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JKV’s Westlake Project Receives Prestigious Safety Award

39th Such Award For Moss Construction



Pictured (l to r) are Gabriel Garcia, Safety and Health Supervisor USF-Orange safety vest; Rafael Tineo, Safety Director, South Florida Region, Moss and Associates; Joseph Fiore, Safety Manager at John Knox Village, Moss and Associates; Pedro Lambertus, Safety Manager South Florida Region, Moss and Associates; Miriam Escobar, Health Consultant for USF-front holding flag; Dr. Brian Warrick, Program Director USF-back corner; and Dr. Clarence Rodriguez, Safety Consultant USF-front yellow hard hat.

Rob Seitz
Gazette Editor

Add a prestigious safety award to the many accolades received for the most ambitious construction project in John Knox Village’s 55-year history.

Moss Construction, builders of the \$120 million two-apartment Westlake project, is now a proud recipient of the Sunshine State Safety Recognition Award given by the University of South Florida College of Public Health.

For the past 20 years, USF has been authorized by OSHA (the Occupational Safety and Health Administration) as its Region 4 Training Institute Education Center, where, along with Florida, they deliver occupational and health training to companies in Georgia, Alabama, Mississippi, Kentucky, Tennessee, North Carolina and South Carolina.

Moss’ Corporate Safety Director Rafael Tineo asked Joe Fiore, Westlake on-site Safety Manager for Moss, to set up a USF visit to JKV in order inspect all safety and inspection

records, as well as scrutinize the jobsite.

“You could call it a ‘Mock OSHA Inspection,’” Mr. Fiore told the *Gazette*. “It is not mandatory for subcontractors to participate, but I got our 14 subs to do so.”

During their visit, USF’s four-person team reviewed the Moss Corporate safety plan and all inspection records. They did the same for the 14 subcontractors’ safety plans, organized and stored in Mr. Fiore’s office. Then they went to the Westlake site for a walkthrough of both the 15-story Vue and 11-story Terrace apartment buildings.

“On the jobsite they were looking for any hazards that could potentially harm a worker,” Mr. Fiore said. “The inspectors had good comments on the placement of all our temporary life-safety items, such as our 63 fire extinguishers, location signage and exit signage in all stairwells, as well as the temporary guardrail systems that are in place.”

Once successfully completing the inspection, the entire

See “Westlake at JKV” on Page 2

Moss Team Received The Company’s 39th Sunshine State Safety Recognition Award.

Subscribe To The Gazette ACE

Your Free Subscription To The New Multimedia Digital Magazine Is Your Guide To Arts, Culture And Entertainment At JKV And In South Florida

Marty Lee
Gazette Contributor

As was announced in the June/July edition, *The John Knox Village Gazette* has expanded. In response to increased interest in the *Gazette*, the newspaper is now an even more robust 16 pages.

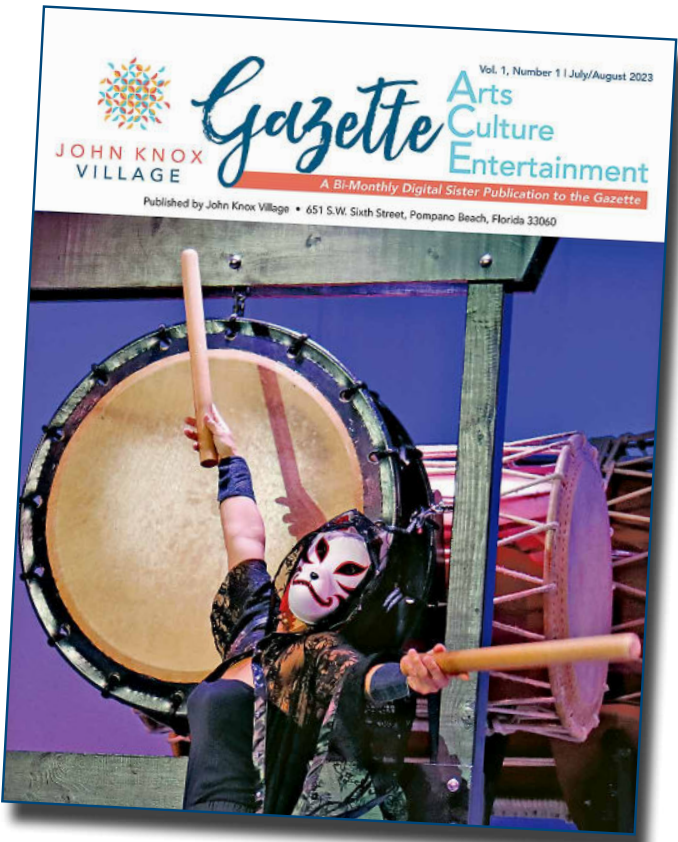
Printed editions of the *Gazette* will continue to be direct-mailed to your home on even-numbered months, and as initiated last month, the John Knox Village Gazette Editorial Team is offering an all-digital multimedia edition in odd-numbered months in an easy-to-read horizontal digital format.

The inaugural July/August edition, named *Gazette ACE* (short for Arts, Culture, Entertainment) was emailed to nearly 6,000 subscribers in late June. The digital edition has been received with enthusiasm by subscribers and showcases in words, photos, audio and video the Arts, Culture and Entertainment featured at John Knox Village and South Florida.

In an easy to navigate flipbook format, the July/August *Gazette ACE* features the sights and sounds of the many entertainers who graced the stage of the JKV Cultural Arts Center (CAC) during its first year. Starting with the inaugural concert by classical pianist Solomon Eichner in May 2022, *Gazette ACE* guides you through the many genres of entertainment featured at the CAC.

Among the headlining performers you will read about and view in video are Fusho Daiko, the South Florida Japanese Drumming group. Their performance was infectious in emotion and spirit.

See “Gazette ACE” on Page 2



The first issue of the multimedia Gazette ACE has been emailed to subscribers.

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Westlake At JKV Features 147 State-Of-The-Art Apartments

From “Westlake at JKV” on Page 1

Moss team, including founder Bob Moss, received what is now the company’s 39th Sunshine State Safety Recognition Award.

“I’m sure the 39th award is just as satisfying as the first one they ever received,” Thom Price, JKV Director of Plant Operations, told the *Gazette*. “They have been an excellent partner to work with on this Westlake project and building our Pavilion before that, which opened 15 months ago.”

JKV’s Cultural Arts Center

Mr. Price is referring to JKV’s \$34 million Pavilion, in which a 350-seat Cultural Arts Center, pre- and post-function area, two dining venues and a nautically themed bar are housed. The Pavilion opened in May 2022.

“Along with their recognition industry-wide, Moss is also on schedule and on budget for the Westlake project,” Mr. Price said. “We expect our TCO [Temporary Certificate of Occupancy] by the end of this year and begin moving in Westlakers around February or March.”

What Westlakers will be moving into are 147 state-of-the-art apartments with one- and two-bedroom units in the 15-story Vue ranging in size from 1,231 to 2,259 square feet, and up to 1,845 square feet in the 11-story Terrace.

What all residents, their friends, family and guests will enjoy are Westlake’s first-floor amenities, which include The French Press coffee and wine bar, Westlake Eatery, library, high-tech projection theatre, technology center, music, and art studios and much more.

Although 85 percent pre-sold, many beautiful apartments remain available in Westlake, along with



The 15-story Vue and 11-story Terrace are located along the seawall next to the Pavilion and Cultural Arts Center on the left.

apartment and villa homes on the balance of JKV’s lushly landscaped 70 acres.

Care For Life

One misunderstanding many prospective residents have about moving into a JKV villa or apartment home is that they are purchasing a piece of real estate. In fact, JKV is a Life-Plan Continuing Care Retirement Community, meaning that in addition to enjoying a home for their entire time as an Independent Living resident, they receive a Life-Care contract

which secures their care for whatever health care circumstance may arise. JKV would then provide short- and long-term rehab care, assisted living, memory, and skilled nursing care, all of which are located at three on-campus buildings.

To learn more about Westlake in particular and John Knox Village in general please call 954-871-2655 or www.johnknoxvillage.com

To learn more about USF’s Sunshine State Safety Recognition Award visit <https://health.usf.edu/public-health/cohpe/usfsafetyflorida/sunshine-state-award>

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From “Gazette ACE” on Page 1

Latin Style Of The Mambo King

Gazette readers may recall the name Tito Puente from the mid to late-1900s. Tito Puente, Jr. is the son of the legendary Mambo King Tito Puente, who was a major influence in the popularity of Latin Music. Tito continues performing in the style of his father, reprising many of the hits that made his dad famous: Performing internationally celebrated classics such as “Ran Kan Kan,” “El Cayuco,” and the forever Latin favorite, “Oye Como Va,” made famous to the Woodstock generation by the rock band Santana.

The Music And Style Of The Argentine Tango

Many *Gazette* readers are entranced with the beauty and grace of ballroom dancing. The artistry of the Argentine Tango was presented in the CAC during “Milonga Under the Stars.” This unique performance featured the music of 2022 Grammy Nominee Anibal Berraute, one of the most internationally renowned pianists on the tango scene. Anibal was joined on stage by tango singing sensation Mariana Quinteros. The performance featured two pairs of Milonga tango dancers, who wowed the guests with intricacy, coordination and sensuality.

Celebrating The Lives Of Judy Garland And Barbra Streisand

If you love the songs and performances of Judy Garland and Barbra Streisand, you’ll want to read about and view the video of Jenna Pastuszek’s appearance in June at the CAC. In her two-night performance, Jenna blended her own life stories with the ups and downs of both Judy’s and Barbra’s vocal careers, with songs from both songstresses’ immense bodies of work.

Village Choruses Triumphantlly Return To The Stage

John Knox Village has some amazingly talented residents. One way their talents are showcased is through music – both in singing and instrumentally.

Two shining examples are The Villagers Men’s Chorus and The Choristers featuring both male and female voices. The singers had been on hiatus during the COVID-19 pandemic. In their first post-pandemic on-stage performance, The Villagers and The Choristers performed under a new Musical Director Birgit Djupedal Fioravante. The concert featured varied arrangements of traditional folksongs, popular tunes from the American Songbook, plus virtuoso performances by violinist Mei Mei Luo.

Village Glass Artist And Teacher Milton Graves

Each issue will also feature Village artists who have excelled in their craft. The recent *Gazette ACE* showcases the artistry of stained glass creator Milton Graves. Not only does Milton create in glass, but he guides fellow residents in weekly classes.

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The *Gazette ACE* will be emailed to you free, every other month. All you need do to subscribe is send us your email address to gazette@jkvfl.com

Please include the following:

Yes, I am interested in subscribing to the John Knox Village digital *Gazette ACE* publication.

Name _____ and email _____ (required)

Address _____ and phone# _____ (optional)*

The digital *Gazette ACE* will keep you informed on the arts, culture and entertainment, not only at John Knox Village, but also in the South Florida area. Please email to gazette@jkvfl.com today.

**DISCLAIMER: John Knox Village will not share your information with any other source.*



Tito Puente, Jr. and Melina Almodóvar.



Jenna Pastuszek performs her vocal tribute to Judy Garland.



JKV Resident artists Milton Graves (top) and Babs Scott work on a stained glass creation.

Memorable Performances At The CAC

Just A Few Of The Artists Celebrated During Year One

The first year of concerts at the John Knox Village Cultural Arts Center (CAC) has been a joyous celebration of music, theatre and all things performing arts.

It has been a showcase of entertainment: From pop to rock, the classics to improvisation, opera to comedy, from Irish ballads and Riverdance to Broadway Musicals and the American songbook. Virtuoso vocals, duets, trios, quartets and choruses...even a collective karaoke with dozens of voices in harmony and counterpoint.

From classical theatre to the rhythm of Japanese drumming; Latin Mambo to the Argentine Tango to Brazilian Voices to Latin Divos and Dixieland Jazz; from the Soldiers Chorus of the U.S. Army to the Brass Band of the U.S. Navy Southeast.

The photos on these pages are just a small sampling of the performances enjoyed during the first year. Join us as the celebrations continue. See page 5 of this *Gazette* issue or visit www.johnknoxvillage.com/events/ for upcoming events and to book tickets for great entertainment.



Classical pianist Solomon Eichner opened the Cultural Arts Center in May 2022.



The jazz stylings of Carole Bufford.



Milonga Under the Stars: Argentine Tango.



The Kody Norris Show brought a bit of Nashville to the CAC.



The Soldiers Chorus from the U.S. Army.



The Brass Band from the U.S. Navy Southeast.



JKV's own men's chorus, The Villagers, returned to the stage.



Grammy Award winner Ed Calle and Mamblue.



Shades of Bubl .



Ashanti Cultural Arts.



Florida Grand Opera Studio Artists.

In Good Taste: Chimichurri...As Saucy To Say As It Is Delicious



Chimichurri sauce is a great topping for beef, chicken or seafood. It's an herb and spice-lover's dream.

Rob Seitz

Gazette Contributor

A quick, easy and delicious way to mix up your condiment routine is by making your own chimichurri sauce. Not only is chimichurri fun to type, say and make, it is an herb and spice-lover's lip-smacking dream.

This recipe, from John Knox Village's Dining Services team, is packed with fresh (no dry herbs please) parsley and oregano, garlic, red pepper flakes, extra virgin olive oil and just enough tangy red wine vinegar to pucker you up.

Foodies will argue chimichurri's origin, crediting either Argentina or Uruguay. What they will not dispute is that the sauce enhances the flavor of meats, especially inexpensive cuts with flank, flat iron and skirt being among the most popular. Chimichurri also makes chicken, shrimp, tuna steaks and vegetables mouthwateringly wonderful.

It is a sauce that keeps well, lasting several weeks in the fridge or it can be covered for up to 24 hours at room temperature before serving.

Chimichurri (told you it's fun to type) can be used both as a marinade and a table condiment. Some recipes combine the ingredients using a food processor, however this JKV version calls for finely chopping the herbs and garlic by hand.

Chimichurri Sauce (Serves 4)

- 1 cup fresh flat leaf parsley (firmly packed, trimmed of thick stems)
- 4 garlic cloves
- 2 tablespoons fresh oregano leaves
- 1/3 cup extra virgin olive oil
- 2 tablespoons red wine vinegar—use a smaller amount and work up to 2 tablespoons depending on your taste

- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper (freshly ground)
- 1/4 teaspoon red pepper flakes

Method Of Preparation:

Finely chop the parsley, fresh oregano and garlic. Place in a small bowl.

Stir in the olive oil, vinegar, salt, pepper and red pepper flakes. Adjust seasonings. Serve immediately or refrigerate. If chilled, return to room temperature before serving. Keeps for up to two weeks in the refrigerator.

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 accompaniment to this month's Chimichurri sauce recipe. Not a red wine drinker? JKV-labelled Chardonnay and Pinot Grigio are also available and quite delicious.

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

Community Partnership: Stranahan House Museum

Jody Leshinsky

Gazette Contributor



Jody Leshinsky, JKV
Life Enrichment Manager

Transport yourself back to 1901, when the visionary Frank Stranahan and trailblazing Ivy Cromartie Stranahan embarked on a journey that shaped Broward County's history. The Stranahan House, a timeless gem, witnessed the comings and goings of a trading post, a bustling post office, vibrant community gatherings, and the loving embrace of the Stranahan family.

Today, the Historic Stranahan House Museum invites you to explore an extraordinary narrative, unveiling the birth of our community and the indomitable spirit of its founders. Discover the enduring masterpiece they crafted, preserving our shared history for generations.

When John Knox Village approached the staff of the Stranahan House Museum, they were thrilled to help us create this community partnership that provides both on-campus programming and outings for our JKV residents and future Westlake residents.

Throughout the year at JKV, residents will hear from local historians who will provide educational lectures on the history of Frank and Ivy Stranahan. In addition, there will be hands-on craft workshops led by members of the Stranahan House network.

Residents will be treated to several planned, docent-led group tours of the Museum. As a wonderful benefit of our partnership, admission for JKV residents is free. For outings to the museum, the Life Enrichment team has arranged for transportation costs to the Museum to be waived.

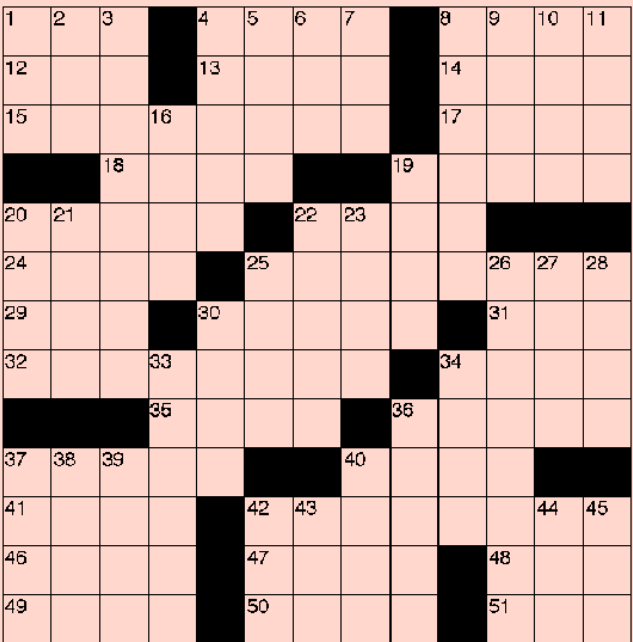
If a resident and one guest choose to attend a do-



A tour of the historic Stranahan House Museum should be on every visitor's list to Broward County. Image Source: Wikimedia Commons.

cent-guided tour on their own, the Life Enrichment Department will provide free admission vouchers.

For more information about this community partnership, please contact the Life Enrichment Department at 954-783-4039.



Crossword Puzzle Of The Month

ACROSS

- Amer. Cancer Society (abbr.)
- Levy
- Shabby woman
- Citizen (abbr.)
- Outbreak
- Wings
- Edenic
- Spoken alphabet letter
- Parasitic insects
- Slave of Sarah
- Calif. wild plum
- Building (abbr.)
- Leave port
- Strauss opera
- Gone by
- Trail

- Amer. Automobile Assn. (abbr.)
- Abnegate
- Arabian chieftain
- Ice mass
- Irish poet
- Gremlin
- Teem
- Roast (Fr.)
- Toothless
- Indigo dye
- Musical instrument (brass)
- Council for Econ. Advisors (abbr.)
- Rear
- Academy (abbr.)
- Kansas (abbr.)

DOWN

- Exclamation
- Fr. business abbreviation
- Male horse
- Battle
- One (Ger.)
- Sun
- Eye inflammation
- Mar
- Few (pref.)
- Maori seagoing canoe
- Stag
- Small bottle
- Handbook (abbr.)
- Munich's river
- Learned person
- Support
- Flavor

- River through Florence and Pisa
- Round Table knight
- Hole
- Rhine tributary
- Bulrush
- Lactic (2 words)
- Fr. month
- Simple organism
- Nab
- One of the Parcae
- Of the ear
- Small armadillo
- Greek letter
- Duke (Fr.)
- Social affair
- Belonging to (suf.)

Answers On Page 10.

Let Us Entertain You At JKV



If you enjoy storytelling, you'll love the two Story Slams planned at the JKV Cultural Arts Center.

Jody Leshinsky
Gazette Contributor

The summer is hot and the performance schedule at the John Knox Village Cultural Arts Center will keep you cool with engaging storytelling, choral music and comedy. Join us for great entertainment.

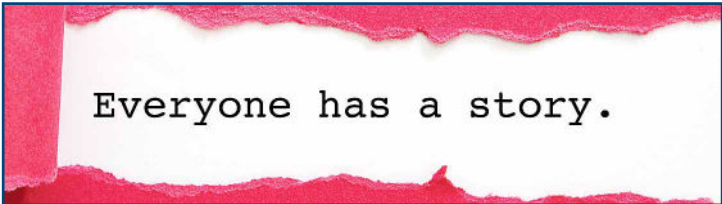
**Celebration Of The Art Of Storytelling
Thurs., Aug. 24 @ 2 p.m.**

Who doesn't like a good story? It's been said that the ability to tell, enjoy and experience life through stories is one of the most important characteristics of

human beings. Come delight in a selection of engaging true and not-so-true tales, and discover why storytelling matters to individuals, families and society a lot more than you might think.

**South Florida Jubilee Chorus
Mon., Aug. 28 @ 7 p.m.**

The South Florida Jubilee Chorus will be sharing some of their favorite melodies. The award-winning ladies' chorus performs a cappella, four-part harmony in the exciting 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.



**Story Slam
Fri., Sept. 22 @ 7 p.m.**

One of the hottest events in major cities across the U.S. is now in your own backyard. Come compete in a friendly contest to determine the evening's best storyteller—or just sit back and prepare to be amazed by your neighbors. All stories must have happened to you and take about five minutes to tell. No notes or memorization, please. The first 10 people to sign up to tell a story are eligible. Call the JKV Life Enrichment Department at 954-783-4039 for details.



Comedian Carl Guerra will be featured on Oct. 25.

**Last Laugh Wednesday
Wed., Oct. 25 @ 7 p.m.**

Are you ready to laugh? Come out to Last Laugh Wednesday for an unforgettable night of uncontrollable laughter with some of the country's funniest comedians. Carl Guerra started performing stand-up comedy in the New York metro area as soon as he graduated from college. He honed his craft at such clubs as Dangerfield's, The Comic Strip, and The Improvisation. He also performed on the nationwide college circuit and on such TV shows as *Star Search* and *Evening at The Improv*.

Gazette readers should call the John Knox Village Sales Department at 954-871-2655, or for more information visit www.johnknoxvillage.com/events/

Pompano Beach Arts & Music

There's A Great Schedule Of Events, Concerts And Exhibits In August And September

Kay Renz
Special To The Gazette

August and September in Pompano Beach provide a rich array of cultural events, including a favorite street festival and a variety of masterful musicians.

Old Town Untapped Summer Sizzle

Come enjoy the Summer Sizzle extension of Old Town's Untapped series, running now through September. Patrons will enjoy a night filled with live music, art at Bailey Contemporary Arts Center, craft beer, food trucks, and artist vendors selling unique and artistic merchandise. Old Town Untapped Summer Sizzle takes place on the first Friday of the month from 6 to 10 p.m. and is FREE for all ages to attend.

On Aug. 4, join the band SOSOS, for a fun-filled set of acoustic adult contemporary music with a twist of passive aggressive Americana. Attend the opening reception and artist talk for a solo exhibition entitled "(in)visible: Pair-a-dice" by Kandy G Lopez. This new body of work features stained-glass portraits of people of color and introduces a contemporary view of an ancient technique.



SOSOS takes the Old Town Untapped stage for Summer Sizzle on Friday night, Aug. 4.

September's sizzle is provided by Uproot Hootenanny. A pickers' paradise, this four-piece band features some of South Florida's top string instrument players, who strum everything from bluegrass classics to Irish-folksy tunes, including some pretty awesome covers that range from the Rolling Stones to Johnny Cash. Just a downright good time.

A Taste Of Jazz: Aug. 10 & Sept. 14

Join us for a delightful combo featuring entertaining and educational encounters with Gold Coast Jazz Society musicians and a little sip of wine. From 7 – 7:30 p.m. there will be wine tasting, followed by music from 7:30 – 8:30 pm. Tickets are \$20 for adults (only \$15 for Pompano Beach residents).



The ReaXtion Band performs at Ali Cultural Arts Center on Sunday, Aug. 13 at 6 p.m.

Soulful Sundays: The ReaXtion Band

This funky, high-energy soulful band returns to Ali Cultural Arts Center. Performing the best in classic top 40, disco, funk, old school, R&B and Motown, the band will take the stage on Sunday, Aug. 13 at 6 p.m. Tickets are \$10.

Live And Local: James "Sticx" Danson

This multi-genre master drummer brings the heat to the Ali Cultural Arts Center. The stunningly versatile musical artist, James "Sticx" Danson, is at home in a variety of genres, including country, jazz, gospel, R&B, hip-hop and rock. Join us on Friday, Aug. 18 at 7 p.m. Tickets are \$10.

Pompano Beach Amphitheater (The Amp)

**Matisyahu With G. Love & Special Sauce:
Aug. 26 At The Amp**

Matthew Paul Miller, known by his stage name Matisyahu, is an American reggae singer, rapper, beatboxer, and alternative rock musician. Known for blending spiritual themes with reggae, rock and hip-hop beatboxing sounds, Matisyahu's 2005 single "King Without a Crown" was a Top 40 hit in the United States. G. Love & Special Sauce is an American rock band from Philadelphia. They are known for their unique, "sloppy," and "laid back" sound that encompasses blues, hip-hop, rock and soul.

Brett Young: Sept. 23 At The Amp

Young has captured the hearts of fans everywhere with his honest lyrics and West Coast-meets-South-

ern sound, aptly dubbed "Caliville" style. With an impressive string of seven No. 1 hits – "In Case You Didn't Know" (9X platinum), "Mercy" (4X platinum), "Sleep Without You" (2X platinum) "Like I Loved You" (2X platinum), "Here Tonight" (2X platinum), "Catch" (platinum) and "Lady" (platinum), he has cemented his status as a master of matters of the heart. Young was named ACM's New Male Artist of the Year and ASCAP's Country Songwriter-Artist of the Year for his "melodic craftsmanship" (Billboard) and garnered nominations from Billboard, Teen Choice, CMT and CMA Awards.

For more information, www.pompanobeacharts.org



Brett Young performs on Sept. 23 at The Amp.

Let Us Remember And Work For Peace

Burn Loeffke
Gazette Contributor



Burn Loeffke

On July 4th, the Public Broadcasting System (PBS) broadcast its patriotic program: “*A Capitol Fourth*.” The 90-minute live TV show featured American entertainers from opera to pop, rock to hip-hop...performing in front of cheering flag-waving families. Tens of thousands gathered on the National Mall, under the Washington Monument, at the Lincoln Memorial and on the steps of the Nation’s Capitol in peace, harmony and unity.

This is the America I remember, and the America I wish to see in our future.

Our military was in full presence from all branches of service as honor guards, and musical performers. Military families in the audience were also honored. There is a very close connection our military personnel have with their own families. Husbands and wives of every color, ethnicity, and inspiration standing tall with their children, proudly singing “God Bless America.”

As a more than 30-year veteran of the U.S. Army, I think of those military families and remember in my own life, being deployed to another country far from home. My son, Marc, was crying while holding on to my leg and saying, “Daddy please don’t go.” Leaving him was one of the hardest things I ever did.

I am reminded of our military men and women serving overseas on these national holidays, while their families are left at home. I spoke with a soldier’s wife some years ago who told me, “I wish there was more mention paid to the role that spouses play.”

I often think of the many spouses and children who have lost a husband, wife or parent who was serving in the military. Those spouses left behind have the tough job of holding the family together.

During “*A Capitol Fourth*,” Americans banded



Burn Loeffke marches next to a female cadet carrying a guidon while leading the “March Back.” In a tradition at the U.S. Military Academy, each year at the end of the new cadets’ basic training, West Point alumni “March Back” with cadets to strengthen the ties between today’s cadets and the graduates who have come before them.

together in unity under a common principle. The duty of our military, as well as our law enforcement personnel, is to keep all Americans safe and protected from harm, both foreign and domestic. Those protectors of our freedoms are also family.

Unity In Our Military

Last year, I was privileged to return to West Point, where I participated in the annual “March Back” of West Point alumni from classes 1957 to 2022 parading behind new cadets at the end of their cadet basic training. While many of the alumni from those earlier classes have been killed or wounded, those of us left have a duty of living in a way that honors those no longer with us. More importantly we need to work on preventing conflicts. We do this together, for our country, for our families and for our children’s futures.

Every Day: Work For Peace

The July 4th celebration in Washington, D.C. is a great reminder of America as it should be. This is an event, where we and our children gather together, with other adults and children of all races, religions and spiritual beliefs, in a common love for freedom and equality. We need to guarantee freedom for our children

and commit to initiatives that will enhance peace, prosperity, understanding and a stable environment for us all – not just throughout the United States of America, but across the world. The future is in our children. We must teach them that peace, harmony and stability is our goal for their future. We all need to try.

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.

Vacations For Spirituality And Wellness

Rachael Gallagher
JKV Spiritual Life Director



Rachael Gallagher

Have you ever found yourself thinking, “I really need a vacation?” Sometimes when we get around to actually taking a vacation, we come back feeling more exhausted than before we left. I’ve noticed a growing trend in the way people around me are beginning to travel. They aren’t just taking any old vacation, they’re seeking out vacations rooted in spirituality and self-care, creating an ongoing rise in a new travel sector: Wellness tourism.

There are more than enough reasons to travel for spirituality and self-care. Travel planner, Sofia Mascotena says, “We’ve noticed as well, that those who embark on wellness trips have a tendency to feel inspired to stay on the wellness path long term, even planning to revisit the destination, or exploring new, unknown ones.”

I’ve gathered a list of tips for spiritual and self-care vacation ideas, as well as some advice for how to make the most of your trip.



Consider a vacation rooted in spirituality and self-care. Wellness tourism is a rising new trend in the travel sector.

Consider The Trip You Want To Take

Sensory self-care, like meditation or intentional time spent outside, can help calm your mind or help you reconnect with nature. Physical activity, like yoga or hiking, can also act as self-care, helping you to get more in touch with your body. No matter what type of activities you choose, make sure to keep your personal goals in mind. Don’t try to tackle too much. A spiritual vacation doesn’t mean running yourself ragged between planned activities and events. A great spiritual vacation offers a balance between time to rest and time for activity. Now with this in mind, it’s time to plan your own getaway.

Spiritual And Self-Care Vacation Ideas: Beach Vacation

Numerous studies have shown that proximity to the ocean, its blue waters, calming sounds and fresh air, have positive impacts on overall health. Depending on your goals, a vacation perched on the edge of the ocean might be exactly how you connect with spirituality. In fact, the beach isn’t exclusive to the summer months, its benefits are year-round, especially for those of us fortunate to live near the ocean.

Spa Vacation

Spa therapy has many benefits for both mental and physical health, as well as a long history to support it, that dates back to ancient civilizations (Think: Baths, massages, acupuncture, etc.). Spa trips are highly customizable, according to one’s needs and desires. But first, start by asking yourself the question: “What is your goal?” From there, a spa trip takes shape.

Natural Springs Vacation

Nature has its own kind of spa service, and it comes free of charge at many natural springs. In fact, the whole state of Florida is filled with natural springs that you can locate at [visit-florida.com](https://www.visit-florida.com).

No matter the trip you plan, an intentional spiritual escape is powerful.

A Healthful Future

As we move from summer to fall, breathe in fresh air and take in some peaceful landscapes. You can thank me later.

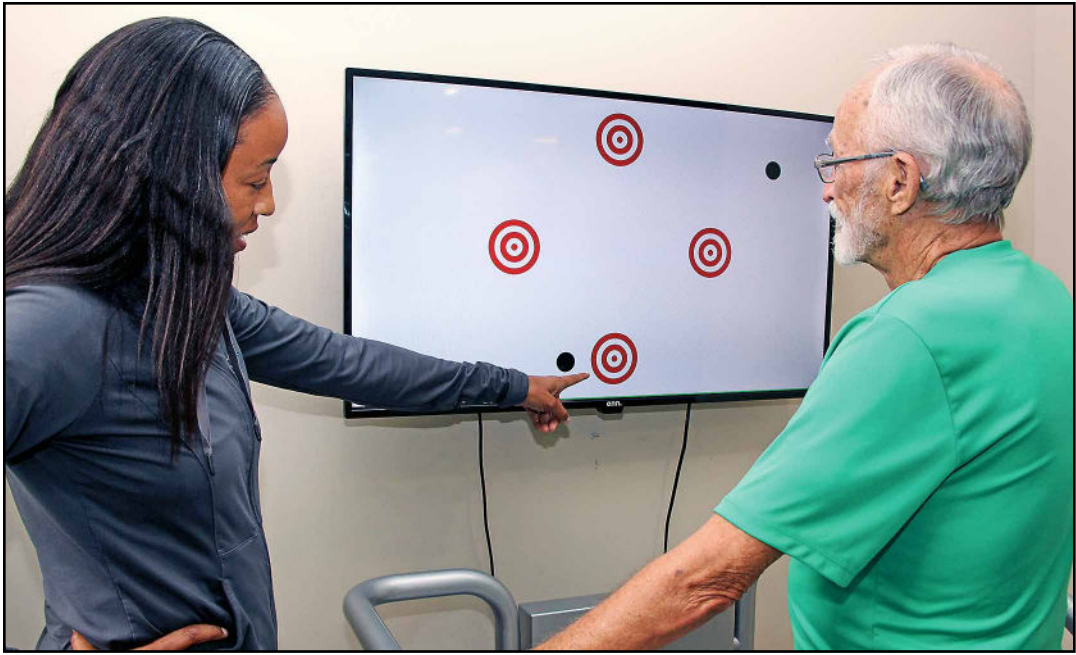
Sudoku

Answers On Page 10.

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

	3			4	7			
	8		2			7		
			6	1				
				2	1	5	4	
			7		3	8		6
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Residents Step It Up On Dividat Exercise Machine



Marsha Dixon directs South Garden Villa Resident Larry Hardham on the “Think & Move™” exercise machine, playing the “Targets” exergame.

Kim Morgan-Vagnuolo
Gazette Contributor

By bringing the global standard in cognitive-motor training devices to its residents, John Knox Village has once again proven to be one of the most innovative Life-Plan Continuing Care Retirement Communities in the country.

Designed by Switzerland-based Davidat Senso, the “Think & Move™” exercise machine allows residents to work the brain and body simultaneously, all in the comfort of the campus Fitness Studio.

“JKV has many wonderful choices for intellectual stimulation [for our residents] with lectures, performances and activities found daily around campus and in the community,” JKV Fitness and Aquatics Manager Marsha Dixon told the *Gazette*. “We also have a plethora of fitness opportunities in our Fitness Studio and Aquatic Complex, however, we now have an instrument that engages cognitive focus with movement. The Davidat Senso is a dual-tasking machine, requiring neuromotor collaboration to execute a specific task, thus being best described as the Think and Move machine.”

Davidat Senso Exergames

Designed for all fitness levels, Davidat Senso was developed in multiple global research projects over the past decade and is used in the overall promotion of an active and healthy lifestyle.

As stated on the Davidat website: “Our engaging exergames ensure the development of cognitive motor skills in a fun and safe environment.”

Every resident-user receives an RFID (radio frequency identification) bracelet

that is used to initiate a training session and, using progressive algorithms, provides reports to ensure their goals and continual progress are being achieved.

Residents step on the pressure-sensitive platform and select from over 17 engaging exergames, that offer training from cognitive flexibility, working memory and spatial orientation to divided and sustained attention, static and dynamic balance, and step strategy for gait improvement. That sensitive four-arrowed platform measures every movement for cognitive agility, reaction time and alertness. Residents have the option of using the handrails for additional support while they game.

Each game has a specific focus or task. For example, the game “Targets” works to improve forward thinking, anticipation and timing. A resident sees four targets on the screen. From all directions, flying balls appear on the screen toward the different targets. The goal is to step in the direction of the target as soon as a ball reaches it. Whenever the resident “captures” a ball inside a target, the Senso sounds a gentle bell encouraging and reinforcing correct execution. As the resident progresses confidently, so does the Senso, increasing the number of flying balls and the speed at which they appear on the screen.

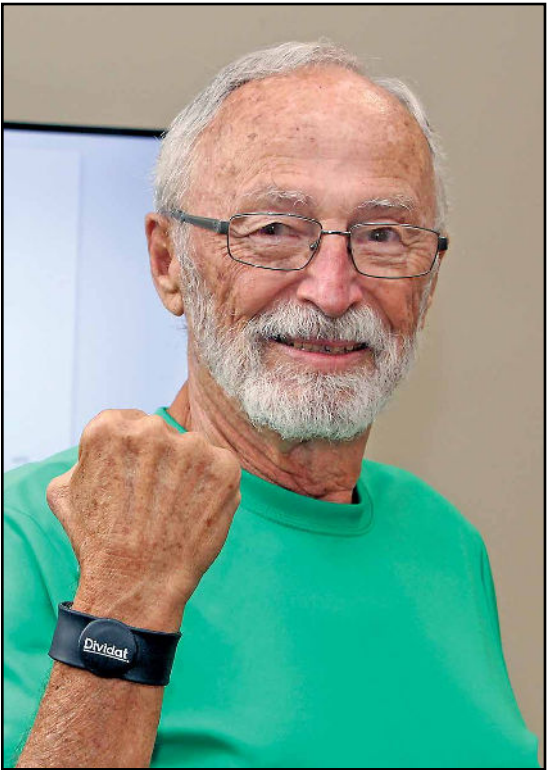
At the end of each game, residents can view their scores on a chart allowing them to compare their progression over time. Marsha Dixon also has the capability to review scores, determine baselines, and assign new games to keep the residents engaged.

“Reviewing results gives me insight into each of the resident’s neuromotor training sessions,” Marsha added.

“For example, if I notice a particular resident scoring below his or her baseline, a conversation is initiated to understand the reason for the shift in performance. Together we address any of changes and work on a plan to move forward successfully. The residents love the Senso. It’s fun, challenging, and it is quickly gaining in popularity.”

To get the most out of the Davidat Senso, it is recommended to use it three to five times per week, with sessions ranging from five to 10 minutes, or for as long as the participant likes.

In addition to serving an independent living resident, Davidat is designed to benefit individuals with Parkinson’s, Alzheimer’s, MCI (Mild Cognitive Impairment), Multiple Sclerosis, stroke and orthopedic rehabilitation.



Resident Larry Hardham wearing his Davidat RFID bracelet.

Robotic-Assisted Hip And Knee Replacement Surgery

Charles M. Lawrie, MD, MSc
Gazette Contributor



Dr. Charles M. Lawrie

procedure, surgeons utilize three-dimensional imaging to create a personalized surgical plan. This detailed blueprint helps them accurately position the implants, ensuring optimal fit and alignment. The robotic system then guides the surgeon’s hand movements, allowing for precise execution of the plan. This level of accuracy can result in better joint stability, improved range of motion, and enhanced overall functionality of the replaced hip or knee.

Reduced Trauma And Faster Recovery

One significant advantage of robotic-assisted procedures is their minimally invasive nature. Compared to traditional open surgeries, robotic-assisted hip and knee replacements involve smaller incisions, leading to reduced trauma to the surrounding tissues. The robotic system’s smaller instruments allow for greater precision, minimizing damage to healthy bone and muscle. This reduced trauma often translates into shorter hospital stays and faster recovery times for patients. With less pain and quicker rehabilitation, individuals can return to their daily activities and regain their quality of life sooner.

Customized Approach

Each person’s anatomy is unique, and robotic-assisted surgery offers a customizable approach to address individual needs. By using preoperative imaging, surgeons can create a virtual model of the patient’s joint, accurately analyzing its shape and condition. This data helps them select the appropriate implant size and position for optimal results. Additionally, the robotic system enables intraoperative adjustments, ensuring that the surgical plan adapts to any unexpected findings. The personalized approach of robotic-assisted hip and knee replacements promotes better outcomes and a more natural joint function.

Reduced Complications

Robotic-assisted surgery provides an additional layer of safety, ultimately reducing the risk of complications. The advanced technology enhances the surgeon’s visualization, allowing them to navigate complex anatomical structures more effectively. By avoiding nerves and blood vessels, robotic systems minimize the potential for damage during the procedure. Furthermore, the robotic system provides real-time feedback to the surgeon, alerting them to any deviations from the planned surgical path. This increased precision and safety significantly decrease the likelihood of postoperative complications, ensuring a smoother recovery process for patients.

Robotic-assisted hip and knee replacement surgeries have revolutionized orthopedic procedures, offering numerous benefits to patients. By enhancing surgical precision, reducing trauma, customizing the approach, and minimizing complications, this technology has improved outcomes and accelerated recovery times. As technology continues to advance, robotic-assisted surgery will play an increasingly vital role in restoring mobility and improving the quality of life for countless individuals.



Robotic-assisted surgery provides an additional layer of safety, ultimately reducing the risk of complications.

To learn more about your overall well-being, browse our free community health programs by visiting: www.BaptistHealth.net/CommunityHealth or email to: programs@BaptistHealth.net for more information.

Dr. Charles M. Lawrie, MD, MSc is a board-certified, fellowship trained orthopedic surgeon with Baptist Health Orthopedic Care. Specializing in adult hip and knee reconstruction, he performs minimally invasive, robotic-assisted partial knee replacement, total knee replacement and direct anterior approach total hip replacement. He is actively involved in research, training orthopedic surgeons, and innovation in his field. He is currently seeing patients in Plantation, Kendall and Coral Gables.

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.





Did you know?

John Knox Village has an Aquatic Complex loaded with amenities.



John Knox Village takes great pride in its exceptional amenities, including a state-of-the-art Aquatic Complex that offers a plethora of activities to cater to the diverse interests of its residents. This resort-style complex features a lap pool, resort pool, Jacuzzi®, Pickleball courts, bocce ball courts, and The Poolside Pub, where residents can enjoy poolside drinks, dining and lively karaoke nights.

The two dedicated Pickleball courts have become a favorite among residents, fostering a strong sense of camaraderie and friendly competition. Whether they are beginners or seasoned players, residents

relish the opportunity to engage in this fast-paced and exciting sport. The courts provide a welcoming environment for residents to socialize, improve their skills and form lasting connections with fellow Pickleball enthusiasts.

The Aquatic Complex is a testament to the community’s commitment to providing residents with a vibrant and fulfilling lifestyle, ensuring there is something for everyone to enjoy and creating opportunities for socialization, recreation and personal growth.



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



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Thursday, Aug. 17th
Thursday, Sept. 7th
11 a.m. – 12:30 p.m.

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Medicare Must-Knows Before You Travel

Ketsia Levasseur, MA, CCM
Gazette Contributor



Ketsia Levasseur, Owner and Founder Premier Concierge Care Management, LLC

Are you finally ready to take that highly awaited trip which COVID may have halted? Whether you’re planning to travel within the United States or abroad, it is important to understand your medical coverage while outside of your “service area.”

Whether you have Original Medicare with a Supplemental Plan (Medigap) or you’re enrolled in a Medicare Advantage Plan, knowing how you are covered will avoid exorbitant out-of-pocket medical expenses. Worrying about whether your insurance will cover you if a medical emergency arises or if you will have enough medications during your trip should be the least of your concerns. Therefore, proactive planning is a must.

Traveling Abroad

Under Original Medicare, coverage outside of the United States is very limited. There are very specific instances where Medicare will pay for health care services received outside of the U.S. (50 states of the U.S., The District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands). Medicare **may** pay for certain services you get in a foreign hospital if:

- **A medical emergency arises while you are in the U.S. and a foreign hospital is closer than the nearest U.S. hospital that can treat you. Examples would be where certain Canadian cities share a border with a U.S. city, such as Fort Frances, Ontario and International Falls, MN, or Stanstead, Quebec and Derby Line, VT.**
- **You’re traveling through Canada by the most direct route between Alaska and another state when a medical emergency arises, and the Canadian hospital is closer than the nearest U.S. hospital that can treat you. Coverage is determined on a case-by-case basis by Medicare.**
- **You live in the U.S. and the foreign hospital is closer to your home than the nearest U.S. hospital that can treat you, regardless of whether you have a medical emergency.**

It is important to know that even under these situations, Medicare will only pay for services that would have normally been covered in the U.S.

Vacation Cruise Concerns

Medically necessary health care services may be covered on a cruise ship if:

- **Under certain laws the doctor is allowed to provide medical services on a cruise ship.**
- **The ship is in a U.S. port or no more than 6 hours away from a U.S. port when services are rendered whether it’s routine or emergent care.**

Services received aboard a cruise ship are not covered if the ship is more than 6 hours away from a U.S. port.

What If You Meet Criteria For Medicare Coverage?

Foreign hospitals are not required to file Medicare claims. It is very likely that you will have to pay out-of-pocket for services received in a foreign country even if Medicare covers those services. It would be your responsibility to submit an itemized bill to Medicare for services received. You would then be reimbursed for covered services minus deductibles and coinsurance/copayments. Be sure to get all receipts and even medical records from the foreign providers to ensure all supporting evidence is submitted to Medicare, along with your claim.

Supplemental (Medigap) Coverage

Although supplemental plans normally mimic Medicare coverage; some policies may pay for medical services such as doctors or hospital visits that aren’t covered under Original Medicare while traveling abroad. Coverage would be limited to up to 80 percent of foreign emergency care costs. If you have a supplemental plan, be sure to contact your insurance to confirm what you’re covered for.



Do your research well in advance of your foreign vacation. Learn how and if Medicare, your Medigap Plan, or your Medicare Advantage Plan will cover a medical emergency in the countries you will be visiting. Consider Travel Medical Insurance as an option to offset out-of-pocket emergency medical expenses during a trip.

Medicare Advantage Plans

Since Medicare Advantage plans are required to provide coverage equivalent to Original Medicare, your plan will normally cover international travel under the same circumstances as Original Medicare.

Medicare Advantage plans may also cover additional coverage for emergent and urgent care services while traveling abroad. Such coverage is designed for unexpected emergencies only and is not meant to cover routine care services. As you plan your trip be sure to contact your Medicare Advantage plan to see if additional coverage is provided under your specific plan.

Private Travel Insurance

As outlined above, regardless of whether you meet Medicare criteria for foreign coverage or if your supplemental plan includes foreign travel benefits, you may still incur out-of-pocket expenses in the event you need care while traveling abroad. Travel Medical Insurance is a great option to offset out-of-pocket emergency medical expenses during a trip. Travel medical insurance plans pay “reasonable and customary” charges for services such as:

- **Ambulance service**
- **Doctors’ bills**
- **Hospital and operating room charges**
- **X-rays, examinations, treatments, lab tests and anesthetics**
- **Drugs and medicines**
- **Dental care (special limits apply)**

There are two forms of travel medical insurance:

- **Stand-alone medical insurance plans which normally cover emergency medical and dental expenses incurred while traveling. Those plans do not however cover trip cancellation or baggage coverage.**
- **Comprehensive travel insurance plans offer coverage for trip cancellation, trip delay, emergency medical evacuation, and baggage loss. A comprehensive plan is always recommended if you opt to purchase travel insurance. Coverage can be up to \$1 million based on the plan you choose.**

The following are included in a comprehensive travel insurance plan:

- **Trip Cancellation:** We’ve gone over coverage while you travel, but imagine if you or a member of your family have a medical emergency which prevents you from going on your scheduled trip. You may end up losing part of the money you’ve paid for your trip, if not all. Having a travel insurance plan, which covers trip cancellation, can go a long way.

• **Emergency Medical Evacuation:** This coverage will become handy if the level of care you need goes beyond what can be provided at your nearest treatment center. Medical transportation (medevac services) back to the U.S. is normally covered if deemed medically necessary. Other benefits such as a medical escort to assist with medication administration and/or oxygen management during your flight, round-trip ticket for a family member or friend to travel with you, and coverage for a bedside companion (which can include reasonable costs for hotel stays and meals).

Now that you’ve confirmed how you would be covered during emergencies the following are other things you should consider as you plan your trip:

- **Medications:** If you aren’t set up for a 90-day supply with your pharmacy, now is the time to talk to your doctors about this option as it will ensure that you do not run out of your medications while traveling. Making sure that you’ve stocked up on your medications will eliminate unwarranted medical emergencies. It’s also important to continue using the same method you currently use for medication management (pill box, blister packs, etc.) during your trip to make sure you remain compliant with your current regimen.
- **Immunizations:** Make sure you’re up to date with all recommended vaccines. Also be sure to speak to your health care provider regarding any other vaccines he/she may feel are needed based on the location you’re traveling to.
- **Concerns Associated With Chronic Conditions:** If you suffer from chronic conditions or have concerns about possible flare-ups while you travel, it is crucial to discuss your concerns with your health care provider to understand the best way of managing your condition while you’re away.
- **Research English-Speaking Providers Where You Will Be Traveling:** In the event you need care, you want to make sure that you are able to clearly share your medical history with the local providers as well as your current care needs and symptoms.

Now that you’ve done your research and you’ve gathered all your medical necessities, pack your bags and enjoy your trip.

Ketsia Levasseur, MA, CCM is a certified case manager with a master’s degree in gerontology. She has been working in eldercare since 2004, most recently as a hospital case manager. In 2019, she opened **Premier Concierge Care Management** to address the gaps she saw in the medical system. Now she can devote herself to making sure her clients have the seamless care and quality support they deserve.

Answers to Crossword Puzzle on Page 4 and Sudoku on Page 6.

A	C	S		C	E	S	S		D	O	W	D	
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9	3	1	5	4	7	6	2	8
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6	9	7	8	2	1	5	4	3
1	4	2	7	5	3	8	9	6
8	2	9	3	6	4	1	5	7
7	1	4	9	8	5	3	6	2
5	6	3	1	7	2	9	8	4

It's Time For A Financial Checkup

A Mid-Year Review Of Your Portfolio Should Include Evaluating Your Long-Term Goals

Scott Montgomery
Gazette Contributor



Scott Montgomery, CLU, ChFC

Mitigating investment risk and preparing portfolios and estate plans for an uncertain future requires investors to meet regularly with their financial advisors to ensure that long-term plans remain on track.

Here's a checklist of topics to address, to evaluate if your investments are still aligned with your long-term goals.

Whether saving for retirement, a child's college education or a future vacation home,

your long-term goals should always be considered before reacting to market swings.

A mid-year review of your portfolio provides an opportunity to assess recent performance against historical trends and identify whether the asset mix continues to meet your time horizon and risk tolerance. Perhaps an asset rebalancing is needed to stay on track.

Is Your Estate Plan Up To Date?

Life events, such as changes to marital status, the death of a spouse or the birth of a child or grandchild, can affect your financial plans. These events may trigger a change in assets and income and/or require updates to wills and trusts, insurance policies, retirement plans, beneficiaries and a rebalancing of portfolio investments.

Use Investing Tools Available To You

Financial advisors are excellent sources to assess individuals' current financial positions and recommend how assets may be better allocated for maximum savings, wealth preservation and tax efficiency.

Are you contributing to a tax-advantaged retirement plan or health savings account? Are you saving for a child's or grandchild's education through a 529 plan? Have you established a special needs trust to safeguard assets and allocate money for the continuous care of special-needs children without jeopardizing eligibility for need-based government aid?

Do you have ample insurance to protect family members in the event you pass away? Are you using



Life events, such as changes to marital status, the death of a spouse or the birth of a child or grandchild, can affect your financial plans. It is advisable to regularly revisit your estate plan.

life insurance in the most beneficial manner to meet your goals?

Maximize Your Tax-Saving Opportunities

A mid-year financial check-up provides you with an opportunity to forecast your tax liabilities for the remainder of the year and identify strategies to help minimize end-of-year tax bills. This is especially important when considering that tax laws can change substantially from one year to the next. Additionally, it is important throughout the year to take an inventory of your tax and financial records, including receipts for charitable donations, business expenses, estimated tax payments, and confirmations of investments and stock sales.

Keep these documents organized in a safe and easily accessible location. If you scan and store the documents electronically, take the added step to password-protect them and back them up on external drives or in the Cloud.

Managing Digital Assets After Death

In today's age of social media and the Internet of Things, individuals create significant digital footprints that they may wish to preserve and protect long after they are gone. For example, platforms such as Facebook, Instagram and LinkedIn allow users to designate "legacy contacts" to manage their profiles, download photos and even post messages after their passing.

Google and Apple offer similar services, enabling named representatives to access and download your music, photos and emails from the Cloud. As an added level of protection, you may also wish to inventory your digital assets in your estate plan, including your will and personal memorandum, along with login information, passwords and answers to security questions to enable your beneficiaries to manage these online assets in the manner you desire.

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Technology Preparedness Kit For The 'Season'

Jason Cook
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

We are three months into the "season." Unfortunately, this is not a season that most people look forward to, like they might the holiday season. I am talking about hurricane season, and as a tech person, hurricanes represent a big problem.

With the loss of power and networks turning most mobile devices into paperweights, it makes these devices very difficult to use in those trying times. However, with proper preparation,

technology can still prevail.

Preparing For Power Loss

During a hurricane, one of the most challenging problems is the loss of power, which translates to not being able to charge your devices and also the loss of air-conditioning, leaving us with sweltering rooms and dead devices.

On top of the heat, hurricanes usually knock out cell towers and the internet, meaning even if your devices have a charge, you will not be able to connect.

This means, if you did nothing to prepare, then you will probably not be enjoying the next several days after a hurricane has come and gone.

I learned my lesson and have come up with a

Technology Hurricane Preparedness Kit, after going through the above-mentioned scenario when Category 4 Hurricane Irma made landfall in South Florida on Sept. 10, 2017.

Invest In A Solar Power Bank

I started by purchasing a solar power bank. This is a device that can range in price from \$20 to a couple hundred dollars. It is basically a battery with several USB connections to charge mobile devices. So, before a hurricane is expected, you charge the solar power bank and it will have enough capacity to charge most phones at least a couple of times.

The one I bought comes with several solar panels attached to help charge it during the day when there is no power. These also come with built-in flashlights, providing yet another benefit. The next piece of tech I bought was a portable rechargeable fan that can plug into the power bank.

This means I now have a way to not only charge my mobile devices, but also cool down somewhat. It may not be as nice as air-conditioning, but cool moving air is considerably better than stagnant, stifling heat.

The other technology tip for your preparedness kit is to download several games and movies to your mobile devices. When you download a movie and put it in the storage of your device, it allows you to enjoy the media without having an internet connection.

The downside of this is that it will take up storage space, of which there is a limited amount. The benefit, however, is that you can play games and will have the ability to watch a couple of movies without having an internet connection.

With these few preparations it can turn a horrible hurricane into a tolerable situation.



A solar power bank should be included in your technology hurricane kit.

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.



John Knox Village in Pompano Beach is South Florida’s largest Life-Plan Continuing Care Retirement Community. Located on a lushly landscaped 70-acre site, JKV is home to nearly 1,000 residents. In a major expansion, 147 additional apartments are under construction at Westlake at JKV.

Thanks For Asking

Hey Dave, What’s the Mather Study?

Dave Bayer
Gazette Contributor

The main reason that I started writing this column a few years ago was that, when Jackie and I moved to John Knox Village in 2017, we were very pleasantly surprised with how much we enjoyed living here and wanted to share the good news. I naively thought that, after reading a few of my *Gazette* articles, many more of our local readers would want to move here. We already had one of the best occupancy rates in Florida, and it has gone up a point or two recently, but that probably has much more to do with the economy and ongoing improvements to our JKV infrastructure than my articles.

This month, I thought I would try a different approach and briefly share the results of the recently completed **Mather Institute Age Well Study**. The study compared the wellness outcomes of residents living in Life-Plan Communities versus the community at large. The study provides evidence that the decision to move into a Life-Plan Community (LPC), like JKV can have a positive impact on the physical and emotional well-being of seniors.

What Is The Mather Institute?

In 1999, the Mather Institute was founded. They partner with other groups dedicated to improving the lives of seniors who live either in retirement communities or in their own homes that are not part of retirement communities. In 2018, together with researchers at Northwestern University, Mather Institute launched the **Age Well Study**. The objective of the study was to better understand the impact of living in an LPC on residents’ health and wellness.

Mather, a not-for-profit company focused on improving the lives of seniors, is based in Chicago. They operate an independent living rental company and two Life-Plan Communities, with another one scheduled to open next year. Mather also provides several educational and wellness programs that are open to all seniors.

The results of the five-year **Mather Institute Age Well Study** are getting a lot of attention in the senior living industry. Over the study’s five years, more than 8,200 residents (including my wife Jackie and me) from 122 LPCs across the country were surveyed. Some survey questions were consistent from year to year while others focused on a specific topic for that year. In years one through five, the LPC residents’ responses were compared to a similar control group of people who were not living in an LPC. They could be home-based or live in another type of retirement community. Responses from each year were compared.

The following is a summary of the findings:

Year 1: Overall Wellness

- a. The study concluded that LPC residents had better emotional, physical, social, intellectual and vocational wellness than seniors living in the community at large.
- b. LPC residents had healthier behaviors.
- c. More than two-thirds of LPC residents reported enjoying improved social wellness.
- d. Seniors living in the community at large, however, reported greater spiritual wellness compared to LPC residents.

Year 2: Physical Health And Healthy Behaviors

- a. LPC residents who were extroverted and formed strong bonds with others, reported higher levels of healthy behaviors and positive health than did other LPC residents.

- b. 60 percent of LPC residents reported being sufficiently active. Most of those who weren’t, claimed health issues.

Year 3: Happiness And Life Satisfaction

- a. 92 percent of LPC residents were very satisfied with where they lived and with life in general.
- b. Residents who were extroverted and agreeable reported a higher level of life satisfaction and general happiness.

Year 4: Resilience And Coping Strategies

- a. LPC residents exhibited less stress and more resilience during the COVID epidemic, especially those who were more extroverted and agreeable.
- b. LPC residents who maintained close relationships with their children enjoyed greater resilience during COVID.
- c. LPC residents who lived in smaller communities were less stressed than those in larger communities.

Year 5: Changes In Health And Wellness

- a. The **Age Well Study** was completed earlier this year and reinforces the findings of the previous four years.
- b. LPC residents were found to have better physical, intellectual, emotional, vocational and social wellness when compared to older adults in the control group who lived in their own homes outside of an LPC.
- c. LPC residents had better self-reported health and higher levels of moderate physical activity compared to older adults from the community-at-large.
- d. LPC residents showed greater social wellness on all measures as compared to the community-at-large respondents.
- e. LPC residents ranked lower in one category of spiritual/vocational wellness — religiosity — as compared to older adults from the community-at-large, but ranked comparably or higher in other subsets of that category including purpose in life and retirement satisfaction.
- f. For emotional wellness, LPC residents ranked comparably or significantly better than their community-dwelling peers in all categories, including satisfaction with life, optimism, and perceptions of aging. One exception was depressive symptoms, where LPC residents ranked lower than the control group.
- g. LPC residents reported better self-rated memory and higher participation in intellectual activities when

compared to older adults in the broader community.

What Is The Bottom Line?

There are many conclusions that can be drawn from this study. LPC residents thrived during the COVID pandemic and were much healthier and happier than those living in the community-at-large.

The programs offered in senior living communities enhanced the mental, physical, and emotional well-being of their residents. There are always opportunities for improvement, and the study suggested ways to better encourage residents’ emotional wellness, address ageism and support more positive feelings on aging, and nurture religious/spiritual preferences and practices.

Overall, the **Age Well Study** is good news for LPC residents and is further evidence that the decision to move to a community like John Knox Village can enhance their mental, physical, and emotional wellness.

Participating in this study has been an interesting experience for Jackie and me, and rewarding in that it reinforced our own feelings about this being a good move for us.

One thing that the study didn’t cover was the feeling that adult children have about their parents moving to and living in LPCs. We have five children between us, and they were supportive when we made the decision to come to JKV some six years ago. In the intervening years, however, that support has gone from moderate to enthusiastic. Not only have they witnessed how we have thrived here, but have seen the difficulties that some of their spouses’ parents, all of whom are basically our community-dwelling peers, are having as they deal with various aspects of the aging process.

If you find this article compelling, you can always use the information provided elsewhere in this issue of the *Gazette* and contact a JKV marketing representative (tell them Dave sent you) and arrange a visit.

If you want to get your very own copy of this study, please Google: **Mather Institute Age Well Study**. If you wait too long to move here and must join a long waiting list, don’t say I didn’t warn you.

***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.*



Cassels Tower residents Dave and his wife Jackie Bayer on the walkway leading to the John Knox Village Wellness Park.

August Through September Events At NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM
FORT LAUDERDALE

Explore NSU Art Museum 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 below 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.



Exhibits Now On View

“Cosmic Mirrors: Haitian Art Highlights from the Collection:” Through Aug. 6

“Henri Toulouse-Lautrec: The Follies of Fame:” Through Oct. 1

“Emilio Martinez: Van Gogh, Lautrec and Me:” Through Oct. 1

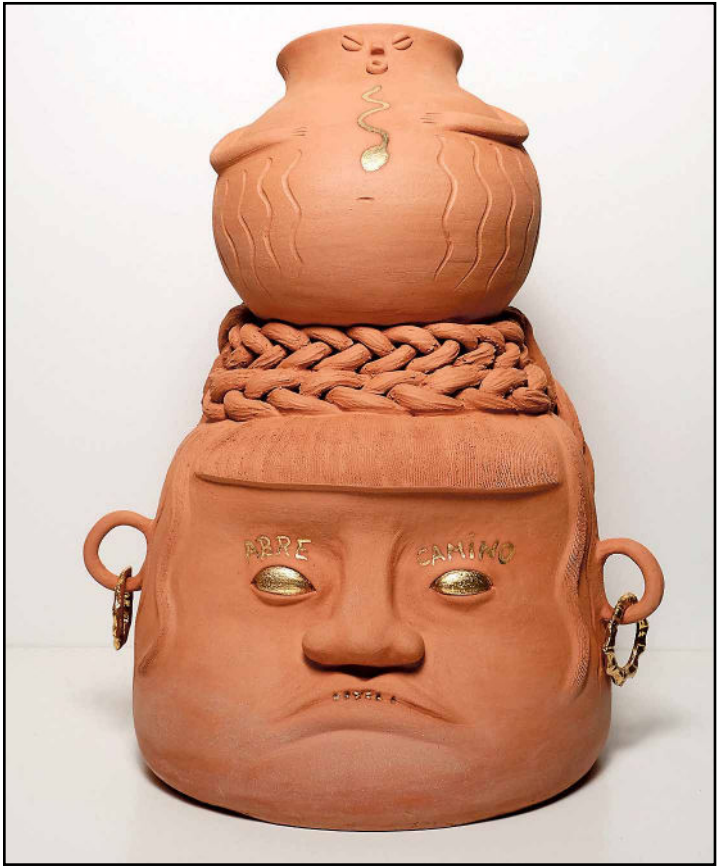
“Hooray for Hollywood:” Through Oct. 1

“The Swans: Karen Kilimnik and Stephanie Seymour Paintings and Dresses:” Through Oct. 1

“House of Glackens:” Through Jan. 2024

“The Eye of CoBrA:” Through Feb. 2024

“By the Sea, By the Sea: Waterscapes and Beach Scenes by William J. Glackens and the Ashcan School:” Through Spring 2024



Joel Gaitan, Olmeca Eleggua, 2022 Terracotta and gold luster. Courtesy of the Artist and KDR305, Miami, FL. © Joel Gaitan.

“Future Past Perfect:” Opens July 30 through Oct. 15

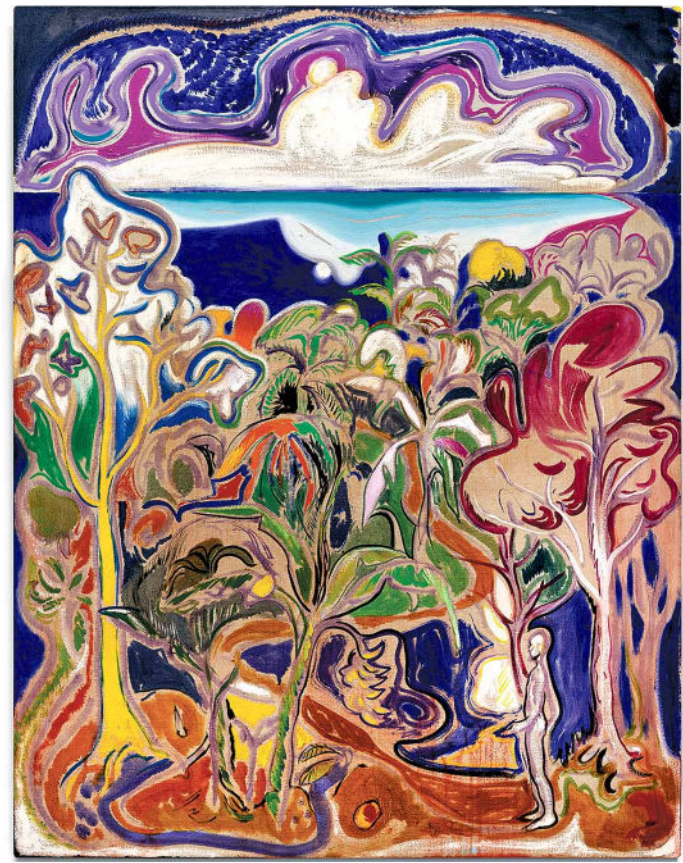
“Future Past Perfect” consists of seven simultaneously presented solo exhibitions of South Florida artists for whom this will be their first solo museum show. The presentation will consider the ways in which these emerging artists’ careers were impacted by the COVID pandemic. As those who were beginning to establish their professional presence were sidetracked, others were affected as students, made to navigate building an art practice in isolation. Museums and art galleries shuttered for months (sometimes

Plan a visit to NSU Art Museum this summer and enjoy the numerous exhibitions. Museum hours: Sunday: Noon to 5 p.m., Tuesday through Saturday: 11 a.m. to 5 p.m. Closed Mondays.



Susan Kim Alvarez, My Aunt Called it a Cloaca, 2022 Acrylic and ink on canvas. Courtesy of the Artist and KDR305, Miami, FL. © Susan Kim Alvarez.

years), leaving these artists with few opportunities other than the internet for sharing their work with the public and little or no personal contact with other artists and professionals. In these moments, artists entered their studios with a distinct focus afforded by this uninterrupted time. Through their work, they grappled with their fears of the unknown, the tragic suffering caused by the pandemic, the vagaries of politics, migration, global warming and social justice. In the aftermath of this period, a renaissance has emerged within the South Florida art community that includes a burst of emerging talented artists who have yet to receive widespread recognition.



Alejandro Piñeiro Bello, El Paredón del Sueno (Wall of Dreams), 2023 Oil on linen. Photography by Zachary Balber. Courtesy of the artist and KDR305, Miami, FL. © Alejandro Piñeiro Bello.

As NSU Art Museum Director & Chief Curator Bonnie Clearwater notes, “Future Past Perfect” is presented in the spirit of the Museum of Modern Art’s Americans series of exhibitions from the early 1940s to early 1960s, which introduced groups of emerging artists, each with their own dedicated gallery space. Jackson Pollock, Mark Rothko, Clyfford Still, Grace Hartigan, Louise Nevelson and Frank Stella were among the artists legendary MoMA curator Dorothy Miller introduced to the larger public through these shows.”

Ms. Miller said of these exhibitions, “What you try to achieve are climaxes—introduction, surprise, going around the corner and seeing something unexpected.”

The seven artists selected for “Future Past Perfect” are representative of South Florida’s diverse population. Each has a distinct practice that was honed and influenced by their isolation during the pandemic. These artists experienced exponential growth, maturity, and mastery of their work due to the concentrated time they spent in their studios, which is ripe to share with the wider public. The artists were chosen by Ms. Clearwater, who is noted for her track record of identifying and showcasing emerging and local artists, and the museum’s Bryant-Taylor Curator

Ariella Wolens, who similarly is dedicated to this focus. Both curators make frequent studio visits and attend exhibitions throughout the region, and are jurists for local artist grant competitions along with artist residency programs.

NSU Art Museum Fort Lauderdale has a long history of showcasing regional artists starting with the Annual Hortt Competition exhibitions (1964-1999). The museum additionally supports South Florida artists through the acquisition of their art to the permanent collection, as demonstrated by recent purchases of works by Susan Kim Alvarez and Zoe Schweiger that will be featured in their forthcoming solo exhibitions at the museum.

Upcoming Events:

Sunny Days/Starry Nights: Free First Thursday, Aug. 3 & Sept. 7, 11 a.m. to 7 p.m.

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

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

Bank of America Museums on Us: Saturday, 11 a.m. to 5 p.m. & Sunday, Noon to 5 p.m., Aug. 5 & 6 and Sept. 2 & 3

Bank of America, Merrill Lynch and U.S. Trust credit and debit cardholders receive free access to over 200 institutions. 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.

Creativity Exploration: Space Making, Saturday, Aug. 12 at 10:30 a.m.

Classes are taught by award-winning instructor, Lark Keeler. Inspired by the abstract spaces created in Joanne Greenbaum’s paintings and sculptural pieces, make your own space using color, rhythm and architectural elements. Advanced reservations are required. Space is limited. Pricing: \$10 for members; \$15 for non-members.

Ft. Lauderdale Neighbor Day: Sunday, Aug. 27 and Sept. 24, Noon to 5 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

Taking The Roads Less Traveled

JKV Resident Visits Iceland: The Land Of Fire And Ice

*The Land Of Fire And Ice:
Don't Forget Your Feet Are
Always Bigger Than A Goat's*

Marty Lee
Gazette Contributor

John Knox Village Cassels Tower resident and world traveler, Janet Anding has traveled the world since she was a little girl.

By her count, Janet has visited 154 of the 193 countries in the United Nations, and 226 of the 330 places noted in the “Travelers’ Century Club” list, and has now crossed the equator for the 48th time in her life.

The Land Of Fire And Ice

While we are all steaming during another hot summer, many of us are considering a respite from the heat and humidity. Looking for a place to explore? Iceland is famous for its rugged landscapes and scenery: The Blue Lagoon, northern lights, volcanoes, glaciers and waterfalls. Iceland is also famous for its history and being settled by the Vikings. It is known as “The Land of Fire and Ice,” due to its contrasting landscapes.



One of Janet's favorite photos from her Icelandic trip was of this young girl, all bundled and carrying her trekking poles ready to hike across the volcanic landscape.

Janet recalled her month-long visit to Iceland in 2016.

“Iceland has plenty of fun and interesting things to do, especially anything related to nature. It is a modern and progressive nation,” Janet told the *Gazette*. “It is an upbeat island that handles its hardships wonderfully. Icelanders are happy, friendly and optimistic. The scenery is magnificent and cruising is a great way to see it.”

Janet explained another reason to cruise Iceland: “It is one of the most expensive countries in the world. A cruise ship as your hotel helps defray high costs.”

Ever the intrepid one, Janet could not wait for her first steps on the terra firma. However, she went right from land to the air. “My first shore excursion was a helicopter tour over the capital, Reykjavik,” Janet said.

“We flew over the GeoThermal Power Station that uses steam from 10,000 feet below sea level for both



Janet's helicopter lands on a grassy patch amid the steam venting from lava running down the Hengill Volcano.

heating and electricity. Geothermal is both a sustainable and renewable source of energy with 100 percent of their electricity from renewable sources. Citizens pay very little for their electricity and can even keep their swimming pools heated in the winter. Iceland produces no fossil fuels.

“We then flew over the Hengill Volcano which last erupted 1,200 years ago, yet still has lots of magma underground. The volcano is actually under a glacier, yet lava spills out into crevices down the mountain. The pilot, Captain Gunnar, asked if I would like to walk near the lava. Would I? Should I? Sure, of course.

“We landed on a grassy patch and I started walking uphill. I asked the captain if there will be a path. He said we were on it. The path was literally just an intermittent rut just a few inches wide, running next to a sheer cliff – meaning any misstep could result in a quick trip down the mountain into the molten lava.

“I asked the captain, how folks walk on such a skinny strip of land? He replied, “The path is not for humans, it is actually a goat's path and goats do not have big feet.”

“The captain reminded me to be careful as the lava is 2,000° Fahrenheit. I will never know how we did not tumble and how we were able to turn around to get back down.

“This for sure went on My Travel Stupid and Scariest List. However, the helicopter trip was sensational. I still wonder if it is those little cloven goat hoofs that keep them from falling off the mountain?”

The Dumbest Tour I Ever Took

“The Blue Lagoon is one of the top 25 Natural Wonders of the World. It was never on my favorite to-do list, but knew it shouldn't be missed. The air temperature was 40°F with sideways winds at 30 mph and sleet.

“Icelanders claim the water temp is always 100°F. That day it was maybe 80°. This is a spa? All of the lifeguards were decked out in Arctic wear.”

Janet explained that before entering the Blue Lagoon,

visitors must follow a ritual.

“First everyone must take a bare body common shower, then drench their hair in a wonderful, special leave-in conditioner to prevent your hair from frying in the silicon, sulfur, and who knows what other minerals in that magic lagoon.

“It was so cold and miserable that I was out of it in eight minutes. Showered, dressed and off to the indoor bar for a Gull Beer or two while waiting the hour and a half for the tour to end and go back to the ship. Would I ever do it again? No way. And by the way, that day the water was not even blue.”

The Arctic Circle Awaits

Janet suggests that visitors to Iceland should fly to Grimsey Island, Iceland's northernmost territory. The island's latitude is 66° 54' N. “We crossed over the Arctic Circle at 66° 33' N of the Equator. Grimsey's population is 100. Birds outnumber humans 10,000 to one on the island and most are adorable puffins.” (*Read about the puffins on page 15.*)

Plan your visit well in advance and plan it around what interests you most. “Good news is on a summer day you can get 20 hours of sunshine and four hours of somewhat darkness,” Janet said.

If you are interested in seeing the magnificent northern lights, “September to April are the best months to see the aurora borealis, as they are hard to see in the brighter, summer, midnight-sun skies.”

What is on Janet Anding's travel itinerary? Follow the October/November issue of the *Gazette*, to see where she flies, cruises or treks to next.

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.



Iceland's Studlagil basalt canyon with rare volcanic basalt column formations. Getty Images.



Icelanders at the Blue Lagoon, a geothermal spa in southwestern Iceland. Getty Images.

Iceland Is Nature At Her Most Extraordinary

‘Not All Who Wander Are Lost’ – J. R. R. Tolkien

Nona Cree Smith
Gazette Contributor

When visiting the enchanting country of Iceland, you might feel as though you had wandered into J.R.R. Tolkien’s Middle Earth. There are so many extraordinary sights to experience: From the massive basalt rock formations, stunning waterfalls, volcanos and geysers, to the endless open spaces. This North Atlantic country dazzles with natural wonders, teeming with wildlife and nature to experience. A visit of a few days is not enough time to take it all in.

Puffin Images Are Everywhere

Visitors to Iceland are astonished that the souvenir shops and even gas stations have been overrun with every kind of puffin memorabilia. To Icelanders, it is a little strange, because until recently, puffins were not an animal Icelanders associated with their country. It was usually the iconic Icelandic horse or Arctic fox, but suddenly the puffin has become the main attraction. One can understand why the Atlantic puffins have stolen people’s hearts. They look irresistible with smart black and white feathered coats, large orange feet, big bright eyes and huge, multicolored beaks, giving them the nickname of “the clown of the sea.”

Atlantic Puffin Is Iceland’s Signature Bird

To one’s surprise, the Atlantic puffin (*Fregata aegialis*) has become a much loved and protected Icelandic symbol. They account for about 60 percent of the world population of Atlantic puffins and is Iceland’s most common bird. The Atlantic puffin is a migrating seabird that spends winters in the open ocean in the North Atlantic and moves to shallower waters in early spring when the breeding season starts. The puffins mate for life and usually come to Iceland for nesting in April–July when thousands of them gather in colonies on the coasts and islands of the North Atlantic Ocean. They stay in colonies for protection from predators like the herring gulls who find them to be tasty food. In late July or early August, they start moving out to sea again.

At the age of four to six, pairs of puffins often mate for life, return to sea, then find each other again at their breeding colony every year. They greet each other with affection by rubbing and tapping their beaks. The pair tends to use the burrow they used the previous year if it is still intact.

A Safe And Cozy Burrow

Using their beaks and large feet, puffins build their burrows between two boulders or in a protected rocky crevice. The burrow is curved, and long, and has two rooms, one for the nest and the other for a bathroom. They line the burrow with feathers and grass before laying just one egg, then they will take turns incubating it for 42 days. When the egg hatches, the baby looks just like a furry ball of feathers. As it grows older, it will develop the strong, smooth feathers it will need to help it swim and fly. The baby is called a puffling and eats so much food that both the mother and father have to supply it with fish. In one day, a parent may dive more than 200 times, bringing back up to 10 fish each time. The puffling swallows fishes whole. After 45 days of constant eating, the pufflings leave their burrows. They will go out to sea and won’t return until it is their turn to mate and lay their own eggs.

Children Save The Pufflings

Adult puffins in South Iceland’s Vestmannaeyjar



Atlantic puffins gather on the Icelandic cliffs overlooking the sea. Getty Images.

Islands begin to leave the burrow when their young are around 40 days old. The chicks will then walk or flap their way out to sea where they will dwell for the next years. However, some of the pufflings will lose their way and end up in the town of Vestmannaeyjar. There, the town’s children help by going out at night with flashlights to look for lost pufflings. The adults will feed them, weigh and measure them, and when they are deemed self-sufficient, will release them to the sea.

A Horse Is A Horse

The horses of Iceland are a unique breed, indeed. They have not changed from their original Viking horse ancestors and are one of the purest horse breeds in the world. They were brought to Iceland with the original settlers from Norway 1,100 years ago. Archeological digs in Europe have revealed they are descended from an ancient breed of horses that are now extinct. The Icelandic horse is known for being sure-footed and easily navigates across rough terrain. It displays two gaits in addition to typical horse gaits of walk, trot, and canter/gallop commonly used by other breeds. The first of the two gaits is a four-beat ambling gait which is faster than a walk but usually slower than a canter and always slower than a gallop. Icelanders call this gait a tölt or a more comfortable ride. The second of the added gaits is called flying pace, or “sneið,” and is used in pacing races. It is fast and smooth, with some horses able to reach up to 30 miles per hour. This is not a gait for long-distance travel, but rather short distances and speed.

A Horse Of Many Colors

The Icelandic horse comes in many colors and the Icelandic language has more than 100 names for the various colors and color patterns. The horses are small, standing on average 56 inches high at the withers. The horse has a pleasant temperament, a great personality and is very strong. Horseback riding is a wonderful way to explore Iceland, traveling over truly unspoiled land and nature, offering stunning views of panoramic landscapes and grazing sheep. The Icelandic horse is hardy and long-lived, making it a popular breed internationally. The horse is a healthy breed with few diseases; and as a result,

Icelandic law prevents horses from being imported into the country and exported animals are not allowed to return.

Impressive Design And Workmanship

Hallgrímskirkja Church is an impressively beautiful landmark in Reykjavik. It was designed by the architect Gíjon Samúelsson, who took his inspiration from the beautiful Icelandic landscape of volcanic basalt rocks formed by cooling lava. At 244 feet in height, the church’s design reminds people of the country’s grandiose glaciers and mountains.



Evening view of the famous Hallgrímskirkja church in Reykjavik, Iceland. Getty Images.

More Than 40 Years To Build

The design of the church was first commissioned in 1937, but construction was not completed until 1986, just in time for the 200-year anniversary of Reykjavik. The church was named in honor of the Rev. Hallgrímur Pétursson, Iceland’s most admired poet and author of the “*Hymns of the Passion*.” Hallgrímskirkja means ‘the church of Hallgrímur.’ It is Reykjavik’s most impressive landmark and can be seen from almost anywhere in the city. The soaring tower also offers panoramic views of the entire city from the observation area at its summit. Bronze and red glass exterior doors designed by Leifur Breiðfjörð open to the simple gothic-inspired interior of tall vaults and long, narrow windows. Concerts are held regularly at Hallgrímskirkja, making use of the church’s 15-metre, 25-ton organ designed by renowned organ builder Johannes Klais. A statue of Leif Eriksson stands in front of the church. Eriksson is credited by some with discovering America, about 1,000 A.D. The statue was a gift from the United States to Iceland to commemorate the 1,000-year anniversary of Alþingi, Iceland’s parliament.

Author’s note: Tolkien had an Icelandic nanny from the West Fjords who lived with the author and his family in the early 1930s in Oxford, England. It was thought that the author became further acquainted with Icelandic folk tales and mythology through his association with the nanny.

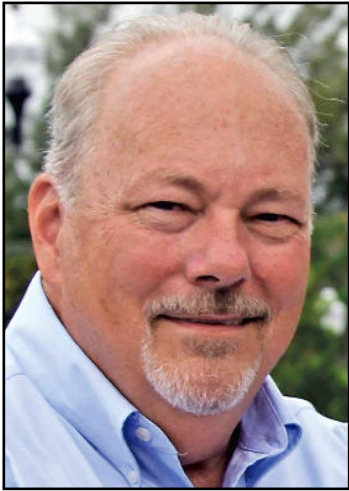


Icelandic horses were brought to the island approximately 1,000 years ago by Norwegian settlers. Getty images.

Local History: Pompano Poetry From 1914

Daniel Hobby, Pompano Beach City Historian Notes Pompano-Specific Poetry Inspired To Move You

Daniel Hobby
Pompano Beach Historian



Daniel Hobby

today’s intersection of Atlantic Boulevard and Cypress Road.

To promote his efforts, Currie wrote a series of columns for *The Palm Beach Post*, titled “Currie’s Megaphone” that included several articles extolling Pompano’s land, weather and people. He even included some of his poetic works, one of which is quoted here:

Home Folks Town

Have you noticed most cities,
Like most people are the same;
That they have little foibles
And are otherwise to blame?
Some are stylish as they make ‘em;
Other perhaps somewhat fast;
While others are so straightlaced
You must squint to travel past.
Have you noticed when you visit
In such cities it takes time
To catch on to all their wrinkles
And get used to change of clime?

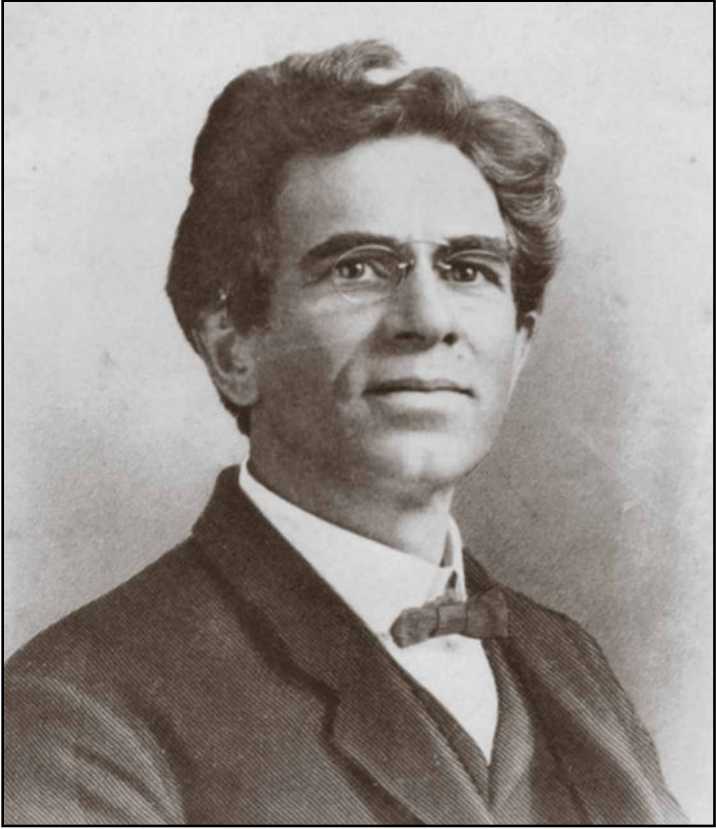
During the early years of the 20th century, developers and civic leaders engaged in unabashed promotion of their land holdings and communities, hoping to lure new buyers and residents.

In 1914, one such “booster” was George Graham Currie, a resident of West Palm Beach who owned land in Pompano¹. He hoped to sell lots in his “Rustic Bridge” development located along the Pompano Canal, near

Til you long to cast their capers
And upon their jigs to frown;
And you sigh for ease and comfort
In some honest home folks town,
In some honest home folks town!
Where the people treat you brown²;
Where you are not always primping,
Or compelled to simmer down;
But can do just as you want to
In some honest home folks town.

If you’re searching such a haven
I can steer you as you go
For I’ve had luck to find one
In the town of Pompano³.
And you’re free to use my knowledge
If you’ll promise me for sure
That you’ll take a train tomorrow
To this town that must endure
To this town in Palm Beach County⁴
Where the Gulf Stream warms the sand
Where the breeze is ever fanning
Miles of eager fertile land;
Where canals take surplus moisture,
And the orange blossoms blow;
And where home folks make you welcome
At the town of Pompano,
At the town of Pompano
Where you surely ought to go
If you hope for ease and comfort
And for a wealth without its show;
And a Home Folks Town you’ll call it
When you get to Pompano.

¹ Currie (1867 – 1926) was nearly penniless when he arrived in West Palm Beach in 1895. Nevertheless, within a decade he had earned a law degree, became a successful real estate developer, founded a bank, and was elected mayor of West Palm Beach.



George Graham Currie (1867–1926) of West Palm Beach was also a developer in Pompano.

² Although the meaning of this term, “treat you brown” is obvious from context, I have been unable to find any reference to its use elsewhere. Perhaps Currie was searching for a word that rhymed with town.

³ The municipality was incorporated in 1908 as Pompano; “Beach” was added in 1947.

⁴ From 1909 to 1915, Pompano was part of Palm Beach County.

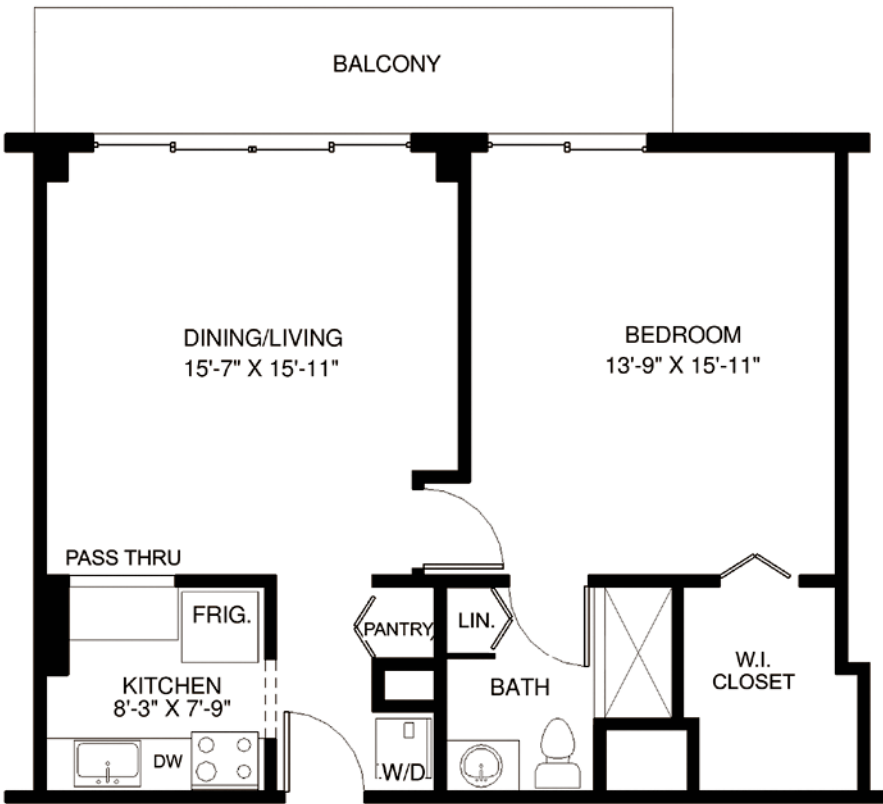
Daniel T. Hobby, a lifelong Floridian, grew up in St. Petersburg. He moved to South Florida in 1979, and has worked for various historical agencies, most recently the Sample-McDougald House. He is the author of five books on local history, including: “Pompano Beach: A History of Pioneers and Progress.” In 2021, he was named City Historian by the Pompano Beach City Commission.

The Flamingo Apartment Home In Village Towers

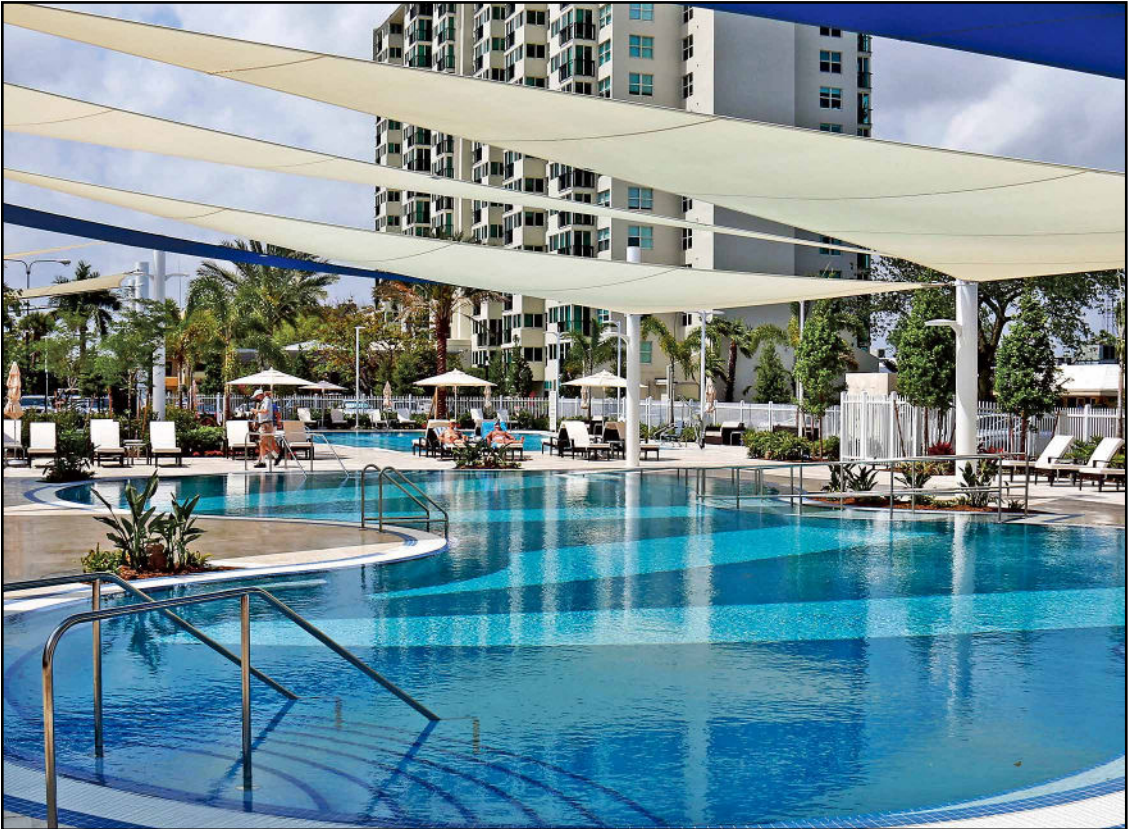
Convenience And Economy With The Full Benefit Of Your Life-Plan Guarantee

At John Knox Village, you have a wide range of choices in your apartment or villa home floorplan. For the ultimate in comfort and convenience, select the Flamingo apartment home in Village Towers. You’ll enjoy every activity, service and complete Life-Plan health care security offered at JKV, but in an more economical home setting. Schedule a visit and take a tour of the Pavilion with its Cultural Arts Center and dining venues. Learn how John Knox Village will take care of your health care needs today, tomorrow and every day in the future.

The Flamingo in Village Towers 1 Bedroom / 1 Bath / 780 Sq. Ft.



Enjoy comfort and economy in the Flamingo apartment home.



Spend a relaxing afternoon at the resort or lap pools at JKV’s Aquatic Complex.

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 Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with Cultural Arts Center, the Pearl and Seaglass restaurants, Barton’s Nautilus Bar and much more.
Call the Sales Department at 954-871-2655 to schedule a tour.

web JohnKnoxVillage.com
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