

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

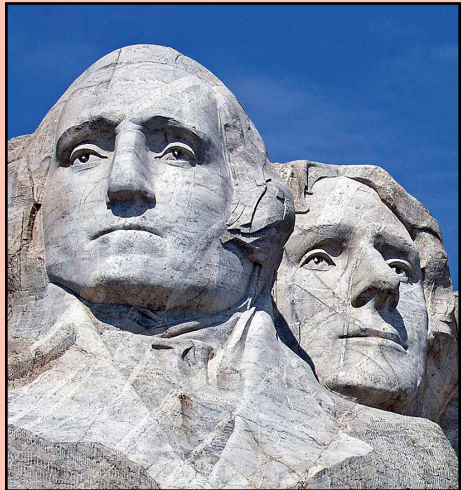
where possibility *plays!*

Gazette

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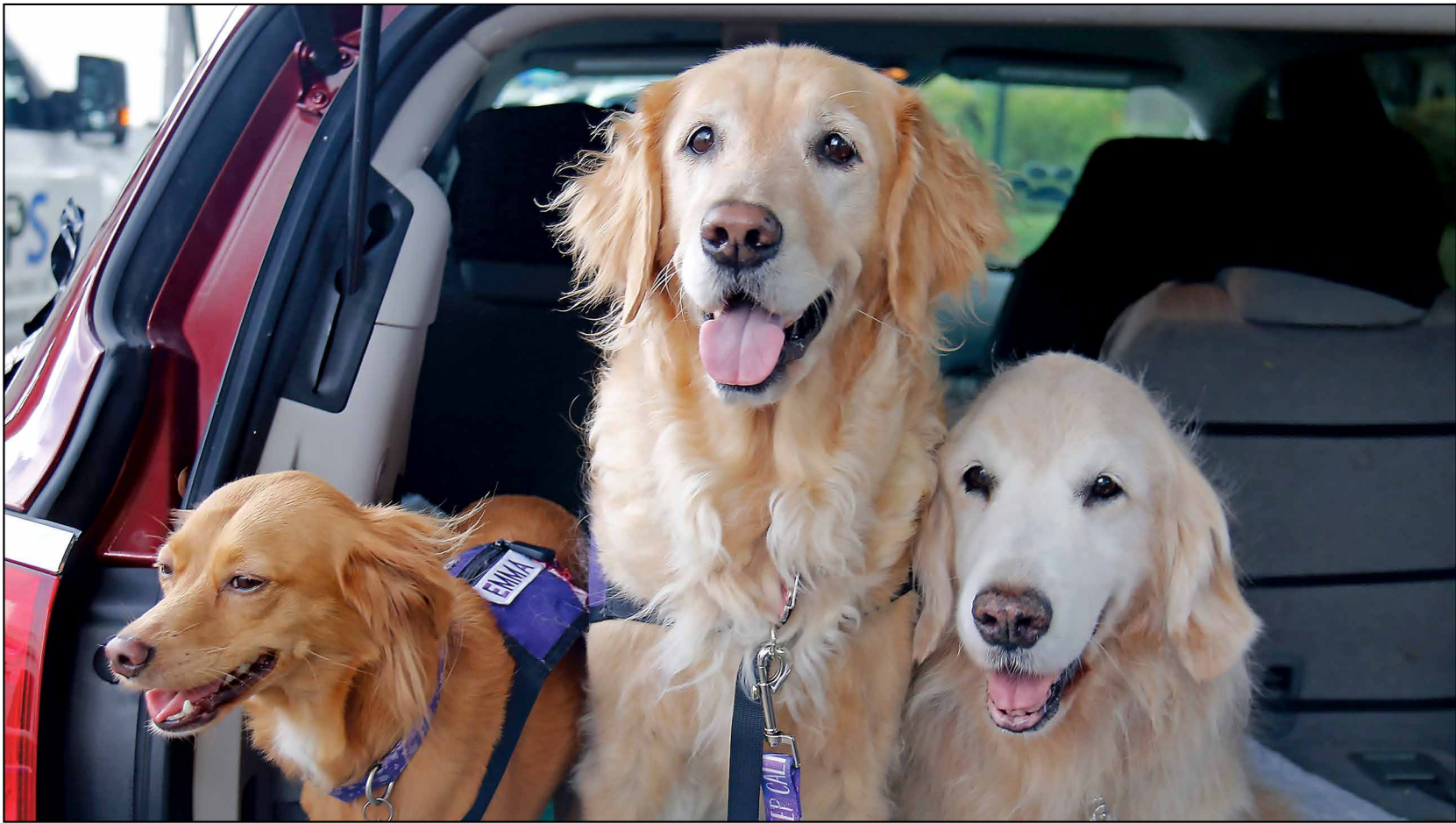
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These Therapists Provide Needed Paws

Canine Assisted Therapy Brings A Parade Of Happy Pets To JKV



Four-legged therapists Emma, Lexi and Coral bring joy to John Knox Village resident during a recent Therapy Dog Parade.

Marty Lee

Gazette Contributor

Dog owners know that special feeling when their pup cuddles up next to them on the couch – looking up with soulful eyes that just seem to say, “Don’t worry Mom, everything will be okay. I am here for you.”

During these trying times, is there any better way to cheer up heart and soul than sharing interaction with an understanding and smiling face? If you answer yes to that question, how about the cheer brought on by 20 smiling faces: The furry faces from Canine Assisted Therapy.

JKV Hosts A Therapy Dog Parade

Recently, a team of 20 therapy dogs and their owners from Canine Assisted Therapy, Inc. (C.A.T.) assembled outside the John Knox Village Centre Auditorium, South Florida’s premier Life-Plan Continuing Care Retirement Community in Pompano Beach. Their collective mission for the day was

to bring smiles to the 1,000 residents and 800 employees of the Village during a Therapy Dog Parade covering a route winding past every Independent Living apartment building, as well as the advanced care residences at Gardens West, Seaside Cove and The Woodlands.

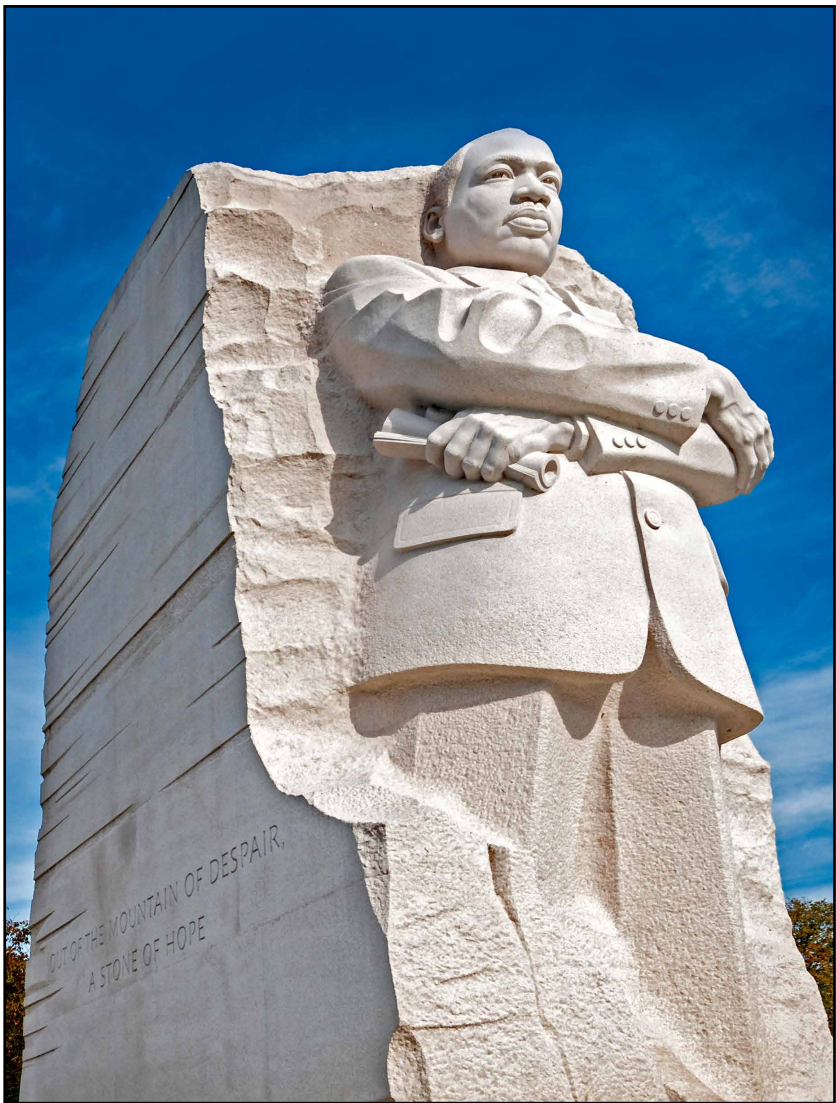
To assure physical distancing, the dogs were positioned in the front passenger, or back seats of cars, or in the open tailgates of SUV’s. But even at a distance, the smiling faces of therapy dogs were sure to settle even the most unsettled among us. Many JKV residents watched the parade from their windows or apartment entrances as the assembly passed by.

The Elders at Gardens West, however, enjoyed the rare treat of being up close and personal under the residence’s portecochère. Each car stopped as pets and owners waved and offered smiles and well-wishes to all parade-watchers.

JKV Life Enrichment Coordinators Jacquee Thompson and Bea St. Pierre led the Therapy Dog Parade along the route. Jacquee praised C.A.T. for their thoroughness in planning, dedication and detail.

See “C.A.T.” on page 2

The World's Monumental Achievements



The Martin Luther King, Jr. Memorial next to the National Mall in Washington, D.C. Image source: Wikimedia Commons.

‘What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others’

– Pericles

Nona Cree Smith

Gazette Contributor

Monuments are commissioned, designed and created to commemorate a person, group of people or an event. Often called memorials, monuments come in many different forms – from simple stone markers to elaborate statues and towering monoliths. Many are important works of art such as Anton Gaudi’s Sagrada Familia in Barcelona, Spain, or the magnificent “Lincoln Standing” by Augustus Saint-Gaudens, a larger than life 12-foot, and visually accurate bronze statue of Abraham Lincoln in Chicago’s Lincoln Park, and important world war monuments such as the dramatic Marine Corps War Memorial, also known as the Iwo Jima Memorial at Arlington National Cemetery in Virginia.

Humanity has erected monuments almost since the beginning of time. Many of the ancient monuments still in existence today had a sacred meaning to the people who erected them—the mysterious Stonehenge, graceful Parthenon, and the immense Pyramids of Giza to name just a few.

In the United States, our most famous monuments commemorate military heroes, extraordinary people, politicians, and historic events—the Washington Monument, the Lincoln Memorial, Martin Luther King Jr. Memorial, the Statue of Liberty and the 9/11 Memorial.

See “Monuments” On Page 3

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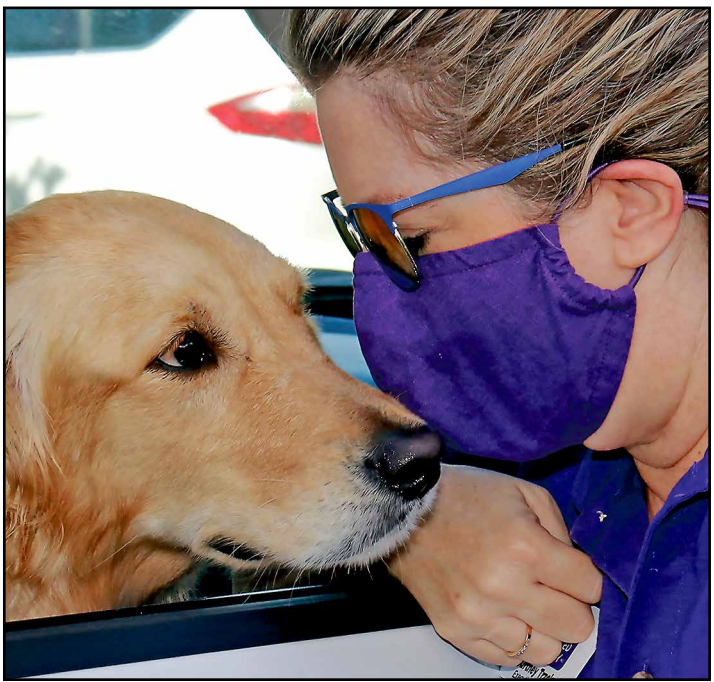
C.A.T. Bringing Smiles One Wagging Tail At A Time

From “C.A.T.” On Page 1

“Elise Samet, Volunteer Program Manager for C.A.T. was a pleasure to work with,” Jacquee said. “She and her team took care of every detail, from the involvement of her volunteers and therapists, to the fantastic vehicle decorating, to the arrival of the NBC 6 News crew. I simply got the word out to JKV residents and then led the way on parade day.”

As the parade stopped along the route, Jacquee responded to the residents’ reactions. “The residents were thrilled. The huge smiles and genuine look of love in their eyes told me how much this visit meant to them. The residents who were outside waiting for the parade to pass by just lit up at the sight of the dogs.”

Jacquee said this is just one of the many programs planned with C.A.T. at JKV in the future. “Elise has already reached out on scheduling the next parade. We are also currently working with C.A.T. on a ‘Paw Pal’ program for our residents to correspond with therapy dogs. We are especially trying to focus on residents who may not be the most tech-savvy or own a computer or smartphone, but who want to stay active and involved in a safe way during the corona-virus pandemic.”



According to National Geographic, “Puppy dog eyes evolved so dogs could communicate with us.” Here therapist Rowan communicates with C.A.T. Executive Director Courtney Trzcinski.

The Canine Assisted Therapy Story

The John Knox Village Therapy Dog Parade is just one of many sponsored events arranged with C.A.T., a Ft. Lauderdale-based nonprofit organization dedicated to improving the lives of those in need. C.A.T. works with volunteers and their dogs to provide animal assisted therapy and companionship to people in hospitals, nursing homes, assisted living facilities, hospices and schools.

In an interview with *The Gazette*, Courtney Trzcinski, Executive Director/CEO of C.A.T. said, “The JKV parade was an amazing experience for our volunteers and staff. Being able to safely get out of the house and feel like we’re making a difference in the lives of others, even if just for a moment, is why we do what we do. Seeing the excitement and smiles on the faces of JKV’s residents was priceless.”

Among the many breeds participating in the parade were Golden Retrievers, Labrador Retrievers, Border Collies, and several other breeds both large and small. At present C.A.T. has 137 volunteers, 119 dogs and one pig. *[Look for the story on Patches, the Juliana pig on page 10 of this month’s Gazette.]*

While many therapy dogs are retrievers, the breed is not the determining factor. “Therapy dogs are born, not made,” Courtney said. “Therapy dogs seek out the attention of strangers, enjoy being in new and strange environments, are well behaved, have obedience training and love interacting with people. They also need to get along with other dogs and are not reactive.”



Assisted Living Elders at John Knox Village’s Gardens West greet the therapy dogs from Canine Assisted Therapy, Inc. (C.A.T.), during JKV’s recent Therapy Dog Parade.



C.A.T. volunteers (left to right) Lori Bale, Melinda Steinbacher, Lee Ann Runkle and Judy Eason make preparations before the Therapy Dog Parade at John Knox Village.

How Does A Dog Become A Therapist?

“To start the therapy dog process, interested individuals attend an Orientation/Information Session,” Courtney said. “The next step is the dog must pass the Canine Good Citizen Test, which is administered by local dog trainers.

“The third step is to participate in a therapy dog evaluation. Dogs who pass are then certified, mentored, insured, and placed in appropriate facilities.

“Definitely the most common tend to be Golden Retrievers, Labrador Retrievers, and most recently Goldendoodles. However, the breed does not determine the therapy possibilities. It definitely depends on the specific dog regardless of the breed.”

During the COVID-19 pandemic, C.A.T. had to re-evaluate its visitation methodology. While the desire for comfort and therapy has greatly increased, the need for precautions and physical distancing has also grown dramatically. A typical pre-pandemic month of events would have included:

- One-on-one visits with seniors at nursing homes
- Pet Parades at children’s hospitals or nursing homes
- Read-a-thon and/or Bite Prevention Presentations at elementary schools
- One-on-one visits with hospital patients
- Group therapy visits with veterans
- Group work with physical therapy patients
- Visits with children with special needs
- Airport terminal visits to lower passenger anxiety
- Courthouse dogs sit with children testifying in Dependency Court
- Group sessions with substance abuse teens in treatment centers

Courtney compared the services offered by C.A.T. both pre-pandemic and during our current health crisis.

“Pre-COVID, we actually had a waiting list of facilities requesting our services. In the last 10 years, C.A.T. has grown by word of mouth, so most of the facilities we serve, or events we participate in, have reached out to us directly. If the request is aligned with our mission and supports the demographic we serve, then we will always try to help.

“Post-COVID we have been seeking out possible ways to help. For example, we reached out to JKV and asked them if they would like us to do a parade for their residents. We have also reached out to CDTC (Children’s Diagnostic & Treatment Center), SOS Children’s Village, Woodhouse, Quantum House, and many other facilities to see if we could help in any way.”

Marjory Stoneman Douglas H.S.

One of the largest and most impactful C.A.T. volunteer therapy programs occurred after the tragic shoot-

ings at Parkland’s Marjory Stoneman Douglas High School on Valentine’s Day 2018.

“Our organization had 25 dogs on campus to welcome the students back on the first day of school when they reopened after the shooting,” Courtney said. “They continued to stay on campus through the next two years. They were also a big part of the anniversary memorials, helped the grief-stricken at funerals, and were apart of many community events.

“Over the last two years we’ve seen our therapy dogs positively impact the lives of the students and staff directly affected by the tragic shooting at MSD. One student, who was shot, had a very difficult time going back to school. After meeting one of the therapy dogs in his homeroom, he immediately formed a bond with the special canine. Having the dog in class helped relax him and made it easier for him to engage with others. Each day at school got a little easier for him to manage because he was motivated to go and see the therapy dogs. To witness the human-animal bond firsthand like this is something very special.”

As a nonprofit organization you can help the mission of Canine Assisted Therapy, Inc. C.A.T. is funded primarily through family foundations, individual contributions, corporate sponsorships and fundraisers.

Courtney said that C.A.T. welcomes a variety of partnerships both corporate and community-wide. “Pet therapy visits can be sponsored. There are other sponsorship opportunities such as a partnership package that gets you therapy dog visits to your workplace, attention on social media [with over 180,000 followers on Facebook], and many other benefits.”



Volunteer Jill Cross and therapy dog Astro bring “Christmas in July” wishes to John Knox Village.

Discover The Benefits Of Therapy Dogs

Readers of *The Gazette*, who are involved in organizations that might benefit in sponsoring a therapy dog visit should visit the website: www.catdogs.org for more information. If you own a dog you think might be a great candidate as a therapy dog, get information for qualifications on the same website.

Canine Assisted Therapy, Inc. is located at 1040 NE 45th Street, Oakland Park, FL 33334. Call C.A.T. at (954) 990-5175.

You can also email the Executive Director/CEO, Courtney Trzcinski at courtney@catdogs.org with particular questions, sponsorship requests or further information.

Our Public Monuments Are Memorials To The Enlightenment – Mason Cooley

From “Monuments” On Page 1

Mount Rushmore National Memorial

During the 1920s, Doane Robinson, a historian in South Dakota, was thinking of ideas for a monument that would draw tourists to his state. He envisioned a sculpture memorializing figures of the American West, like explorers Lewis and Clark or the Lakota leader Red Cloud. But the sculptor, who was ultimately chosen for the project, Gutzon Borglum had worked on Georgia’s Stone Mountain colossal bas-relief monument and he suggested a monument to pay tribute to four former U.S. Presidents – George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt.

Work on the ambitious monument in the Black Hills National Forest began on Oct. 2, 1927. It would take an arduous 14 years of dynamite blasting, jack-hammers and carving to complete the sculpture. The project continued through the Depression and into the early part of World War II. After the death of Borglum, his son Lincoln took over the work, which was finished in 1941.

As more highways were built and tourism by car became inexpensive and easy, Mount Rushmore became a “must-see” historical sight. Sometimes called the “Shrine of Democracy,” Mount Rushmore attracts more than two million visitors annually.

Martin Luther King Jr. Memorial

The Martin Luther King, Jr. Memorial is located in West Potomac Park at 1664 Independence Avenue, S.W., (a nod to the year the Civil Rights Act of 1964 became law) in Washington, D.C. The memorial’s official dedication date was Aug. 28, 2011, the 48th anniversary of the March on Washington. At that march, Dr. King, standing in front of the Lincoln Memorial, gave his historic “*I Have a Dream*” speech which in part, is the inspiration for the Memorial.

Dr. King was a Baptist minister and social activist who became a notable figure during the civil rights movement from the mid-1950s until he was assassinated in 1968. He played a pivotal role in ending segregation of African-American citizens in the U.S. He received the Nobel Peace Prize in 1964, among many other honors.

Dr. King’s Memorial is the first to honor an African-American individual on the National Mall. Carved from Chinese pink granite, the center piece is a 30-foot statue of Dr. King. The surrounding space is designed as a place for quiet contemplation of his legacy, to read his quotes carved into the granite blocks, and to inspire through his non-violent philosophy of freedom, justice and equality for all.

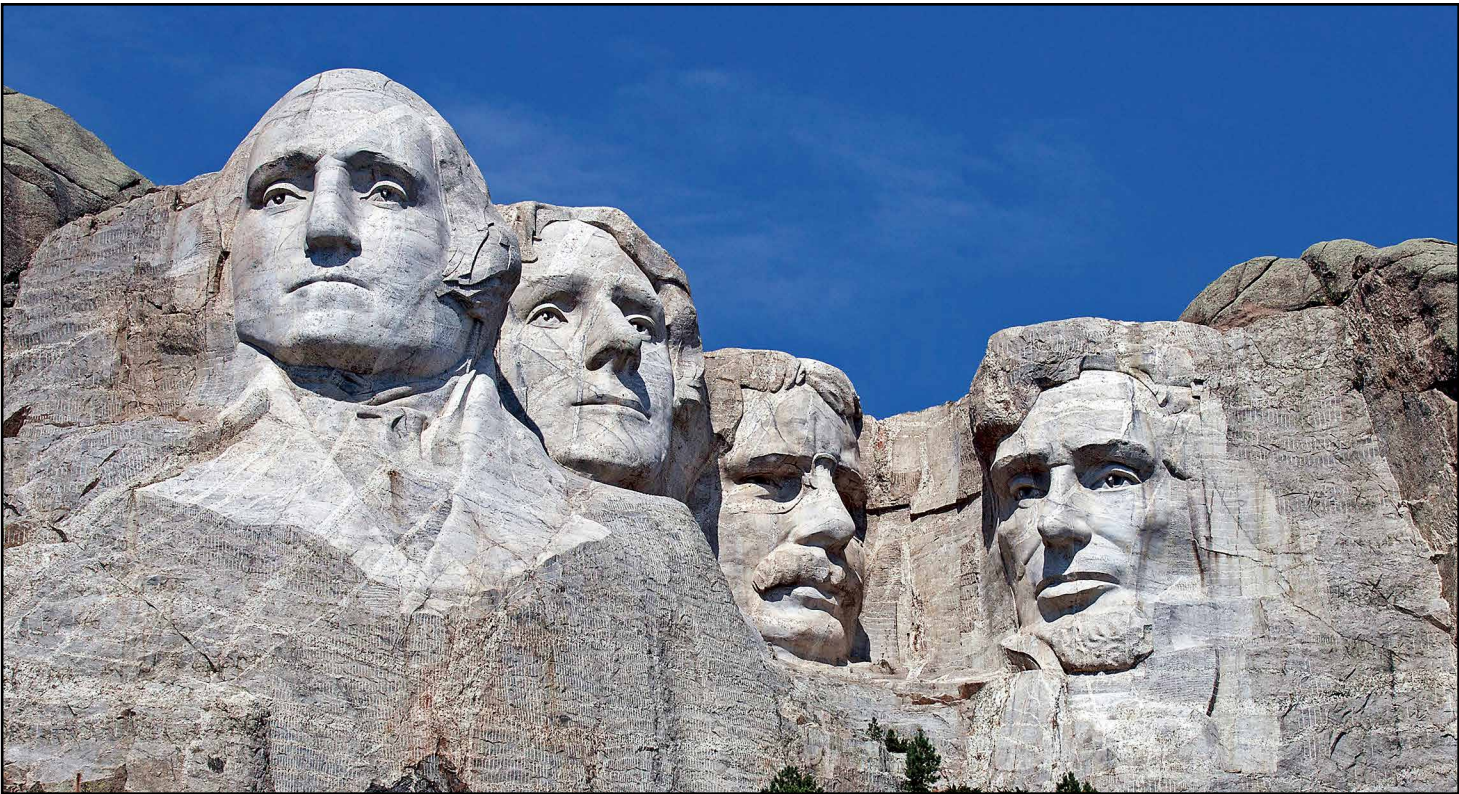
A Monument To Eternal Love

India’s Taj Mahal, one of the most recognizable structures in the world, attracts around four million visitors annually. This beautiful monument of white marble was built by the Mughal Emperor, Shah Jahan, in the memory of his favorite wife Mumtaz.

Construction started in 1632, a year after the death of Mumtaz, and was completed in 1653. Located in the city of Agra, India, the Taj Mahal is known as the symbol of love.

It is estimated that more than 22,000 people worked to build the Taj Mahal, including laborers, painters, stone cutters and artists. The Persian and Mughal architecture design used a special type of marble which reflects the time of day: At dawn the marble glows pink, during the sunny days it is dazzling white, and if there is a full moon the marble reflects moonlight with a golden hue.

The Taj Mahal is the pinnacle of Mughal architecture with two minarets flanking the domed tomb,



South Dakota’s massive Mount Rushmore National Memorial. Image source: Adobe Stock.

and a central pool reflecting the main building. The gardens—an earthly representation of paradise—are divided into quadrants, and twin red sandstone buildings (an east-facing mosque and a west-facing guesthouse) give the mausoleum complex a balanced harmony.

Inside the Taj Mahal, the cenotaphs honoring Mumtaz Mahal and Shah Jahan are enclosed in an eight-sided chamber, ornamented with an inlay of semi-precious stones and a marble lattice screen. These gorgeous monuments are just for show: The real sarcophagi are in a quiet room below, at garden level where the lovers lay side-by-side.

The Taj Mahal was designated as a UNESCO World Heritage Site in 1983 for being “the jewel of Muslim art in India and one of the universally admired masterpieces of the world’s heritage.”



Christ the Redeemer overlooks Rio de Janeiro, Brazil. Image source: Adobe Stock.

A Height To Behold: Brazil’s Christ The Redeemer Statue

Rising 2,310 feet above Rio de Janeiro, Brazil upon Mount Corcovado, the colossal Christ the Redeemer statue is 98 feet tall and is designated one of the New Seven Wonders of the World.

With His arms outspread, the impressive statue of

Christ in the Art Deco style of the 1920s, was a creative collaboration of four individuals working in France: Brazilian engineer Heitor da Silva Costa and French engineer Albert Caquot worked on the structural design, while Roman artist Gheorghe Leonida designed the benign face, and French-Polish sculptor Paul Landowski worked on sculptural detail and clay models.

Once the design was finalized, the components were shipped from France to Brazil to be recreated in reinforced concrete. The statue’s outer shell was comprised of local soapstone to smooth out the concrete. It took almost nine years to complete.

Sacred to millions and captivating to nearly everyone, Christ the Redeemer is an extraordinary work of art, architecture and devotion.

Architectures of Remembrance 9/11 Memorials

Throughout the U.S., memorials and monuments have been erected to commemorate Sept. 11, 2001, the day when terrorists associated with Al Qaeda hijacked four planes—two crashed into the Twin Towers of the World Trade Center, a third plane hit the Pentagon, while the fourth plane’s passengers and crew sacrificed themselves crashing the plane into a field in Shanksville, PA.

Nearly 3,000 people lost their lives during the 9/11 attacks, including occupants in the Twin Towers and Pentagon, rescue workers, firefighters, police and volunteers. Many magnificent memorials have been erected including the 9/11 Memorial & Museum in New York City, and Michael Arad’s “Reflecting Absence” with fields of wildflowers at the Shanksville site.



A local 9/11 Memorial at Fire Station 63 in Palm Beach Gardens, FL. Marty Lee photo.



India’s Taj Mahal is one of the world’s most recognizable monuments. Image source: Adobe Stock.

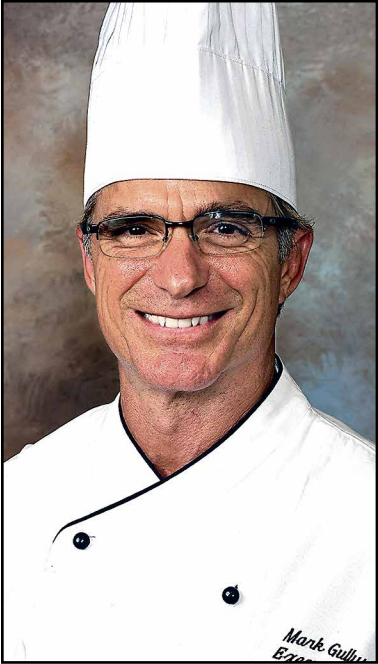
There are some 700 recorded memorials in the U.S. Remnants of the World Trade Center towers—typically steel girders—have been incorporated into many of the memorials. Some 1,100 pieces were made available for that purpose. Local memorials throughout America, are often designed from twisted steel supports from the World Trade Center and surrounded by glass walls etched with the names of the casualties.

“If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate.”

– Sandy Dahl, wife of Flight 93 pilot Jason Dahl

In Good Taste: Appetizers, Wine Pair Perfectly With Start Of Fall

Rob Seitz
Gazette Contributor



John Knox Village
Executive Chef Mark Gullusci

Department at (954) 783-4040 to schedule your COVID-careful tour and receive a complimentary bottle of JKV wine.

End of Summer Bruschetta with Strawberries & Tomatoes (Yields 16 Crostinis)

- 1 cup diced ripe strawberries
- 1 cup diced vine ripe tomatoes
- 1 small minced garlic clove
- 3 tbsp. chiffonade basil (fancy name for thinly sliced)
- 2 tbsp. extra virgin olive oil
- 2 tbsp. balsamic vinegar
- Kosher salt and freshly ground black pepper
- 1 fresh baguette, sliced on an angle ½ inch thick

Method Of Preparation:

In a bowl, combine everything but the bread, season with a pinch of Kosher salt and ground black pepper. Let chill in refrigerator for 20-30 minutes. Brush the slices of bread with olive oil, but don't

The start of fall comes on Sept. 22 and John Knox Village Executive Chef Mark Gullusci has two cool appetizers that pair well with wines for an enjoyable, even if physically distanced, party. A glass of chilled Pinot Grigio complements his olive tapenade recipe and the summer bruschetta with strawberries and tomatoes pairs well with a bold Cabernet Sauvignon. Not surprisingly, Chef Mark recommends a bottle each of the John Knox Village-labeled wines. Call the Marketing



Chef Mark's Bruschetta with Strawberries & Tomatoes is a cool late summer or early fall appetizer.

soak through. Either grill on both sides until golden brown, or broil both sides in oven. Do not toast in toaster with olive oil. Place small amount of the mixture on the bread slices and serve. Goes great with a glass of cold Pinot Grigio.

Olive Tapenade (Yields 16 Crostinis)

- ½ cup greek olives (Kalamata) pitted
- ½ cup queen olives (Spanish green) pitted
- 1 cup black olives, sliced and pitted
- ¼ cup sundried tomatoes
- 2 tbsp. capers
- 1-2 garlic cloves, to taste
- 2 anchovy fillets
- ½ tbsp. fresh chopped basil
- ½ tbsp. fresh chopped thyme leaves
- ½ tbsp. chopped flat leaf parsley (Italian)
- 1 tsp. fresh oregano leaves
- ¾ cup extra virgin olive oil

Method Of Preparation:

Place all ingredients into food processor except olive oil. Pulse until course in texture, remove and place in mixing bowl. Fold in olive oil. Serve with crostinis, crackers or baguette slices. Enjoy with a glass of Cabernet Sauvignon.



Receive a complimentary bottle of JKV-labeled wine, just for touring the Village.

John Knox Village residents enjoy Executive Chef Mark Gullusci's innovative recipes on a daily basis, however you can now see him in action. A video of Chef Mark making both the tapenade and bruschetta recipes can be found on the John Knox Village YouTube channel. Enjoy his cooking demonstration at www.youtube.com/user/JohnKnoxVillage/videos

Book Review

Identical Strangers

By Elyse Schien & Paula Bernstein

Donna DeLeo Bruno
Gazette Contributor

A memoir, "Identical Strangers," is a fascinating story of identical twin girls separated after birth and adopted by two different families, both of whom were unaware that each child had a sibling. It took 30 years for them to find each other and together investigate their shared parentage and the circumstances of their birth.

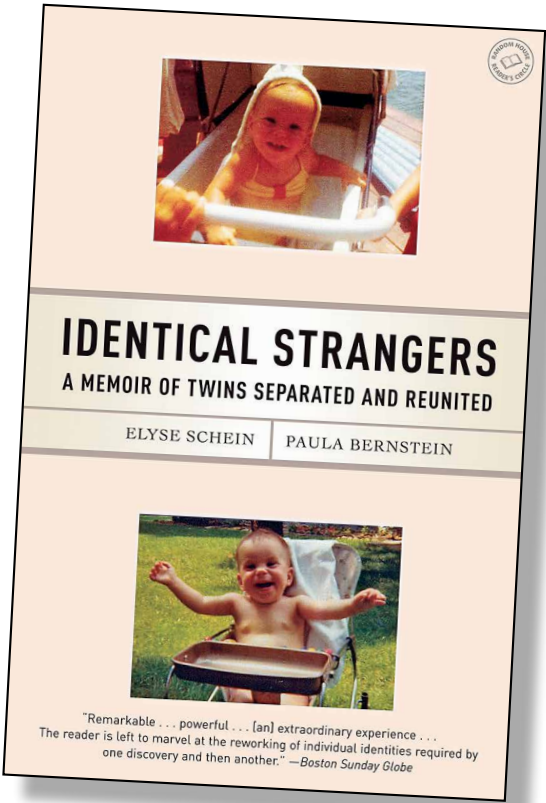
Coming Face To Face

Their first meeting is fraught with ambivalence, excitement and anticipation, tinged with fear and anxiety. As they face each other, they feel "like strangers inhabiting the same body." Gradually they become acquainted and are incredulous to observe shared characteristics: Animated hand movements when speaking, dramatic facial expressions, even the same speech cadence and inflection. In addition, both have chosen careers in film and suffer from depression, as well as migraine headaches. Such similarities are known to be common among identical twins since they share the exact same DNA; essentially, they are clones of each other. Their joint search for answers regarding their biological parents brings them to Louise Wise Services, the once-prestigious Jewish adoption agency in New York City. Although those at Louise Wise are evasive and guarded, the sisters eventually learn through other

sources that they were initially part of a study researching the inheritance of mental illness, since their mother had been schizophrenic. Outraged that they were used as pawns for study and that their adoptive parents never agreed to this, they begin to assiduously search for other sets of twins separated and placed for adoption by this same agency. This book is replete with well-known studies conducted by prominent experts from the '60s to the '80s, who found remarkably similar traits between twins and triplets raised in different locations by different families.

More Identical Strangers

The "Jim Twins" in Ohio, for example, when reunited after 30 plus years, learned that they both drove the same type of Chevrolet; chain-smoked Salem cigarettes; gnawed at their fingernails; had the same IQ's and identical weight; liked stock car racing, woodworking, and football; suffered from high blood pressure; married women named Linda and after divorcing, married women named Betty. Both had sons they named James Allan and served as sheriff's deputies in nearby Ohio counties. They only found each other when a friend of one brother mentioned that there was someone in a nearby county who looked just like him. Another set known as "the Firemen Twins" were Mark Newman and Jerry Levy, both bald, 6'4" brothers reunited at age 31 to find they both enjoyed deep-sea fishing and drinking beer, which they held by placing their pinky finger beneath the bottle. Both had been interested in a career in forestry before taking jobs installing electrical equipment. Both chose to become volunteer firemen, who became captains of their separate squads the same year. Moreover, on an IQ test they scored only two points apart. Another pair, Tony Milasi and Roger Brooks – the first raised in a traditional Catholic home in NY and the second in a Jewish family in Miami – used the same brand of Swedish toothpaste, smoked Lucky Strikes, liked the same music, parted their hair on the left, loved sports, entered separate branches of the



military four days apart for four-year enlistments, were confirmed bachelors and were naturally optimistic, despite Roger's difficult childhood. The list goes on and on. This is one amazing story, factual as it cites well-documented research, as well as emotional as the two sister-authors struggle to gain knowledge about their past and attempt to bond after so many years apart. The reader joins them in expectation as they attempt to piece together the puzzle of their mutual heritage.

Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale. Donna is a member of the John Knox Village Silver Scrubbers group, guiding authors in publishing their books.

We're All In This Together

JKV Residents Recognize The Value Of A Life-Plan Community

Marty Lee
Gazette Contributor

As the guide for Silver Scrivers, the autobiography and book publishing class sponsored by John Knox Village, I have had the opportunity to meet some of our authors, who live outside the Village, in their intracoastal and oceanfront condos. There's no denying the enjoyment of living on the waterfront high above the city's streets during normal times. However, as we have discovered during the COVID-19 crisis, the lifestyle once savored in condominium living, might also become a hindrance to exercising the independence once enjoyed.

I imagine being a senior in my late 70s or 80s living in an upper floor of a high-rise apartment. Perhaps many of my neighbors are spending the summer back in the Northeast. Perhaps I do not know many of my remaining neighbors that well. My children live in different parts of the country, and while we talk on the phone, FaceTime and Zoom, they are not close by to help with shopping, prescriptions and appointments.

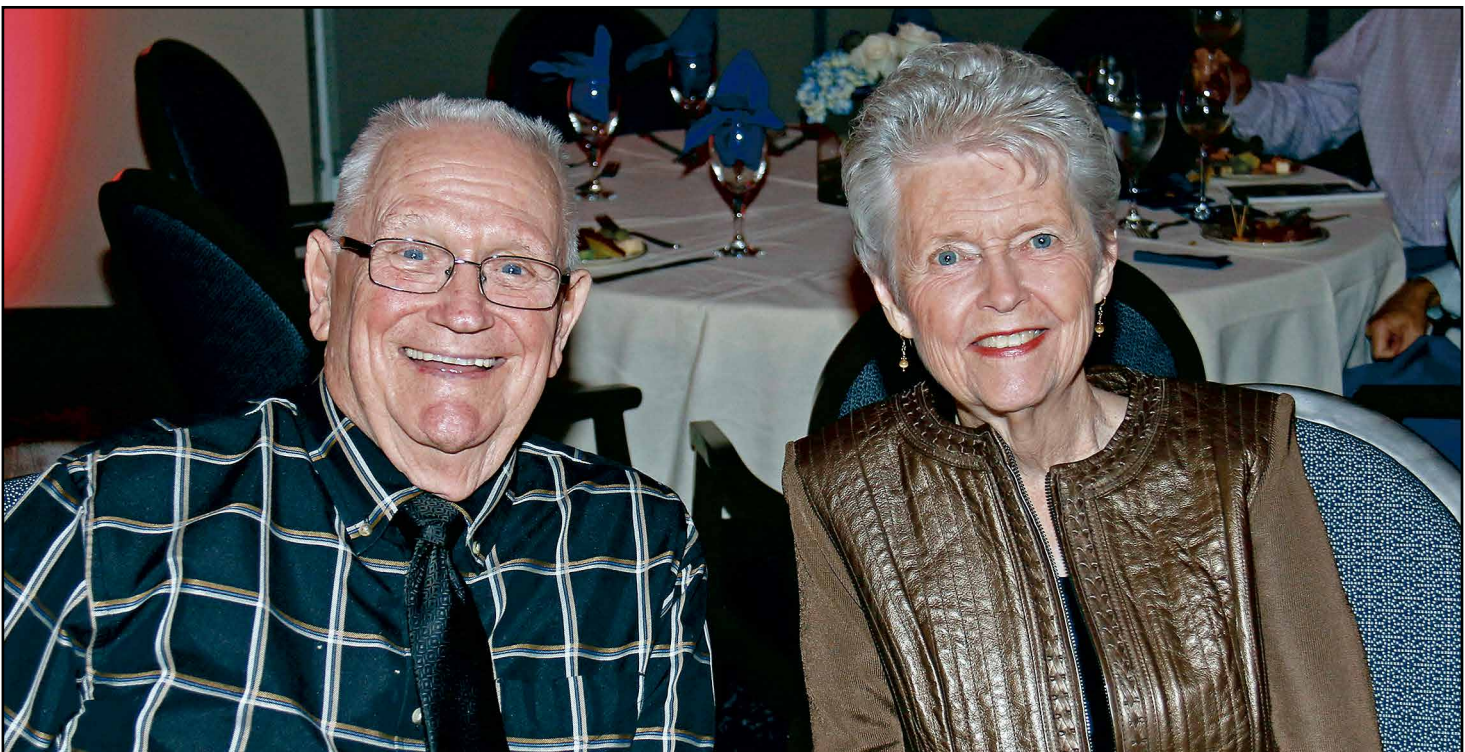
Tom McKay, a John Knox Village resident since 2013, is concerned for acquaintances outside the community. "I worry for some of my friends living outside the Village who are single, on their own and stuck in homes and buildings without much interaction with others," Tom said. "The isolation and struggle to handle food, transportation, medical and shopping needs is daunting. I wish they were here.

Care And Concern 24/7

"I feel so very fortunate to be living at John Knox Village during the pandemic. It has changed all of our lives in significant ways. We have no choice but to



Tom McKay with his dog Winston appreciates the care and concern of the staff at John Knox Village.



JKV residents David and Twylah Haun enjoy the meaningful lifestyle even in the midst of the pandemic.

accept the circumstances and adapt as best we can."

During the pandemic, the staff at JKV has instituted state-wide conference calls with LeadingAge Florida, the not-for-profit senior living industry advocacy group. Their steady hand provides the JKV team with up-to-the-moment news and developments from the Centers for Disease Control and Prevention (CDC), Centers for Medicare and Medicaid (CMS), Agency for Health Care Administration (AHCA), World Health Organization (WHO) and other government agencies.

"We are blessed and fortunate to have a highly qualified staff leadership who are guiding us through this pandemic," Tom said. "They have put in place protocols that keep us secure, healthy and safe.

"We are provided with daily updates, on-campus testing and regular accurate information about what is going on and how to deal with it individually and as a community. We are not left to try to decipher the facts for ourselves.

"One of the most valuable daily services is the delivery of our meals to our front doors. Our dining room staff is amazing. They cook and provide breakfast, lunch and dinner delivered to our doors. We have an extensive weekly menu from which to pick what we want to eat, when we want to eat, and have it delivered."

Keeping Everyone Engaged

One of the key elements of the JKV lifestyle has been the incredible schedule of activities and events developed by the Life Enrichment department. The many concerts, educational programs, happy hours and multi-generational events had to be curtailed due to physical distancing. However, within days the Life Enrichment team had regeared its approach.

David and Twylah Haun are long-time Heritage

Tower residents. They praised how the staff adapted to the new normal of COVID-19 guidelines.

"Our Village leadership has arranged many special activities—both by video and in person," David said. "For example, I signed up to attend four-sessions of video-teaching by two professional magicians sharing the secrets of how they do their magic.

"The staff arranged for separated seating in the Auditorium. Each resident received a bag with printed descriptions and instructions on how we could perform the magic, and items, such as a deck of cards to use in practicing some of the tricks."

David also praised the Independence Day celebration with three performances and physically distanced seating, so everyone could safely enjoy the show following proper guidelines. He also mentioned the various "Good Humor" ice cream deliveries, recorded music with outside dance-alongs through Village neighborhoods and the "Therapy Dog Parade" that is featured on the front page of *The Gazette*.

David said the pandemic has changed their lifestyle. "However, each change occurred in a positive and almost always enjoyable way assuring us the best protection while we wait for life to return to normal.

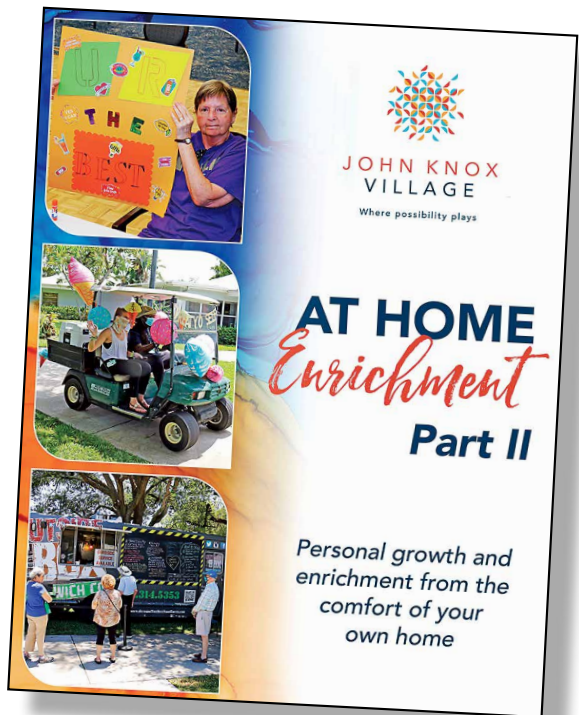
"I am happy we live here. Once again, John Knox assures meaningful lifestyles."

Learn how JKV is providing care to its residents during this pandemic. Call the Marketing Department at (954) 783-4040 for more information.

web JohnKnoxVillage.com
f t y JohnKnoxVillage

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

Guide To Education And Entertainment At Home



When you live at John Knox Village you are never alone. The Life Enrichment and Marketing teams will help get you through the health care crisis with a full range of educational, spiritual and entertainment opportunities, which you can enjoy from the comfort of your own home.

At Home Enrichment

The teams have prepared two brochures which are informative guides to knowledge and discovery. The brochures provide a gateway to art instruction, virtual museum tours, National Park tours and much more. Among the many topics covered in these illustrated brochures are ways to:

- Learn some new art techniques
- Challenge your brain with carefully cultivated online games
- Enjoy virtual tours of museums and parks
 - Watch some great movies
 - Enjoy musical performances
- Learn from college professor lectures at top-tier universities
- Get tech-smart with how-to videos created by JKV professionals

Since many of the programs presented depend upon digital technology, JKV provides assistance on "anything and everything" to get residents up and running on the internet. JKV Technology Coordinator Nicholas Sconiers and his team of digital gurus have assisted countless residents with Instacart, Zoom and FaceTime.

The "At Home Enrichment" brochure has given precise information for residents on connecting to Village websites: JKVConnect, JohnKnoxVillage.com and the JKV YouTube channel to stay in the constant information flow from administration, all departments and fellow residents.

Take Virtual Tours Of Museums And National Parks

Even if you do not live at JKV, you can follow the guide for information on how to take virtual tours of great art museums. Visit the NSU Art Museum with its current exhibitions

"Happy!" and "I Paint My Reality: Surrealism in Latin America;" The British Museum, London; Van Gogh Museum, Amsterdam; and Uffizi Gallery, Florence.

Visit our country's great National Parks: Kenai Fjords, Alaska; Carlsbad Caverns, New Mexico; Bryce Canyon, Utah; and Dry Tortugas, FL.

Call JKV Marketing at (954) 783-4040, if you would like a copy of the "At Home Enrichment" brochure.

Sudoku

Answers On Page 10.

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

	6	4						5
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Culture
Credibility
Confidence

"We just love living in our Lakeside Villa. In addition to all that JKV has to offer, we also have the peace of mind that our health care needs are taken care of."

- Diane and Bob Barton,
JKV residents for 12 years



651 SW 6th Street
Pompano Beach, FL 33060

web JKVgrows.com
f t y JohnKnoxVillage



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Lilac

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Sauerkraut, Mozart And A Good Night's Sleep

It Sure Looks Like The Pandemic Is Here To Stay

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

The vaccine might save us – when it comes and if it works. Meanwhile, there are masks, soap and distancing. But there is so much more we can do to lower our risk of getting sick with COVID-19. Whether we develop symptoms, get sick or worse, depends on how much virus we get exposed to and how it interacts with our bodies. While we can't get any younger, or change sexes overnight, we can change almost all the other major-risk factors.

At least 70 percent of the chronic diseases that put us at higher risk for COVID-19 are preventable, and often even reversible, with a few healthy habits.

So, What Are We Waiting For?

We tend to blame our genes for everything. Our lifestyles trump over genes a vast majority of the time. You can silence those pesky genes with a healthy diet, exercise, adequate sleep, stress-reduction, happiness and love. And it does not have to take that long. What you had for breakfast is already working on your genes an hour later. I hope you know better than to eat a glazed donut. Spikes of blood sugar suppress your immune system for hours, and if the next meal spikes your blood sugar again you might as well

invite COVID-19 to your dinner. Eating a piece of salmon with greens on the side is a different story. The nutrients that you eat give your immune system the ammunition to fight. Zinc, Vitamin C, D, E, A, protein, colorful polyphenols, healthy fats and fiber – that is how the battle gets won.

Improve Your Diet

Some 40 percent of seniors are low on zinc and other essential nutrients. Do not let it be you. Make sure half of your plate is covered with colorful vegetables sprinkled with nuts and seeds; a quarter with protein (fish at least a couple times per week) and the rest with a healthy starch like a sweet potato – packed with nutrients and fiber. What we eat supports our immune systems directly, as well as indirectly, through the friendly bacteria in our guts. If they are in a good shape, then more likely so are our immune systems. My German teacher survived two world wars and the deadly 1918 flu pandemic thanks to a barrel of sauerkraut – it has a lot of Vitamin C and probiotics, as well as fiber to feed the gut microbiome. We are less likely to get sick if we maintain optimal weight. Exercise 30 to 60 minutes a day, get your 7½ to 8 hours of sleep and know how to minimize stress. Poor sleep does not just make us more vulnerable to infection, but it also makes us less likely to benefit from a vaccine.

Rock Out To Your Favorite Music

Fear, frustration and social isolation also make us more vulnerable. We need to stay connected (even when physically distanced) and cultivate love, appreciation and gratitude. Positive emotions help our immune systems work better. As it turns out, few things relax us faster than our favorite music. Listening to music, drumming, even singing, boost the natural killer cells capable of destroying cells infected with virus and put our nervous systems on a healing autopilot.



The renowned baritone, Dr. Richard Todd Payne singing in concert at John Knox Village this past February.

So, here is my recipe for this pandemic: A little bit of sauerkraut, more Mozart and always a good night's sleep.

Dr. Tereza Hubkova is former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS. Dr. Hubkova is a regular contributor to The Gazette.

Grandparents Day: 2020 Style

Anne Goldberg
Gazette Contributor

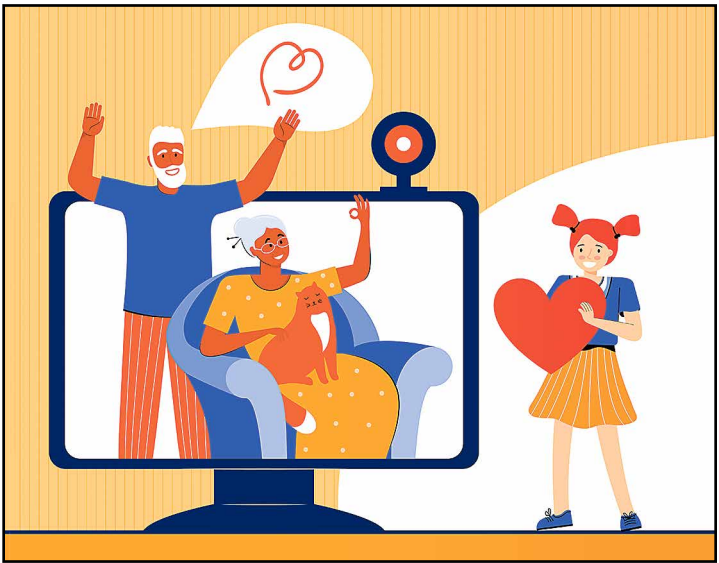


Anne Goldberg
The Savvy Senior

I remember visiting my grandmother almost every week when I was a kid. Growing up, she was always a big part of life. My only grandmother lived with my aunt and her young son. As the years went by, my aunt remarried, my cousin grew up and my grandmother lived in the basement of the house of another aunt. Grandma enjoyed living there as she could go upstairs any time to be with her family and she also had privacy and the freedom to be alone, which she enjoyed. She also enjoyed taking the bus to Coney Island to play

pinochle with a group of men in a little-known indoor dining room behind Nathan's. I have fond memories of her baby-sitting for my brother and me and of her standing by the stove, whistling or singing, usually some nonsensical song she'd made up. We celebrated all the holidays with grandma until she passed in 1968. Fast forward 52 years and I'm a grandma to three grand girls – six, two and 10 months. Will I see them on Sept. 13, Grandparents Day? I doubt it because, if you haven't noticed, we're in a pandemic of epic proportions and everything is different. This

year the greatest show of love on the part of our families is to stay away. 'I love you, so I won't come near you.' Oh, this new normal can be so annoying. Change The Way You Think What to do if you are feeling particularly sad about being apart from your family? Well, I say you need an attitude adjustment. Yep. You can't change the pandemic, nor can you change the fact that family get-togethers and celebrations are risky. What you can change in the face of this though, is how you think about it. I always believe the best way to address an issue is to take action. The action to take here is to adjust your thinking. Take time to think about the things in your life for which you are grateful. Really dig into it. Relive those moments that gave you great joy. Feel how you felt at the time. You will be surprised in the shift of your mood and emotions with this simple strategy. A gratitude practice is enormously healing. Once your attitude has adjusted, get busy doing something you enjoy. Video Chat To Stay In Touch An action step to help make this a meaningful day that connects you to your offspring's offspring is to video chat. These are phone calls with video and they make distance seem inconsequential. If you have an iPhone, make a call like normal. While the phone is ringing, tap on the circle that says FaceTime. The call will automatically become both audio and video. (Note: Make sure your hair looks good as you'll be on camera.) If you have an Android, it's the same process, except you tap the circle that says Video Call to video



chat with another Android. iPhones and Androids need a third-party app like Google Duo to video chat. Video chat with your grandkids and not just on Grandparents Day, but on a regular basis. In these times of physical distancing, video chatting is the next best thing to being there. Be a Savvy Senior and take control of your thinking. Look for the good and connect with those you love. Happy Grandparents Day. Anne Goldberg, The Savvy Senior, has a mission to help seniors know they are old enough to have a past and young enough to have a future. Her vision is to create an army of senior volunteers bringing their wisdom and experience back to the community. She helps seniors live into their future with vitality by teaching them how to use computers, with conferences and workshops on "The Art of Living Longer," with decluttering & organizing, and with "Tell Your Story Videos," preserving the stories and wisdom of your life for future generations. Visit: www.SavvySeniorServices.com

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Crossword Puzzle Of The Month

ACROSS

- Greek letter
- Eastern bishop's title
- Indian music
- Handle
- City on the Rhine
- Stench
- Camel hair cloth
- Trave
- Olive color
- Ger. dive bomber
- Witless chatter
- Boy's author
- Elide (2 words)
- Killer whale
- Buddhist column
- Nape
- Atl. Coast Conference (abbr.)
- Anatomy (abbr.)
- Channel islands
- Bless: Yidd.
- Central nervous system (abbr.)
- Enamel (Fr.)
- Abstract being
- Lamia (2 words)
- Brown
- Card
- Norse epic
- Vanity
- Circular motion
- Thoroughfare
- Cut

DOWN

- Interpret
- Jap. pit viper
- Monkey
- Amer. Kennel Club (abbr.)
- Round Table knight
- Stigma
- Korean apricot
- Tropical fish
- "Fables in Slang" author
- Port. colony in India
- Limb
- Jamaican dance music
- Lug
- Kidney bean
- Culm (2 words)
- Lo (Lat.)
- Blue
- Thick slice
- Bowling alley
- Geode
- Medieval shield
- Fluidity unit
- Amer. Red Cross (abbr.)
- Sleeping sickness fly
- Compass direction
- Her Majesty's Ship (abbr.)
- Mime
- Iodine (pref.)
- Wife of Tyndareus
- Farinaceous food
- Enough (Scot.)
- Cask
- Noun-forming (suf.)
- Aura
- Angry

Answers On Page 10.

Connecting With Family As Easy As Z-O-O-M

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

for JKVConnect or any meeting you host. Need help with your computer, Apple iPhone/iPad? All these device screens can be shared for someone to help you as well as file sharing.

Getting Started With Zoom

Let us start at the beginning. Usually, I get a panicked phone call from someone who needs to join a Zoom call. It’s then, that they find out they don’t have a camera or microphone on the computer or worse, the internet is not working that day.

Don’t worry. All you need is a standard telephone to join a Zoom call. Pick up your phone in the kitchen and dial into the conference call.

The person hosting can give you a local or long-distance phone number to call. Press the touch-tone buttons on the phone for the meeting identification number and the password and you are connected.

Although you will not see the others or be seen, you can participate in the audio portion and even use your speakerphone to listen comfortably. Later, when you have time on your hands, you can solve your issue about connecting with a computer.

Do you have a smartphone or tablet? Simply open the application store and download Zoom. No need to

With no end in sight for COVID-19, we need safe physical distancing that includes interactions with people. This often means continued education and group participation. Whether bridge, prayer groups, book clubs, yoga or exercise, people are turning to video calls to help with isolation.

Zoom has become the default video meeting platform, thanks to its ease of use and no cost for one-on-one conversations.

Zoom can videotape your meetings so you can build a training library, as John Knox Village does

create an account, just click to “Join a Call.” Enter the meeting number, the password, and you are participating in the call. Turn up the volume on your device; rotate the phone into landscape mode for a larger view.

Because of the shortage of web cameras during the pandemic, it might be less expensive if you plan to participate in many Zoom video calls to buy an inexpensive tablet. Amazon sells the Fire HD 8-inch tablet for \$89 that includes a camera and microphone. This can be less expensive than the current going rate of \$140 for web cameras online.

To use advanced features, do use a computer that has a camera with a built-in microphone and working loudspeakers.

Most modern laptops and many “all-in-one computers” have the camera installed at the top of the screen with the microphone. On the computer open your browser and go to www.zoom.us. In the upper right corner, you can join a meeting or sign up for free. Follow the instructions because Zoom needs to be installed on the computer to work.

Now That You Have Installed Zoom

After installation, click the “Zoom” icon on your desktop when you get an invitation and click “Join.” If you are the host, your software has a button at the bottom marked “Meetings;” this will list all your calls that you can simply click on and start.

Select “Join with Computer Audio” or you can click on the box in the upper left that says, “Joining with a Phone Call” and dial in with a regular telephone.

Pay attention to the buttons marked “Start Video” and “Start Audio” in the lower left. A red line through them means you have not activated them.

Click the red button called “Leave a Meeting” in the lower right when you are done. It only shows up if you jiggle the mouse.

Use the “Mute” button if there is noise in your surroundings, or if you don’t want that to be heard on the call. “Unmute” only when you want to talk.

Need help with your Mac/Windows or Apple product? Click on “Share” and select the correct box. Share your screens with a family or trusted friend. (Be careful, only give remote control to someone you trust.) This will not work if the host at the bottom of his or



Zoom has become essential for many during the pandemic. Image source: Zoom Video Communications, Inc.

her computer screen has not clicked on “Security” and put a checkmark in “Share Screen.” You can also share files with each other.

A host can record the meeting. Every participant can request permission to make a videotape copy stored on their computer for a permanent record. They have to verbally ask the host for the rights to do so.

Be forewarned, anyone who has a copy of this meeting can share it on the internet. There is no privacy. It’s great for keeping records of board meetings, building a library of instructional videos, but bad if you are discussing private confidential information.

Videos of something you want to show are no problem on Zoom. Click “Share Screen,” at the top select “Advanced.” In the lower left of the white page put a checkmark in “Optimize Screen for Sharing for Video Clip.”

Zoom is more than just a video phone call. It can document events and get you help. For more information on Zoom, go to YouTube.com and search for Zoom tutorials.

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, smartphones 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.

The World’s Favorite Videoconferencing Technology Is Zooming



Many of us Zoom to stay in touch with friends, family and business associates.

Marty Lee
Gazette Contributor

It is amazing how we have changed our lives and lifestyles since March as COVID-19 caused a virtual shutdown. Services that are integral to our lives today, were relatively unknown at the beginning of 2020. Think back one year ago, how many of us used Instacart for our grocery shopping needs? Did you have your Starbucks app, so you could order and “pick-up” your cafe latte via the drive-thru? Did you use Grubhub, Uber Eats or DoorDash to deliver meals from your favorite restaurants? I bet for most of us, the answer to all these questions is most probably no.

As we adapted to physical distancing and maintaining a shelter-in-place posture for months, “Necessity has been the mother of invention.”

The thing with all the apps mentioned above is they all involve the exchange of money for goods and services. One technological bit that has definitely been a communications lifesaver for many, if not most of us, is Zoom.

you have probably used Zoom for a family visit at some time since March.

So how did Zoom come to be? What is its history? How has it changed our lives?

The Short History Of Zoom

The website for Zoom, www.zoom.us, gives this overview of the company: “Zoom Video Communications, Inc. (NASDAQ: ZM) brings teams together to get more done in a frictionless video environment. Our easy, reliable, and innovative video-first unified communications platform provides video meetings, voice, webinars, and chat across desktops, phones, mobile devices, and conference room systems. Zoom helps enterprises create elevated experiences with leading business app integrations and developer tools to create customized workflows.”

Simply put, use Zoom to videoconference with business associates or with friends and family. Everyone in the “meeting” can see each other on the computer/tablet/iPhone/iPad screen and can hear each other speak.

Zooms During Its IPO Last Year

Eric Yuan, a former Cisco Webex engineer and executive, founded Zoom in 2011, and launched its software in 2013. Wikipedia writes, “Zoom’s aggressive revenue growth, and perceived ease-of-use and reliability of its software, resulted in a \$1 billion valuation in 2017. The company first became profitable in 2019 and completed an initial public offering that year. The company joined the NASDAQ-100 stock index on April 30, 2020.” According to CNBC, “Zoom priced its IPO at \$36 per share, above of its already-increased range. That values the business at \$9.2 billion.” In the early days of trading on the open market, Zoom was up to about \$62 per share.

Zoom had achieved a true following among business executives and became extremely popular for videoconference meetings, including for many residents at John Knox Village. But in March 2020, as the COVID-19 pandemic spread across the world, more businesses, governments, media and individuals – family and friends, were looking for a simple way to connect via the internet. With its no-cost entry level experience, and small learning curve, it was only a matter of weeks before Zoom became the global de facto method for interpersonal communications.

As of the writing of this article, Zoom’s stock price settled in above \$275 per share. With more than 182M shares outstanding, the company headquartered in San Jose, CA, is now valued at approximately \$50B.

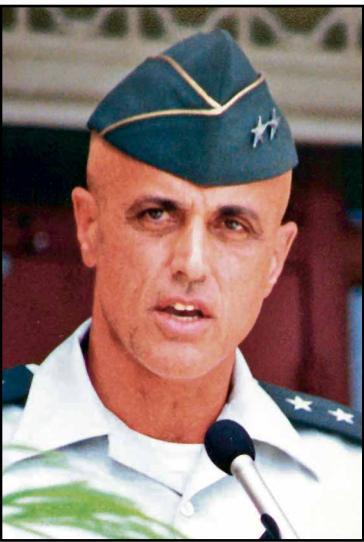


Zoom founder, Eric Yuan. Image source: Zoom Video Communications, Inc.

Why Don't We Learn?

If You Want A Friend In Washington, Get A Dog

Burn Loeffke
Gazette Contributor



Burn Loeffke

The other day, while walking with my friend Marley, a neighbor stopped me to ask a question. When I started answering, Marley raised his head to me with a look that said: “Hope the answer doesn’t take long.”

Marley is my best friend. He is my dog – always happy to be with me but he does get impatient

when basic needs are delayed. When I served in Washington D.C., I realized that if I wanted a loyal friend in the city, I needed to get a dog.

The Importance Of Education

In normal times, September is usually “back-to-school” month. COVID-19 has disrupted our lives and the way we are used to teaching. Education needs to continue no matter the costs or inconveniences. Robert Orben, the renowned American humor writer, is attributed as the first to say, “If you think education is expensive, try ignorance.”

When I served in Russia, I remember a poster

of a man who was blindfolded and about to step off a cliff. The caption on the poster read: “Ignorance is like blindness. Difficulties will follow you everywhere.”

Let History Guide You

Back to the question. Why don’t we learn? Those who don’t learn from history are destined to repeat it.

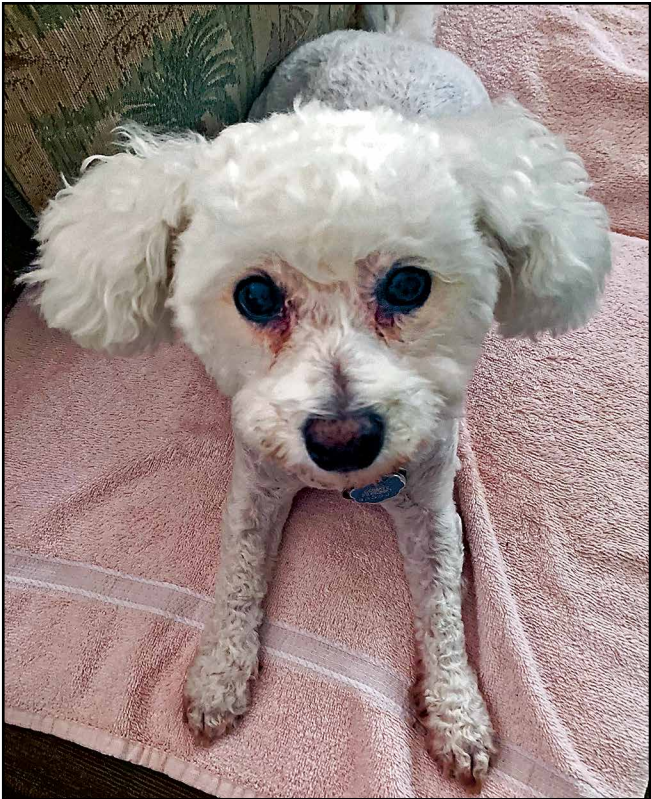
In 1954, the Secretary of State, John Foster Dulles, issued the “no shaking hand order,” and U.S. diplomats were also to show an unfriendly stance towards Chinese diplomats. During those 18 years, we fought Chinese in Korea and Vietnam. We don’t seem to learn that when we stop talking people start dying.

In 1972, President Richard Nixon went to China and shook hands with Chinese officials. This ended confrontation and started many years of cooperation. Today we seem to be going back to the period of confrontation. We need to seek peace.

The Chinese have an ideogram for friendship that is derived from the concept of peace. The ideogram was initially two hands going in the same direction (see illustration below). I call this evolution the 4 Cs of friendship. First is communication, second is coordination, third cooperation. The final outcome is contribution. We have used the 4 Cs while working together through medicine.

Follow The Golden Rule

Yes, September is generally the month when we go back to school to study history, science and hopefully ethics. We need to learn psychology and ethical behavior so that we can coexist instead of going down a road where humanity



Burn Loeffke's best friend, Marley.

will cease to exist. This borrowed philosophy from the Ten Commandments, has worked for me: “Do unto others, as you would have others do unto you.” And get a Marley to be your friend.

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. 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.



This Therapist Oinks For Belly Rubs



Patches, the therapy Juliana pig. Photo compliments of Canine Assisted Therapy, Inc.

Do not confuse Patches with a typical farm-raised hog: Females can grow to 700 pounds, while a male can top 1,000 pounds. Patches is a Juliana pig, a breed that has been miniaturized through selective breeding. Although smaller in size, Patches still weighs in at 70 pounds.

In Praise Of Patches

Courtney Trzcinski, Executive Director/CEO of C.A.T. praises the therapy work of Patches and Tiffany Aaron, the volunteer who raised him.

“Patches is four years old,” Courtney said. “He began his therapy pig work in 2018. Patches passed the evaluation and was certified as our first pig. The owner, Tiffany Aaron has a three-legged Greyhound who was already a member of C.A.T.”

Tiffany said that Patches’ calm demeanor and easy disposition along with his many oinks were an immediate crowd pleaser.

“His first therapy job was at Marjory Stoneman Douglas High School,” Tiffany said. “He was a much-needed distraction from their everyday pain of losing their friends and colleagues. He works hard for Cheerios and belly rubs. Whenever he goes to an

event, people, young and old, love to get a picture with him or pet him, because most say they’ve never touched a real pig before, or laugh each time he lets out an oink.”

Cleaner Than Cats Or Dogs

Contrary to many misconceptions, pigs are actually very clean animals. According to a story on www.nbcnews.com, pigs “are perhaps the smartest, cleanest domestic animals known – more so than cats and dogs. But pigs don’t have sweat glands, so they roll around in the mud to stay cool.”

Tiffany said that Patches is a valued member of his human and canine family. “He lives in the house with our three dogs, and has his own dog bed, but prefers to sleep on the couch.”

Just like our favorite pets, Patches is well-trained. “He stands at the door and oinks when he has to use the bathroom. He does not like going outside in very cold weather or rainy days, but instead uses the litter box on those days.”

Our greatest thanks to Patches and the many volunteers and therapists at Canine Assisted Therapy, Inc.

Marty Lee
Gazette Contributor

The front page in this month’s *Gazette*, follows the work of Canine Assisted Therapy, Inc.

(C.A.T.). Some 119 dogs assist in therapy work as part of the organization’s mission. There is one more therapist of unusual note: Patches the Juliana pig.

The thought of a therapy pig will most probably surprise you, however as Meghann Cant, Manager of Companion Animal Welfare Science and Policy for the BC (British Columbia, Canada) SPCA, says. “There is no denying how cute they are. Pigs are intelligent, curious and affectionate animals.”

Highly Intelligent Animals

In rankings of the most intelligent animals on earth, the pig ranks in the top 10, behind chimpanzees, elephants, gorillas and dolphins, but often ahead of dogs.

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

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

RHO		ABBA		RAGA
EAR		KOLN		ODOR
ABA		CROSS		BEAM
DUNE		STUKA		
	GAB			ALGER
SLUROVER				ORCA
LAT		NUCHA		ACC
ANAT		GUERNSEY		
BENSH			CNS	
	EMAIL		ESSE	
KEATS	SPOEM			TAN
ERIS	EDDA			EGO
GYRE	ROAD			MOW

Grandparents Day Provides Bragging Rights

Near Or Far, JKV Residents Keep In Touch With Children And Grandchildren

Marty Lee
Gazette Contributor

Grandparents Day is Sunday Sept. 13, and this year that day will definitely be celebrated in a much different way. While the purpose of the day is to honor grannies and grandpas by their adoring grandchildren, often it becomes the opportunity for grandparents to brag about their incredibly wonderful, intelligent, and loving grandkids.

At John Knox Village, there is no shortage of grandparents. All you have to do is ask to get the scoop on “the kids.” This year however, it will be different – much different.

Grandma Karen And Grandpa Pete

Karen and Pete Audet have been very active residents at John Knox Village. Currently Pete is the President of the Resident Senate, and Karen is involved in many volunteer opportunities throughout the Village. Until this March, their granddaughters Arianna and Jordyn were such frequent visitors to JKV, that they would often be seen dining with their grandparents in the Palm Bistro or Lakeside Dining Room, and participating in many of the events and activities across the campus.

Arianna and Jordyn are cousins. Arianna is the daughter of the Audets’ son Luke, while Jordyn is the daughter of Luke’s twin Chris. The sons are twins who not only look alike, but share their love of baseball, card collecting and watching sports on TV.

Pete describes the interactions of his sons with their daughters. “Chris and his daughter Jordyn, 13, both love to read. Arianna is 11 and Luke loves to spend time with her camping and watching scary movies.”

Karen and Pete are fortunate that their family lives close. Chris and Jordyn live in Deerfield Beach. Arianna lives with her mother in Margate.

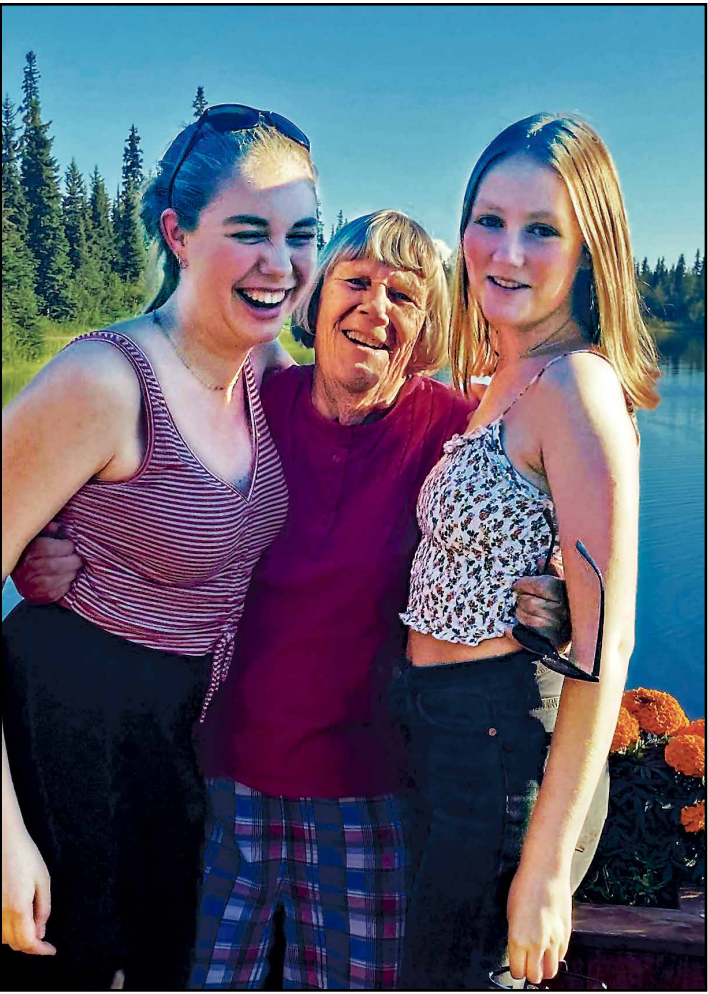
Of course, things have been different during these past months. “Seeing the boys and granddaughters is more challenging since the onset of COVID-19,” Pete said. “Except for Karen’s birthday on July 15, the boys have decided that it is best that they not come and see us. We’ve had to settle for telephone calls – a poor substitute for in-person hugs and kisses.”



JKV resident Karen Audet with granddaughters Arianna (left) and Jordyn in a 2018 “Grand Days” photo.

Jan Spalding Visits Alaska

While the Audets enjoy living close to their sons and granddaughters, JKV Lakeside Villa resident Jan Spalding has a similar proximity situation, and another



JKV resident Jan Spalding in Alaska this summer spending quality time with granddaughters Nina (left) and Skye.

that is about as far as a grandparent can get. Jan is a grandmother of four. Her son Mark, a United Airlines pilot, and wife Ann, a lawyer, live in Sea Ranch Lakes, FL with two boys: Chad age 14 and Blake, 11. That’s the close proximity situation. But, daughter Bethany Harbison, an Appellate Court Judge, lives in Fairbanks, AK with two girls: Nina age 18 and Skye, 16.

“I saw the Florida boys a lot before COVID-19,” Jan told *The Gazette*. “Going to games and concerts, picking them up from school, family dinners, either at JKV or their house, and having them for the night when their parents wanted a date night. Since COVID, I saw them much less, always outside, no hugs but still dinners by their pool.

“In June, I came to Fairbanks to see my Alaska family and after a couple of negative tests, I have merged into their family. Since there is much more space and fewer people, the virus is not as bad in Alaska as it is in Florida. I think I will stay here a while longer.”

Whether Jan is in Alaska visiting with her family there, or back home at JKV visiting with the local family, she keeps in touch through phone calls, texts and group texts shared by everyone.

“One of the grandkids sometimes sets up a Zoom meeting for us,” Jan said. “I got acquainted with Zoom at JKV through various meetings and get-togethers, while at the same time, the kids were Zooming for school.”

Carol And The Grandkids

JKV resident Carol Redd has three children – the eldest, Judy a dermatologist, lives in Parkland. She has two grown children, Will and Anne, and an adopted daughter, Ellie. The grandkids are all in their 20’s and working, living in Boston, Palo Alto and Chicago. Daughter Beth is an otolaryngologist in Cooperstown, NY, married with two children. The oldest, Theo, just

turned 21 and is a student at the University of Maryland Honors College studying computational biology. Audrey is a senior at Stanford Online High School.

“My youngest, Jay, lives in Lighthouse Point, FL with his wife Julie and two children,” Carol said. “James is 10 and Mariel is six.”

Carol and her partner Pete [who “adopted” the youngest grandchildren] said, “I get to see the two youngest ones every few weeks or month. Lately with the virus, I do FaceTime quite a bit. Sometimes I go to their home and visit outside.”

Just like many of us grandparents, Carol has utilized technology to keep in touch. “Zoom is new to me with the pandemic. I do like it and we have had a couple of family get-togethers. I would like to do it more. I have also done FaceTime. It is helpful, especially with the younger ones.”

While Carol’s eldest children and grandchildren live a distance away, she valued the time she could spend pre-COVID-19 with her youngest who lives locally. “I loved having James and Mariel over to JKV for a few hours on my own. We’d go for walks and be silly. I had them over to bake little cookie pies and just be with me. It is so much better than being with them when their parents are around. I crave the personal interaction with just the children.”

Take The Time To Communicate

All grandparents are in the same predicament – longing for the closeness of the grandkids but understanding the need to remain physically distanced. So, like grandparents all across the U.S., we’ll continue FaceTiming and Zooming to keep in touch with grandkids.

Here is a suggestion for Grandparents Day that is a return to the past – an intimate expression of affection that was the norm in previous generations but has been lost in today’s technology. Why not sit down with pen, paper, envelope and stamp, write a long personal letter to your children and grandchildren and share your feelings with them? This may be the start of a beautiful “new” tradition. Those letters will become treasures that will be read and reread for years to come.

Happy Grandparents Day.



In a photo from the 2018 “Grand Days,” Carol Redd (center) with grandson James, now 10 and granddaughter Mariel, now 6.

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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.

Embrace Wisdom Of An Elder, Possibilities Of A Newborn

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

As we approach fall, consider your beliefs about the “autumn” of life.

In America, we do little to honor longevity with social rituals. The unspoken (and sometimes spoken) attitude is that the loss of youth is a bad thing. What’s there to celebrate about getting wrinkles, gray hair, frail bones, and memory problems?

The culture that devalues aging as a loss of youth is fertile ground for creating brain disorders as a self-fulfilling prophecy. It’s time we pay more attention to the good news about aging: Our brains are built to get better with age as they record our life story for a golden harvest of shared wisdom.

Wisdom Is The Upside Of Aging

Wisdom is what makes us socially useful beyond age 60, and keeps our brains growing too. Our wisdom flows from our memories of life experience, guiding us to balance the conflicting needs of “me” and “we.”

Wisdom is the quality of having experience, applying knowledge, and using good judgment for the common good, be it a relationship, family or society. Wisdom prefers stories to lectures, empathy to apathy, humor to sarcasm, hope to despair, practice to theory, and collaboration to self-promotion. Knowledge tries to predict the future. Wisdom tries to protect the next generation.

In the U.S., increasing numbers of people are living longer and finding new ways to share wisdom and be of service to others. Perhaps you know some of them, or are even one of them. But all too often, longevity and wisdom receive little acclaim in America.

By contrast, Japan’s cultural attitude about aging is an affirmation of wisdom rather than disdain for the loss of youth. Japanese elders are honored with longev-

ity celebrations on certain birthdays: With nine special birthday celebrations between ages 60 and 100.

The Japanese give the 60th birthday particular attention as the beginning of a person’s second childhood. Known as kanreki, a return to calendar, this birthday marks a turning point: The end of one full 60-year Asian zodiac cycle and the beginning of a second 60-year cycle. On the kanreki birthday, the individual is born again, with the wisdom of an elder and the possibilities of a newborn baby. A celebration with special food and clothes defines this social ritual.

Perhaps this cultural appreciation of longevity contributes to Japan’s success in building SuperAgers: People who live long and well after age 80. Japan has one of the highest life expectancy rates and one of the lowest rates of Alzheimer’s in the world. On the other hand, the U.S. ranks 35th in the world for life expectancy (United Nations Human Development Report, 2019), and has a relatively high rate of Alzheimer’s.

New Ways To Celebrate Longevity

Since this is such a game-changing year, let’s change how we recognize longevity. Valuing longevity with special celebrations will help us all to be proud of our age and find new ways to share our wisdom.

We have the perfect opportunity to get started this month. In 1978, National Grandparents Day was instituted as a holiday observed on the first Sunday after Labor Day, which is Sept. 13 this year. The holiday honors grandparents, so that children become aware of the strength, information, and guidance older people can offer. An autumn date was chosen to recognize that grandparents are in the autumn of their lives.

If you are not an official grandparent, don’t worry, you are still a “grandparent.” The Japanese link their celebrations to achieving certain ages, rather than your family role, acknowledging that elders are needed by the village, as well as the family. Many families do not have any living grandparents, so they need to get their elder wisdom from someone else.

Use Wisdom To Celebrate Longevity

Someday, we will be able to celebrate Grandparents Day, or Longevity Day, with a large gathering or party. In the meantime, use your wisdom to think of some ways you can celebrate in a small group or



Celebrate the greatness of longevity and pass wisdom to the generations.

- at a distance. The following are some ideas to get you started.
- **Contact younger friends, family, or staff and let them know why they matter to you.**
 - **Share some family stories or albums with loved ones.**
 - **Write down some memories of your own grandparents, and what you learned from them**
 - **Send a thank-you card or gift to someone who has shared wisdom with you.**
 - **Exchange views about the benefits of longevity with a circle of friends.**
 - **Make a list of your five most important life lessons and find ways to share them.**
 - **Make a list of your longevity heroes (elder celebrities or acquaintances you admire) and tell others about them.**

Every day of living conveys more experience to increase the yield from your golden harvest of wisdom to share with others. Enjoy your longevity and wisdom. Autumn is the best time of the year and the best time of life.

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

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