

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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## Nothing Dry About Important Phase Of Westlake Project

### Perhaps Not Glitzy, But Essential



The 15-story Vue and 11-story Terrace are now undergoing interior finishing and installations.

**Rob Seitz**  
Gazette Editor

It's not as eye-popping as 20-story-high cranes toting and wrenching around tons of steel support rods.

It's not as aesthetically appealing as colorful paint getting rolled onto the exterior of buildings, but the importance of drywall to a construction project cannot be minimized.

The flat panels consisting of gypsum plaster sandwiched between two sheets of thick paper are as important as air conditioning or sprinkler systems to construction projects, and so it is with Westlake—John Knox Village's most aspiring project in the 55-year history of South Florida's premier Life-Plan Continuing Care Retirement Community, located in beautiful Pompano Beach.

In late June or early July, the drywall work will be completed throughout the two apartment towers—the 15-story Vue and the 11-story Terrace.

According to Westlake's general superintendent Steve Whitmer from Moss & Associates, what will have been installed will be quite impressive:

- Some 35,000 sheets of drywall
- 700,000 square feet of insulation
- 4,500 5-gallon buckets of drywall compound, translating to a total of 22,500 gallons
- 1.5 million linear feet of metal studs, equaling 284 miles if laid end-to-end, or enough to stretch from Pompano Beach to St. Augustine

See "Westlake at JKV" on Page 2

## Earth Day: Care For Mother Earth

*'Individually, we are one drop. Together, we are an ocean.'*

— Ryunosuke Satoro

**Nona Cree Smith**  
Gazette Contributor

Millions of Americans, young, middle-aged and elder, from all walks of life, took to the streets of cities, towns and college campuses to celebrate the first Earth Day on April 22, 1970. It was a resounding affirmation that we understood and were deeply concerned over the deterioration of our environment and the overuse of our resources. It was a day that left a permanent impact on the politics of America.

It powerfully brought the issues of environmental quality and conservation to the forefront, the most important objective and achievement of Earth Day.

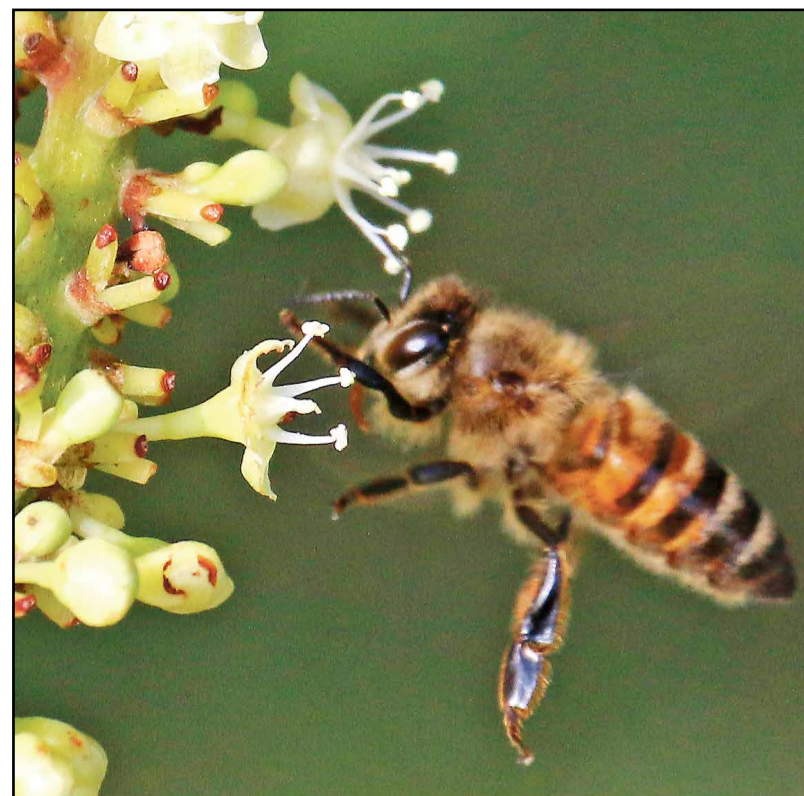
It showed the political and opinion leadership of the country that we, the people, cared deeply, that we were ready for conservation action, that the government should start initiating environmental policies immediately, such as banning poisons like DDT, which flowed from our land and polluted our waterways. Earth Day was a monumental success and launched national and international efforts to save our planet.

### The Multiple Challenges Of Climate Change

Now, 53 years later, public interest in the awareness and momentum behind environmental conservation has ebbed and flowed, but each year has brought encouraging signs

of progress to stem the challenges of global warming and climate change. Even though new worries have captured our attention, public concern over the environment stays at the fore-front because we're reminded of the perils on a daily basis.

See "Earth Day" on Page 3



Celebrate Earth Day on April 22 and respect the sky, the sea, the land and all living things that call Earth home.

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# Westlake – JKV's Most Ambitious Project In Its History

From "Westlake at JKV" on Page 1

There remains plenty of work, though, on the \$120 million, 147 state-of-the-art apartment home project, including its first-floor common areas, which will include:

- *The French Press, a coffee bar by day and evening wine bar*
- *The bistro-styled Westlake Eatery*
- *High-tech projection theatre*
- *Technology hub*
- *Business center*
- *Art studio*
- *Library*
- *Sacred space*
- *Covered parking on the second and third floors*

Excitement for the project, which is on schedule for a first quarter of 2024 grand opening, is high throughout the greater community, reflected in the project's 85 percent pre-sold figure.

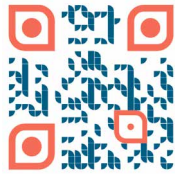
*Gazette* readers who place a 10-percent deposit are automatically enrolled as Platinum Level members of the Westlake Village Club, which includes complimentary admittance to a variety of Life Enrichment events, including a concert by the Navy Band Southeast on April 25, as part of JKV's Navy Day partnership as featured on page 4.

Additionally, Westlake Village Club Members have access to JKV's \$6.2 million five-star resort-style Aquatic Complex, with its lap and resort swimming pools, Poolside Sports Pub, Jacuzzi®, Pickleball and bocce ball courts and Glades Grill restaurant where residents, guests and family members enjoy indoor and poolside dining.

Along with award-winning Life Enrichment programming, 10-percent depositors receive discounted, and often complimentary, admission to JKV community partner venues such as the Ft. Lauderdale Film Festival, Bonnet House, NSU Art Museum in Ft. Lauderdale, the historic Sample-McDougald House and Boca Raton Museum of Art.

To learn more on how you can become a Westlake Village Club Member and become a resident in JKV's newest neighborhood, visit [www.johnknoxvillage.com](http://www.johnknoxvillage.com) or [www.JKVgrows.com](http://www.JKVgrows.com) or call 954-871-2655.

Scan with your camera phone to learn more.



At John Knox Village, your Life-Care security is assured, plus you will enjoy an exceptional lifestyle full of activities, events and concerts. The photo above features the Fushu Daiko Japanese drummers who recently performed in the new JKV Cultural Arts Center.

## You're Buying Life-Care Security, Not Real Estate

One misunderstanding many prospective residents have about moving into a JKV apartment or villa home is that they are buying that home.

In fact, JKV is a Life-Plan Continuing Care Retirement Community, meaning that all residents are buying a Life-Care contract for themselves, which secures their care, if, when and for whatever health care circumstances may arise. For that fee, residents also enjoy the use of an apartment or villa their entire time as an Independent Living resident.

They also enjoy the peace of mind knowing that their future health care needs will be met. That continuum of care includes assisted living and skilled nursing, should those levels of care ever be needed—all of which takes place directly on JKV's 70-acre campus. For more information, and to schedule a tour of John Knox Village, call 954-871-2655.

# Thanks For Asking

## Hey Dave, Is It True?

**Dave Bayer**  
Gazette Contributor

A current John Knox Village (JKV) TV commercial includes a statement to the effect

that we are the premier Life-Plan Continuing Care Retirement Community (CCRC) in South Florida. Being curious, when I first heard that claim, I wondered how one would go about verifying if it was true.

Ask Siri or Alexa? Of course, one could always Google the question. Not surprisingly, they all provide answers, but I had the distinct impression that there were considerable commercial influences in the responses.

I was recently asked by a resident of a CCRC in Miami-Dade County if there were agencies or sources that "ranked" CCRCs. If there were, of course that would help answer the basic question. After a bit of research, at the top of my list were Fitch Ratings and A.V. Powell & Associates. Both are large and well-respected companies. Fitch is a leading provider of credit ratings, commentary and research for global capital markets, and A.V. Powell provides actuarial, financial and planning services to owners and managers in the CCRC industry. While the product that both provide is very reliable, neither company ranks CCRCs. They provide the information and leave the ranking to the client.

When evaluating CCRCs, individuals have different criteria and expectations. Some seek luxury, others want value. Location is always important, but while some prospective residents emphasize amenities, others are more interested in long-term care, or perhaps religious affiliation. This variety of emphasis makes ranking even more difficult and the need for the individual to do their due diligence even more important.

### We Did Our Own Research

Some of the volunteer work that my wife Jackie and I have done since moving to JKV six years ago has allowed us to visit and spend time at 12 other CCRCs in Florida. By definition, all Florida CCRCs have much in common to enable residents to "age in place." All offer facilities for independent living, assisted living, memory care and provisions for

skilled nursing care. But that is pretty much where the similarities end. One community has fewer than 200 residents; another has around 2,700. While all CCRCs have "Resident Councils" and the same "Resident Bill of Rights," as required by state law to help coordinate important resident activities, each CCRC has a distinct modus operandi, based on the wishes of the residents of that community.

### Evaluate The Numbers

Another complicating factor is that there are many choices of Life-Plan CCRCs in Florida, with 70 currently in operation: 75 percent are not-for-profit, 27 percent have a religious affiliation, and 65 percent use a management company to manage their community. While 22 communities have under 300 units, three have 900 or more units. Florida's CCRCs have approximately 27,000 residents living in all levels of care pursuant to a Continuing Care Contract, with some 86 percent in independent living, nine percent in assisted living and memory care, and the remaining five percent in skilled nursing. There are also almost 5,000 Florida CCRC residents without a continuing care contract, with the majority living in skilled nursing.

A significant consideration when ranking a CCRC is occupancy rate. Currently, the most recent figures are from 2021. The state-wide average combined rate for all levels of care was 84 percent, with 87.3 percent for independent living, 71.8 percent for assisted living and memory care, and 75 percent for skilled nursing.

Florida has certain required financial and operational ratios. The Statutory Threshold for occupancy is 80 percent, and one-third of Florida's CCRCs do not meet that threshold (which is COVID-related). On a brighter note, the threshold for days operating cash on hand is 100, and all but one community meets that standard. Some 86 percent meet the 1.2 debt service cover ratio.

These statistics show that there is much to consider when attempting to rank retirement communities, with a wide variety of choices. For sure, check the occupancy rate, days operating cash on hand and debt service cover ratio.

At JKV, prospective residents are encouraged to

spend a few days living on campus (on a JKV-funded "staycation"), mingle with the residents and experience the amenities. This might be time-consuming but is highly recommended. Plunking down a big portion of your life savings and deciding where you are going to spend the rest of your life are huge decisions.

### We Made The Right Move

Jackie and I moved here in February 2017. We could have done more research, but it has proven to be the right move for us. JKV is in the top quartile in all the Florida Statutory Thresholds mentioned above, and we are happy campers. I don't know if JKV is really the premier Life-Plan Continuing Care Retirement Community in South Florida, but I do know that when we return from visiting other communities like ours, it always feels wonderful to come home.

(N.B.: The statistics in this article were contained in the most recent presentation by the Florida Office of Insurance Regulation to the Florida Continuing Care Advisory Council.)



Cassels Tower residents Dave and his wife Jackie Bayer at John Knox Village.

JKV Residents Dave Bayer and his wife Jackie have both been involved in a variety of volunteer activities in the local community and at the Village. Dave is a member of the Board of Directors of the Florida Life Care Residents Association.

# 'Cherish The Pale Blue Dot, The Only Home We've Ever Known' – Carl Sagan

From "Earth Day" on Page 1

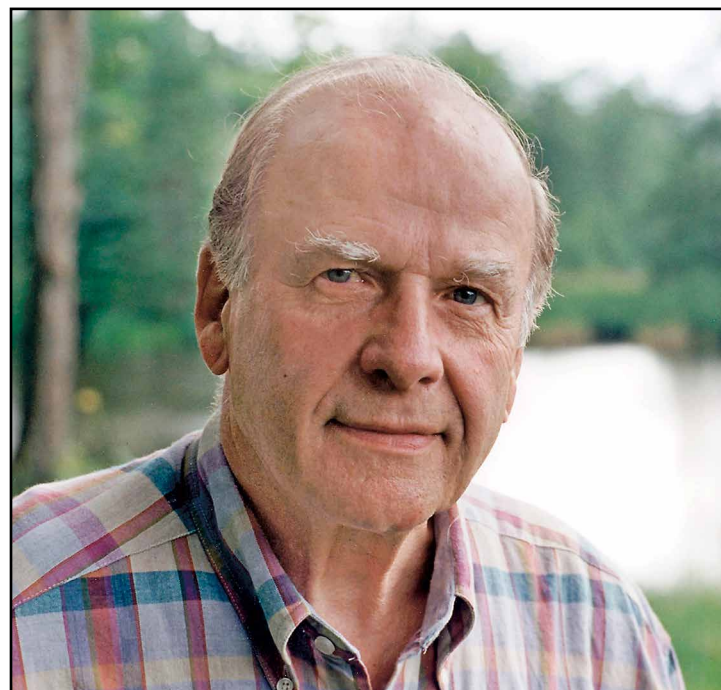
The climate has been hotter and more unpredictable in recent years: From hurricanes, tornadoes and floods, to even snow in Los Angeles in March. However, the important work started by Earth Day 1970 has resulted in worldwide efforts to save Mother Earth.

## Gaylord Nelson: Politician Who Cared

Gaylord Nelson was born and raised in Clear Lake, WI, an especially beautiful and verdant part of the state. He became a State Senator, Governor of Wisconsin, and a United States Senator. With every step in his life, he had concerns about the environment – especially the plight of Lake Erie which was threatened "with dying," from eutrophication — caused by nitrates and phosphorus from fertilizers that run off the land into waterways. The nutrients promote the growth of algae and water plant life, which take oxygen from the water thus causing fish and mollusks to die.

As a senator, Nelson had an idea for a day focused on the environment. He wanted colleges and universities around the country to feature the '60s idea for sit-ins, but this time around saving the environment, not as a protest, but as a path to action. His idea would become Earth Day, an internationally recognized annual event, and would inspire generations of people to learn about and care for Mother Earth. He advocated for change in attitude, in government, in classrooms and in communities, to ensure a better world for us all.

Sen. Nelson warned us: "Our very survival will depend upon whether or not we are able to preserve, protect and defend our environment ... We disregard the needs of our ecosystem at our mortal peril."



Wisconsin Senator Gaylord Nelson (1916 – 2005) was instrumental in creating the first Earth Day on April 22, 1970. Image Source: Wisconsin Historical Society.

## The Environmental Protection Agency

Earth Day spurred a groundswell movement that pushed then-President Richard Nixon to create the Environmental Protection Agency (EPA), which has developed measures to ensure clean water and clean air, and to protect endangered species.

The EPA also works to protect human health. For example, lead and asbestos, once common in homes and offices, have been phased out of many household products, such as paint and construction materials, in addition to regulating the construction industry to prohibit their use in new-builds.

## Paris Agreement: World-Wide Protections

The civilized world finally came together with the purpose of stemming greenhouse gases, to halt and reverse the continued warming of our home planet. Convening in Paris in 2015, world leaders and other delegates signed a global, but nonbinding agreement, to limit the increase of the world's average temperature to no more than 2° C (3.6° F), while at the same time striving to keep this increase to 1.5° C (2.7° F).

The Paris Agreement was a landmark accord that mandated a progress review every five years and provided a pooled fund to help developing countries adopt non-greenhouse-gas-producing technologies.

The number of countries which signed the accord stood at 197 in 2019, and 185 countries had ratified the agreement. As of February 2023, 194 member states and the EU, representing over 98 percent of global greenhouse gas emissions, have ratified or acceded to the Agreement, including China and the United States. Sen. Gaylord Nelson would be proud.

## April 22, Earth Day 2023

Who hasn't marveled at Mother Nature's bounty? We are awestruck by the blazing beauty of a sunset,



According to the U.S. Energy Information Administration, on average, a single wind turbine would generate over 843,000 kWh per month – enough for more than 940 average U.S. homes. Image source: Shutterstock.

and to the sweet mating song of our mockingbirds. We enjoy the gentle hooting from a family of Great Horned Owls in our tallest pine tree. We loved watching our grandsons surf white-tipped blue ocean waves, and tropical scents in the night air with a velvet blue sky spangled and aglow with billions of galaxies. Earth Day and International Mother Earth Day are to be celebrated and to remind us the Earth and the ecosystems that make our lives sustainable are fragile and should be cared for carefully and lovingly.

## Every Little Bit Helps

Every man, woman and child can help in small ways that add up to significant contributions to our environmental health. We can start by choosing reusable, not single-use plastics such as drinking straws, water bottles and fast-food containers. We should use glass food storage containers. Take reusable shopping bags to haul our groceries home and bring our own hanging bags to the dry cleaners. Next, only flush what is supposed to go in the toilet. Do not flush dental floss, human hair, wipes, medications and kitty litter down the toilet. Those should be disposed of with the garbage, and by the way, use recycled biodegradable or compostable trash bags.

## Oceans And Insects Are Vital For Survival

In South Florida, we are fortunate to live close to the ocean and beaches, so keeping the waters and sands clean and unpolluted should be a priority.

Oceans cover about three-quarters of our planet, and they are being compromised by rising temperatures, massive pollution and overfishing. The rubbish of the world's consumer-oriented lifestyles inexorably ends up in our waters, choking out the oxygen, dirtying rivers and killing lakes. Humanity must learn to stop using our once pristine bodies of water as a dumping ground for garbage and sewage before it is too late.

Understanding the importance of our oceans and waterways is easy. The vast bodies of water supply most of the Earth's oxygen, billions of pounds of our food annually, millions of jobs, billions upon billions of dollars to the world economy – and let's not forget wonderful recreational opportunities.

## Pick Up Before You Leave The Beach

After a day enjoying the beach, ocean and sea breezes, look around your area before you leave and make sure you picked up all your trash, and not only your trash, pick up any other junk you might see. Take it with you, so it doesn't get blown out of the trash cans. If you bring your pets, always pick up after them too.

Just take home one or two pretty shells for your collection, leave the rest, as shells serve many purposes in natural ecosystems, from reducing beach erosion to providing building materials for birds and other shore animals. Hermit crabs pick pretty shells as homes and many sea creatures use them for protection.

## Birds, Bees And Butterflies

Pollinators, such as bees, butterflies, moths, hummingbirds and several other animals, are vital to human survival. Unfortunately, many of the winged helpers are severely threatened by climate change, pollution, the overuse of agricultural pesticides, and human encroachment on areas of their favored vegetation. Pollinators are responsible for assisting with over 80 percent of the world's flowering plants, which in turn become vegetables, grains, legumes, fruits and nuts.

Honeybees, one of the Earth's hardest workers, have

been decreasing in alarming numbers. Bees travel many miles a day as they collect pollen and nectars from flowers and resin from leaf buds and barks. Using enzymes and their own saliva, they turn the collected nectar into honey, pollen into bee pollen and resin into propolis (a resinous material collected from tree buds and used as cement to repair their hives).

## Bee Butterfly Helpful

Did you know pollinators like bees and butterflies are responsible for one in every three bites of food we consume. So, it's important for man to help them by encouraging the planting of pollinator friendly home and city gardens or areas of passive space to help provide the protein-rich pollen and sugar nectar they thrive on. A beautiful array of colorful blooms loved by pollinators includes sunflowers, blue hyssop, Black-eyed Susan, lavender, borage, golden rod, and most of all – milkweed. This plant is a magnet for monarch butterflies, even hummingbirds.

Buy and use honey from local producers, eat more fruits and vegetables, and encourage your community association to plant pollinator flowers, to use natural pesticides or none at all.



Palm Beach Gardens Mayor Chelsea Reed stands in front of the Florida city's new Butterfly Garden.

Our daughter is the mother to thousands of butterflies at her home gardens. She is also a mayor and encouraged her hometown to donate space for a butterfly garden which was recently dedicated.

## Strive For Low Ecological Footprint

Your ecological footprint measures your consumption of natural resources against Earth's ecological capacity to regenerate them. According to the EPA, we consume more than the Earth can replace in a short space of time. Their calculations show, it takes more than 18 months to replenish the natural resources we consume in one year.

If you are interested in evaluating your ecological footprint, take the online test. Visit: <https://www3.epa.gov/carbon-footprint-calculator/>

I took the test, and we got a gold star and quote: "Your CO2 Emissions are lower than the U.S. average. Keep up the good work."



# Great Entertainment Planned At JKV In April

**Jody Leshinsky**  
Gazette Contributor

Spring is here and our theme for April is “Embracing Purpose.” As we celebrate the upcoming holidays of Passover, Good Friday and Easter with unity, family and togetherness, one can’t help but feel as though we have a greater purpose. In the Life Enrichment Department, we have planned a wide range of events that bring folks together and celebrate the diversity of our melting pot here at JKV.

## Florida Grand Opera Studio Artists, April 6

You know the tunes—you will love the stars. From “The Barber of Seville” to “La Boheme,” enjoy this cavalcade of iconic showstoppers. The concerts, performed by the Studio Artists of the Florida Grand Opera will feature famous arias and ensembles from the operas of Verdi, Puccini, Mozart, Rossini and more on Thursday, April 6 at 7 p.m.

## Miami City Ballet, April 8

On Saturday, April 8 at 1:30 pm, Miami City Ballet brings professional dancers right into our South Florida neighborhood making the art accessible for all. The

pop-up performance is choreographed and performed by MCB’s world-class dancers, offering audiences a fresh way to experience ballet in unique settings.

## South Florida Symphony Pops, April 18

Are you a Broadway musical aficionado? If so, then here’s a treat for you. On Tuesday, April 18 at 7 p.m., The South Florida Symphony Orchestra Pops presents a brilliant showcase of some of Broadway’s most beloved songs. Enjoy this musical journey through stage history, spotlighting many of the enduring songs of our time.

With the exception of the Miami City Ballet, tickets for all performances are \$26 per ticket for non-



Florida Grand Opera Studio Artists perform on April 6 at the JKV Cultural Arts Center.

JKV residents. To RSVP for these concerts, visit: [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com)

If you have questions about these events, please call the John Knox Village Life Enrichment Department at 954-783-4039 or visit [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com) for a full list of upcoming performances at JKV.

# Community Partnerships: Broward Navy Days

April’s Feature In A Multi-Part Series Presenting JKV’s Community Partners

**Jody Leshinsky**  
Gazette Contributor



Jody Leshinsky, JKV Life Enrichment Manager

Fleet Week Port Everglades is the signature event for Broward Navy Days, Inc. each spring, but the organization is actively committed to supporting seagoing services and veterans year-round.

The organization plans welcoming events and shore leave activities for visiting Navy ships periodically throughout the year. Broward Navy Days also helps plan the commissioning of new Navy ships and Coast Guard cutters in South Florida and supports the change of command ceremonies

for both the Navy and Coast Guard.

## Broward Navy Days

Broward Navy Days coordinates community efforts in honoring and entertaining visiting military personnel, supporting all seagoing services throughout the year and educating the community regarding the military.

The reason that Broward Navy Days continues with these efforts is to raise awareness and to enlist public support for their mission throughout the year and annually organize and coordinate Fleet Week Port Everglades.

## Navy Band Southeast Performs April 25

John Knox Village has a long-standing partnership with Broward Navy Days so that residents have the opportunity to participate in these annual events. Once again, the Navy Band Southeast will grace our stage in the Cultural Arts Center on Tuesday, April 25. Additionally, residents will be invited to a dedicated group tour during accessible public ship tours at Port Everglades.



The Navy Band Southeast returns to the John Knox Village Cultural Arts Center on April 25. Please join us.

To learn more about these programs, please contact the Life Enrichment Department at John Knox Village at 954-783-4039.

# Kudos To JKV’s Catering Department

First Place At Wine, Spirits And Culinary Celebration

**Rob Seitz**  
Gazette Editor

For the second consecutive year, the John Knox Village Catering Team beat out more than 40 other South Florida premier restaurants to take first place at the 26th Annual Museum of Discovery and Science’s Wine, Spirits and Culinary Celebration, sponsored by Bank of America.

The team provided guests with three offerings: Mexican Fire Roasted Shrimp Bites served on house-fried tortillas with guacamole, Pork Belly Sugar Cane Skewers with brown sugar, honey and bacon bits and Sweet Potato and Fig Soup with roasted chickpeas.

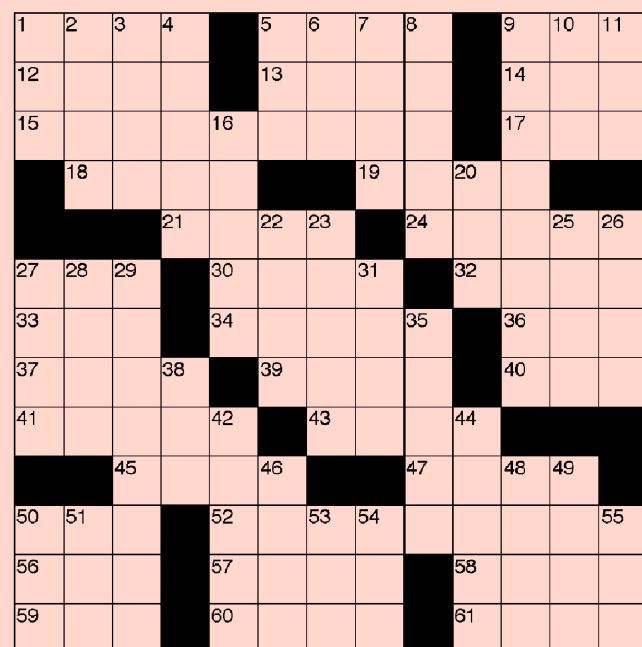
This is the fourth year in a row the JKV Catering Team has had a top three finish. This year’s team members were: Catering Chef Thad Godfrey, Catering Assistants Barbara Mussotte and Doris Castano, Executive Chef Henry Sanchez, Palm Bistro Chef Andrew Ball and VP of Dining and Hospitality Services Tony Rieger.

“The Catering/Dining Team did an awesome job,” said Mr. Rieger. “I am so proud to a part of this team.”

The event brought together industry leaders in South Florida’s thriving food and spirits industry, with all proceeds benefiting MODS’ mission of connecting people to inspiring science.



The winning JKV Catering Team (left to right) were Chef Henry Sanchez, Chef Andrew Ball, Doris Castano, Tony Rieger, Barbara Mussotte and Chef Thad Godfrey.



## Crossword Puzzle Of The Month

### ACROSS

1. Strong ale
5. Rot
9. Circuit Court of Appeals (abbr.)
12. E. Indian tanning tree
13. Wine
14. Fat
15. Induce (2 words)
17. Jewish scholar
18. Same (Lat.)
19. Nee
21. Need
24. Forgive
27. Single lens reflex (abbr.)
30. Outer portion of Earth
32. Listen
33. Exclamation
34. Wheel shaft

### DOWN

1. Sleep
2. King of Israel
3. Eur. kite
4. Mallet
5. Brit. Virgin Islands (abbr.)
6. Anoint
7. Social climber
8. Hall
9. Masa
10. Central Intelligence Agency (abbr.)
11. Albania (abbr.)
16. David’s commander
20. Alkali
22. Circular (abbr.)
23. Roasted meat strip
25. Foe of Othello
26. Exceedingly: music

27. Synagogue
28. Elk hide
29. Growing by a riverbank
31. Victory site of Napoleon
35. Biblical juniper tree
38. Compass direction
42. Elbow
44. Office worker’s skill
46. Carplike fish
48. Nipa palm
49. Loathe
50. Capture
51. Sheep’s cry
53. As written in music
54. Pat
55. Longitude (abbr.)

Answers On Page 10.

# Following Along The Roads Less Traveled

**JKV World Traveler Has Visited 154 Countries, Crossed Equator 48 Times**

**Marty Lee**  
Gazette Contributor

Remember last summer? Once many of us had been vaccinated and boosted against COVID-19, and felt the pandemic was under control, we were ready to unleash that pent up demand, and travel once again. For some, it was family reunions. Others went on cruises. Many returned to the Northeast, Midwest or the Carolinas to visit friends.

John Knox Village (JKV) has many resident world travelers who could not wait to cruise, fly and trek again. For one intrepid JKV resident and veteran traveler, it was more than just wanderlust. For Janet Anding it was a resumption of her wonderfest: That need to embrace the world once again.

Ever since she can remember, Janet loved the idea of the world. One of her earliest memories as a four-year-old was her compulsion to draw maps – maps of cities, maps of states, maps of countries. Her interest in places and geography was part of her upbringing in a family where her father worked for Trans World Airlines (TWA). With dad’s 35-year career with TWA, the family had full travel benefits, so visiting places both domestic and exotic, were in her blood and part of her DNA. Her free travel, however, would end at 21.

“I was born in Chicago,” Janet told the *Gazette*. “At three weeks of age, I was on a plane to Minneapolis to meet grandma and grandpa.” During her childhood, she visited Disneyland and the Hawaiian Islands. At age nine, this blossoming traveler even wrote to NASA offering to be, “a guinea pig to fly to the moon. All I would need is a box of Nancy Drew books.”

As a young teen, Janet visited Israel, Greece, Italy and France with her family. Then at age 16, she traveled alone to the UK, Scotland, Germany and Switzerland. She eagerly wanted to travel the world.

Janet recalls a family decision that would have changed her life, “My dad turned down a TWA effort to begin Ethiopia Airlines. It would have been the job of a lifetime, but with four kids, mom said ‘no.’

“Soon however, an opportunity opened up in India. This time, my parents made the decision to leave for India in April before my high school graduation. They left me behind, but took my younger siblings with them.”

Janet’s grandma watched over her during that time. After high school, Janet was in India for three summers, and even played bit roles with her brother and sister in “*Bollywood*” movies. She enrolled at Kansas University (KU) in Lawrence, KS, but her college years would be interrupted by her desire to travel.

## Janet’s Ticket To Travel

At age 19, Janet found out that TWA was hiring, knowing her free flight tickets would end at age 21, she needed to work for TWA for three years to get international flights. She was hired and embarked on a 23-year career, first as a sales agent, then as an air hostess flying to every TWA city and country.

Incidentally, shortly after her hiring in 1969, while watching the Apollo 11 Moon Landing, she made a still pending reservation to the Moon. That reservation is now in TWA’s archives at American Airlines.

Moving up in the company, she managed offices in Las Vegas; JFK Airport in New York City; Los Angeles; Bombay, India; Oslo, Norway and London, with special assignments in Hong Kong, Paris and Kuwait.

## When Janet Met Jim, Life Would Change

In 1988, Janet was invited to the U.S. Embassy in Oslo. There she met Jim, a political counselor, who soon would be transferred to the U.S. Embassy in London. That first meeting resulted in a long-distance relationship, with Janet flying between Oslo and London almost every weekend. She soon was able to transfer to the TWA London office.

Jim and Janet married in 1990. With the marriage, she became the mother to Jim’s three children, aged 12, 16 and 18 – and she also assumed the role as an embassy wife, representing the embassy at several



*Holding a Golden Eagle on her gloved arm, Janet learned the intricacies of falconry in Kyrgyzstan.*

functions per week. Through her embassy connections, she gained friends from all over the world.

In 1991, Janet took a leave of absence from TWA and moved to Accra, Ghana with Jim, who was relocated to the U.S. Embassy there. She immersed herself as a Department of State contractor and worked in temporary positions at the Embassy, United States Information Service (USIS) and the U.S. Agency for International Development (USAID). Her roles in the official agencies, as well as volunteering her time, involved feeding undernourished children, working with handicapped and orphaned children, and assisting the United Nations on women’s health issues.

As a government official, Jim was relocated (along with Janet) to Washington, D.C.; Lisbon, Portugal; and finally to Kinshasa, Democratic Republic of the Congo. There, Janet volunteered her time in many of the same efforts she undertook in Ghana. Additionally, she volunteered with the Friends of Bonobos. The Bonobo is an endangered pygmy chimp that shares 98.7 percent of their DNA with us. “We worked to nurse orphaned Bonobos back to health and prepare them to go back to the jungle,” she said.



*Janet Anding walks a trail with children in Ethiopia.*

## Jim Retires In 2002

After 34 years in U.S. government service, Jim retired, and the Andings moved to Orlando, FL. However, since public service and travel were in their blood, it was difficult to stay retired. Jim and Janet went back on temporary duty throughout Africa for several more years. They also would include two long cruises to ports across the world and two month-long land trips each year.

In 2010, the Andings moved to Ft. Lauderdale, continuing their travels and explorations to places do-

mestic and international. While living in a downtown Ft. Lauderdale condo, they visited John Knox Village (JKV), the Life-Plan Continuing Care Retirement Community in Pompano Beach, as a possible eventual move to guarantee their care for the rest of their lives.

In 2014, Jim passed away unexpectedly just 42 days after an initial hospitalization. “We were unaware he had multiple myeloma,” Janet said. “Jim contracted pneumonia, went into a coma and passed away. I did not want to continue living in our Ft. Lauderdale condo without him.” Within a month, Janet moved to JKV.

“I was so happy that [JKV] was in my future plans and I was able to thrive much better, with all that JKV has to offer rather than living alone in my condo. It also fit my travel plans, as the perfect turnkey home.”

## Adventure Calls

From 2014 until the COVID-19 outbreak in 2020, Janet traveled to 65 countries throughout the seven continents of Europe, Asia, Africa, Australia, North and South America, and Antarctica. She was on a world-cruise in March 2020, when the COVID-19 pandemic stranded her in Fremantle/Perth, Australia. She had to rally her wits and resources to find a flight back home.

Her two-year respite from travel allowed her the time to collect her notes, trip histories and lists – filling 30 scrapbooks with her adventures. She told the *Gazette*: “I decided to write a book, with the unofficial name: ‘*Janet’s Lists of World Travel*.’”

As travel restrictions eased in 2022, Janet was back on the road, in the air and on the seas. First a cruise in the Caribbean, followed by a land trip to Europe, then a round-Africa cruise, where she crossed the equator for the 48th time in her life.

By her count, she has visited 154 of the 193 countries in the United Nations, and 226 of the 330 places noted in the “Travelers’ Century Club” list.

Janet recently returned from a trip to Morocco, which ranks as one of her favorite travel experiences.

“I visited Morocco six years ago and stayed with a family whose young daughter was only three months old,” she said. “I returned to Morocco this February, and incredibly, I was reunited with that same family. That baby daughter, Zeineb, is now six-and-a-half-years-old. We were all overjoyed to meet again and are now very close. Zeineb calls me “Godmother,” and I have been assured, that I will be invited to her wedding, when that day eventually arrives.”

## Next Stop: The South Pacific Once Again

Niue and Nauru are two islands in Oceania that are on Janet’s radar. Have no idea about Niue and Nauru? Just ask Janet. She is already composing a scrapbook on the islands with maps and important points of interest for her planned visit.

Follow her travels in future *Gazettes*, as we revisit “*Janet’s Lists of World Travel*.”



*Janet reconnected with a Moroccan family in 2023. Pictured left to right are Mohammed, Ihsane, six-year-old Zeineb, Janet, and four-year-old Imane. Janet had first met the family more than six years ago, just after Zeineb had been born.*



*Janet Anding’s world map of travel. The places she has visited are noted in red pins. The pink pins represent extended multi-continental cruises, and around-the-world land, air and sea tours. The yellow pins represent the places she plans to visit in the future.*

**JOHN KNOX VILLAGE**  
A Life Plan Retirement Community

# re:tired

Lunch at the Glades Grill with my grandkids,  
Swimming at the Aquatic Complex, followed by  
a show at the Cultural Arts Center.  
Tired? Sure. Retired?  
I'm just beginning.

**AGE GREATLY.**

The Vue

The Terrace

**Over 85% Pre-Sold**

**The Vue and The Terrace**  
The newest resort-style neighborhood at JKV featuring two all-new, modern apartment buildings.



**JKV Advantage**  
Get peace of mind with our Life-Care plan that covers you for whatever health care situation may arise.

Join us for BRUNCH and learn about everything JKV has to offer:  
**Thursday, April 13<sup>th</sup> OR Thursday, April 20<sup>th</sup>**  
11 a.m. – 12:30 p.m. *Space is limited, please RSVP.*

Mimosas will be served!

To schedule your one-on-one visit with a Life-Plan Consultant call **954-871-2655**



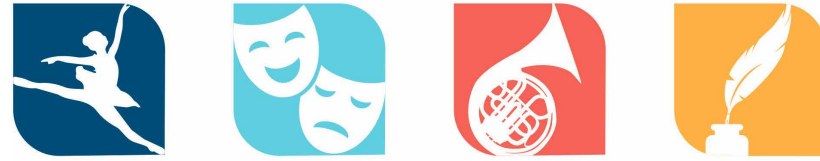
web [JKVgrows.com](http://JKVgrows.com)  
JohnKnoxVillage





An Award-Winning Life-Plan Retirement Community

### Cultural Arts Center



AT JOHN KNOX VILLAGE

## CULTURAL ARTS CENTER SERIES



**Introducing Jody Leshinsky**, Life Enrichment Manager at John Knox Village. Jody oversees our Life Enrichment Department and has over four decades of experience in arts and entertainment with the city of Pompano Beach and Broward County. Jody finds and books award-winning talent from across the nation to perform at John Knox Village.

**Dear Jody:** As a Future Resident of Westlake, am I entitled to attend any of the current programming?

**- Future Westlake Resident Ft. Lauderdale**

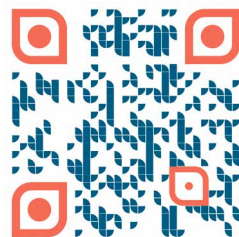
**Dear Future Westlaker:** Thank you so much for your very important question. All future Westlake residents can attend any of the program offerings that are listed in our Month-at-a-Glance newsletter, including the outings that are planned with our community partners like Bonnet House, NSU Museum of Art,

Sample-McDougald House, Museum of Discovery and Science and so many more. If there's a fee for the program, your ticket would be available for purchase at the JKV resident rate, and any other guest tickets would be available at the non-resident rate.

To request a Month-at-a-Glance, RSVP to one of our events, or for more information, please contact the JKV Life Enrichment Department at 954-783-4039 or visit our website: [www.johnknoxvillage.com/events](http://www.johnknoxvillage.com/events)



Scan with camera phone to find out about our new Cultural Arts Center



**Do you have questions? Ask Kim!**  
**Call 954-871-2655 today or email: [askkim@jkvfl.com](mailto:askkim@jkvfl.com)**

**John Knox Village 400 SW 3rd St. (Main Entrance), Pompano Beach, FL 33060**  
**[Johnknoxvillage.com](http://Johnknoxvillage.com) | [jkgrows.com](http://jkgrows.com)**

# Integrative Approach To Energy Production

**Tereza Hubkova, MD**  
Gazette Contributor



Dr. Tereza Hubkova

Continue to be amazed how much my patients improve between the first time I meet them, and their four to six week follow-up with nothing more than a dietary adjustment.

It almost does not matter what brought them to see me in the first place, diet can accomplish as much as much as a 50- to 80-percent improvement very quickly, often with significant results in less than a few weeks. Why did I have to study medicine for six years if all I have to do is change people's diet and bingo, they are better?

## Does Your Diet Trigger Inflammation?

One of most successful diets in this respect is a four-week elimination diet designed to identify foods that trigger inflammation. These foods can be different for different people, but some of the most common troublemakers are gluten and dairy. The elimination diet, however, is not easy to do and requires personalized attention – best from an experienced nutritionist.

Let's examine how food (and other lifestyle factors) affects our energy. Are there any folks out there who think they do not need more energy? If so, good for you. As for myself, I always need more, and so

do most of my patients.

Energy is made in tiny cellular structures called mitochondria, by burning the nutrients from our food and using the oxygen we breathe. Lack of energy production can result in premature decline in function, such as cognitive decline and various neurodegenerative disorders, fatigue, migraines, but also depression, increased pains and aches, fibromyalgia, and many other ailments.

## Choose Your Foods Wisely

If you want to have abundant energy and minimize (slow down) your aging, you need to protect and support your mitochondria. Mitochondria can be damaged by inflammatory foods, such as fried or sugary fast food and overeating. Eating too many calories and eating the wrong foods leads to increased production of free oxygen radicals that damage our cellular membranes and sometimes even cellular structures inside, such as our nucleus. Damage to our cells, their mitochondria and their DNA can be the first step in the development of diabetes, obesity, cancer or autoimmune disease.

A common source of oxidative stress is oil that has gone rancid, or that was exposed to light in transparent plastic containers, or that was exposed to high cooking temperatures above the oil's smoke point (yes, it may be time to retire the grill). Cooking and frying foods at high temperatures also turns the carbohydrates in food into inflammatory advanced glycation end products (AGEs) and carcinogenic polycyclic aromatic hydrocarbons (PAHs).

The ideal diet to protect your mitochondria is low in sugar (low glycemic index/low glycemic load) with moderate protein (some protein should be

included in every meal) and plenty of good quality, healthy fat. It is also rich in color, variety of micronutrients and fiber, to support a healthy gut microbiome. Additionally, your energy may improve with an occasional fast.

## Focus On Variety For Optimal Health

Eating a variety of colorful foods is more important than eating a lot of just one healthy food, so if you pride yourself in eating loads of leafy greens every day but forget your berries, carrots and nuts, you might be missing out on an opportunity to slow down aging and inadvertently reduce your vitality.

The micronutrients our mitochondria need the most are B vitamins, iron, coenzyme Q10 (found, for instance, in salmon) and antioxidants. Mitochondrial superfoods include almonds, avocados, berries, broccoli and other cruciferous vegetables, grass-fed beef, green tea, olive oil, pomegranate seeds, salmon, seaweed and leafy greens.

Besides healthy foods, we can also support healthy mitochondria through exercise, meditation and fasting, as well as caloric restriction.

Do your best to avoid toxic exposures which can also harm your mitochondria, and further impair energy production. It is not a wonder that one of the earlier symptoms of toxicity can be fatigue. Do not ignore it, and get to the root of it before it is too late.

Best of luck and plenty of energy.

*Dr. Tereza Hubkova has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Whole Health Institute in Overland Park, Kansas. Dr. Hubkova is a regular contributor to the Gazette.*

# AR And VR Blurring The Lines Of Reality

**Jason Cook**  
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

Artificial Intelligence (AI) has been popping up in the news quite a bit recently. There seems to be two types of AI taking up most of the spotlight: AI that will paint for you, and AI that will write for you.

## Using AI To Create Images

Midjourney is an independent research lab using AI to create images from textual descriptions. At its website [www.Midjourney.com](http://www.Midjourney.com) you will find an AI

program that will paint whatever you want. The way this works is you give the AI a prompt through a program called Discord. It will then create four versions of what you asked it to paint.

For example, see the illustration below that I received when I prompted Midjourney for "a charcoal drawing of an elderly couple walking on the beach at sunset."

You then get the choice to upscale or enhance one of the four options, or you can get four more variations based on one of them.

At John Knox Village we recently took advantage of Midjourney's features during an event called "Artificial Art," where a small group of residents got together. Each one had the AI paint what they wanted, with several taking a couple of turns of making

more variations or upscaling the art.

At the end of the "Artificial Art," we printed the art and gave it to the residents.

## ChatGPT: The Written Word

The other AI type is called ChatGPT from OpenAI, that will write whatever you want.

You can have it explain a very complex topic to a five-year-old, create step-by-step instructions for doing something, give you ideas for your child's birthday party, or even write you a song.

To give you an idea of how powerful this is I am going to have the AI tell you about itself. I went to [www.openai.com](http://www.openai.com) and asked: "Tell me what ChatGPT is? Write your answer in the style of Dr. Seuss."

This is the ChatGPT response I received:

*"ChatGPT, oh ChatGPT, a wondrous AI Trained on texts both long and high. With algorithms so smart and bright it can answer day or night.*

*"From science to history, it knows it all. And when you ask, it won't let you fall for ChatGPT is here to help and stand tall, with responses that are natural and gallant, that's all.*

*"It's like a digital assistant, you see. Always ready with an answer, just for thee. Making life easier, as you'll agree With ChatGPT, life is full of glee.*

*"So when you need a friend, don't hesitate. Just turn to ChatGPT, it's simply great. With its language skills, it's second to none, ChatGPT, a language model, under the sun."*

## Interested? Give It A Try

Be sure to take advantage and try these powerful new technologies. If you are interested in art, sign up on the [www.Midjourney.com](http://www.Midjourney.com) the website. You get

a few paintings for free, but then there is a charge based on how many paintings you want to make per month. By using them both a person can illustrate—and write—an article, short story, even a full-blown novel. The possibilities are endless.

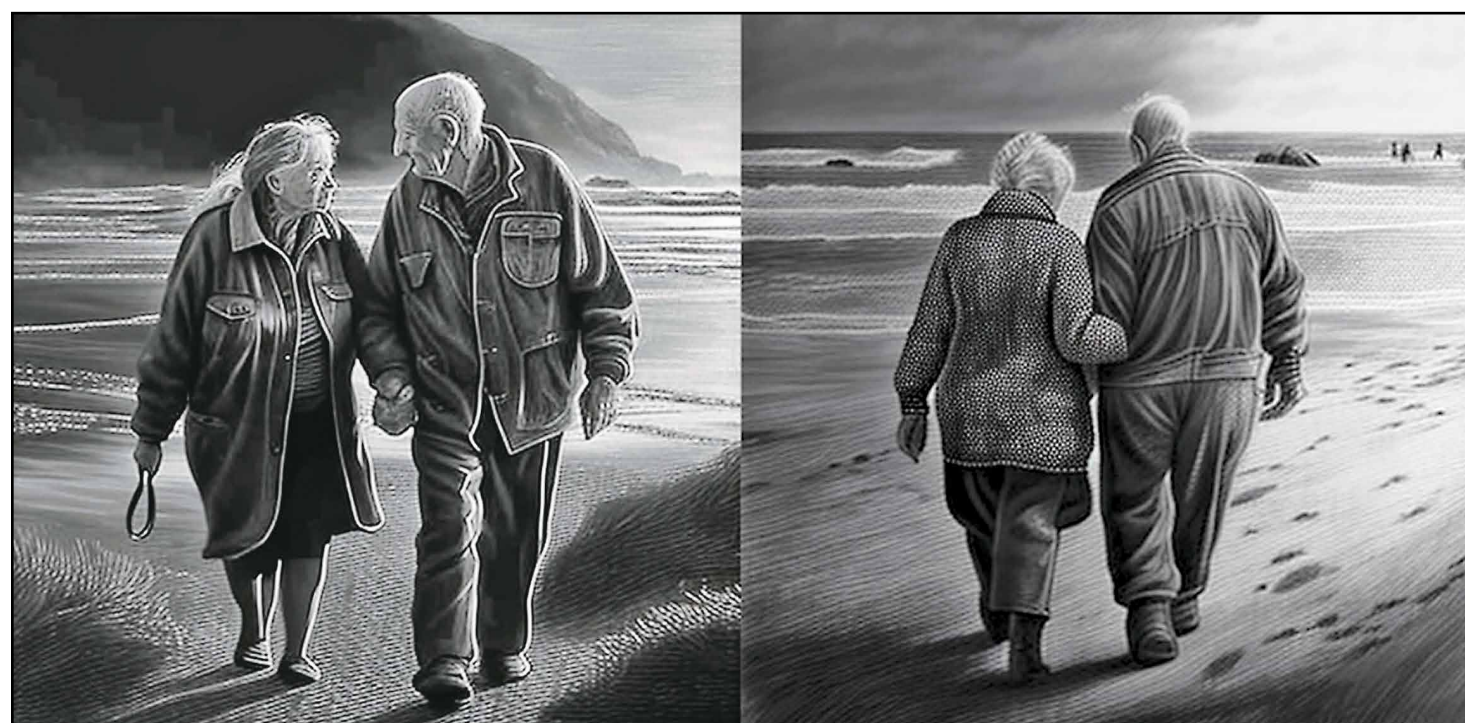
If you would like to try out ChatGPT, go to [www.openai.com](http://www.openai.com) and look for ChatGPT. It is currently free, but has been encountering problems due to the high volume of people wanting to use it, so be patient.

## Residents Enjoy Dedicated 'IT' Guy

Recognizing technology is not going anywhere and, in fact, continues to become more entrenched in people's day-to-day lives, John Knox Village made a conscious decision to provide a full-time technology support team member for its residents.

Jason Cook, JKV's well-credentialed Technology Engagement Coordinator, provides residents with personal assistance, as well as classroom-style training. Residents have overwhelmingly embraced having Jason as their "IT [Information Technology] Guy."

By most accounts JKV is only one of a handful of Life-Plan Continuing Care Retirement Communities in the entire country to provide its residents with a full-time dedicated employee to assist residents with all their technology questions, issues and concerns.



The above illustrations are the results of a query to Midjourney, asking for "a charcoal drawing of an elderly couple walking on the beach at sunset."

## Sudoku

Answers On Page 10.

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

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



# Renew Your Vitality: Live Your Best Life Now

**Melissa Jill Clark**  
Gazette Contributor



*Melissa Jill Clark, Life Wellness Coach*

April Showers bring May flowers – what is it that you want to sow into your own life?

The “Law of sowing and reaping” is something which best exemplifies karma, where it is well said: “Whatever you will sow today, you will reap in the future.” The three laws of “sow and reap” strategy are these:

1. **You have to sow before you reap.**
2. **You will reap what you sow.**
3. **You will reap more than you sow.**

We reap what we sow. This is a truth we all know. We also usually know exactly what it is that we need to sow in order to reap what we are looking for on the other end.

We don't always know what it is that we want to accomplish or achieve because we get so caught up in the day-to-day activities that keep us distracted from our own personal needs, goals and deepest desires.

Take a moment to close your eyes. Focus inward and ask yourself what it is that you really want and need in your life to be most happy, healthy and fulfilled?

You may already know what it is you want and desire most deeply. Yet you may feel stuck in being able to do what you need to do in order to sow what it is that you're looking to reap.

### Seek The Energy In Your Life

Another saying which has been attributed to Albert Einstein and based on the theory of quantum physics describes the meaning of insanity as this, “If you always do what you've always done, you'll always get what you've always gotten.”

Quantum physics is the study of matter and energy at its most fundamental level in the properties of nature. It teaches us that energy is very real, and we create the energy beginning with our thoughts. While many quantum experiments examine very small objects, such as electrons and photons, quantum phenomena are all around us, acting on every level of life.

Energy is very real, and very powerful in our lives, whether or not we are aware of this. Enlightenment is simply becoming conscious and aware, and refers to the power by which we, as human beings, understand the universe and how to improve our own condition within it.

### Take Control: Sow What You May Reap

So I encourage you to ask yourself what is it that will make you most happy and free?

Let this be what you aim to create in your life. Then, with the power of your own thoughts and intention, focus on this, and visualize yourself, taking the steps that you need to take in order to reap what it is that you want to sow into your life. Visualize yourself

reaching your goal and fill your heart with gratitude with the knowledge that this is surely coming to pass.

Believe in your heart that what you desire is coming to you. Then act on it as if you already have it. Know, believe and trust that the powers of nature are on your side.

This will create energy within you that will motivate you to do the work, and at the same time it will be creating the energy around you which is in support of what it is that you desire. Energy flows to wherever our focus goes. Although we cannot see energy, it is very real.

Here's another famous quote, which supports this theory. “*And, when you want something, all the universe conspires in helping you to achieve it.*” – Paulo Coelho.

So, as April showers bring May flowers, take the time to decide what it is you want to bring into your own life. Focus your mind, your thoughts and your energy on this, then back it up with massive action. This action will be your “showers” that will surely bring your own personal “flowers,” your ultimate goals, into reality so you can live your very best life.



# Pompano Beach Arts & Music

**There's A Great Schedule Of Exhibits, Concerts And Dance In April**

**Kay Renz**  
Special To The Gazette

Let April shower you with a wide range of events right here in Pompano Beach: Guaranteed to whet your

appetite for music, dance and art.



*Rockin' Jake takes stage on April 7 at “Old Town,” featuring an eclectic mix, all done in their very own signature “rockin” style.*

### Old Town Untapped

On April 7, “Old Town” becomes the only place to party on the first Friday of the month. Rockin' Jake will wow you with his original sound, a hybrid of second line, swamp funk, blues and zydeco with influences from Paul Butterfield, Big Walter Horton, James Cotton, The Meters, WAR, J. Geils Band, Clifton Chenier, and the Fabulous Thunderbirds.

He and his musicians play an eclectic mix, all done in their very own signature “rockin” style.

Be sure to visit BaCA's Artist of the Month, Shanna Woods, a dance artist, choreographer and creator. She is the choreographer of the award-winning short film “*Brown Ballerina*,” and she has performed nationally and internationally with Deeply Rooted Dance Theatre, Cleo Parker Robinson Dance Theatre, Jubilation Dance Ensemble, and Olujimi Dance Theatre. Woods extensive dance studies and performances have covered a vast variety of forms including ballet, tap, Afro-Haitian, Salsa, the ring shout dances of the Congo, Senegal, and many other styles.

During her residency at BaCA, she will complete a new dance work entitled UNaccepted, which ex-

plores her experiences of sifting through her past to become the mother she desires to be.

Also at BaCA enjoy the “*Shades of Blue*,” a mixed media visual art exhibit showcasing work created by local artists. Exhibiting creators were asked to incorporate a shade or shades of blue into their normal artistic styles. Surveys rank blue as the favorite color of more people than any other color. Blue is thought to inspire creativity. Arts United is a 24-year-old, non-profit, all volunteer organization dedicated to showcasing art from the LGBTQ+ Community.

### Celebration Of Haitian Art

In collaboration with Latin American Arts Pavilion (LAAP), Pompano Beach Arts will host an exhibition entitled “*Feeling the Haitian Art*.” The exhibition will showcase the works of Carl-Philippe Juste, Vladmir Acloque, Cynthia “Teeyah” Zamor and Asser Saint-Val, all Haitian born, and Katiana Jarbath Smith, who was born in South Florida and whose parents emigrated from Haiti. The varied works explore social themes, and include cityscapes and landscapes, religious imagery and figurative portrayals of Haitian celebrities, people on the street and Carnival.

### A Taste Of Jazz

On April 13, come to Bailey Contemporary Arts Center for A Taste of Jazz...and a taste of wine. Every second Thursday enjoy discovering new vintages and entertaining, educational encounters with Gold Coast Jazz Society musicians as they explore the origins of jazz, how it became the music it is today and the basis for the popular music of the past and present. Wine tasting from 7 to 7:30 p.m. followed by music from 7:30 to 8:30 p.m. Adult admission is \$20. Pompano Beach residents are admitted for just \$15.

### Live And Local Concert Series: Leesa Richards

Come out for a high-energy performance in a beautiful outdoor courtyard at the historic Ali Cultural Arts. Jazz, soul, funk, Top 40—none of it is a challenge for this multi-faceted vocalist. Leesa Richards has toured as a dancer with Whitney Houston and has sung with the Bee Gees on tour. After moving to Miami, Richards immersed herself in the Latin music

scene, touring with Julio Iglesias, Jon Secada and Gloria Estefan. Free concert on April 21, at 7 p.m.

### Fifth Sundays Gospel: John Paul McGee

On April 30, Ali Cultural Arts celebrates the soul-lifting power of gospel music, explores the origins of this expression of faith and honors its rich and nuanced musical tradition. Group rates available. From 4:30 to 7 p.m. Tickets are \$10 and include refreshments.

### Ongoing Art Exhibitions

**Exhibition at Ali Cultural Arts: “The Evolution” by Willandra Dawes-McGahee**

This exhibition explores the range of emotions experienced throughout life, utilizing vibrant colors to represent the creativity and dynamism of the human experience. Through May 11.

**Exhibition at Ali Cultural Arts: “Objet Couronne” by Nathan “Nate Dee” Delino**

This artist, painter and muralist explores ideas of power, legacy, history, and how they are expressed in the world around us. Through May 11.

**Exhibition at Pompano Beach Cultural Center: “Hello I Am Kitty” by Joana Toro**

This exhibition by a Colombian documentary photographer examines concepts of immigration, identity, and social issues. Through April 6.

**Exhibition at Pompano Beach Cultural Center: “Pandemic: The Unmasking of America” by Craig Gordon**

Gordon spent the initial lockdown period of spring 2020 between rural, upstate New York, and New York City, capturing a photo-documentary array of images with narratives that bear witness to the inequities and injustices unmasked by the Covid pandemic. Through April 6.

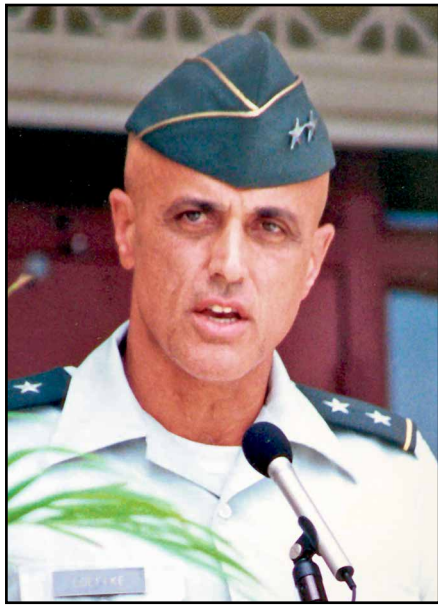
For more information about these events, visit the website: [www.pompanobeacharts.org](http://www.pompanobeacharts.org)



*“Carnival has arrived” (Kanaval rive) by Katiana Jarbath Smith, Acrylic on canvas.*

# The Joy Of Music Unites Us All

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

Confucius the Chinese philosopher wrote: "I'm not afraid of others not understanding me, I am afraid of not understanding others."

I have been a resident of John Knox Village now in my second month and have been busy discovering all the great things JKV has to offer. With a community of nearly 1,000 residents, I have been doing my best to meet new people, and already many have become great friends.

The wide variety of activities available to us and the intimate settings of our restaurants, bring us together. When we need a little help in our daily lives, there is someone available 24 hours a day and seven days a week, to assist us in every building. JKV is a community where friendship reigns.

With such a large group, I have found a wide diversity of life experiences, backgrounds and opinions. I have learned that rather than dwell on those differences that keep us apart, we need to share in the commonality that brings us together. It is my way of understanding others.

As Americans, what we all share in common is stronger than our differences. Recently, we enjoyed a concert in the JKV Cultural Arts Center that brought us together. As a U.S. Army veteran, I was enthused by the appearance of *The United States Army Field Band's Soldiers' Chorus* in concert. The group of 21 talented U.S. Army vocalists and musicians entertained us with an eclectic program of song including, patriotic, spiritual, pop, American classics, even operatic selections from George Bizet's "Carmen."

## We Are All The Same, Regardless Of Differences

Prior to the concert, I was interviewed by an Army videography crew, including the Soldiers' Chorus Conductor, 1st Lt. Curran Schenck, interviewer and Army flutist, Sgt. 1st Class Pam Daniels, and videographer, Staff Sgt. Samantha Tadelman.

Sgt. Daniels explained the role of the Army's various musical organizations: "With our job as the musical ambassadors of the Army, we travel and use music as a universal language, and we find it is an incredibly easy way to connect with other nations and to speak with people within the United States to really connect us with people who otherwise would not be connected."

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*The talented women and men of The United States Army Field Band's Soldiers' Chorus united us all in the joy of song.*

## Bringing People Together In Song

Music is so important in our lives. Many things divide us, and we do not always do very well in politics or diplomacy. Yet, these many women and men who are the Musical Ambassadors of the Army are truly diplomatic ambassadors. Their forte is bringing people together through song.

As the concert progressed, the joy of singing permeated the entire audience. Regardless of political leanings to the right or left, middle or non-committal, we all joined in song to Irving Berlin's, "God Bless America." The concert was an affirmation of the great freedoms we Americans share in common that brings us all together.

Not to be outdone by the Army, the Navy gets their chance to bring us together in music on April 25 when the Navy Band Southeast takes the stage at 7 p.m. in the JKV Cultural Arts Center. Join us.

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

# Respect Mother Earth

**Rachael Gallagher**  
Gazette Contributor



*Rachael Gallagher, JKV Spiritual Life Director*

Since the first Earth Day 53 years ago, monumental environmental goals have been achieved. Obstacles have been overcome, in large part, due to integrating environmental issues into political, social, economic and even spiritual agendas.

In thinking about faith, spirituality and the environment, it is abundantly clear that people of all faiths are called to dedicate time, resources and be critical voices, coming together in partnership for the planet. Catholic, Buddhist, Muslim, Jewish, Protestant, Hindu and Sikh scriptures all point to our dependency upon the Earth and its bounty for our survival.

## The Major Religions Agree

*Qu'ran 40:57* says, "The creation of the heavens and Earth is greater than the creation of mankind, but most of the people do not know." We cannot separate ourselves from creation. We are part of it.

Humanity is inextricably linked to the rest of creation. *Ecclesiastes 3:19-20* says, "Surely the fate of human beings is like that of the animals; the same fate awaits them both: As one dies, so dies the other. All have the same breath; humans have no advantage over animals. Everything is meaningless. All go to the same place; all come from dust, and to dust all return."

In God's commandment to observe the Sabbath, found in *Exodus 20:8-11*, the interconnectedness of nature, humans and God is revealed, for all are to observe the Sabbath: "Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your

animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the Earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."

It is obvious: Our actions and choices affect the Earth. Buddha taught that relationship to others and to the world should be based on compassion. The Dalai Lama said, "The goal is to develop genuine compassion, this genuine wish for the well-being of another, in fact for every living being throughout the universe. Love and compassion are necessities, not luxuries. Without them humanity cannot survive."

## Work For Environmental Justice

The spiritual call to work for environmental justice is strong. Many different traditions affirm that people are created in the image of God and that we should treat people the way we would like to be treated. And, people of faith are getting to work to create a better future.

Communities and individuals of faith continue to urge greater respect for the land; to advocate sustainable agricultural practices; to combat soil loss and water pollution; to promote a fair living for those who work the land; and to assist religious communities

and local houses of worship in the management of the farms, forests and wetlands they hold.

## Seven Ways To Help Mother Earth

You may be wondering how you can get involved. I'm glad you asked. Here are some suggestions:

- 1. Plant a tree.** Keep our planet green by planting a tree or other plants. We need plants to survive.
- 2. Ride your bike.** Cut down on your carbon footprint by biking or walking to your destination.
- 3. Volunteer.** Find a local Earth Day event and sign up to help with their cause.
- 4. Unplug.** Before you leave your home today, be sure to turn off your chargers and electrical devices.
- 5. Clean up trash.** Take a walk down by the beach and pick up trash.
- 6. Make a donation.** Do your research and find an organization dedicated to protecting our planet.
- 7. Go meatless.** Try not to eat meat today. There are plenty of yummy options out there.

The global faith community is a critical voice creating sustainable solutions that strengthen communities and restore our Earth. Our faiths mandate that we get involved. How will you invest in our planet this year? Doing something (rather than nothing) will help avert ecological crisis, will honor the Creator, and will lead to prosperity for all. And, isn't that something we can all get behind?

## Answers to Crossword Puzzle on Page 4 and Sudoku on Page 8.

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

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

# NSU Art Museum Fort Lauderdale

Join In The April Events For Great Art Exhibits And Special Activities

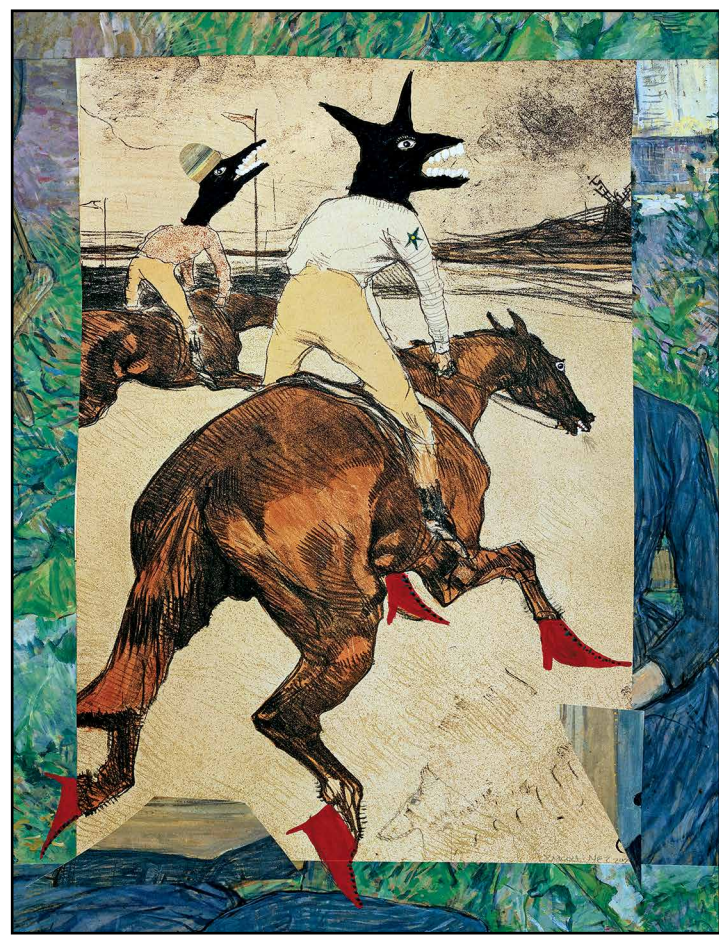
**For Immediate Release**  
Special to The Gazette

## NSU ART MUSEUM

FORT LAUDERDALE

### Now On View

“Picturing Fame” is comprised of four concurrent exhibitions, ruminating on the subject of fame and celebrity.



Emilio Martinez, *The Messenger*, 2022. Paper collage, acrylic, graphite on Toulouse Lautrec history book page. Courtesy Emilio Martinez. Photo by Michael R. Lopez. ©Emilio Martinez.

### “Emilio Martinez: Van Gogh, Lautrec and Me:” Through Sept. 3

This is the inaugural solo museum exhibition of Miami artist Emilio Martinez (b. 1981, Tegucigalpa, Honduras), who immigrated with his family when he was 13 years old. Martinez’s mixed-media work is based on his childhood memories and dreams, which he records in his sketchbooks. Through his work, he conveys his anxieties and experiences of dislocation by using spiritual symbols derived from ancient, indigenous peoples and making expressionistic marks.

This exhibition focuses on two recent series of works that explore Martinez’ fascination with Dutch artist Vincent van Gogh (1853-1890) and French-born Henri de Toulouse-Lautrec (1864-1901). He was

prompted to research these artists’ friendships after discovering that Lautrec had included Van Gogh as a reveler in one of his paintings of the cabaret Moulin Rouge. The two artists had met in Paris as art students at the studio of Fernand Corman. Lautrec is credited as one of the first to recognize and encourage Van Gogh’s talent. Both artists were outsiders who suffered the mockery of their peers—Van Gogh for his eccentric behavior and Lautrec for the stunted growth of his legs and distorted facial features due to a genetic bone disorder. And both died young, Van Gogh at age 37, having sold hardly any paintings, and Lautrec at 36 at the height of his fame.

Martinez was inspired in 2021 to create the first series on view in this exhibition after seeing Julian Schnabel’s riveting film, “Eternity’s Gate” (2018) about the turbulent final years and art of Van Gogh. Under the spell of Van Gogh, Martinez created mixed-media collages of macabre fanged beasts that incorporate elements from book reproductions of such Van Gogh paintings as “Starry Night” (1889) and “Sunflowers” (1889). For Martinez, these fanciful and frightening creatures convey the emotional weight and humanist “verve” of Van Gogh’s visionary work. This series led to a cross-centuries collaboration with Lautrec in which Martinez added his own embellishments to book reproductions of Lautrec’s paintings and posters. Each work in the Van Gogh and Lautrec series suggests a narrative that reflects Martinez’ engagement with the struggles, dreams and aspirations of these two artists whose dedication, effort and faith he deeply admires.

This is curated by Bonnie Clearwater, Director and Chief Curator NSU Art Museum Fort Lauderdale.



Catherine Opie, *Andy Warhol to Elizabeth (Self-Portrait Artist), from 700 Nimes Road, 2010-2011*. NSU Art Museum Fort Lauderdale; purchased with funds provided by Michael and Dianne Bienes by exchange ©Catherine Opie.

### “Hooray for Hollywood:” Through Sept. 3

This exhibit dives into the subject of fame, glamour, desire, voyeurism, obsession and social currency with works mostly drawn from the museum’s collection, including a Frida Kahlo self-portrait; Warhol’s Mao print series of 1973 created after *Life Magazine* named Chairman Mao Zedong the most famous man in the world in 1972; Catherine Opie’s elegiac photographic series of Elizabeth Taylor’s intimate possessions, and Enoc Perez’s painting series, which grounds itself in

the voyeurism associated with celebrity and the ensuing bitterness that it may trigger. The exhibition’s title references a drawing by Jack Pierson that captures the irony of Johnny Mercer’s lyrics for the up-tempo 1937 tune that lampoons Hollywood’s star-making machine. Pierson’s “Hooray for Hollywood” poetically captures the allure and the disillusion of the Hollywood dream.

### “Henri Toulouse-Lautrec: The Follies of Fame:” Through Sept. 3

### “The Swans: Karen Kilimnik and Stephanie Seymour Paintings and Dresses:” Through Sept. 3

### Upcoming Events:

#### Bank of America Museums on Us: Saturday, April 1 and Sunday, April 2

Bank of America, Merrill Lynch and U.S. Trust credit and debit cardholders will receive free admission on the first full weekend of each month. Cardholders need only present their card and a photo ID to gain a free general admission. The promotion doesn’t include access to special exhibits, ticketed shows, or fundraising events.

#### Sunny Days/Starry Nights: Free First Thursday, April 6 from 11 a.m. to 7 p.m.

Enjoy free museum admission and two-for-one wine, All-Day Happy Hour on the first Thursday of every month from 11 a.m. to 7 p.m. during Free First Thursday Sunny Days/Starry Nights.

Mini Muse from 4:30 to 6:30 p.m. Drop in art-making activities for children inspired by Kathia St. Hilaire. Starry Nights is presented by Broward Health.

#### Creativity Exploration: Saturday, April 8, Noon to 1:30 p.m.

Inspired by the tropical collages of Naima Almeida, create a work of art using cut and layered felt to welcome the spring season. Classes are taught by award winning instructor, Lark Keeler.

Advanced reservations are required, space is limited. Pricing: \$10 for members; \$15 for non-members.

#### Fort Lauderdale Neighbor Day, Sunday, April 30 from 11 a.m. to 7 p.m.

The last Sunday of every month, Ft. Lauderdale residents receive free admission to NSU Art Museum as part of Ft. Lauderdale Neighbor Days.

Ft. Lauderdale residents receive: two-for-one wine in the Museum Café and free admission (residents must show a photo ID, driver’s license, or residential utility bill with proof of Ft. Lauderdale address).

Visit the Museum Cafe & Store and receive 10 percent off books published by NSU Art Museum.

NSU Art Museum is located at One East Las Olas Blvd., Ft. Lauderdale, FL 33301. For more information about NSU Art Museum Fort Lauderdale, visit the website at: [www.nsuartmuseum.org](http://www.nsuartmuseum.org)

# Village’s CMIO Honored As McKnights Veteran VIP Woman Of Distinction

**Kim Morgan Vagnuolo**  
Gazette Contributor

McKnights Senior Living, the pre-eminent national media source for senior living professionals, recently announced its 2023 class of Veteran VIPs and John Knox Village’s Chief Marketing and Innovation Officer (CMIO) Monica McAfee has been selected as one of the honorees.

Sixteen women, who each have more than 15 years of experience working in senior living, skilled nursing or home care, have been selected as the third class of Veteran VIPs in the annual McKnight’s Women of Distinction awards.

They will be honored May 22 in Chicago at the McKnight’s Women of Distinction and Forum.

“We are pleased to recognize the contributions of these seasoned professionals, whose knowledge and experience is valued greatly by their skilled nursing, senior living and home care employers,” McKnight’s Editorial Director, Vice President and Associate Publisher John O’Connor said.

Ms. McAfee is celebrating her seventh year at JKV and is part of the team overseeing the most ambitious project in John Knox Village’s 55-year history—Westlake, a new neighborhood consisting of 147 state-of-

the-art apartment homes, 5-Star amenities and views of the expanded campus waterway system.

During her tenure she has been a significant advisor to:

- **The Woodlands**, John Knox Village’s skilled nursing center that is the only such location in Florida to utilize The GREEN HOUSE® Project model of care.

- **The Welcome & Innovation Center**, state-of-the-art, 7,200 square foot home of the Design Center and Discovery rooms, demonstration kitchen and community hub with 2,500 square feet of open air space for campus events

- **The Aquatic Complex**, with its resort-style pool, 75-foot four-lane lap pool, Pickleball and bocce ball courts, Glades Grill, Poolside Sports Pub, Jacuzzi®, fire pit and live entertainment area

- **The Pavilion**, which includes a 350-plus-seat Cultural Arts Center, Seaglass and The Pearl restaurants with indoor and lakeside dining, the Barton’s Nautilus Bar, and pre/post event space.

Monica’s goal is to create exciting partnerships with the greater community and initiatives that can be shared with prospective residents, promote the active, independent lifestyle residents enjoy, provide

award-winning short and long-term rehab care and showcase lifelong learning programs.



Monica McAfee, JKV’s Chief Marketing and Innovation Officer has been honored with one of the annual McKnight’s Women of Distinction awards.

# Spring Into Assessing Relationships

**Dr. Roberta Gilbert**  
Gazette Contributor



*Dr. Roberta Gilbert*

Spring is here. Robins return, the grass greens, and flowers sprout and blossom. At least that is what we Northerners think of when we hear the word “spring.” It’s beautiful. But I for one, am happy to be here in Florida, where spring is over and summer is already beginning.

Spring is also a time we think of vacations we’ve experienced, or the ones we may now be planning. At John Knox Village, we think of relaxing at the Aquatic

Complex and splashing in the swimming pools.

I’ve also been thinking of relationships a lot of late. Living among nearly 1,000 residents at JKV, I see relationships everywhere, so it is hard to keep them out of mind. They are important enough to make the world go ‘round.

## Relationships Make The World Go ‘Round

Think about the relationships in your own life. Who introduced you to the love of your life? Most probably it was someone you knew and valued.

Who facilitated your first meaningful job? It might be the same answer: A good friend. It was someone who saw in you what was needed in that spot. The list of relationships and the positive results of those relationships goes on and on.

Dr. Murray Bowen, the American psychiatrist and professor in psychiatry at Georgetown University, developed a theory about the human and human life that is built upon knowledge of relationships. It is called “Bowen Family Systems Theory.” It has changed thousands of lives by now, but that is only a drop in the ocean. We who studied with him have not done a good enough job of getting the word out. That is, the word about what he taught us and how significant it is.

For starters, let’s go over the four relationship

postures and patterns that are not useful. They are: Conflict, Distance, Over- and Under-Functioning and Triangling. These patterns develop when two people in a relationship, or even one of the two, encounter anxiety. It may have to do with the relationship or it may be unrelated.

## The Four Relationship Postures

• **Conflict, the most apparent and easy-to-spot posture starts in a conversation.**

Two people are having a verbal argument about some issue. They use loud speech, never-ending talk, and big gestures to make their point. It goes on until one decides to opt out. This is usually accomplished by taking on another posture such as distance.

• **Distance often occurs when one of the two gets tired of the conflict.**

“I’m out of here,” is what we might hear to end the conversation. The two people can even live together and not speak to each other. One can become a great listener and not contribute to the conversation. One can move far away, as offspring sometimes do from parents. It is the human description of the familiar “fight and flight” pattern, well-known in other species, that we learned in Biology 101.

• **Over- and Under-functioning.**

Reciprocity happens when one gains the ascendancy and takes charge of the relationship situation. One “lords over” the other. The dominant person makes the decisions for self and the other. The other goes along in order to avoid conflict or distance. The dominant one has a lot of responsibility, but the other gets to avoid all that, coasting along like a child. When ill, the infirm person often does the latter intuitively, thereby saving energy.

• **Triangling.**

Yes, we use the noun, “traingling,” as a verb. In a triangle, people cannot contain the anxiety just within the two people in conflict. It spills out into a third person, such as a family member or friend, or to a third party, such as a health system or the courts.

What determines how these relationships work out and what patterns they fall into? Often we can see childhood sibling or child/parent postures being played out as an adult. However, none are good or bad. They are just what the human does when pre-



*Conflict, often a verbal argument, is the easiest to identify source of anxiety in relationships.*

sented with anxious situations. They are actually an attempt to resolve the anxiety.

But for the purpose of resolving anxiety they don’t work very well. They only shove it around into a different form. So most of us have lots of work to do on our functioning in relationships. There is always someone there, waiting in our families or other groups that needs attention. What attention? We need to work on ourselves, not the others.

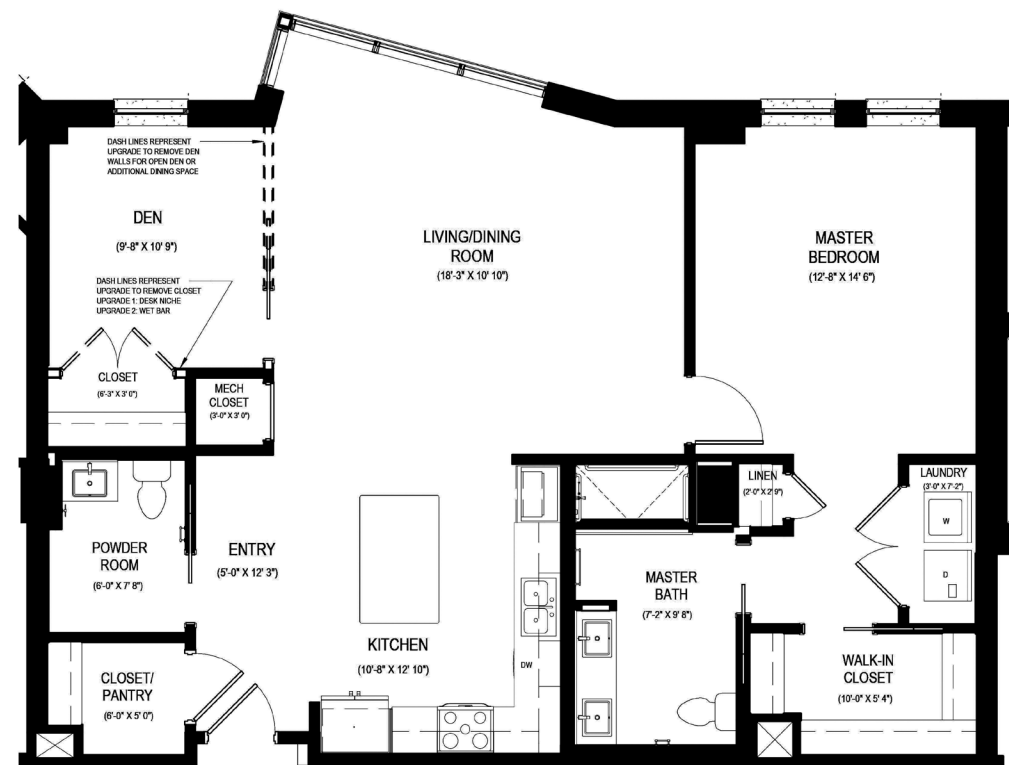
In future columns, we will examine different ideas for changing self, and thereby lessening anxiety in our lives.

*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. Dr. Gilbert engages in writing, music, travel, friends and community activities.*

# Reserve Your New Amelia Apartment Home At Westlake

This month’s featured apartment home is the Amelia, available in both The Vue and The Terrace, now under construction in JKV’s new Westlake neighborhood. Occupancy is expected in the first quarter of 2024. Discover everything John Knox Village has to offer as a Life-Plan Continuing Care Retirement Community. Plan a visit to JKV and enjoy a complimentary lunch in the Glades Grill overlooking the Aquatic Complex.

**The Amelia In The Vue At Westlake:  
1 Bedroom / 1 ½ Baths + Den: 1,231 sq. ft.**



As a Resident of JKV, you will enjoy a comprehensive long-term care insurance policy, unlimited use of the Aquatic Complex with two pools, Glades Grill, Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with Cultural Arts Center, the Pearl and Seaglass restaurants, Barton’s Nautilus Bar and much more. **Call the Sales Department at 954-871-2655 to schedule a tour.**

web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
JohnKnoxVillage  
651 SW 6th Street  
Pompano Beach, FL 33060  
954-783-4040



*Westlake residents will enjoy views of the expanded campus waterways.*



*Relax at either the resort pool or the lap pool at JKV’s Aquatic Complex.*