



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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

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651 S.W. Sixth Street
Pompano Beach, FL 33060

Westlake's Chilling Milestone

With Air-Conditioning In Place, Inside Work Can Heat Up



The 15-story Vue and 11-story Terrace have completed the air-conditioning system installation and are now undergoing interior finishing.

Rob Seitz
Gazette Editor

As spring marches ever closer to another South Florida summer, an important next milestone on the most ambitious project in John Knox Village's 55-year history has been achieved.

Three huge rooftop air conditioning units have been installed on both towers at Westlake, JKV's newest residential apartment buildings.

Pumping two million BTUs per hour into the 15-story Vue and 11-story Terrace allows the lead team from Moss Construction to begin installing the customized millwork, such as cabinets and wood flooring, without risk of moisture from humidity warping, or otherwise damaging any of the materials.

Short for British Thermal Units, BTUs, are the unit of

measurement that shows how much energy an air conditioner uses to remove heat from a building within an hour.

Combined, the two buildings will provide 147 new state-of-the-art apartments to JKV's campus footprint of three villa neighborhoods and four apartment buildings. At \$120 million, Westlake remains on schedule to open during the First Quarter of 2024, especially now

that the buildings are air-conditioned and work can take place around the clock if necessary.

Outside, stucco and paint are going on the exteriors of both towers, while balcony rails are being installed.

Enthusiasm for the project is not just taking place on JKV's 70-acre campus, but is being felt in the greater community. Westlake is currently more than 85 percent pre-sold, with now being the time to lock in your 2023 rates.

See "Westlake at JKV" on Page 2

Westlake Remains On Schedule To Open During The First Quarter Of 2024

A Celebration Of Motherhood

'My mother was the making of me. She was so true and sure of me...'

– Thomas Edison

Nona Cree Smith
Gazette Contributor

As we look forward to Mother's Day on May 14, we celebrate a mother's love, care and teachings that shape the individuals, who then shape cultures and eventually the world in which we live. While love and emotional availability are vital components of motherhood, we understand the profound and long-lasting impact mothers have in developing young children's minds, teaching them first lessons of love, shaping their consciences, and developing the important inner feeling of the rightness of their actions.

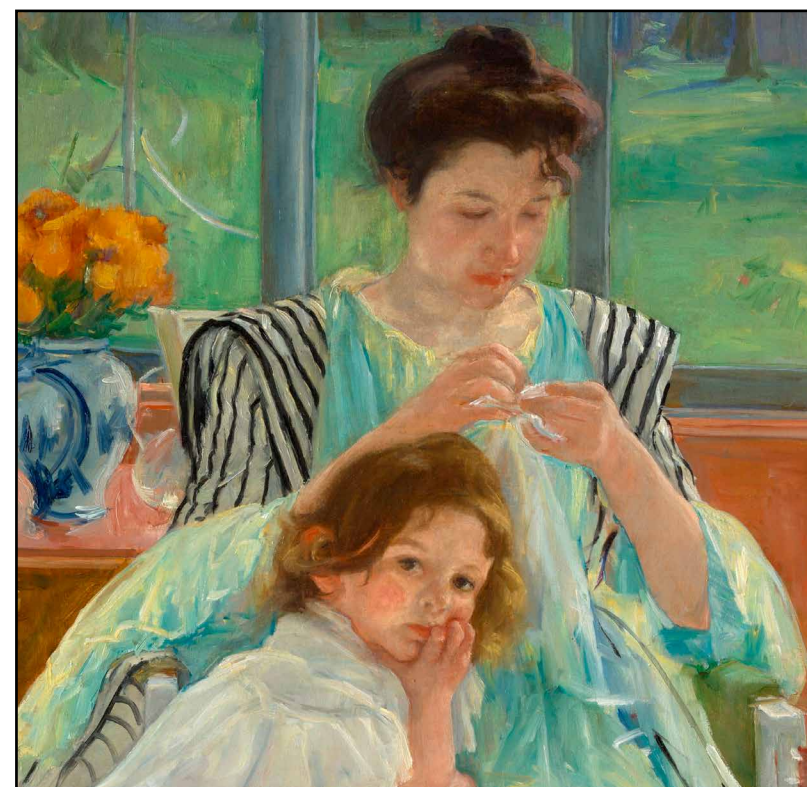
Throughout history, there have been stories of exceptional mothers – some famous and others, perhaps like our own mothers – who were known only to family and friends. Here are just three mothers in American history who shaped their children and, in fact, helped to shape our world.

Sara Delano Roosevelt: 'The First Mother Of The Land'

Franklin Delano Roosevelt, affectionately referred to as FDR, was born on Jan. 30, 1882, at Hyde Park, NY. Since birth, Franklin's mother Sara would have a great impact on him that shaped his personality and resolve that not only influenced him, but also the world.

FDR would become the only U.S. President elected to the office four times. He led the United States through two of the greatest crises of the 20th century: The Great Depression (1929 – 1939) and World War II (1939 – 1945). In so doing, he greatly expanded the powers of the federal government

See "Mothers" on Page 3



"Young Mother Sewing," oil painting (1900) by Mary Cassatt. Image Source: Shutterstock.

Westlake At JKV: Reserve Your New Residence Today

From "Westlake at JKV" on Page 1

With a 10-percent deposit, *Gazette* readers are automatically enrolled as Platinum Level members of the Westlake Village Club, with benefits that include meals at any of the four on-campus dining venues.

Ten percent depositors also receive many complimentary services, including access to JKV's \$6.2 million Aquatic Complex, with its resort-style pool, four-lane lap pool, Jacuzzi®, Pickleball and bocce ball courts, the indoor and poolside Glades Grill restaurant, and the Poolside Pub.

Membership In The Westlake Village Club

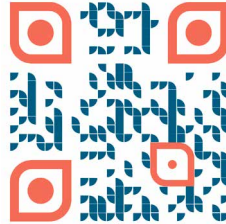
Westlake Village Club Members also receive access to award-winning Life Enrichment events, fitness classes, and admission to JKV community partner venues such as the Boca Raton Museum of Art, Ft. Lauderdale International Film Festival, Bonnet House, the historic Sample-McDougald House and the NSU Art Museum in downtown Ft. Lauderdale.

The framing and drywall are being installed in the first-floor common areas, which will include amenities such as:

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

To learn more call 954-871-2655 or visit www.JKVGrows.com or www.johnknoxvillage.com

Scan with your camera phone to learn more.



The JKV Management Team tours the construction inside The Vue and The Terrace at Westlake.

Think Pre-Paid College, But For Your Health Care

There is a misperception with some prospective residents about what exactly John Knox Village is selling. Many prospects visit South Florida's premier Life-Plan Retirement Community thinking they will be purchasing an apartment or villa home.

However, as a Life-Plan Continuing Care Retirement Community, what JKV is providing its residents with is a Life-Care contract which secures their care, if, when and for whatever health care circumstance that may arise.

"Think of it as buying a college pre-paid plan, where you lock in—in this case—your health care costs for today, and the future, should you ever need those services," Kim Ali, JKV Director of Sales, told the *Gazette*. "Along with the peace of mind knowing your future health care needs will be met, JKV residents appreciate living in a state-of-the-art apartment or villa home, all the while enjoying our award-winning amenities and our robust Life Enrichment programming.

"With skilled nursing [24-hour monitored] care averaging around \$14,000 per month, assisted living at about \$5,000 monthly and memory care at \$8K-plus; over the course of just a couple years a \$200,000 entrance fee that gets you into JKV can get eaten up pretty quickly."

To learn more, "Ask Kim" by calling 954-871-2655 or emailing at askkim@jkvfl.com

Thanks For Asking

Hey Dave, How Are The Kids Doing?

Dave Bayer
Gazette Contributor

One of the vicissitudes of being elderly is that we attend too many funerals and too few weddings. Recently, however, one of my granddaughters got married, and being able to participate in the event and spend quality time around a bunch of folks in their 20s was an enriching experience for my wife Jackie and me. After the wedding, I knew that I wanted to write about it, but here's my problem: I don't like writing (or reading) stuff that relies on superlatives. But in this case, there is no other way. Please bear with me.

A Family Wedding

The bride and the groom both graduated from West Point in 2020 and both recently returned from being deployed (separately) to the Ukraine area. Although they are currently stationed in Ft. Carson, CO, the wedding took place in Hammock Beach, FL, a beautiful resort a bit north of the home of the bride's parents in Ormond Beach.

The groom's father, mother, and two brothers, as well as many members of the wedding party, are also West Point graduates, but this was not a military wedding.

We spent two nights at the Hammock Beach Resort, which allowed just the right amount of time to enjoy the rehearsal and associated dinner/party, get to meet and visit a bit with the groom's family, mutual friends and, of course, our own family members.

The rehearsal dinner was very informal. The highlight was a talk from the groom's father. He did an amazing job of summarizing the formative years of both the bride and the groom and was especially clever in presenting the things that make his son so special in a very humorous way.

The wedding itself was perfect. It was held outside in beautiful weather. The minister (a long-time friend of the bride's family) chose the perfect words in relating the sacrifices that are sometimes necessary to make a good marriage work with the sacrifices that are the norm in a life spent in the military. The thing that made the whole wedding so special to us was, not only was it beautifully planned and executed, but the young people in the wedding party were very impressive.

Inspiring Just To Be Around Them

Most of the bridesmaids and groomsmen were in their mid-20s, many recent West Point graduates who had literally come from around the world to participate. They were all intelligent, polite, interesting and considerate, yet diverse in many respects. Just being around them was uplifting.

There were about 180 friends and family that attended both the wedding and the reception. In every sense, it could not have been nicer. At the reception, the speeches were short, funny and right on target. The families and friends of both the bride and groom got to mix and mingle a bit more, and wow, can those young people dance. To say that "a good time was had by all" would be an understatement. There we so many thoughtful extra touches. The bride had handwritten a personal note to many of the families and friends who attended.

Another bonus for Jackie and me was that it is only a four-hour car ride from John Knox Village to Hammock Beach. We shared the ride up and back with our oldest son, Fred, and he did most of the driving. We always enjoy the pleasure of his company as well as his chauffeuring skills. And we were reminded once again how nice it is to travel from JKV knowing that your home will be secure and well cared for in your absence.

Youthful Vitality At JKV

Speaking of young people and JKV, we were recently treated to some great performances on our campus by the University of Notre Dame Glee Club, the U.S. Army Soldier's Chorus, a Yale a cappella vocal group and the U.S. Navy Band. And of course, late April brought Fleet Week to Ft. Lauderdale, which JKV helped to support and sponsor. Together with our fellow residents, Jackie and I really appreciate and take advantage of the opportunities to participate in as many of these events as possible.

So, how are the kids doing? My three sons are all in their early 60s and doing just fine. Jackie's daughter and son are both in their 50s and are also thriving. What I really have in mind are the next generations. For the reasons mentioned above, we've had more occasion to spend time with and around them recently. The experience has been both enjoyable and

encouraging. Although it's easy to be discouraged with much of what is happening in the world around us, it has been uplifting to be around so many young women and men who will be our future leaders and who have their heads screwed on straight. There is no way to tell what the future holds, but I'm thinking it will be in very capable hands.



Cassels Tower residents Dave and his wife Jackie Bayer celebrate the wedding of their granddaughter Lt. Alex to groom Lt. Cam Connors in Hammock Beach, FL. The bride and groom are both graduates of the U.S. Military Academy at West Point, NY.

JKV Resident Dave Bayer is a retired Navy Captain whose 22 years of active duty included 16 years at sea, including three tours in the hostile fire zone in the Gulf of Tonkin as a ship's Captain, Executive Officer and Staff Officer. Dave and his wife Jackie have both been involved in a variety of volunteer activities in the local community and at John Knox Village. Dave is a member of the Board of Directors of the Florida Life Care Residents Association.

Influential Mothers Whose Sons Became National Leaders

From “Mothers” on Page 1

through a series of programs and reforms known as the New Deal, and he served as one of the architects of the successful effort to win World War II, and defeat German National Socialism and Japanese Militarism.

The Roosevelt’s Early Life

His honorable strength of character and sympathetic kindness can in part be attributed to his mother, Sara. FDR was the only child of James and Sara Delano Roosevelt. Sara had such a difficult labor, she was advised not to have more children, so her son became the center of her world. She poured her enormous love and intelligence into her child. FDR’s father was a man of infinitely good humor, who spent time sailing and ice skating with his son, so the household was a happy one.

The family lived in unostentatious and genteel luxury, dividing its time between the family estate in the Hudson River Valley of New York State and European resorts. Young Roosevelt was educated privately at home until age 14, when he entered Groton Preparatory School in Groton, MA. At Groton, as at home, he was reared to be a gentleman, assuming responsibility for those less fortunate and learning Christian stewardship through public service.

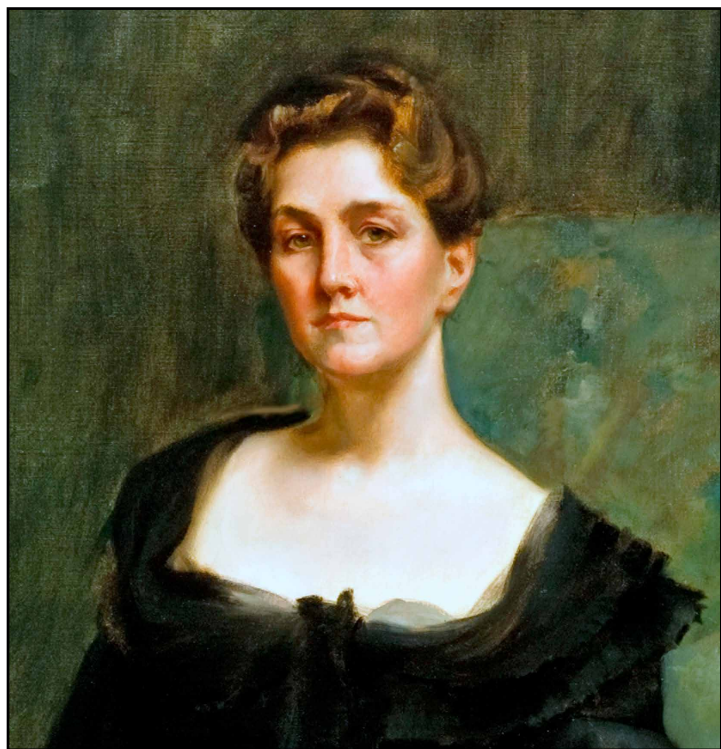
In 1900, Franklin entered Harvard University, where he spent most of his time on extracurricular activities and a full social life. It was during his Harvard years that he spent more time with his cousin, President Theodore Roosevelt, a progressive champion who advocated an increased role for the government in the nation’s economy.

It was also during his Harvard years that he fell in love with Theodore’s niece, Eleanor Roosevelt, who was then active in charitable work for the poor in New York City. The distant cousins became engaged during Roosevelt’s final year at Harvard, and they were married on March 17, 1905. Eleanor would later open her husband’s eyes to the deplorable state of the poor in New York’s slums.

After Franklin and Eleanor’s marriage, Sara planned every facet of their lives. She built a double townhouse in Manhattan, one-half for them, one-half for herself. Later, she bought a cottage for them right next to her own on the island of Campobello, in Canada, where she spent her summers. When children began to arrive, she was there with advice on how to raise them and she often undermined parental discipline by spoiling them. Eleanor seemed content with the situation most of the time, as she felt insecure about her role as a mother and relied on Sara’s direction. She tried to please Sara and win her affection. But Sara was aloof and emotionally focused on her son, Franklin.

Eleanor eventually found her mother-in-law’s domination oppressive and struggled to achieve her independence. As she developed her own interests, friends and activities, she emerged as a political leader in her own right and was able to escape Sara’s authority.

During all these various stages of his life, FDR’s mother continued to be a strong influence in her son’s life. Sara adored her son. Both he and our country benefited from that great love.



Sara Delano Roosevelt (1854 – 1941) was the mother of our 32nd President Franklin Delano Roosevelt. Painting by Pierre Troubetzkoy (1902). Image source: Wikimedia Commons.

Alberta Williams King: The Mother Behind The Dream

To understand and appreciate the legacy of Dr. Martin Luther King Jr., a Baptist minister and social activist who led the civil rights movement in the United States from the mid-1950s until his assassination in 1968, it is important to understand his upbringing. His leadership was important to the movement’s success in trying to end segregation in the South and the United States.

Dr. King rose to national prominence as head of the Southern Christian Leadership Conference,



First Lady Barbara Bush (left center in red striped polo shirt) with President George H. W. Bush (seated lower right), pictured with 11 of their grandchildren at the family compound in Kennebunkport, ME in 2009. Image source: Alamy.

which believed in non-violent demonstration for peace, exemplified by the March on Washington for Jobs and Freedom in 1963. For his work, Dr. King was awarded the Nobel Peace Prize in 1964.

It’s important to understand the legacy his mother, Mrs. Alberta Williams King, a teacher, academician and social activist provided. Her powerful beliefs made an indelible impression on her son, who is now regarded as the most inspiring civil rights leader in U.S. history.



Accepting the Nobel Peace Prize in 1964, Dr. Martin Luther King, Jr., is seated next to his wife Coretta Scott King. His mother Mrs. Alberta Williams King is standing (top left). Image Source: Alamy Stock.

Dr. King’s activism has historically been attributed to the influence of Mahatma Gandhi, but much of his leadership strategy stemmed from seeds originally sown by his mother’s upbringing.

In her young adult years, Mrs. King was an active member of the National Association for the Advancement of Colored People (NAACP) and the Young Women’s Christian Association. She taught her son Martin about slavery.

Dr. King later said about his mother’s influence: “She tried to explain the divided system of the South...as a social condition rather than a natural order. She made it clear that she opposed the system and that I must never allow it to make me feel inferior. Then she said the words that almost every Negro hears before he understands the injustice that makes them necessary and reminded me, that I was as good as anyone.”

Mrs. King’s life was crucial to the civil rights movement, and it remains relevant for people of every color and ethnicity today. Like so many other significant black women, she has largely been overlooked from history. We must pay her honor where it is due. We must learn how we arrived at this point in our nation’s history.

Just as her son’s life ended in tragedy, Mrs. King’s life was similarly cut short. In 1974, while playing “The Lord’s Prayer,” on the organ of Ebenezer Baptist—the church where her father, her husband and her son had served as pastors—she was shot and killed.

A favorite quote used by Dr. King and President Barack Obama brings hopefulness to the forefront: “The arc of the moral universe is long, but it bends towards justice.”

Barbara Pierce Bush: The Mother To A Political Dynasty

After serving as Second Lady from 1981 to 1989 when her husband was Vice President during Ronald Reagan’s presidency, Barbara Pierce Bush served as First Lady of the United States when her husband George H. W. Bush won the presidency in 1989. She is also the mother of the 43rd President, George W. Bush, and of Florida’s 43rd Governor, Jeb Bush.

Rarely has a First Lady been greeted by the American people and the press with the warmth and enthusiasm accorded to Mrs. Bush. Perhaps this was prompted by her charming, but self-deprecating ways, such as calling herself “everybody’s grandmother.”

People were comfortable with her warm, relaxed manner and her ready wit. Having fluffy white hair helped too. With characteristic directness, she said people liked her because they knew, “I’m fair and I like children and I adore my husband.”

Barbara was born in 1925 to Pauline and Marvin Pierce. Her father was president of McCall Corporation, a publishing company of popular magazines and books. Raised in Rye, NY, she had a happy childhood. She went to boarding school at Ashley Hall in South Carolina.

When Barbara Met George

At a dance during Christmas vacation in 1941, she met George H.W. Bush, a senior at Phillips Academy in Andover, MA.

After a period of courtship, they became engaged in December 1943, just before he went off to war as a Navy torpedo bomber pilot. While Bush was on leave from the Navy, they married in Rye, NY, on Jan. 6, 1945.

After the war, George graduated from Yale, and they set out for Texas to start their lives together. Six children were born to them: George, Robin, Jeb, Neil, Marvin and Dorothy. Meanwhile, George built a business in the oil industry.

With Texas as home base, George then turned to politics and public service, serving as a member of Congress, U.S. Ambassador to the United Nations, Chairman of the Republican National Committee, Chief of the U.S. Liaison Office in the People’s Republic of China, Director of the Central Intelligence Agency, and later as Vice President.

While the demands of George’s politics kept him away from home, Barbara became the mainstay of the family, providing everything from discipline to carpools.

The tragic death of Robin from leukemia, when she was not quite four years old, left George and Barbara with a lifelong commitment to compassion. She said, “Because of Robin, George and I love every living human more.”

Barbara was always an asset to her husband during his campaigns for public office. Her friendly, forthright manner won her accolades from voters and the press. As wife of the Vice President, she selected the promotion of literacy as her special cause.

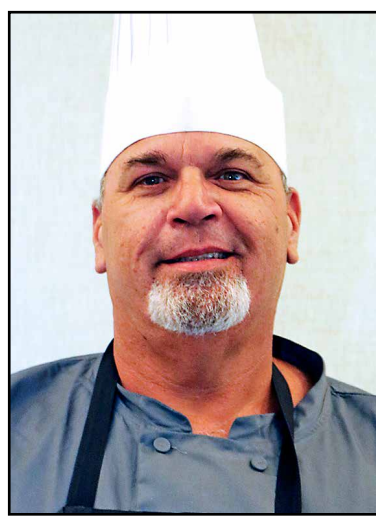
As First Lady, she called working for a more literate America the “most important issue we have.” Involved with many organizations devoted to this cause, she became Honorary Chairwoman of the Barbara Bush Foundation for Family Literacy. A strong advocate of volunteerism, Mrs. Bush helped promote many causes – including the homeless, AIDS, the elderly and school volunteer programs.

After a long life of service to family and country, Barbara died at the age of 92 on April 17, 2018.

Jeb Bush said his mother taught the family to be civil. “She taught us to love your family with your heart and soul.”

In Good Taste: Pork Chop Recipe Smothered In Flavors

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Henry Sanchez

In the very talented culinary hands of John Knox Village Executive Chef Henry Sanchez, this classic Southern comfort pork chop recipe is not only super easy to make, but smothered in flavors.

The bone in the chops provides some protection from overcooking and the fat around it keeps the pork juicier and tastier. They are called “smothered” because it involves cooking the food over low heat in a liquid—in this case an amazing

gravy—in a covered pan.

The pork chops are coated with seasoning and flour, then pan-fried to a golden brown and simmered in a rich, creamy onion and garlic-flavored gravy. So versatile, you can serve them with anything...think mashed potatoes, white rice or even roasted vegetables.

For an over-the-top dining experience cornbread, a French baguette or slice of Artisan bread always makes for a tasty pairing.

While pork is a mild protein, smothered chops in this rich gravy calls for a bold-flavored wine. A pinot noir or John Knox Village Cabernet Sauvignon will be pleasing to the palate.

This is a hearty, filling kiss-the-chef-worthy meal your family and friends will enjoy.

Smothered Pork Chops (Serves 4)

- 1 cup all-purpose flour
- 2 tablespoons onion powder

- 2 tablespoons garlic powder
- 1 teaspoon cayenne
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 4 pork chops, 3/4-inch thick, bone-in
- 1/4 cup olive oil
- 1 cup chicken broth
- 1/2 cup buttermilk
- Chopped fresh flat-leaf parsley, for garnish

Method Of Preparation:

1. Put the flour in a shallow platter and add the onion powder, garlic powder, cayenne, salt, and pepper; mix with a fork to distribute evenly. Pat the pork chops dry with paper towels to remove any moisture and then dredge them in the seasoned flour, shaking off the excess.

2. Heat a large sauté pan or cast-iron skillet over medium heat and coat with the oil. When the oil is nice and hot, lay the pork chops in the pan in a single layer and fry for 3 minutes on each side until golden brown. Remove the pork chops from the pan and add a little sprinkle of seasoned flour to the pan drippings.

3. Mix the flour into the fat to dissolve and then pour in the chicken broth. Let the liquid cook down for 5 minutes to reduce and thicken slightly.

4. Stir in the buttermilk to make a creamy gravy and return the pork chops to the pan, covering them with the sauce. Simmer for 5 minutes until the pork is cooked through.

5. Season with salt and pepper and garnish with chopped parsley before serving.



Chef Henry's Smothered Pork Chops make a hearty meal for you and your guests.

Bold Decision, Bold Wine



Make the bold decision to schedule a tour of John Knox Village with one of the Sales Team's Life-Plan Consultants and take home a bottle of John Knox Village-labelled Cabernet Sauvignon, a perfect pairing for this month's Smothered Pork Chop recipe.

Not a red wine drinker? JKV-labelled Chardonnay and Pinot Grigio are also available.

Call 954-871-2655 to line up your Village visit. Mention this offer.

Great Entertainment Planned At JKV In May

Jody Leshinsky
Gazette Contributor

Remember the saying, “April showers bring May flowers?” Here at John Knox Village, our programming is blossoming. This May, we have completed our first year of providing entertainment in our new Cultural Arts Center, and we are pleased to tell you that we have presented every artistic discipline from classical music and ballet to theater, comedy and contemporary dance. We've hosted performances in salsa, big band, Broadway and Japanese taiko drumming.

JKV Choirs: Monday, May 1

Our very own JKV Choirs – The Choristers and The Villagers will take the stage to perform on May 1. They will be joined by special guest artists, violinist Mei Mei Luo playing the famous Czardas by Monti, and Mediation from Thaïs with percussionist Mark Schubert and pianist Carolyn Morgan, all under the direction of Birgit Djupedal Fioravante in a program of your favorites.

EleMenTrio: Thursday, May 4

EleMenTrio combines three distinct vocal timbres delivering lush melodies to create a metamorphosis of sound unlike any other men's vocal group.

Join us at JKV's Cultural Arts Center on Thursday, May 4 to hear this incredible blend that is heart-warming, satisfying and inspiring. EleMenTrio sings beautifully crafted original arrangements of classics like “Danny Boy,” “You Raise Me Up” and “Music of the

Night,” as well as unique versions of current radio hits and classic rock tunes.

South Florida Jubilee Chorus: May 11

South Florida Jubilee Chorus will be sharing some of their favorite melodies on Thursday, May 11. The award-winning ladies' chorus performs a cappella, four-part harmony in melodious barbershop style. The chorus is celebrating its 25th Anniversary by sharing its music and demonstrating how music literally brings people of all ages and walks of life together in harmony.

Nova Singers: May 16

On Tuesday, May 16, the Nova Singers, a community chorus of 100 singers founded in 1976 by JKV resident Peggy Joyce Barber, will present a concert exploring the lighter side of choral music. The concert will feature a medley from “Phantom of the Opera,” which closed its remarkable run on Broadway last month, as well as other Broadway favorites. Also on the program will be spirituals and other songs of America, including a salute to the Armed Forces.

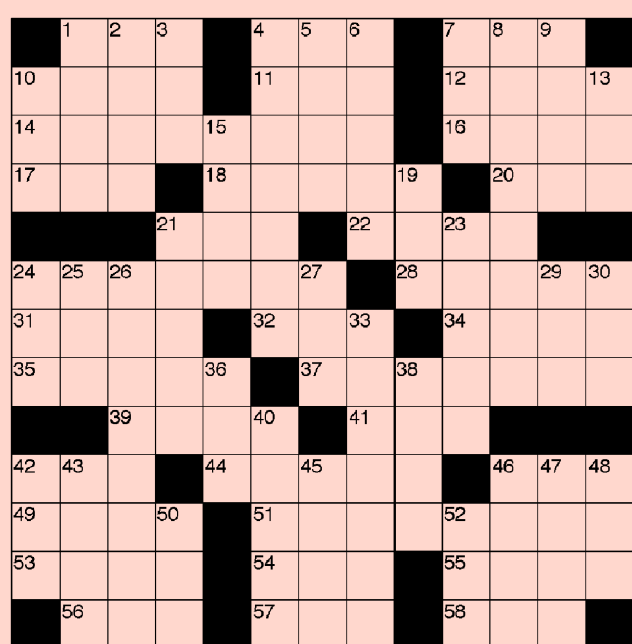


The Nova Singers take the CAC stage at JKV on Tuesday, May 16.

Anibal Berraute's “Milonga”: May 25

On Tuesday, May 23, JKV presents Anibal Berraute's “Milonga” Under the Stars, complete with award-winning tango dancers. Berraute is internationally recognized as one of the top pioneers of tango fusion. His improvisational approach delivers an exciting experience that keeps everyone in the audience on the edge of their seats.

Most tickets for these performances are \$26 per ticket for non-JKV residents. To RSVP for these concerts, visit 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/events/ for a full list of upcoming performances at JKV.



Crossword Puzzle Of The Month

ACROSS

1. Also known as (abbr.)
4. “Blue Eagle”
7. Exclamation
10. Rom. public lands
11. Possessive pronoun
12. Rake
14. Decoy (2 words)
16. Anglican (abbr.)
17. Mouse-spotter's cry
18. Heath evergreen
20. His (Fr.)
21. Birds (pref.)
22. Both (pref.)
24. Short
28. Antiseptic
31. Forest ox
32. Hebrew (abbr.)

DOWN

34. St. Petersburg's river
35. Style of art
37. Papal church
39. Girdle
41. Pounds (abbr.)
42. Veneration
44. Indian sacred fig
46. Disposed
49. Hang fire
51. Wise
53. Demolish: Brit.
54. Half-boot
55. Hall (Ger.)
56. Parrot
57. Lifetime
58. Compass direction

DOWN

1. Chills and fever
2. Retch
3. Vessel
4. Feed
5. Country (Lat.)
6. Betel palm
7. Medieval money
8. Deem
9. Giant
10. Soft drink
13. Loop trains
15. One of the Apostles
19. Male friend (Fr.)
21. Nest-building fish
23. Ossa
24. Insult
25. Buck

26. Bosh
27. Lamprey
29. Marsh elder
30. Bobbsey twins
33. Harmony
36. Sixth sense
38. Tablespoon (abbr.)
40. Leaf-miner beetle
42. Month (abbr.)
43. Puny
45. Wampum
46. Down with (Fr., 2 words)
47. Bleach
48. ___ Aviv
50. Drug Enforcement Admin. (abbr.)
52. Verb-forming (suf.)

Answers On Page 10.

Antique And Classic Car Show A Resounding Success

REO Speedwagon Hits All The Right Notes At 18th Annual Show

Rob Seitz
Gazette Editor

It was the right March morning mix of sun, clouds and breeze that reminds many why they transplanted from snowy and icy northern climes to the Sunshine State in the first place.

Add to the warm Saturday combination a collection of automobiles, many nearly 100 years old, with refreshments and delightful background music, and you had nearly everything needed for another spectacular Annual Antique and Classic Car Show at John Knox Village, South Florida's premier Life-Plan Retirement Community.



JKV Resident Dr. Paul Loree is the founder of the annual Antique and Classic Car Show. It was his suggestion that got the Show rolling back in 2004.

Residents And Visitors Choose A Winner

More than 50 cars were displayed around JKV's Welcome and Innovation Center, to the amusement and amazement of the several hundred residents, guests and children strolling through the area, enjoying this year's version. During the Car Show, attendees were able to vote for their favorite car.

At the conclusion of the Car Show, owners revved their engines and paraded around JKV's 70-acre campus, much to the delight of residents and elders unable to make it over to the Welcome Center.

After the parade car owners enjoyed a delicious lunch and winners of the People's Choice Awards were announced, held for the first time ever in JKV's beautiful Cultural Arts Center.

REO Speedwagon?

For many, the mention of REO Speedwagon brings back memories of the popular rock band from the late 60s to today, but in the classic car world it is a reference to a truck first introduced in 1915 and made by Ransom Eli Olds (hence REO), one of the bet-



The 1931 REO Speedwagon and the 1942 WW II Jeep took first and second place in the People's Choice Awards.



Father and son enjoy sharing the Classic Car experience. JKV resident Don DeJong with son Dirk DeJong stand next to Dirk's 1941 Buick Super Convertible.

ter-known truck manufacturers prior to World War II. For whatever reason, though, car show-goers took a liking to the 1931 REO Speedwagon on display and voted first-place honors to Deerfield Beach's Paul Vernon for his entry.

Second place went to Chris Chambers, who brought his 1942 World War II Jeep, complete with authentic machine gun and Joe DeSantis' 1950 Willie's Jeepster captured third.

Dr. Paul Loree – Founder Of The Show

Special thanks goes to Heritage Tower resident

Dr. Paul Loree, a classic car aficionado who came up with the idea for the Car Show years ago and coordinates the resident-volunteers who assist with parking each vehicle and other Car Show logistics.

Shortly after moving into JKV in 2004, Dr. Loree shared his idea for an on-campus car show with then-Director of Marketing Bob Mila-novich. "Bob agreed it would be an incredible event for our residents—to have several cars and their owners on campus for John Knox Village's own Car Show," Dr. Loree told the *Gazette*. "Oh my how it has grown."

In an email to Dr. Loree, first-place winner Mr. Vernon wrote:

"I [want] to voice my appreciation for sponsoring the 'Invitation Only Car Show' at John Knox Village. It provides an important opportunity for car enthusiasts, as well as history buffs, an opportunity to stir up their minds to reminisce and reconnect to history and past experiences.



This 1942 Packard convertible, driven by Peter Simmons of Wilton Manors, was an eye-pleaser at this year's show.



The British invasion of convertible sports cars was showcased by this 1953 MG TD.



A Ford Model A Convertible parades under The Woodlands porte cochere to the grateful approval of Elders, staff and friends.



From hot rods to Model A's, up to muscle cars of the late 1900s, the Classic and Antique Car Show presented a nostalgic look at motor vehicles spanning more than 100 years.

"My REO has been all those things to me and more. What started as the fulfillment of a dream in my youth to make old rusty farm machines work and live again, has blossomed into a fascinating history lesson.

"It pleases me to see all age groups take an interest in this REO project along with me. I enjoy, when possible, to have careful interaction, such as honking the horn. I am conscious of 'planting seeds' of curiosity in the hobby, especially where children are concerned.

"I feel they benefit seeing for themselves that their fictional Transformers have a very real origin in basic mechanics and engineering."

To see more from the day, visit JKV's Facebook page at: www.facebook.com/johnknoxvillage



Westlake
JOHN KNOX VILLAGE

Look how far we've come...

Now is the time to
LOCK IN YOUR 2023 RATES!
Limited inventory.

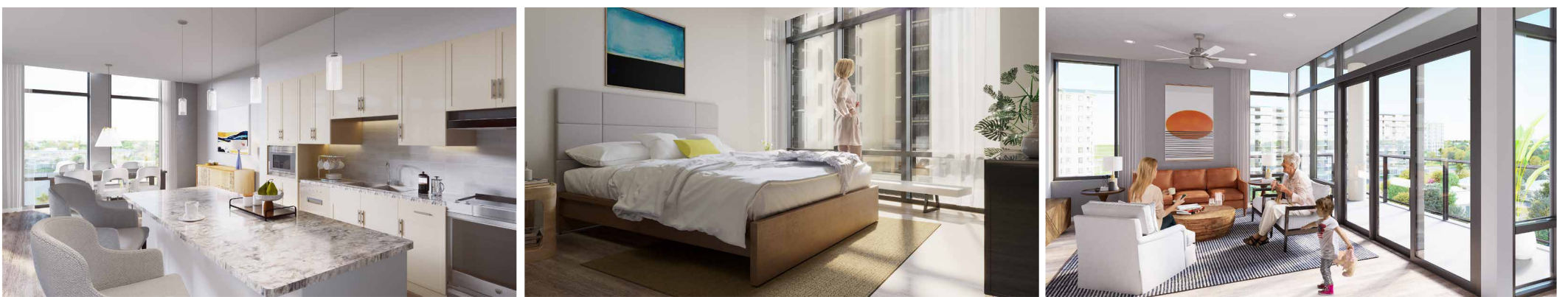
Johnknoxvillage.com

RETIREMENT AT ITS FINEST

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

Coming
2024!

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



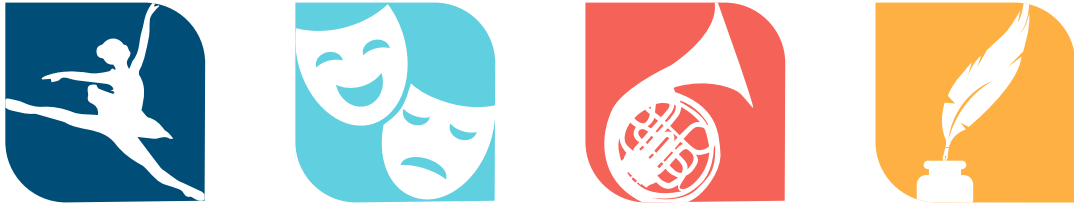
Join us for Brunch and learn about everything JKV has to offer including our new Westlake neighborhood



Thursday, April 13th
OR
Thursday, April 20th
11 a.m. – 12:30 p.m.

Call to RSVP for brunch today **(954) 871-2655**

Cultural Arts Center



AT JOHN KNOX VILLAGE

MAY Events

Join us at our new Cultural Arts Center for one of these great performances:



Thursday, May 4 | 7 p.m.

ELEMENTRIO

EleMenTrio combines three distinct men’s vocal timbres delivering lush melodies to create a metamorphosis of sound unlike any other. Each member (Victor Valdez, Terry Barber, and Vincent Connor) has a wealth of experience in various genres; together they create a blend that is heartwarming, satisfying and inspiring. EleMenTrio sings beautifully crafted original arrangements of classics like “Danny Boy,” “You Raise Me Up” and “Music of the Night,” as well as unique versions of current radio hits and classic rock tunes.

Tickets Resident..... \$20
Village Arts Circle \$16 (20% off)
Non-Resident \$26

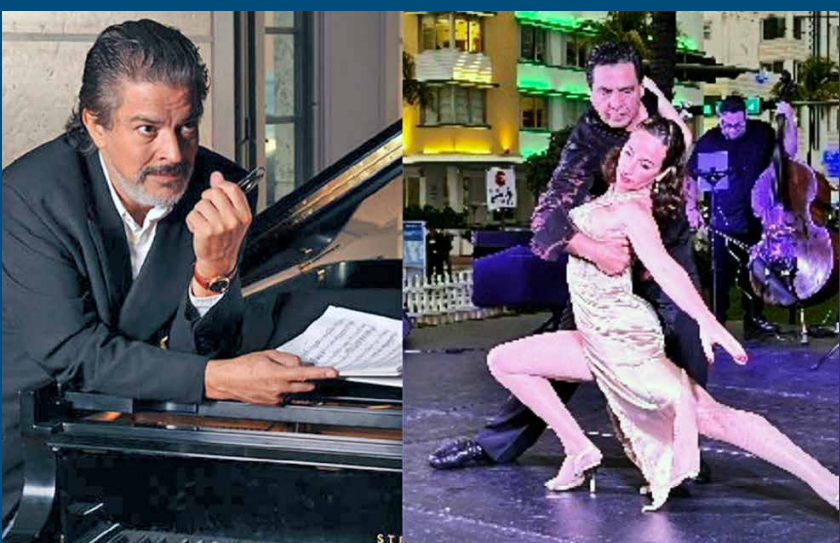


Thursday, May 11 | 7 p.m.

SOUTH FLORIDA JUBILEE CHORUS

South Florida Jubilee is an award-winning women’s chorus performing a cappella barbershop-style music in four-part harmony, and they will be sharing some of their favorite melodies. The chorus is celebrating its 25th anniversary by sharing its music and demonstrating how music literally brings people of all ages and walks of life together in harmony.

Tickets Resident..... \$10
Village Arts Circle \$8 (20% off)
Non-Resident \$16



Tuesday, May 23 | 7 p.m.

JKV DANCE SERIES: Milonga Under the Stars: A Great Night of Tango Fusion

John Knox Village presents Anibal Berraute’s “Milonga” Under the Stars, complete with award-winning tango dancers. Berraute is internationally recognized as one of the top pioneers of tango fusion. His improvisational approach delivers an exciting experience that keeps the audience on the edge of their seats.

Tickets Resident..... \$20
Village Arts Circle \$16 (20% off)
Non-Resident \$26

Residents can purchase their tickets and their guests’ tickets by calling the Life Enrichment Department at (954) 783-4039.

Non-residents please visit [Eventbrite.com](https://www.eventbrite.com) to purchase tickets.

John Knox Village 400 SW 3rd St. (Main Entrance), Pompano Beach, FL 33060

[Johnknoxvillage.com](https://www.johnknoxvillage.com)

Combatting The Stigma Of Mental Health

Janelle Falcon
Gazette Contributor



Janelle Falcon,
Baptist Health Behavior Health Specialist

In observance of Mental Health Awareness Month, it is important to come together as a community to help eliminate the stigma of mental health. Through coming together, we can create a safe space for everyone to feel comfortable sharing their mental health journey and seeking support when needed, because mental illness does not discriminate.

Mental health is just as important as our physical health and can have serious implications on our overall well-being if left ignored. Poor mental health has been linked to an increased risk of cardiovascular diseases, respiratory diseases and other chronic illnesses. Therefore, just like we would encourage someone to see a medical professional for a physical illness, it's important to encourage one another to see a mental health professional. Mental health is such a personal experience for each individual and more the reason to seek out an expert to understand a person's individual symptoms and ways to feel relief.

Here are some easy ways in which we can all contribute to eliminating mental health stigma on a daily basis:

Get Informed And Inform Others

Mental illness does not discriminate: Everyone, regardless of age, profession or ethnicity can be impacted. Take some time to learn about what mental health is and how it can look different from person to person. As you learn something new, remember that knowledge is power, and sharing knowledge is empowering.

Be Empathic And Compassionate

Through empathy and compassion, you're offering someone a safe space, where they won't feel judged and are able to be their most authentic self. Though it seems like a basic gesture, it can make all the difference in how someone interacts with you, and what they determine they're able to share with you.

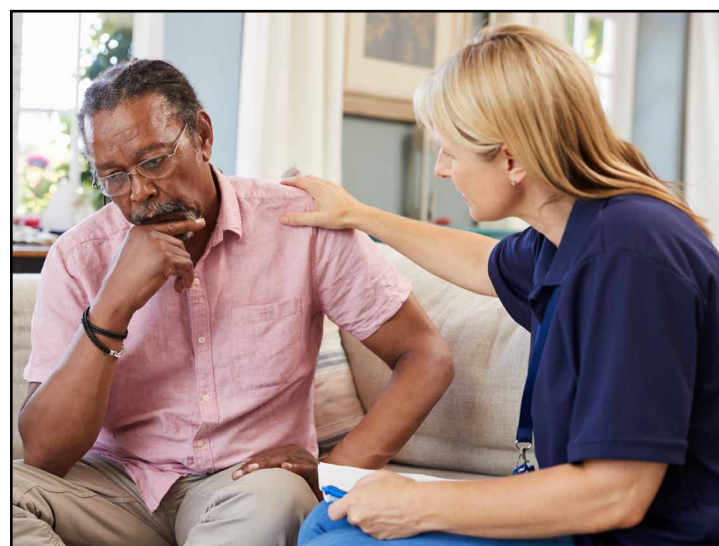
Have Open Conversations

If you feel comfortable, share your lived experience or provide someone with the safe space to share theirs. Words are very powerful and hold a lot of weight; be sure to use inclusive language to help those around you feel at ease in opening up to you. Inclusive language will also help lead to more open discussions and with people feeling more welcome.

Speak To A Mental Health Professional

One of the most important ways to eliminate mental health stigma is to care for yourself. If you feel as though you've been putting off speaking to an expert, take that step today to speak to a professional about your concerns.

To learn more about mental health and your overall well-being, browse our free community health



If you feel comfortable, share your lived experience or provide someone with the safe space to share theirs.

programs by visiting: [www:BaptistHealth.net/CommunityHealth](http://www.BaptistHealth.net/CommunityHealth) or email for more information to: programs@BaptistHealth.net

To sign up for the Baptist Health Community mailing list, scan the QR code to the right. Go to the camera app on your phone or tablet. Aim the camera at the code and wait for a window to appear that will direct you to the content.



Janelle Falcon has been in the mental health field for over 10 years. Currently, she is a behavioral health specialist with the Community Health Department at Baptist Health.

Making A Positive Change In Relationships

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

In last month's column, we reviewed the relationship postures and patterns intended to dilute the anxiety that we all carry around: Conflict, Distance, Over- and Under-Functioning and Triangling. All lived with good intent. All meant to help the situation, but do not.

Many spouses, after a number of years of marriage, think to themselves, "If only I had a different marriage partner, things in my life would be different." At this point some people will try out an affair, or even a divorce. To their dismay, after a few more years, things don't get any better. Or they may tell themselves or even their husband or wife that if they would only listen and change themselves, the marriage would improve. In addition, they may also think, "If only my spouse would take the initiative and tell me what to do." Failing all that, they may go around talking to friends or relatives about how to improve on a failing relation.

None of these postures work well, except maybe for the short term. Okay, what works? Here are 10 rules that may help the relationship:

Rule #1:

We can't change anyone but ourselves.

Rules #2-4:

Understand. Agree with. Practice saying 'No.' It may take time, but once you've got those well-ingrained, you can take on some more relationship rules.

Rule #5:

Always remember the goal. Separate, open and equal. The goal of a perfect relationship is not possible, but having a goal in mind is. The goal is a separate, equal and open relationship when all is said and done. By that we mean separate boundaries: I am me, you are you and we don't have to agree on everything. It's okay to differ on some things. It makes life interesting. Open refers to open communication about important areas. Equal partners approach each other as equals, with no one bossing anyone else around, nor having all the answers.

Rule #6:

Think about the relationship postures that don't work. Knowing that it takes two to make a relationship, think it through. Which of the four postures is this relationship in and how am I contributing to the dead end?

Rule #7:

If can see how I am contributing, I can usually

see how to change my part. For example, if I am in a conflictual (competitive) relationship, I can stop trying to make myself "the winner" or "the overcomer" and start to see a bigger picture. I listen to what the other is saying. Can I understand that position? Understand, that is, without over-empathizing. Once I see the other side of the coin, often the conflict ameliorates a bit. If not, a cooling-off period (of at least 20 minutes) can be taken. Once the brain is fogged or flooded by emotional intensity, it can be hard, if not impossible, to talk with any degree of rationality. That, after all, is where solutions lie: In reason.

Reason would point out solutions to the dilemma that don't involve emotions. Logic works. Life is often compared to a race or a game, but it is not.

Rule #8:

What about distancing? Distancing can be a useful move if a relationship has become worn out with conflict. I once saw a couple that had not spoken to each other in months. What started out as a solution to a problem of excess, turned into a non-solution of distancing. Someone needs to get in contact. Often, the other will be ready for it, too, not knowing what to do about the distance posture. It doesn't matter who takes the first step. It matters that someone does it. So, if one is in a distant relationship, one needs to find a few words or a gesture that will cut the ice and get communication going. Some people need practice getting out of their shells, working in social situations to be more verbal.

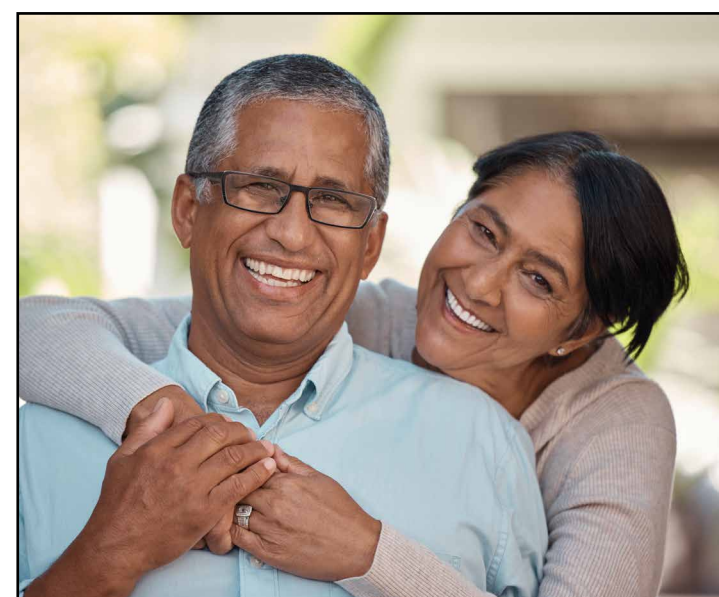
Rule #9:

Over- and under-functioning usually take the form of one being in control of the relationship. From an over-functioning relationship, one may actually become ill and need care. If that is the case, allowing that one to do as much as he or she is capable of, comes to mind. In less severe situations, one will do most or all the talking and decision-making, and may be the center of the outside world's attention. We may be surprised to see talents we did not know were there when we lighten up and give space to others. We'll learn a lot as well. The under-functioner, on the other hand, needs to get some backbone and stand up to the other, maybe for the first time in life. Thinking things through for self: Speaking, acting for self.

Rule #10:

The triangler goes to anyone who will listen to tell the story, get advice, maybe knowing less than ever what to do. After all, much advice we get in this way conflicts. Again, this person is not taking the time, personal responsibility and work necessary to think things all the way through to see what he/she thinks or believes. If one stays with logic and the big picture long enough, solutions will emerge even though some of these patterns may have been lifelong.

Other basic rules of living—good nutrition, hydration, exercise, pleasurable activities like travel or other loved activities, if not observed, can show up in relationship anxiety. Here, the relationship may get blamed



Open the lines of communication to make a positive change in your relationships.

undeservedly. Refocusing to more positive thinking can be most helpful at times.

The good news is that as we work on simply changing our own part of the relationship, the relationship changes for the better, making it worth the trouble.

Relationships, one of the most important factors in our lives, is still an area we are just beginning to learn about. But if open minds keep working on it, we'll know more as time unfolds.

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.

Sudoku

Answers On Page 10.

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

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

Tips On Making Your Home Smarter

Jason Cook
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

Hey Siri, Ok Google and Alexa, let's all settle down.

If you read this out loud, you probably just set off a chain reaction in your homes by triggering the wake word on your smart speakers, but it is important to take a moment to appreciate what this technology enables us to do.

Recently these speakers, that can answer your questions and control your smart home, are becoming more commonplace. The capabilities of these speakers are increasing as well, to the point you can make a reservation at a restaurant, find out the weather or any piece of information for that matter, just by asking out loud.

QR Code Hunt

We recently had an event at John Knox Village where residents had the opportunity to win several of these speakers by participating in a QR (Quick Response) Code hunt. Residents had to find three QR codes and complete a challenge for each one to be entered into the raffle.

QR Codes are machine-readable codes that consist

of black and white squares used for storing links to information for reading by a smartphone camera. By scanning the QR Code to the right with your smartphone's camera, you will be taken to a link to find out more about JKV's Cultural Arts Center.

Once you link these speakers to your smart home devices you can basically control your whole house from the speaker. With the proper equipment you can change the temperature on the thermostat, check who is at the front door, vacuum the house or even start cooking dinner.

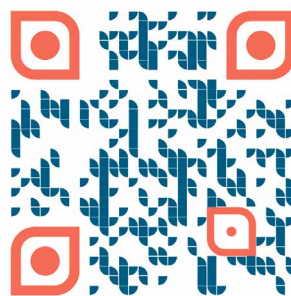
These speakers can help with daily activities such as turning on or off needed lights, rather than fumbling around in the dark. They are also great for reminding you to do things whether it be a daily reminder, weekly or even on a monthly basis.

These devices can also enhance your safety and security. If you have an Amazon Echo Show and the Ring doorbell system, you can have it show you who is at the front door just by asking. If you have a smart lock installed, you could even open the door.

If you should happen to fall and are not able to reach the phone, you can ask Alexa to call 911 for you.

If you have the Echo Show with the video screen, you can "drop in" on friends and family so you can have a video call with them.

Finally, these speakers are great for music, especially if you pair it up with Amazon Music or another streaming source. The only tricky part of these devices



is that the initial set up can be a little complicated, but once you get through that it is smooth sailing.

With the ability to assist with daily activities, reminders, task automation, improved safety, security and communication, these speakers provide more than just music.

It is no wonder that more homes are adopting these smart speakers and the accompanying smart home technologies. Ironically, with all these fast-moving technological advances, the tech world is actually providing us with more time to slow down and smell the roses.

JKV's Dedicated 'IT' Guy

Always an industry leader and at the forefront of innovation, John Knox Village is one of the only senior living Life-Plan Continuing Care Retirement Communities in the nation to provide a dedicated full-time employee to assist its residents with technology issues on every platform from mobile phones and tablets to laptops.

JKV Technology Engagement Coordinator Jason Cook provides residents with personal assistance, as well as classroom-style training.

Overwhelmingly, residents are thrilled and grateful to have Jason on the JKV Team and see the value in the important work he does.

Pompano Beach Arts & Music

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

Kay Renz
Special To The Gazette

May provides endless possibilities including celebrating Haitian Heritage Month. Enjoy a jazz concert by Jean Caze, dance lesson, the last Old Town Untapped of the season and so much more.



Shane Duncan Band appears at the season's final Old Town Untapped on Friday, May 5.

Old Town Untapped

Your last chance to party this season at Pompano's favorite street festival is on Friday, May 5, from 6 to 10 p.m., with high energy party music by Shane Duncan Band.

If you stop by Bailey Contemporary Arts Center (BaCa), you can meet this month's featured artist in residence, multi-medium visual artist Manzi Liu, and view her work, which is inspired by the beauty of human culture, historical objects, and nature. Also enjoy a solo exhibition by Christian Feneck, entitled "Borrowed Light," which will delight viewers with its colorful insights into perception. Craft beer, delicious food, and many vendors selling unique and artistic merchandise, are all available to you.

Konpa In Pompano

On Saturday, May 7, come out for a high-energy event intended to introduce participants to Haitian music and dance culture at 7 p.m. at the Ali Cultural Center. Konpa (compás) is a dance style that originated in Haiti during the 1950s. Konpa Pompano will follow the format of the popular dance events, Sábados de Salsa and Baila Pompano, with a one-hour instructor-led dance class with dancers from KOTR Konpa Dance Studio, followed by a dance party with the band 5Lan and DJ Mike Cooley.

Your \$20 ticket includes one free drink ticket, with food and cash bar available.

Melissa Etheridge: 2023 Tour

On May 12 at 8 p.m. at the Pompano Beach Amphitheatre, see Grammy Award-winning rocker Melissa Etheridge, known for her confessional lyrics and raspy, smoky vocals, is and has remained one of America's favorite female singer-songwriters for more than two decades.

Baila Pompano

Presented at the Pompano Beach Cultural Center by renowned Latin dancer and instructor Alex Bezzianis of Poppin' Events on Friday, May 19 at 8 p.m. Pompano's exciting participatory dance program will include salsa, bachata, and other Latin dances, including a one-hour dance class, a live band, a DJ, and performances by professional dancers. Tickets are \$20. Drinks and snacks will be available.



Free Concert By World-Renowned Jazz Trumpeter Jean Caze: Dessalines Lives!

In honor of the liberator and first ever Emperor of Haiti, Jean-Jacques Dessalines, jazz phenom Jean Caze performs on May 26 at 7:30 p.m. at Ali Cultural Arts Center. A prodigious talent, he has toured with Michael Bubl  and has performed with Herbie Hancock, Najee, Arturo Sandoval and Randy Brecker.

Caze is known for his original blend of Haitian American music, with rhythms inspired by Rara, Konpa, Racine and American backbeats.

ONGOING ART EXHIBITIONS

Exhibition at Ali Cultural Arts: "ANN APRESYE ZEV ATIS AYISYEN"

Let's Appreciate the Works of Haitian Artists in this showcase of art by Carl-Philippe Juste, Vladymir Acloque, Cynthia "Teeyah" Zamor and Asser Saint-Val, all Haitian born, and Katiana Jarbath Smith, whose parents emigrated from Haiti, the varied work explores social themes, and includes cityscapes and landscapes, religious imagery, and figurative portrayals. Through July 21.

Exhibition at Pompano Beach Cultural Center: "Boil Notice" by Ruth Avra and Dana Kleinman

Informed by the environmental conditions of Southern Florida, this installation focuses on the rising water levels due to climate change, a lack of access to potable water, and industrial waste pollution, by artistically reflecting data related to boil water notices issued across Broward County during 2022. Through July 3.

Exhibition at BaCa: "Borrowed Light" by Christian Feneck

The artist explores the relationship of vision and the understanding of space by using architectural perspective conventions in combination with a layered series of translucent color fields. Feneck skillfully creates movement and depth by forming layered compositions with widely varied spatial conditions. Through May 24.

Exhibition at BaCa: "Shades of Blue," curated and installed by ArtsUnited

A mixed media visual art exhibit showcasing work created by local artists who were asked to incorporate a shade or shades of blue into their normal artistic styles. Arts United is a 24-year-old, non-profit, all volunteer organization dedicated to showcasing art from the LGBTQ+ community. Through May 19.

For more information, visit the Pompano Beach Arts website: www.pompanobeacharts.org



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

Memorial Day: How Can We Avoid Conflict?

Burn Loeffke
Gazette Contributor



Burn Loeffke

This time of year comes with sadness. Memorial Day brings back emotions that cloud my thoughts with frequent flashbacks of the 200 plus soldiers who were killed and wounded when I commanded an infantry battalion in combat in Vietnam.

Two images loom large: Lt. John Little and Sgt. Larry Morford. They were instrumental in changing the direction of my life. They were brave men who volunteered to fight in an unpopular war that others were trying to avoid.

Lt. Little had been a cadet at West Point. I remember him as a bright student in the Russian class I was teaching. Years later, he showed up in Vietnam as a lieutenant in the unit I commanded. Three months later he was killed. I was talking to him on the radio when it went silent. A few moments later I heard a new voice. "Sir, they just killed the lieutenant." His unit had been ambushed. Outnumbered, he fought bravely.

Also killed that year was Sgt. Larry Morford. The sergeant influenced me more than any other individual in my life. One day I asked why he had volunteered to serve in Vietnam. He replied: "War is a beastly thing and the least beastly of us should be doing it." Sgt. Morford wanted to be a medical missionary after the war, but was killed days before coming home. The images of these brave men are cemented in my brain.

How Can We Prevent Conflicts?

Those of us who survived need to remember those who did not. Let us honor them by working together. Let us cooperate instead of confront. When we look at what are the biggest challenges: Wars, epidemics, climate change, we see that most are relationship challenges. We lost 116,000 service members in WWI, in WW II 298,000, Korea 40,000, Vietnam 58,000, Iraq 4,000, and in Afghanistan 2,400. Wars capture the headlines, but are they the biggest killers?

In the U.S., in just three years, the COVID-19 pandemic has killed 1,340,000 Americans. This is in sharp contrast to the 518,000 service members killed during



Veterans of the Vietnam War were honored at John Knox Village during a recent Vietnam Veterans Day ceremony.

the span of 61 years in foreign wars.

Where Should Our Focus Be?

We should focus on what will do the most good. Preventing wars with China and Russia should be a priority. Conflict with these two nations need to be avoided. Working with them to solve climate change, preventing and curing diseases, and possible collisions with near-Earth asteroids. All of these can be tackled together.

A conversation between a father and daughter provides an insight on the importance of relationships. An article I read years ago has stayed in my head. A father who worked in a company was given a lot of tasks. When he could not finish his work he took it home. That evening after dinner his three-year-old daughter asked him to play with her. Although busy with his work, he noticed a magazine on the coffee table. He opened it and saw a world map. He showed the map to the child. He then ripped it into several pieces and said, "If you put this map together, I will play with you." The father thought he was giving his daughter a difficult task. She had just started preschool. How could she know what a world map was? After a few minutes, she came back with the world map pieced together. The father was surprised. He asked if anyone had helped her. She said, "No daddy." The daughter explained that on the reverse of the map was a picture of a woman. The little girl had put the picture of the woman together. This was much easier than putting the map together.

Solve personal relationships first, then other challenges will be easier to solve.

In March, we noted the 50th anniversary of the end of the Vietnam War. Let us work together to tackle the

many challenges we face. One thing we can do is tackle the loneliness that many of our veterans experience. Statistics show that loneliness kills more than some diseases like diabetes and heart attacks. We can all help.

Be A Hero And Volunteer

Volunteer to visit VA hospitals. At JKV we are fortunate. We have a community that can access someone 24 hours a day. We are also a family of residents who volunteer to help those in our communities and beyond.

Mother Teresa shows us the way: "I may not be able to accomplish great things, but I can do many small things with great love."

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.

A Tribute To Motherhood

'Mother is a verb. It's something you do. Not just who you are.'

— Dorothy Canfield Fisher

Angelica Blakely
JKV Spiritual Life Coordinator



Angelica Blakely, JKV Spiritual Life Coordinator

The impact of mothers in our lives is undeniable, and it is not just our birth mothers who leave a print on our hearts. Mother figures arrive in our lives in many forms: God-mothers, grandmas, guardians, spiritual advisors, mothers-in-love, aunts, sisters, and friends. No matter what the official relationship, these special ladies have held us, wiped our tears, given us advice, lent us their hands, cheered us on,

and made us overall better humans.

For those who have children to parent, we have hopefully been role models. Our faith reminds us to lean on God, show kindness and how to gently respond. Laughter reminds us to find joy even in the hardest times. Patience reminds us to slow down and soak in every bit of life.

Many at JKV have already met my daughter and witnessed the love and joy I have from just being her mom. She is my heart in human form and I'm so grateful that I was chosen to guide her and support her throughout her life.

But we must not be closed-minded when it comes

to Motherhood. The truth is that mothering happens in different forms and practices. It is not solely based on having given birth. There are those women, who do not have children, and still find ways to occupy the role of, mother. They could be adopted moms, foster moms and educators. These women are providers in the community; always willing to give a helping hand to those in need. They are social activists, mentors, doulas, chefs, community service providers and pastors.

Educators impart life-sustaining wisdom and spread it into the community. Whether it's life lessons, helping to solve life problems, or just giving advice to those who need it the most, they too, are demonstrating a form of motherhood, and are presenting themselves as mothers, in some form. Their foundation in the community is significant.

Doulas and midwives, who assist in the actual birthing process of the women, should also be acknowledged. In so many regards, they are mothers, who pro-

tect the realm of motherhood. During the actual birth process, such women are watchful gatekeepers over pregnant women. Keeping the mother safe and within a serene environment, they soothe words of encouragement and love into the spacing.

Pastors or Spiritual Mothers serve as guides, mentors and coaches to younger people who may not quite have a grip on their life yet. They nurture, guide, motivate and protect. My Spiritual Mother plays an important role in my life, and I look to her still to this day to lead me and I can only hope to provide this level of care to those I pastor.

Celebrate Mothers And Motherhood

In celebration of this year's Mother's Day, let us remember the different forms of mothering and motherhood. Mother takes on different personas and attributes, and are definitely not limited to one form. In our moving and navigation into various images of mothering, let us always remember that the practice is diverse and rich. The term, mother, has a use for every single woman. She uses her for her talents, and the whatever holistic skill set, which sustains life and celebrates Heaven.

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

AKA	NRA	OCH
AGER	OUR	ROUE
DUCK	LURE	ANGL
EEK	ERICA	SES
AVI	AMBI	
CONCI	SE	IODIN
ANO	HEB	NEVA
GENRE	LATERAN	
SASH	LBS	
AWE	PIP	APT
PEND	SENSIBLE	
RASE	PAC	SAAL
KEA	AGE	ESE

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

May Events At NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM

FORT LAUDERDALE

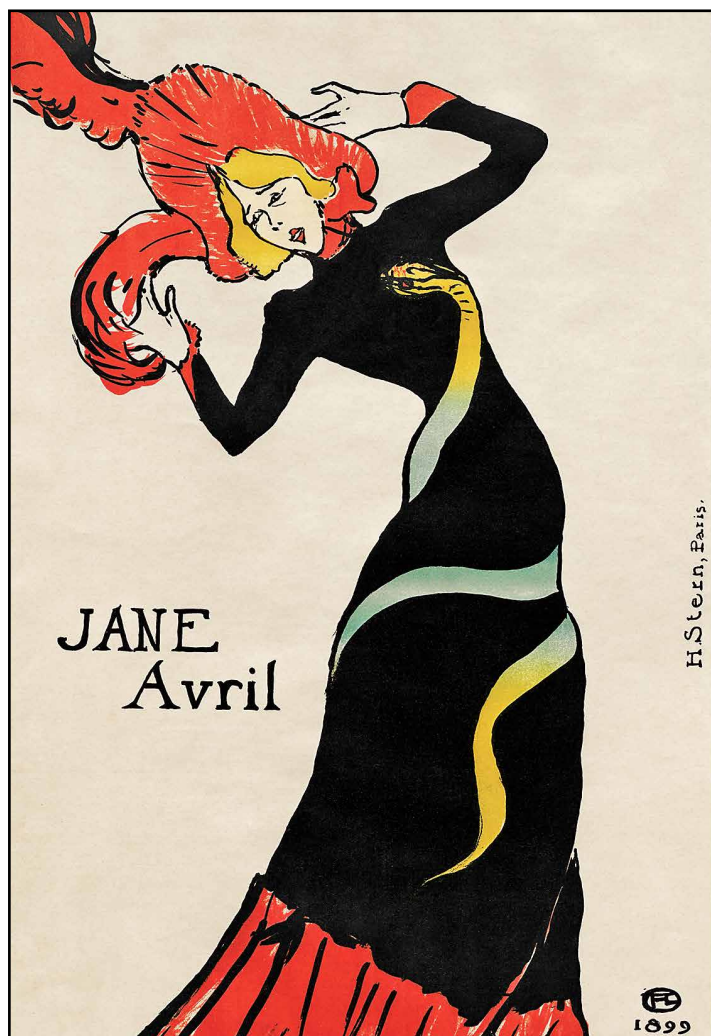
Explore NSU Art Museum App

Explore NSU Art Museum with our mobile guide on Bloomberg Connects, the free arts and culture app.

The mobile guide takes you behind the scenes at NSU Art Museum with exclusive multimedia perspectives from artists, curators, and more. Use the app to plan your visit, then easily access helpful insights on site. Afterward, dive deeper into your favorite works at home—or anywhere, anytime!

Scan the QR code to download the app, and search for or scroll to NSU Art Museum to start planning your visit.

In addition to NSU Art Museum, Bloomberg Connects lets you explore more than 150 museums, galleries, sculpture parks, gardens, and cultural spaces around the world, all with one free download from the App Store or Google Play.



Henri de Toulouse-Lautrec, *Jane Avril*, 1899. Courtesy Henri De Toulouse-Lautrec The Firos Collection.

Exhibits On View

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

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

Explore how post-impressionist Henri de Toulouse-Lautrec’s posters promoting the denizens of Paris’s demi-monde, not only contributed to the fame of the performers, but made the artist an overnight sensation.

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

This is the inaugural solo museum exhibition of Honduras-born, Miami artist, Emilio Martinez. The artist’s fascination with Van Gogh and Toulouse-Lautrec led to a cross-centuries collaboration, in which he contemplates the camaraderie between these two famed late-19th century artists in Paris, as he paints over color reproductions of their work with his own fanciful embellishments.

“*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.

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.

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

Mid-career artist, Karen Kilimnik mixes romantic paintings, in which youthful stars and fashion models are cast in leading roles, with selections from Stephanie Seymour’s collection of vintage haute couture created by the eponymous designers Azzedine Alaia, Courreges, Christian Dior, Yves Saint-Laurent, Paco Rabanne and others.

Opening In May

“*House Of Glackens:*” Opens May 14

“*Cosmic Mirrors: Haitian Art Highlights from the Collection:*” Opens May 26

Upcoming Events:

Sunny Days/Starry Nights: Free First Thursday, May 4 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.



Karen Kilimnik, *Master Hare, 3rd Lord Grantham*, 2011. Photography by Allan Carlisle.

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.

“*A Missing Generation Curated by Teen Art Council:*” Thursday, May 4 from 5 to 7 p.m.

A Missing Generation is an exhibition of artwork by Broward County teens curated by student members of NSU Art Museum’s Teen Art Council, which highlights the unique perspectives and experiences of teens across Broward County. Teens are invited to exhibit their artwork with their peers and engage with the greater Broward County community.

Bank of America Museums on Us: Saturday, May 6 and Sunday, May 7

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 free general admission. The promotion doesn’t include access to special exhibits, ticketed shows or fundraising events.

Fort Lauderdale Neighbor Day, Sunday, May 28 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

Community Partnerships: ArtServe

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

Jody Leshinsky
Gazette Contributor



Jody Leshinsky, JKV Life Enrichment Manager

Founded in 1989, ArtServe is South Florida’s premier arts and culture incubator. ArtServe inspires, supports and advances their diverse members, artists, and the community by promoting artistic development, education and prosperity through the exploration and presentation of the visual and performing arts.

John Knox Village has forged a community partnership with ArtServe to tap into their expertise in the visual arts. Over the past few decades, ArtServe has assisted hundreds of visual artists by providing opportunities to exhibit and sell their artwork, as well as provide learning opportunities for the artists to become better at how they present and market themselves, and how to collaborate with the South Florida community.

Beginning in June, ArtServe will plan, curate and present six exhibitions on the John Knox Village campus. Each exhibition will be on view for a four-month period. Three of the exhibitions will be on view at the Village Centre Auditorium lobby and the

other three exhibitions will be on view at the Cultural Arts Center Gallery in The Pavilion.

The Village Centre exhibitions will feature artists who are residents of John Knox Village, and the Cultural Arts Center Gallery will feature local and regional artists. Exhibition Opening Receptions will take place for each exhibition and will



JKV residents Bill Spears and Chris Novoa visit the exhibits in the ArtServe Galleries.

provide an opportunity to meet and mingle with the artists. There will also be visual arts workshops presented by the exhibiting artists during the run of their exhibition.

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

If you wish to visit ArtServe, it is located at 1350 East Sunrise Blvd., Ft. Lauderdale, FL 33304. The gallery hours are Monday - Friday 9 a.m. - 6 p.m. and Saturday 10 a.m. - 6 p.m. Visit the website for more details: www.artserve.org

The Difference Between An Elder Law And Estate Lawyer

Heidi Friedman
Gazette Contributor



*Heidi Friedman,
Elder Law Attorney*

As an elder law attorney, I am often asked what is the difference between an elder law and an estate lawyer, and my answer is always the same:

There is typical estate planning—planning you do with an estate lawyer to ensure that your assets are distributed to the people you want to have them when you die—and there is Smart Estate Planning: Using your estate plan to protect your assets, keep you in control of your money and your health and

prevent you from running out of money paying for the cost of long-term care.

Estate lawyers do typical estate planning. As an elder law attorney, I help clients with Smart Estate Planning (SEP). So, what is SEP, or what we refer to as Life Before Legacy Estate Planning? It's planning for your life so you can leave a legacy.

SEP consists of three specific principles: 1) You get what you pay for; 2) Where there is a will there is a probate; and 3) Preplan while you can.

You Get What You Pay For

We have all heard the adage, you get what you pay for and that is true when it comes to preparing your incapacity documents. Incapacity documents allow you to choose who you want to make decisions on your behalf when you can no longer make them. I am specifically speaking about Durable Powers of Attorney (DPA) and Health Care Advance Directives (HCAD).

Many people do not realize the importance of DPA and HCAD, so they will either download forms from the internet, or seek the advice of any attorney who is willing to prepare a form for them. The penny savings that occur with these documents, oftentimes, ends up costing them and their family significantly, both in dollars, as well as time, emotions and energy.

A DPA allows you to choose who you would like to act as your agent/attorney-in-fact to make decisions for you with regards to your property, finances, businesses and legal rights. HCAD allows you to choose who will make health care decisions for you.

Florida law is very specific as to how the DPA needs to be signed, what language should or should not be included in the DPA, and what your agent can do once your DPA is signed. Failure to follow these rules can result in your DPA being inadequate, which could lead to you requiring guardianship if you become incapacitated.

Guardianship removes your legal rights to make decisions and allows a judge to decide who will act for you. Guardianship is expensive, time consuming and can cause significant fighting within the family.

HCADs usually include both the naming of a surrogate, as well as preparation of a living-will. A living will is the document that sets forth your wishes regarding life-prolonging procedures if you are terminal.

Without this document, many families find themselves at odds when a family member is living only because of machines. Again, having this document prepared by an appropriate attorney is vital to ensuring that your wishes are abided by at a time when you can no longer communicate. In my practice, DPAs and HCADs that are not proper, not legal and do not abide by the Florida laws, are commonplace.

Luckily, most of my clients are still capacitated enough to be able to sign new documents, but for those who are no longer capacitated, the families are devastated when they are told that a guardianship is required for them to act for their loved one. Many are frustrated and surprised to find that the document they found online, or that was prepared by an attorney does not do what they expected it would do.

Although hiring a proper attorney to prepare these documents for you may be a little more costly than simply using a form from the internet, in the end, this extra expense will save you time and money, as well as prevent any fighting or emotional turmoil within your family.

Where There's A Will There's A Probate

"I have a will, isn't that enough?" is a question I get asked often, and the short answer is, it depends.

There is a misconception that if you have a will, then you will avoid probate upon your death. This is not true. In fact, the only difference between having no estate plan when you die, and having a will, is that in the situation where you have nothing, a Florida statute guides who receives your assets (called dying "intestate").

If you have a will, probate is still necessary, but the



Evaluate your goals when planning your estate, then decide if a Smart Estate Plan (SEP) is right for you.

will, not a Florida law, instructs the court as to who you want to receive your things after you die. There are several ways to ensure that your assets are distributed to who you want receiving them upon your death without the need for a probate:

- 1) *Naming a person as a beneficiary.*
- 2) *Adding a person as a joint owner with rights of survivorship.*
- 3) *Or having a revocable trust.*

Depending on how much control you want to have as to who should receive your assets upon your death determines which of these you should use. Simply naming a beneficiary on an asset will allow that asset to be distributed to the beneficiary at the time of your death with just a death certificate.

Even if you have a will stating that your assets should go to someone else, the named beneficiary receives the asset. If you own an asset with another person as a joint owner with right of survivorship, upon your death, the joint owner becomes the sole owner, even if you also have a beneficiary named.

In either the beneficiary or joint owner situation, once the asset is passed to this person, you no longer have control of what happens to that asset. For example, if you name your son as a beneficiary or joint owner on your account, but you do not love his wife, and would rather see that if something happens to him, your grandchildren receive your assets, you will not have the ability to do that if you have named him as either a beneficiary or a joint owner.

Instead, once the asset is in your son's name, he can do with it as he wants, including giving it all to his wife upon his death. The better strategy to use if you want to continue to control your assets through to the grave is to use a revocable trust. Many people do not believe that they have an estate that is large enough to warrant a trust, but even the smallest estate can benefit from a revocable trust.

A revocable trust is an estate plan that allows you to have the most control over your estate, even after your death. Within the trust, you can include instructions as to who receives your assets, whether they receive those assets outright or in another trust and what happens to those assets if your initial beneficiary dies.

Additionally, a revocable trust allows you to continue to control how your beneficiaries receive the assets that you are leaving to them; how much they receive at a time; and if your beneficiary becomes a special-needs person, how to ensure that your assets do not affect your beneficiary's government benefits.

In the above example, if you left your assets to your son using a revocable trust, you can ensure that if something happens to him, those assets would be passed on to your grandchildren. Revocable trusts also provide you with great flexibility as to who you want to manage your assets if something should happen to you during your lifetime.

Revocable trusts do not, however, provide any type of creditor protection or government benefit planning and in most situations, you are in complete control of your assets during your lifetime, as long as you remain capacitated to handle them.

Preplan If You Can

One of the most significant costs of aging is long-term care. Unfortunately, many do not want to think about this or believe it will not happen to them. Misinformation regarding what Medicare and other programs will pay for when you need long-term care is rampant.

This leads to many frantic calls from adult children once their parent becomes ill (either through an illness, fall or some other health event). Those adult children are usually in a crisis, because they do not know how they will continue to pay for their parent's care with the assets that their parent has (which the children are often not even aware of how much or how little their

parent has until this time).

Often, the overwhelming cost of care will result in their parents running out of money. As a parent myself, one of my biggest concerns is not being a burden to my children as I continue to age. Therefore, I am taking steps now to do what I can to prevent this in the future.

There are two specific government benefits that help pay for long-term care for those who are 65 and older: Medicaid Long-term Care and VA (Veterans Affairs) Aid and Attendance.

Medicaid offers two programs to assist seniors with paying for long-term care needs, whether they reside at home, in an assisted living facility or in a nursing home.

VA Aid and Attendance pays a tax-free monthly benefit to wartime veterans, or surviving spouses, to assist with paying for care. Both programs require the recipient to meet stringent financial requirements.

Unfortunately, if you spend down to these requirements, there is usually nothing left to pay for those services that you will need, but these programs do not cover. To prevent that from happening, a good estate plan that includes preplanning for this situation is a must, and one that usually can only be prepared by an elder law attorney.

A good preplanning estate plan includes an irrevocable trust to protect some of your assets while still allowing you to be able to qualify for these government benefits in the future. The assets contained in the irrevocable trust can be used by your family to assist you with your needs even if you are receiving Medicaid and/or VA Aid and Attendance benefits.

While there is some control that you must give up by doing this planning, an irrevocable trust isn't as bad as many believe. A properly drafted irrevocable trust provides you with some flexibility and control.

For example, you can change your trustees if you are not confident or satisfied with how your current trustee is handling your assets. You can also change who receives your assets upon your death, if you are not happy with how your life-time beneficiaries are acting. With an irrevocable trust that is created for Medicaid purposes, you can also remain the beneficiary of the income produced by the assets in the trust.

Finally, you can decide how much of your assets you want to transfer into this trust, leaving you with plenty of assets outside of this trust that you can use and control for your own benefit. An elder law attorney can explain to you the pros and cons of the irrevocable trust, and how it can prevent you from running out of money as you age and need more care.

We are all aging, and today we are living longer than ever, however, we are all not living healthier, and our risk of needing some type of long-term care in the future is significant. The cost of long-term care is increasing and for most, can be overwhelming.

Using your estate plan now, while you are healthier to allow you to qualify for these government benefits in the future, is simply Smart Estate Planning. Most of my clients have not done Smart Estate Planning, and while we are still able to render them qualified for Medicaid and/or VA Aid and Attendance Benefits under crisis planning, it is more costly and emotional than those who thought ahead, realized that long-term care is in their future, and preplanned for this time using their estate plan to protect them and bring some peace of mind to their family.

No one can predict the future, but with Smart Estate Planning, you can prepare and protect yourself and your loved ones from an uncertain, emotional and scary future as you continue to age.

Heidi Friedman is one of only a select few Board-certified Elder Law attorneys with extensive experience in Elder Law, Medicaid programs, Veteran's Administration programs and Special Needs programs. She runs Friedman Elder Law Department, based in Coral Springs, FL.

Taking The Roads Less Traveled

JKV Resident Was 25 Years Old Before Realizing Timbuktu Was A Real Place

Marty Lee
Gazette Contributor

There are a few places on Earth that are veiled in mystery. Many of us have heard the name of such a place, yet few of us could locate that place on a map. A miniscule few can even claim they have visited.

Author David Tang once wrote about such a place: *“I’ve always wanted to go to Timbuktu. First of all, I think it has the best name of anywhere in the world.”*

John Knox Village resident and world traveler, Janet Anding was 25 years old when she realized Timbuktu was a real place and was determined to visit. In 1994, she got her chance to travel to Timbuktu, Mali, West Africa.

Janet along with her late husband Jim were serving in U.S. government positions in Africa. After three years at the U.S. Embassy in Ghana, the Andings would relocate to Washington, DC.

That gave Janet just enough time, before moving back to the States, to plan her adventure to Timbuktu. Along with two ladies from the Peace Corps, and her girlfriend June from the U.S. Agency for International Development (USAID), Janet was ready to go.

Janet described her “meticulous plans with a chuckle: “The best we had were poor quality maps and an old *“Lonely Planet - West Africa”* travel book. None of us spoke French, needed in the countries we would visit. No cell phones or internet.



The adobe mud huts of the Dogon villages in Mali, West Africa.

and Timbuktu.’ They stayed and I drove the SUV up two skinny single planks about 20-foot-long by one-foot-wide to get to a questionable ferry to cross the river.

“It was the scariest and stupidest thing I ever did, and not even in my own vehicle. We all got to Djenné and saw the outstanding 12th century mud mosque.

“We met warm, wonderful people. Everyone around us was so friendly and many invited us to their homes.

Their dinners were the hottest and spiciest I ever tried to eat in my life.

“From Djenné it was on to the Mopti Airport for a flight to Timbuktu, aka “Tim.” I immediately gave the aircraft three strikes out: It was 1.) Russian built and 2.) from the 1940’s. The third strike was that all the tires were bald. Oh, and a 4th strike: On the in-flight barf bag, ‘Air Mali’ was misspelled.

“Timbuktu flourished from the 13th to 16th centuries as a world trading center.

Even now, there are no roads – only ancient camel paths. One can see these when flying overhead today and Timbuktu is just about a ghost town.

Camping In The Desert

“Friends connected us with a family of the Tuareg Tribe, always dressed in beautiful sapphire blue robes and turbans. They showed us the small, but very good museum of Timbuktu’s history, then we rode camels to stay with their extended family in the desert. Their nomadic tents were too small, so we slept in the open desert. We helped with chores, cooking, dishwashing and milking the camels and the goats. Each meal was the same, goat meat in goat yogurt. It was delicious, not too spicy.

Tasty bread was made in an iron pan over the open fire. These were very gentle people, and I will never forget them and all their kindness. They wanted nothing from us in return, no food nor money.

Always Take A Roll Of String

“The only mishap we had was one of the Peace Corps gals got lost one night looking for a bush for a relief spot. She wandered off and we heard her wailing. We could respond to her but had no idea where she was. It took over an hour to find her. Finally, we all got back to our mats and bramble bush quarters. I wished we had used a roll of string to unroll and attach one end of the string to her, so we could retrieve her back.

“Our final stop was the base of a second UNESCO site, the Dogon Cliffs and Caves, plus the Bandiagara Escarpment. We did as much hiking as we could up the 1,600-foot cliff, then onwards to the caves. Some of the caves have been inhabited since the Stone Age.

“The welcoming and hospitable folks in the village insisted we stay overnight, and we did. We crawled up a ladder made of tree branches and settled on mats on the roof of an adobe dwelling. We shared our peanut butter and jelly with our hosts. We offered, but they would take no money from us.

“To this day, except for the four of us, I only know two other people, a couple, who in 1976 traveled to Timbuktu. They were my inspiration. It is very difficult to get there; it took us three weeks and over 3,000 miles to do this trip. It was worth all our efforts. Our trip to Timbuktu was a wonderful experience.”

Janet Anding enjoyed a 22-year career with Trans World Airlines and traveled the world. She married her late husband Jim, a U.S. Embassy official in 1990 and was based in several countries in Europe and Africa. Janet has visited 154 of the 193 countries in the United Nations. Janet is now a Resident of John Knox Village in Pompano Beach, FL.



Janet (left) and her three intrepid travel companions camp out in the desert along with their Malian guide.

“We drove from Accra [Ghana] to Ouagadougou, Burkina Faso [formerly Upper Volta], stopping in Yamoussoukro, Côte d’Ivoire [Ivory Coast]. There we visited the magnificent Basilica of Our Lady of Peace – the largest, and one of the most beautiful churches in the world, consecrated by Pope John Paul II in 1990.

Let’s Go Home

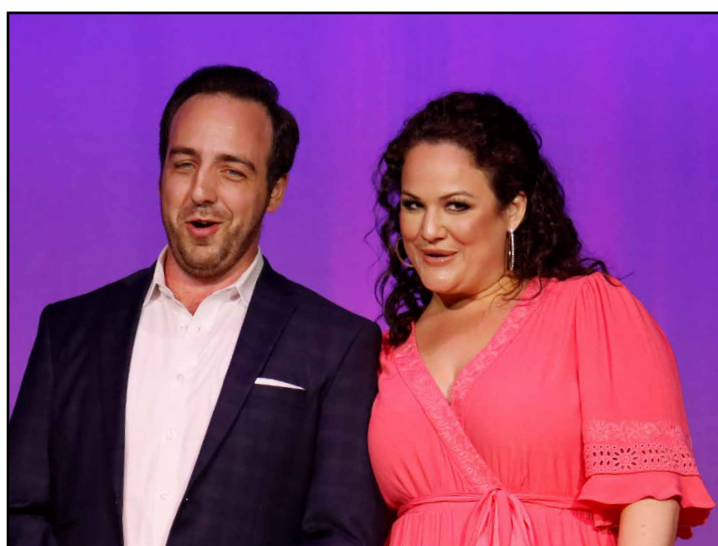
“Next, we traveled on to Djenné, Mali, a United Nations UNESCO Heritage site of the Great Mosque. With five miles to go, we found the bridge on the Bani (Niger) River had collapsed. The next bridge was hundreds of miles away. Three of my fellow travelers said, ‘Let’s go home.’ I said, ‘I would send them a postcard of Djenné

JKV Welcomes A Night At The Opera

Marty Lee
Gazette Contributor

Since the opening of the JKV Cultural Arts Center (CAC) in 2022, Residents and their guests have enjoyed a varied and eclectic schedule of musical entertainment: From jazz to rock, classical to pop, and even a *“Night at the Opera,”* compliments of the Florida Grand Opera Studio Artists.

The Studio Artists are the up-and-coming present and future stars of the Opera. Often these talented vocalists form the chorus in the Florida Grand Opera performances, such as last month’s Giacomo Puccini’s *“Tosca”* and Gioacchino Rossini’s *“Barber of Seville.”*



Matthew Cossack and Page Michels sing a selection from Puccini’s “La Bohème.”



On stage at JKV’s Cultural Arts Center are (l to r) FPO Studio Artists: Charles Calotta, Joseph McBrayer, Erin Alford, Phillip Lopez, Ashley Shalna, Page Michels and Michael Cossack.

FPO Studio Artists

In their appearance at JKV, the Studio Artists were able to come “front and center stage” to showcase their vocal ranges singing the arias, duets and quartets featured in operas from Bizet, Mozart, Rossini, Puccini, Verdi and Strauss.

Accompanied by Jared Peroune on the piano, Studio Artists: Ashley Shalna, soprano; Charles Calotta, tenor; Phillip Lopez, bass-baritone; Page Michels, soprano; Joseph McBrayer, tenor; Matthew Cossack,

baritone; and Erin Alford, meso-soprano, enthralled the CAC audience with their youthful exuberance and enthusiastic performances.

Each of the vocalists was able to showcase his or her individual talent as a soloist, as well as ensemble with the other members of the Studio Artists.

For a full list of upcoming performances at JKV, please call the John Knox Village Life Enrichment Department at 954-783-4039 or visit www.JohnKnox-Village.com

The Rhyme Of Circadian Rhythms

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Welcome to Spring. The month of May is a celebration of longer daylight, and with it, a rebirth of our environment. Flowers bloom, trees blossom and we are invigorated with appreciation and awareness of the Earth's wonders and climate.

Our bodies depend on the Earth for all the basic necessities: Air, water, light, food, clothing and shelter from the storms. If the Earth is sullied, our bodies are harmed too—and those of other animals as well.

When it comes to brain health, our dependence on the Earth is just as deep. Our appreciation of the Earth needs to include how it helps our brain keep score in the most important way: Time. The Earth governs our brain's perception of time in both our inner and outer worlds.

The Inner Clock

Our sense of time begins with the brain's perception of light from the sun, moon and stars. In addition, seasonal cues from the Earth such as daylight, humidity and temperature signal our brains to make internal adjustments and maintain equilibrium (homeostasis).

These recurring patterns of nature create an inner clock that governs the sleep/wake cycle. In 2017, the Nobel Prize in Medicine went to three researchers who revealed the molecular workings of our cells' daily rhythms.

These "circadian rhythms," long recognized by holistic medicine, are now scientifically understood to be the foundation of brain health.

Memory and other key brain functions—including sleeping, waking, learning and movement—depend on the perception of time. The hippocampus is the brain's memory manager, storing and retrieving our memories on the neural scaffolding of place and time. You may have heard of the hippocampus. It gets lots of atten-

tion as an early target of Alzheimer's disease, creating difficulties with navigation, short-term memory and telling time.

The Outer Clock

While our inner circadian rhythms follow Earth and the Sun, our daily lives revolve around the linear time of calendar and clock. Thousands of years ago, our ancestors made up these cultural tools to keep track of the Earth's movement around the sun in a linear way. Each day has the same number of hours and minutes, regardless of the season. The months allow us to plan ahead for changing seasonal conditions.

This linear time using clock and calendar is an abstract concept, requiring specialized frontal lobe activity. A baby will say words and walk within a year; but cannot tell time with a clock until age five or six.

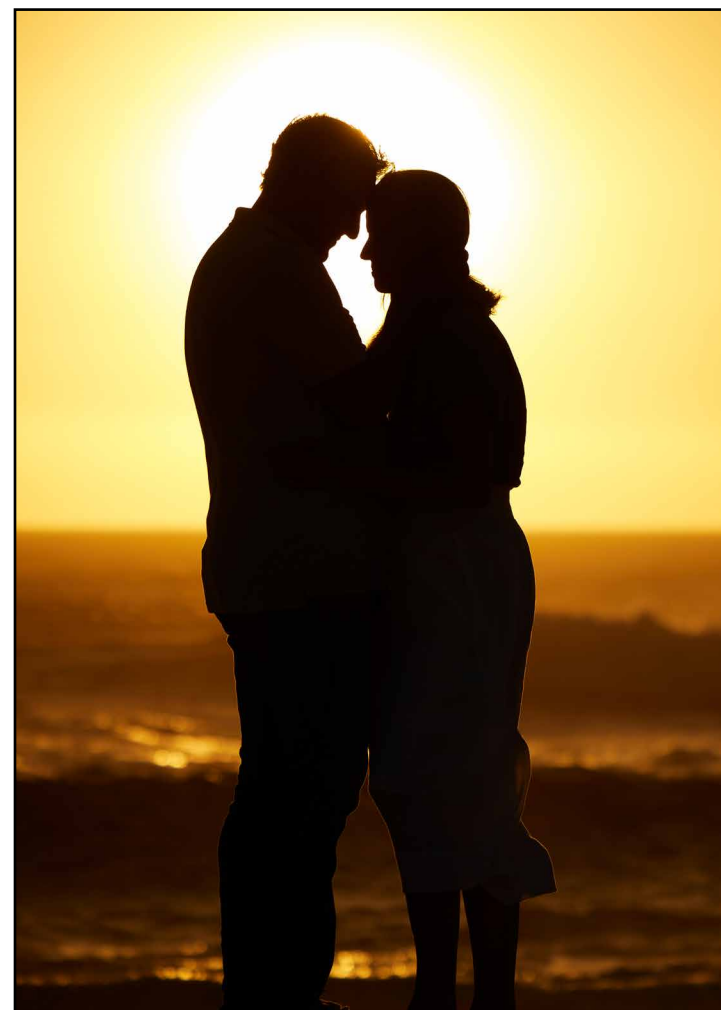
Without a sense of linear time, our brain cannot form a new memory from personal life experiences. Eventually, the brain may become unable to retrieve an old memory as well. That's all it takes to derail memory: Take away the brain's grasp of linear time.

Many adults take telling time for granted, at their peril. The Alzheimer's clock-drawing test asks someone to draw a clock with its hands pointing at "10 minutes past 11 o'clock."

Sharpen Your Time Cells

Special "time cells" that track of time have been discovered in the hippocampus. Give your time cells a workout. Here are some easy ways to exercise your time cells:

- **Calendar:** Keep a calendar, paper or electronic, and look at it every day to keep you on track with activities and goals by day, week and month.
- **Memory lane:** Take time to reminisce about long ago with friends and family. Work together to pin down the date for the events you are remembering.
- **Punctuality:** If this is your habit, keep up the good work. If not, give it a try so you can train your mind to tune into linear time to achieve a goal.
- **Seasonal rituals:** Take time to watch a sunrise and sunset. Watch for the Earth's shadow to the east after sundown.
- **Time journal:** Every morning, write the date in a journal and record five things you hope to accomplish



Give your time cells a workout and take the opportunity to watch a sunrise on a South Florida beach.

that day or five things you are grateful for that day.

• **Wristwatch:** There's nothing better than a wristwatch to keep you focused on linear time. If you have difficulty managing time, use a wristwatch rather than an electronic device to keep time.

Since the Earth makes time for you, make time for the Earth. Take time to minimize your carbon footprint and avoid using disposable plastic.

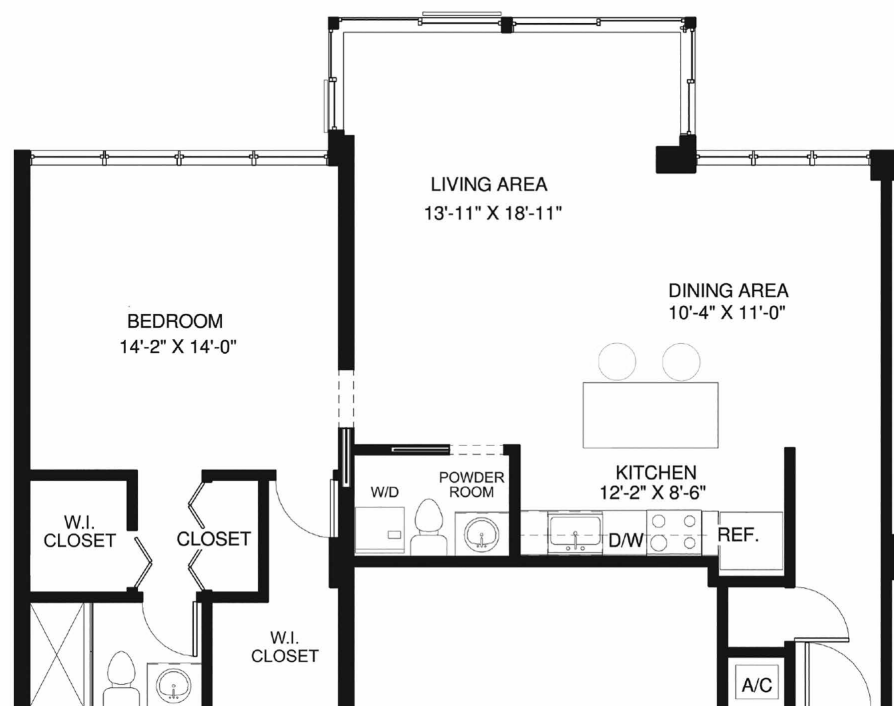
Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it or lose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

The Harbor II Apartment Home Is Just Your Style

John Knox Village will be ready for you when you are ready to make the move to resort-style living with Life-Plan security. Schedule a visit and take a tour of the new Pavilion with its Cultural Arts Center, dining venues and Barton's Nautilus Bar. Learn how John Knox Village will take care of your needs today, tomorrow and every day in the future.

For the ultimate in life-plan security, convenience and economy, tour May's featured one-bedroom/one-and-a-half-bath Harbor II apartment home.

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

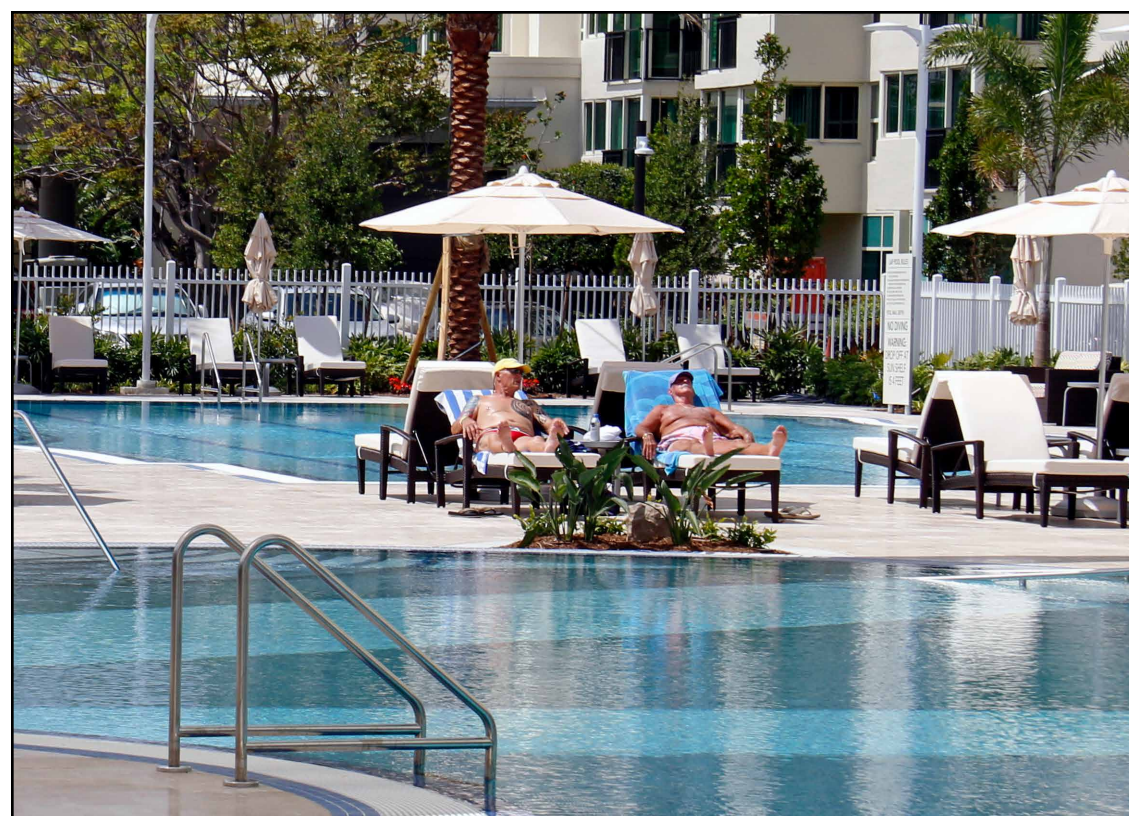
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(954) 783-4040



Enjoy comfort and convenience in the Harbor II apartment home.



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