats in between.

An Introduction To Microsoft Word

Ask Abby Stokes: Your Friendly Guide To Everything Digital

Abby Stokes
Gazette Contributor



Many people, even the ones who don't consider themselves writers, use word-processing software for their correspondence or for list making. Microsoft Word dominates the word-processing software market. But, you could use Pages, Apple's word-processing alter-

native – available on the iPad and other Apple products. Google Docs is free to anyone with a Gmail account.

Q: Where can I get instruction on using Microsoft Word?

A: Unfortunately, there's no manual. Microsoft Word doesn't typically come with a video tutorial, but if your version offers one, watch it. Your local library, senior or community center, or community college may offer Microsoft Word classes. YouTube.com has some helpful videos, as do I, at AskAbbyStokes.com

Get Started With Microsoft Word

It's best to name the document right at the beginning. If you get distracted or exit the program quickly and forget to name the document, you'll be stuck sifting through a bunch of Documents 1, 2, 3 and so on. It's easier to sort through documents whose names give a clue as to what they contain rather than a generic name.

Ideally, that name clearly describes the contents of the document. A name can contain spaces and may be uppercase and lowercase, but punctuation is tricky. Don't use slashes or question marks. If you must have a means to divide text, use the hyphen key (e.g., accountant final letter 4-14-2015). It's a good idea to include who, what, and when in the name. This is also a good rule of thumb when naming photos. (e.g., Family Christmas 2017).

Create A New Document

The steps here are for using Microsoft Word on a PC computer. If you're using a Mac, the steps will be very similar. Be flexible as you follow along.

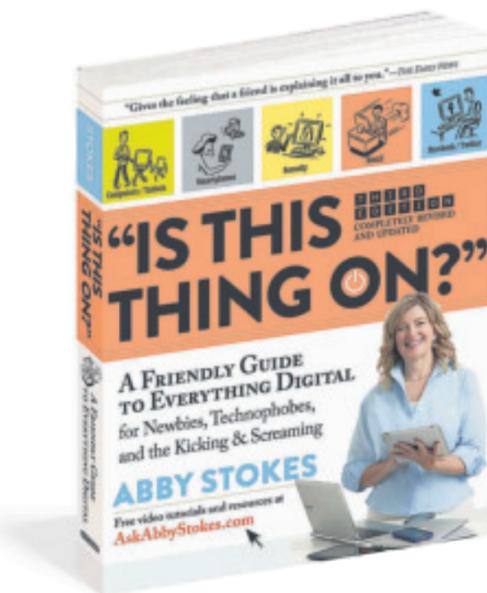
- Move the mouse arrow onto the word **File**, click, and move down to the word **New** or **New Blank Document** and click. A fresh clean page will now present itself. Type the word "hi."
- The next thing we're going to do is name the document. In the Title Bar are the words **Document 1** (or possibly **Document 2**). Keep your eye on the Title Bar. After we rename this document, the new name will appear there.
- Move the mouse arrow up to the word **File**, click, and move it down to the words **Save As** and click. You will now get a choice of where to save the document. Click on **Computer** and, to the right of that, click on **Desktop**. A window will appear where you can rename the document. This is the moment of truth. By naming your document and giving it a home, you'll easily find it when you need it later.
- Type the word "Smile," and hit either **Enter**, **Return**, or click on the **Save** button. The Title Bar has now changed to reflect the new name of the document.

I want you to now close the document that you renamed "Smile." I'm having you do this so that you experience what it's like to open an existing document.

- Close the document by using the **Close** box. Or, you can move the mouse to the word **File**, click, and move down to the word **Close** and click. Poof! Your "Smile" document is stored. Nicely done. Repeat these steps a few times creating several documents to get the hang of

things. Then get started on that letter writing or that memoir you've been meaning to write!

(If you've got a copy of my book "Is This Thing On? A Friendly Guide to Everything Digital," visit chapters 15 and 21 to learn more about Word and help you get organized with folder systems.)



Abby Stokes, author of "Is This Thing On? A Friendly Guide to Everything Digital for Newbies, Technophobes, and the Kicking & Screaming" and its companion website AskAbbyStokes.com, is the Johnny Appleseed of Technology, single-handedly helping more than 300,000 people cross the digital divide. A firm believer that "if my mother can learn the computer anyone can." Abby splits her time between New York City and Niantic, CT.

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

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

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

The Art Of Wine And Food Series At NSU Art Museum Fort Lauderdale



Emily McCrater
Communications and Public
Relations Manager, NSU Art
Museum Fort Lauderdale

Food and wine lovers rejoice. NSU Art Museum Fort Lauderdale has something just for you. The

museum's popular Art of Wine and Food Series will pamper your palate while showing you how to truly enjoy wine.

Learn The Art Of Wine

During monthly themed evenings from 6 to 8 p.m., you will learn what foods pair best with what wines, and why, as you sample wines from around the world paired with light bite menus, specially created to showcase the wines in their best light and bring out their unique flavors and aromas. Vineyard representatives will guide you and explain how their wines are made and the type of grapes that go into each varietal.

"And you'll sip from beautiful Riedel wine glasses in a casual, relaxed atmosphere that's not only fun and enjoyable, but informative as



well," adds the museum's special events manager, Ethel Lipoff.

Plan To Join The Series

Join The Art of Wine and Food Series on May 3 to "Chill Out for Summer," when Tracy Shataheri from Delicato Family Vineyards will highlight four great summer varietals. Then, on June 7 it's "Red, White and Wine" with a patriotic tribute to California reds and whites with Danielle Christensen from Wagner Family of Wine. Small bites will be paired with each wine served.

Be sure to arrive at the museum by 5:30 p.m. to enjoy a docent-led tour featuring highlights of museum exhibitions.

Each month brings something new and delicious to discover from California Coast Char-

donnay to South Australian Shiraz to Argentine Malbec, and tasty treats from Chipotle Pulled Pork Tostadas to Smoked Salmon Crostini to Braised Lamb Ragu Pasta and Chocolate Ganache Bites.

Make Your Reservations Today

Advance reservations are essential because The Art of Wine and Food events sell out quickly. Tickets are \$40 per person (\$25 for museum members at the Patron-level and above). To RSVP, please visit nsuuseum.org or call (954) 262-0258.

NSU Art Museum Fort Lauderdale is located at One East Las Olas Boulevard.

web JohnKnoxVillage.com
f t v JohnKnoxVillage

Exciting 'Train The Brain' Program Coming To JKV

Better With Age...Your Brain's Like Fine Wine

Elizabeth Roberts
Gazette Contributor

Dr. H. Murray Todd knows better than most, the importance

of exercise. He walks, because it requires no equipment – so no excuses – and it increases his heart rate enough to benefit his body. However, he also doesn't neglect his brain, either.

To stimulate his cerebral cortex, the retired long-time area neurologist works math problems and plays word games like Scrabble to tax the part of his brain that focuses on language.

"Every time you use that piece of equipment – your brain – you are exercising it," JKV's Board of Directors Vice-Chairman told *The Gazette*. "There is no mystery about it. [Brain health] is a matter of organizing and doing... things that will stimulate the brain."

So when Phyllis Strupp arrived on the Village campus last September to teach a "Train Your Brain" workshop during Active Aging Week, Dr. Todd eagerly signed on.

Strupp took Dr. Todd and about 30 residents through the two-hour program, which is based on a unique brain-training technique described in her highly acclaimed book, *"Better with Age: The Ultimate Guide to Brain Training,"* which has won positive reviews on Amazon.

The workshop begins with the star of the brain's show: Neuroplasticity. "The human brain is built to get better with age, like a bottle of fine wine," Strupp shares. "The magic trick

that allows the brain to do this is its ability to change and grow throughout life by building new connections between brain cells.

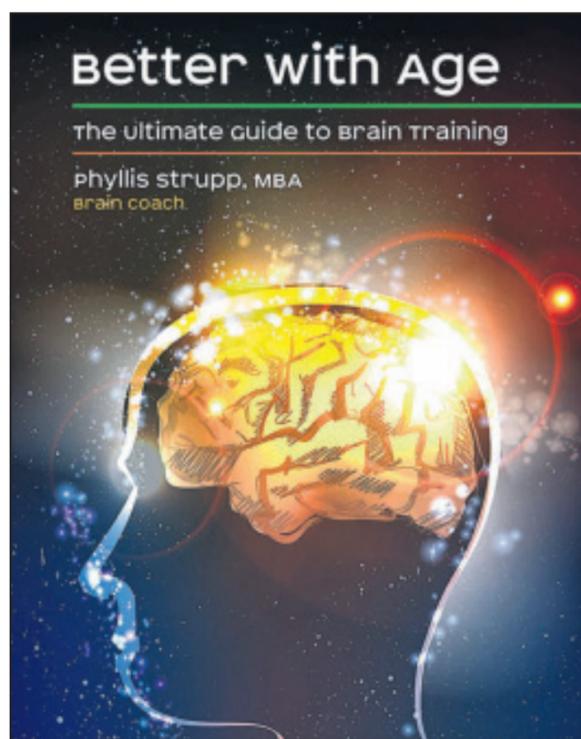
"The most important thing you need to know... is that the power of your brain lies in synaptic connections," Strupp said. "The secret is to keep growing those synaptic connections. Your brain will not grow new connections when you are watching television or performing some other passive activity."

Dr. Todd was so impressed by the "Train Your Brain" workshop that he joined a team of other JKV community leaders who became trained to teach the workshop in February 2018. Now the team is prepared to offer the workshop to others at JKV, to help in JKV's efforts to become an industry leader in the senior community.

In the "Train Your Brain" workshop introduction, participants learn the simple story of why "use it or lose it" is good advice for brain health. "We talk about what is neuroplasticity," Dr. Todd said, "and explain how anyone at any age can quickly take charge of it."

The rest of the workshop is divided into four sections:

- **Section I** covers some "Brain Basics" so people know how to lend a helping hand to the brain's efforts to build new connections, rather than get in its way.
- **Section II** introduces participants to their five major brain assets using a color-coded handout and life-sized brain, reviews how each one is specialized for a different role in brain activity.
- **Section III** walks participants through a list of JKV activities that engage the different brain assets to perform a self-assessment and identify the one brain asset that needs to work harder. The brain is like a chain, it is only as strong as its weakest link.
- **Section IV** guides participants through a simple process to develop a "Personal Neuroplasticity Plan" to work the least active brain asset. Every brain is different, so each plan is too.



Yes you can increase your cognitive abilities. Learn how at the Train Your Brain Workshop.

In the coming months, additional articles will explain more about the exciting "Train the Brain" project that is underway at JKV, and opportunities to participate in a "Train Your Brain" workshop.

For more information about "Train Your Brain" workshops, contact JKV's Life Enrichment Director Verna Chisman at (954) 783-4038.

**Join John Knox Village
Brain Training Coach
Phyllis Strupp on May 16
at 10:30 a.m**

**for a "Train Your Brain" workshop,
followed by a delicious lunch.
The workshop will be held in
The Woodlands' Life Enrichment
Center. Seating is limited.
Please call (954) 783-4040 to
reserve your spot.**



Brain Training Coach Phyllis Strupp.

This Flamingo Apartment Home Offers Style And Economy

As a *Gazette* reader, you have the opportunity to move into this very popular 1 bedroom and 1 bath, Flamingo apartment home. With 790 square feet of living space, this residence features economy and style with premium features: Stainless steel appliances, luxury upgrades and everything the campus has to offer.

Designer Kitchen

- **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

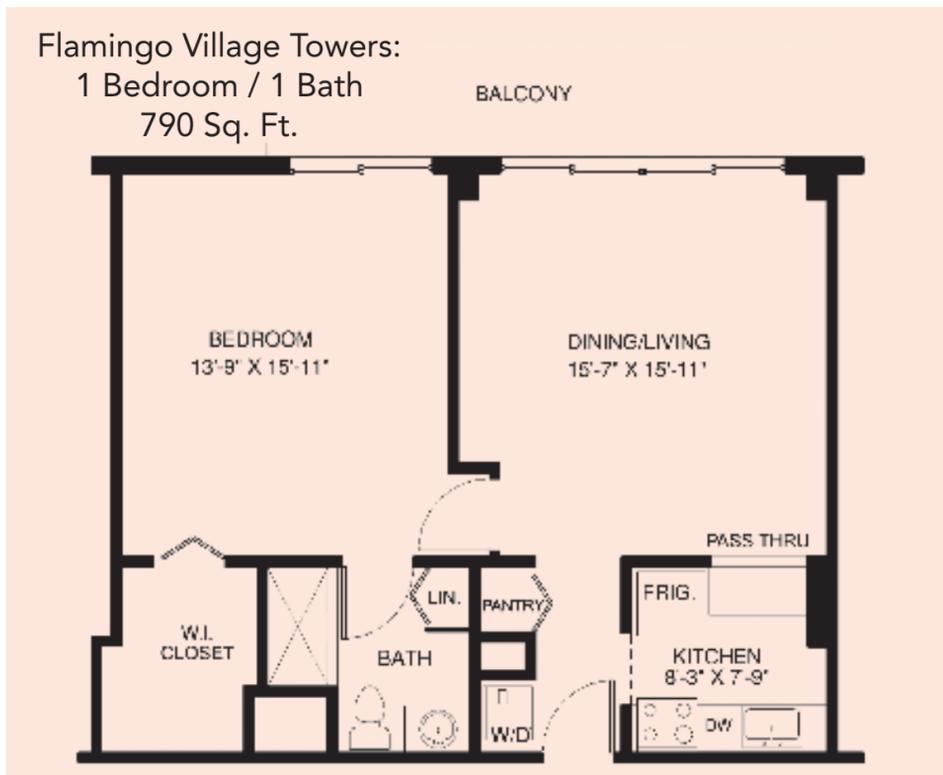
- **Crown molding option**
- **Frameless shower door**
- **Custom closet option**
- **Washer and dryer**

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 more.

For additional information call (954) 783-4040 to speak with a Life Plan Counselor, or visit the JKV website: www.JohnKnoxVillage.com, or Facebook at www.facebook.com/JohnKnoxVillage.



Enjoy the complete services of the John Knox Village life plan in the convenient, economical and comfortable Flamingo apartment home.



web JohnKnoxVillage.com
JohnKnoxVillage