



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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Amenity-Filled Westlake Adds To JKV's Total Package



Westlake at JKV is now open. Plan to tour The Terrace and The Vue to experience the lifestyle options.

Rob Seitz
Gazette Editor

At the brisk pace of six move-ins per week, John Knox Village's latest crown jewel—its \$120 million Westlake apartment building—is filling fast with new residents.

"While pre-sales for Westlake went very well, ever since we received our CO [Certificate of Occupancy] in December of 2023, prospects can now walk through Westlake and see it is a beautiful new living option offered by John Knox Village," said Kim Ali, JKV's Vice President of Sales.

Within Westlake, prospects have the option of moving into an apartment in the 15-story Vue or The Terrace, standing at 11 floors.

The conjoined buildings offer sun-drenched open-air designs with floor-to-ceiling windows, many overlooking JKV's expanded waterways of Lake Maggie and Rex Foster Lake.

BV's French Press and Wine Bar now offers delicious coffees and tasty nibbles in the morning for residents and guests.

"As beautiful as the Westlake apartments are – and they are – prospective residents are just as 'wowed' by our amenities," Mrs. Ali told the Gazette.

Available to all JKV residents, some of the most popular amenities in the building include:

- A 2,200-square-foot terrace

located on the fourth floor of The Terrace apartment building, with two over-sized barbecue grills, a counter and seating

See "The Move Is On" on Page 2

JKV Readies For Hurricane Season

Village Removes Stress, Prep Work, When Storms Approach

Rob Seitz
Gazette Contributor

One of the many benefits enjoyed by residents living at John Knox Village—South Florida's premier Life-Plan Continuing Care Retirement Community—is the tremendous assistance available before, during and after emergencies such as hurricanes.

Hurricane season 2024 is on its way, running from June 1 through Nov. 30 and researchers at Colorado State University are predicting the Atlantic hurricane season will produce the most named storms on record—with a best guess of 23 named storms.

CSU Researchers said: "Current El Nino conditions are likely to transition to La Nina conditions this summer-fall, leading to hurricane-favorable wind shear conditions."

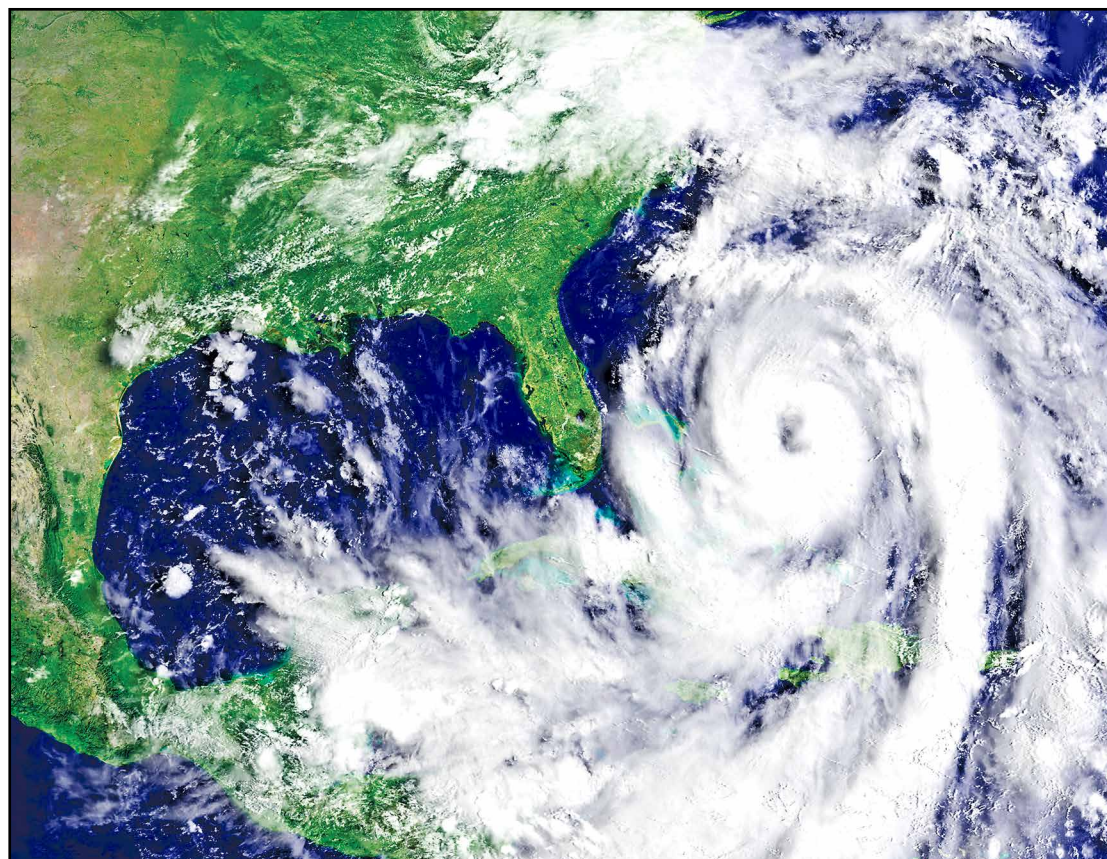
NOAA Gives Advisory

They continued: "A warmer-than-normal tropical Atlantic provides a more conducive dynamic and thermodynamic environment for hurricane formation and intensification. This forecast is of above-normal confidence for an early April outlook."

By comparison to the 23 named-storm estimate for this year, the Atlantic basin saw 20 named storms in 2023, which ranked fourth for the most-named storms in a year since 1950, according to the National Oceanic and Atmospheric Administration (NOAA).

Seven storms were hurricanes and three intensified to major hurricanes, including Hurricane Idalia, which struck southwest Florida claiming the lives of 12 and causing \$3.6 billion in damages.

See "Hurricane Season" on Page 3



Hurricane churning off the U.S. Atlantic coast. Image source: Bigstock.

Residents Enjoy New Apartments In Westlake At JKV

From “The Move Is On” on Page 1

by the grill for preparing, serving and eating, a putting green, additional seating for socializing and beautiful flora in planters throughout.

- **A well-lit library and reading area** with couches and armchairs for relaxing while enjoying a favorite thriller, bestseller, classic, fiction or non-fiction.
- **The Fitness Studio** with a complete dumbbell set, treadmill, stationary bike, and elliptical trainer machine.
- **The bistro-styled Westlake Eatery.**
- **A 49-seat state-of-the-art high-tech projection theatre.**
- **The Club Room**, which seats 69, is ideal for social events as well as resident meetings.
- **The Technology Learning Center** seats 40. It serves as headquarters for JKV’s dedicated full-time technology support team member, who assists residents with all their tech questions, issues and concerns, five days a week. JKV is one of only a handful of Life-Plan Continuing Care Retirement Communities in the U.S. providing such a service. (See story on Jason Cook, JKV’s Technology Engagement Coordinator, moving into the Technology Learning Center at Westlake on page 11 of this Gazette).



A 2,200-square-foot terrace located on the fourth floor of The Terrace apartment building, with two over-sized barbecue grills, a counter and seating by the grill for preparing, serving and eating, a putting green, additional seating for socializing and beautiful flora in planters throughout.

after Cassels Tower resident Bruce Voelkel (see the story on BV’s on page 10).

Concierges in the lobbies of both The Vue and The Terrace welcome residents, family members and guests. Offices for the Life Enrichment team, Transportation and Security, as well as Resident Services, are all housed on the first floor.

ranging from three stories to the 17-story Cassels Tower with its iconic digital clock on its west-facing exterior, which motorists can see from I-95.

Also, more than 200 ground-level villa homes wind through three neighborhoods within JKV’s 70-acre botanical campus.

To learn more about all that JKV offers in terms of grand lifestyles, maintenance-free living and the peace of mind that comes from knowing your medical needs are taken care of should you ever need them, visit our website: www.johnknoxvillage.com or call 954-904-0006.



Acting coach Sara Rogers leads her performing arts class in the new high-tech projection theatre located on the first floor of the new Westlake at JKV.

- **A 57-seat Art Studio**, with full-size and tabletop easels.
- **The Virtual Reality Room.**
- **Sacred Space.**
- **Classroom-style Learning Center** with three wide-screen monitors and seating for 37.
- **The Music Room** provides an acoustic space for resident musical groups.
- **Two floors of covered parking.**

With its mid-April grand opening ribbon-cutting ceremony complete, BV’s French Press and Wine Bar now offers delicious coffees and tasty nibbles in the morning for residents and guests. BV’s is named

“Combine these new amenities with our other comforts and conveniences and prospects touring the campus quickly see why so many people call John Knox Village home,” said Mrs. Ali.

“Our Cultural Arts Center is state-of-the-art, and we provide top-notch entertainment along with lifelong learning programming,” she added. “Our Aquatic Complex has a 5-Star resort pool, a lap pool, Pickleball and bocce ball courts and outdoor dining in our Poolside Pub, with its big screen televisions, which are great for watching sporting events such as the Kentucky Derby and Super Bowl.”

Along with Westlake, additional independent living options JKV offers includes four apartment towers

This Is Not A Real Estate Transaction, You Are Buying A Life-Care Contract

Once a prospective resident’s interest in learning more about John Knox Village has been piqued, the next step is to meet with a Life-Plan Consultant. More often than not, the first question goes something like: “How much is this real estate transaction going to cost?”

Invariably, prospects are surprised to learn they are not purchasing an apartment or villa home on the Village campus.

“The upfront Entrance Fee new residents pay provides them with an all-inclusive Life-Care contract,” said John Knox Village’s Vice President of Sales Kim Ali. “This secures their care no matter what future health care circumstances may arise.”

As a Life-Plan Continuing Care Retirement Community, JKV provides every resident with the peace of mind in knowing that their future health care needs will always be met.

That continuum of care includes assisted living, supportive memory care, and skilled nursing—should those levels of care ever be needed—all of which are available directly on JKV’s 70-acre campus.

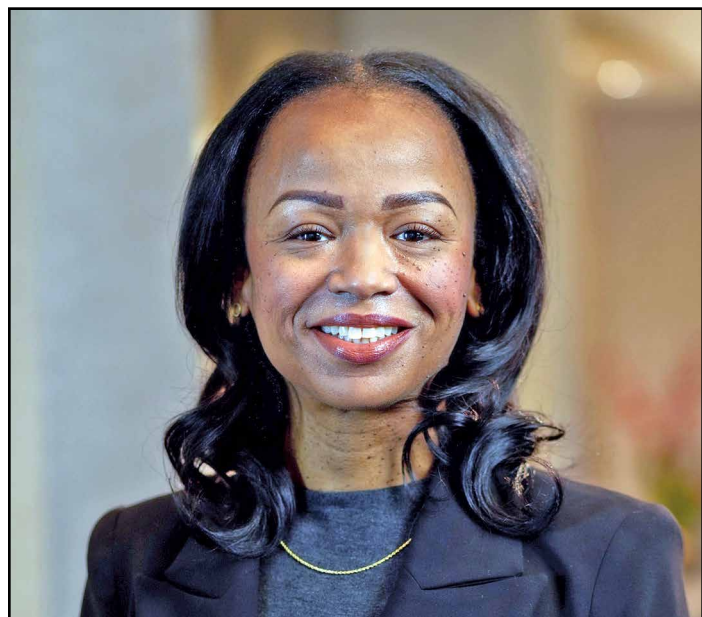
For more details on JKV’s Life-Care contract, visit www.johnknoxvillage.com or call 954-871-2655.



The Art Studio located on the first floor of Westlake at JKV offers a dedicated space for resident artists. Here art instructor Kay Osgood (standing) teaches a painting class.

On The Job: Before, During And After The Storm

From "Hurricane Season" on Page 1



Kirsten Whiting, JKV Director of Risk Management

At JKV, residents are fortunate to have a dedicated team of staff helping them prepare for the storms, staying with them during the storms and working on campus recovery afterward.

"The Village is already busy preparing for another season," JKV's Director of Risk Management Kirsten Whiting told the *Gazette*. "We distribute Resident Hurricane Relocation Survey forms, which let us know whether they will be staying on campus through storms."

To make certain everything is in order, Management and Staff participate in mock hurricane drills that include reviewing plans, checking supplies, training staff, topping off generators and some even

practice putting up shutters around the campus.

To help residents prepare for the season, Ms. Whiting conducts a series of one-hour hurricane preparedness meetings for them, which this year will include new residents living in the recently completed Westlake apartment buildings.

JKV also has Resident Senators and their Alternates ready and able to assist in every area as well. Resident Senators and those Staff members assigned

to each apartment building will meet prior to each storm, to allow for questions and concerns.

As in years past, in order to protect the Village as much as possible, JKV will closely monitor NOAA www.noaa.gov as well as industry and news agencies for the latest information as a storm approaches.

Regardless JKV will remain diligent.

As we like to say at JKV: "We hope for the best, but prepare for the worst," Ms. Whiting said.



JKV Grounds crews were clearing tree damage the day after Hurricane Irma hit the Village in 2017.

Thanks For Asking

How Do Your Preconceived Notions Work Out?

Dave Bayer
Gazette Contributor

After college, I enjoyed a 22-year career as a Naval Officer. My service included stints in both the Korean and Vietnam Wars and quite a bit of sea duty. I accumulated quite a few sea stories along the way and want to share one in particular. I was fortunate to command a destroyer equipped with anti-aircraft guided missiles in the Atlantic Fleet.

In 1971, we were assigned to the Sixth Fleet for seven months and spent most of that deployment in the Aegean Sea. Our main tasks were to conduct joint training with both the Turkish and Greek Navies (separately, they didn't play nicely with each other) and also keep an eye on the occasional Russian warship that might transit the area.

It was a great assignment. The training was productive, the liberty ports were interesting, the weather was perfect, and we were the only U.S. ship in the area, which meant my Commodore was not looking over my shoulder. One drawback, however, was that when a warship from another country calls at a port, the protocol was that the senior Naval Officer and the senior civilian in the area exchange "formal calls." During our time in the Aegean, that was me. I loved running the ship, but politics has never been my thing.

Shore Leave In Turkey

My ship spent four R & R (Rest and Recreation) days in Kusadasi, Turkey. It is a very nice beach resort town and gave us the opportunity to visit Ephesus. It was my first visit to Turkey, and I was scheduled to exchange calls with the Governor of the Province.

Yikes. I didn't really know what to expect, but assumed that he would probably be formal, full of himself, and not have a very good sense of humor. He called on me first, and our welcome ceremony went well. Then I gave the Governor a tour of the ship, which included cycling a missile up from the magazine to the launching rail. I told the Governor that the missile could hit a one-meter square target at a range of 12 miles.

He smiled, pointed out a house on the side of a hill about a half mile away and asked if we could put a missile through the middle second-story window. I said "yes" but asked him why we would want to do that? He said, "that's where my mother-in-law lives." Hey, the man had a sense of humor. Better yet, he arranged that my return call would include us checking out the Kusadasi night life in his chauffeur-driven limousine. It was nicely done, with good food, a few drinks and great conversation. The main lesson learned that day, however, was how bad some preconceived notions can be.

Refining Preconceived Notions

Recently, with the opening of Westlake, JKV's 147-unit apartment building, I've had a lot of thoughts about preconceived notions, both mine and others. My wife Jackie and I learned about the plans to build Westlake a year or so after we moved here. We didn't relish the idea of living in a construction area for four years; never heard a good reason about why the project was necessary; and projects of this magnitude always seem to run over budget and behind schedule.

In retrospect, our management team and the contractor, Moss Construction, kept the disruptions to a minimum, and the project was completed under budget and on schedule. The actual living experience during construction was much better than I expected. Another preconceived notion bit the dust.

Westlake Exceeds Expectations

There is a palpable sense of excitement at John Knox Village these days, especially since the opening of Westlake. Every new Westlake resident seems overjoyed by their new accommodations, regardless of whether they were already residents in another apartment or are new to JKV. Most say "everything about Westlake has exceeded my expectations."

We recently visited the West Coast of Florida, and while there spent time with a couple that Jackie has known for 50 years. They had recently moved to The VI at Bently Village. It is a very nice Life-Plan Continuing Care Retirement Community (CCRC) near Naples, and they were also very pleased with their decision to make the move. Much like many residents at JKV, they are in good health, like to travel, are active in their communities, but of course had a bit of trepidation while considering moving to a CCRC. Again, the experience was better than they had anticipated.

Studies show that almost 90 percent of people over 65 want to stay in their homes as long as they can, and most believe their current home is where they will always live. And, let's face it, living in a CCRC is not for everyone. When it comes to deciding how to best "age in place" however, many folks have the wrong preconceived notions about what living in a CCRC is like. Most CCRCs would be pleased to have folks in their retirement years try living cost free for a few days in their communities to learn first-hand what living in a CCRC/Life-Plan Community is all about. Who knows, maybe some preconceived notions about how to best age in place might change for the better. It's one of life's most important decisions.

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



Cassels Tower residents Dave and his wife Jackie Bayer enjoy the elevated walkway leading from The Woodlands to the Wellness Park at John Knox Village.

Let JKV Entertain You

Plan To Visit The John Knox Village Cultural Arts Center For Great Shows And Concerts



Pianist Brandon Goldberg performs in the CAC on June 10 at 7 p.m.

Mon., June 10 at 7 p.m. Pianist Brandon Goldberg

Brandon Goldberg, who at 17 is a prodigious pianist and composer, began captivating audiences at three years old. Hailed by *DownBeat* magazine for his impeccable technique, he's graced prestigious jazz festivals and iconic venues worldwide. As a 2024 Young Arts Winner with Distinction and the youngest recipient of the 2022 ASCAP (American Society of Composers, Authors and Publishers) Herb Alpert Young Jazz Composer Award, Brandon's accolades match his performances. With two acclaimed albums under his belt, including "Good Time" and "Let's Play," he launched his third, "Brandon Goldberg Trio Live at Dizzy's," earlier this year.

Brandon's compositions have been featured on television and he actively collaborates with organizations like the Jazz Foundation of America. From Miami to global stages, Brandon's timeless sound and boundless creativity captivate audiences everywhere.

Reserve your tickets today and plan to enjoy the concert by pianist Brandon Goldberg.

Tickets
JKV Resident \$20
Village Arts Circle \$16
Non-Resident \$26
Funded by the JKV Foundation

Wed., June 19 at 7 p.m. Award-Winning Vocalist Nicole Henry

Since her debut, Nicole Henry has established herself among the jazz world's most acclaimed performers, possessing a potent combination of dynamic vocal abilities, impeccable phrasing, and powerful emotional resonance. Nicole tells real stories through peerless interpretations of repertoire from the American Songbook, classic and contemporary jazz, popular standards, blues and originals.

Her passionate, soulful voice and heartfelt charisma have earned her a Soul Train Award for "Best Traditional Jazz Performance," and four Top-10 jazz albums on U.S. Billboard, Jazz Week, HMV Japan & UK Sweet Rhythms charts. Heralded by *The New York Times*, *Wall Street Journal*, *The Japan Times*, *El Pais*, *Jazz Times*, *Essence* and more, Ms. Henry has performed with the Duke Ellington Orchestra, the Henry Mancini Institute Orchestra, Pasadena Pops and Michael Feinstein.

Ms. Henry has captivated audiences in over 20 countries, headlining at venues in cities including New York, Tokyo, Madrid, Moscow, Paris, Shanghai, Los Angeles, Chicago, Boston, San Francisco and Miami.

She has performed in more than 30 music festivals worldwide and in some of the world's most famous venues including Blue Note, Jazz at Lincoln Center, Blues Alley, Arshat Center, Feinstein's, Green Mill,

Jazz St. Louis, Madrid Jazz Festival, the Regattabar, and Catalina Jazz.

Tickets
JKV Resident \$20
Village Arts Circle \$16
Non-Resident \$26



Matthew Sabatella and the Rambling String Band will take you through our nation's history with the songs that impacted America life.

Thurs., July 4 at 1 p.m. The Rambling String Band: The Story Of The United States In Song

With vocals, guitar, fiddle, mandolin, banjo and bass fiddle, Matthew Sabatella and the Rambling String Band takes you on a journey through America's past. Starting with the American Revolution, they perform songs that tell the story of the United States, with plenty of opportunities to sing along.

Tickets
JKV Resident Free
Village Arts Circle Free
Non-Resident \$10

Tues., July 23 at 7 p.m. Jazz and Java Series: Jazz Meets Rock 'n' Roll

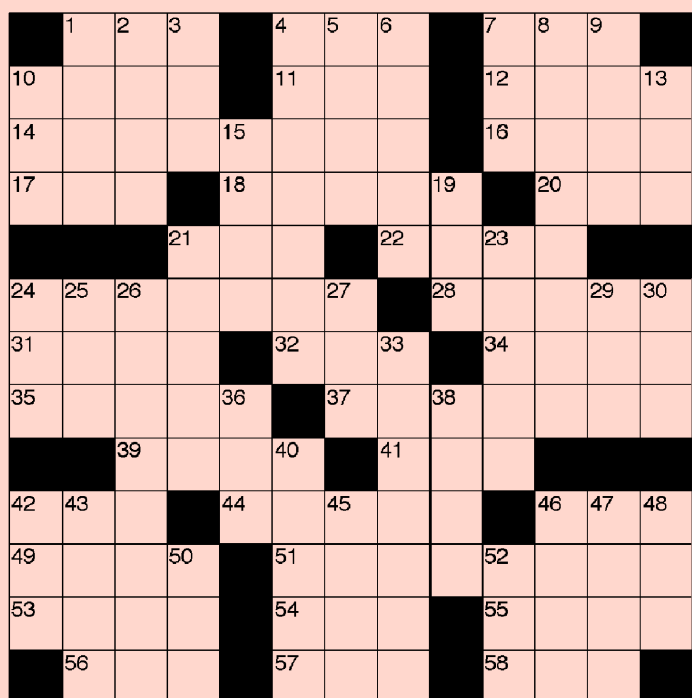
The Jazz and Java Series, presented by the Gold Coast Jazz Society, invites music enthusiasts and history buffs alike to embark on a captivating journey through the evolution of jazz. Held in the intimate setting of a jazz club, each installment of the series offers an immersive atmosphere that recreates the ambiance of a bygone era. "Jazz Meets Rock 'n' Roll" explores the electrifying collision of two iconic genres. With fiery guitar solos, pulsating rhythms, and dynamic improvisation, this event highlights the cross-pollination between jazz and rock, revealing how the two styles have influenced and borrowed from each other throughout the decades.

Tickets
JKV Resident Free
Village Arts Circle Free
Non-Resident \$26
Funded by the JKV Foundation

To reserve your spot for these events or to explore our full schedule of upcoming performances at JKV, please visit www.johnknoxvillage.com/events/ or contact the John Knox Village Life Enrichment Department at 954-783-4039.



Award-winning jazz singer Nicole Henry will showcase her many shades of vocalization in concert at the JKV Cultural Arts Center on June 10 at 7 p.m.



Crossword Puzzle Of The Month

ACROSS

1. Priest
4. Amer. Cancer Society (abbr.)
7. Quill for winding silk
10. Gray and black plaid
11. Least bit
12. Dance
14. Gum
16. Active
17. Serum (pref.)
18. Leal
20. Comparative ending
21. Dance step
22. Chamber
24. Ten-sided figure
28. Setting
31. Elevator inventor
32. Tactical Air Command (abbr.)

34. Two-toed sloth
35. Aunt (Fr.)
37. Refuge
39. Basse-Normandie city
41. Bother
42. Exclamation
44. Military group
46. Unexploded bomb (abbr.)
49. Amorphous mass
51. Lie (2 words)
53. Sayings (suf.)
54. Husband of Fatima
55. Tennyson character
56. Son of, in Gaelic names
57. Civil War commander
58. Adjusted gross income (abbr.)

DOWN

1. Die away
2. Ger. industrial valley
3. Soft drink
4. It. poet
5. S.A. rodent
6. Pierce
7. Cubic feet per second (abbr.)
8. King's yellow
9. Chaste
10. But (Sp.)
13. Gyrating (pref.)
15. Dross
19. Sp. article
21. Dough (Ital.)
23. Eye (pref.)
24. Speck
25. Greek letter
26. Quinine

27. Nose (pref.)
29. No (Scot.)
30. Europe (abbr.)
33. Spoken alphabet letter
36. Eur. Economic Community (abbr.)
38. Noble (Ger.)
40. Of birth
42. Kimono sash
43. Mollusk
45. Valley
46. Rhinoceros beetle
47. 42 (Rom. numeral)
48. Garden plot
50. Cistern
52. Hyson

Answers On Page 10.

Pompano Beach Arts & Music

Spring Into Arts And Entertainment In The City Of Pompano Beach

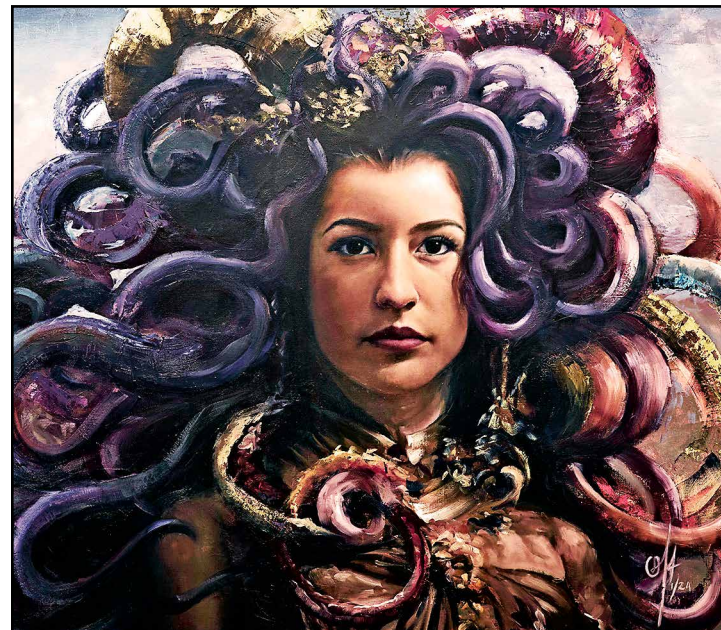
Kay Renz
Special To The Gazette

Pompano Beach turns up the heat this summer with a sizzling calendar of art exhibitions and workshops, along with concerts, poetry, and the launch of the City's own Soundtrack.

Beat the summer heat with a cool array of art, music and fun. Learn about all this season's events at www.pompanobeacharts.org

Old Town Untapped

It's the grand finale of the 2023-2024 Old Town Untapped season, a festive evening of rock, reggae, and surfing tunes by Pompano Beach's up-and-coming trio The Barefoot Mailmen. FREE: June 7, from 6 to 10 p.m. for the last block party until October.



"Medusa of Cancer," 48" x 36" by AiR's artist Oscar Montoya.

BaCA Artists In Residence (AiR) Group Exhibition: "Fields of Vision"

With the culmination of the residency, AiR artists share their artworks in an exciting group exhibition. The artists represented are Michele Del Campo, Alejandra Abad, Renee Rey, Walter O'Neill, T.M. Pride, Djerlens Chery, Oscar Montoya and Louiveste La Croix. Now through June 30 at Bailey Contemporary Arts.

Southern Fried Poetry Slam

This annual festival includes readings, workshops, side slams and the regional slam for teams and independent poets. The festivities span from June 12 through 15 at various venues. Tickets are \$15 to \$25.

Living Room Concert Series: Karina Iglesias At Blanche Ely House Museum, June 27 at 7 p.m.

Don't miss this artist who has a style equally informed by rhythm & blues, boleros, gospel and hip-hop. She was a contestant on NBC's #1 Hit TV Show, *The Voice*, and her epic performance of "It's a Man's, Man's, Man's World" turned into a YouTube sensation. Tickets \$10.



Karina Iglesias performs at the Blanche Ely House Museum on June 27.

Pompano Beach Soundtrack Vol. 1: Ali Cultural Arts Center, July 17 at 8 p.m.

Join us at a listening party for the newly created EP titled "Pompano Beach Soundtrack Vol. 1," that captures the unique sound and vibe of the city. Talent scouts attended Lyrics Lab events at Ali Cultural Arts Center and a team of industry experts selected the five upcoming artists to perform on the soundtrack.

Soulful Sundays: Derek Mack Band: Ali Cultural Arts Center, July 14 at 6 p.m.

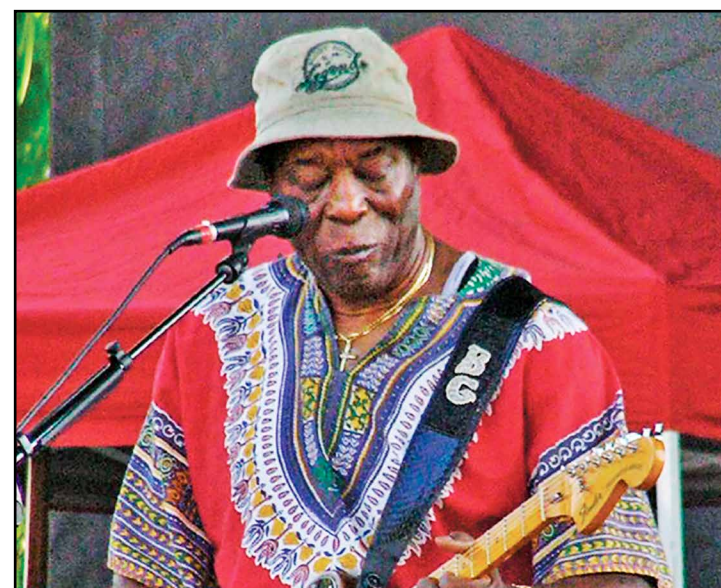
Mack is a multi-talented musician/singer/songwriter who has played guitar and keyboards on the big stage with many internationally renowned recording artists, including Taylor Dane, George McCrae, Donna Summer, Kool and the Gang, The Commodores, The Staple Singers, The Dazz Band and The Time. Performing music from the '60s, '70s, '80s, '90s and today, the band is always on point. Tickets \$10.

At The Pompano Beach Amphitheatre (The Amp)

Charlie Wilson: June 14 at 8 p.m.

Wilson is a musical legend and founding member and lead singer of the legendary GAP Band. As a solo artist he has topped the R&B charts with 13 number one singles, garnered 13 Grammy nominations, and will be receiving a star on the Hollywood Walk of Fame in 2024.

He was twice named Billboard's Top Adult Male R&B Artist and named Billboard's Top Adult R&B Male Artist with the most #1s in three decades. Tickets \$49 to \$154.



Blues Legend Buddy Guy in concert at The Amp on July 19. Image source: Wikimedia Commons.

Buddy Guy: Damn Right Farewell, July 19 at 7 p.m.

A virtuoso of Chicago blues who has influenced generations of guitarists, Guy has won eight Grammy Awards and a Lifetime Achievement Award, the National Medal of Arts, and the Kennedy Center Honor Award. Guy was ranked 27th in *Rolling Stone* magazine's 2023 list of greatest guitarists of all time. Guitarist Eric Clapton once described him as "the best guitar player alive." Tickets \$47 to \$130.

Iration: July 20 at 6:30 p.m.

Iration has been touring nationally since 2008, performing at festivals nationwide from Lollapalooza to Sunfest and Hangout, closing stages at festivals like Bottlerock and Outside Lands. The Hawaiian-bred musicians look forward to spreading their original sound. Tickets \$44 to \$50.

Asia: July 21 at 7 p.m.

In 1982 John Wetton, Geoff Downes, Carl Palmer and Steve Howe became the founding fathers of super group Asia, responsible for a string of multi-million selling albums and chart-topping hits across the globe. Tickets \$39 to \$215.

For more information about the shows and tickets, please visit the Pompano Beach Arts website at: www.pompanobeacharts.org



The five upcoming young artists will perform on Soundtrack Vol. 1 on July 17.

Send An Email For Your Free Subscription To The Digital Gazette ACE:

The Bi-Monthly Arts, Culture, Entertainment Edition

The John Knox Village Gazette has expanded. In response to increased interest in the Gazette, the newspaper is now a more robust 16 pages.

Printed editions of the Gazette will continue to be direct-mailed to your home on EVEN-NUMBERED months. The digital edition of the John Knox Village Gazette ACE (Arts • Culture • Entertainment) will be offered on ODD-NUMBERED months in an easy-to-read horizontal digital magazine format. The Gazette ACE focuses on Arts, Culture and Entertainment, not only at JKV, but in South Florida as well.

We would like to email you the current issue, AND sign you up for the July/August edition emailing at the end of June. The catch is, we need your permission to email the FREE monthly publication to you. Email your subscription request to gazette@jkvfl.com

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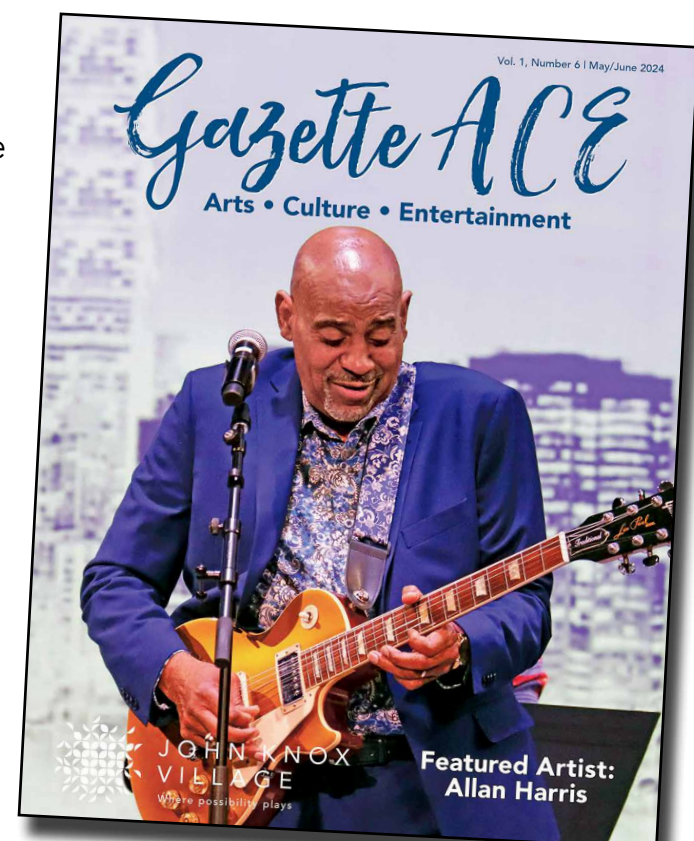
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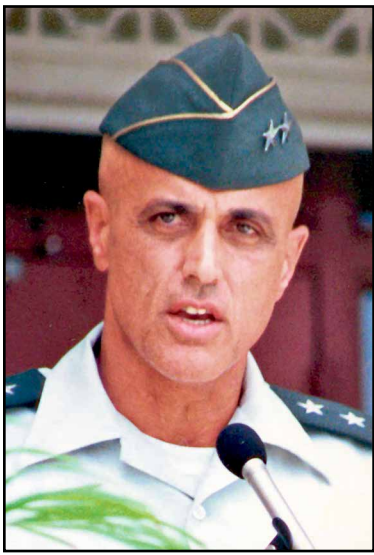
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SAD GO Is The Mnemonic To Remember

Burn Loeffke
Gazette Contributor



Burn Loeffke

Gazette readers, who have followed my columns over the past 10 years, have read about many of my experiences in the military and in diplomacy during the last century: From Vietnam to China, Russia, Central America, and Washington D.C.

During my years in the military, I earned the moniker, "Peace General," for my efforts to minimize military conflict by settling disputes through diplomacy. In the '90s, after retiring from the U.S. Army at the rank of Major General, I decided to further my efforts for peace by entering medical school. By bringing medical care to the afflicted in war-torn and poverty-stricken countries, I could best assist humanity in the mission for peace. In medical school, I met Carmen Queral, my partner in health care and in life. For 30 years, we have traveled together bringing health care to foreign lands.

Now that I am retired and living at John Knox Village in Pompano Beach, FL, I concentrate on

teaching my neighbors how to stay healthy.

The secret is in my last name: "Love Key." My Chinese friends had trouble with pronouncing my name "Loeffke," so they called me "Love Key," which sounds a lot like my last name. Loving your neighbors is the key to happiness. And my key to health is keeping the four neurotransmitters – brain chemicals – well-nourished to function optimally.

We should all remember how to stay healthy. The first chart shows us what we will suffer if we are deficient, and the second chart shows us what we can eat and supplement in order to fix those problems.

SAD GO is one way to remember the brain chemicals and the related deficiencies. I use the mnemonic SAD GO (Serotonin, Acetylcholine, Dopamine, GABA), as a reference. If one is tired, one might be deficient in serotonin. If we are not thinking clearly, we might be deficient in acetylcholine. If we are sluggish, we may be lacking dopamine. And if we feel nervous, it may be a GABA deficiency. GABA is an acronym for gamma-aminobutyric acid, an amino acid found in your brain. Low levels of GABA in the brain may play a role in stress disorders, anxiety disorders and sleep disorders.

When we put them all together, to improve those symptoms and signs, it is

recommended to consume the foods listed below to help address the deficiencies and your sadness may go away. So SAD GO is the mnemonic to remember.

"SAD GO:" One way to remember the brain chemicals and their related deficiencies is to use the mnemonic "SAD GO." Below is a reference.

Tired/Depressed	(S)	A	D	G
Not thinking clearly	S	(A)	D	G
Sluggish/Fatigue	S	A	(D)	G
Nervous/Anxious	S	A	D	(G)

SEROTONIN	ACETYLCHOLINE	DOPAMINE	GABA
Granola Fish Soy Turkey Yogurt	Dairy products Eggs Fish Peanut butter Seeds	Chicken Oatmeal Beans Raisins Chocolate	Brown rice Citrus fruit Whole grains Nuts Potatoes
Supplements rich in serotonin: Fish oil	Supplements rich in acetylcholine: Choline	Supplements rich in dopamine: Tyrosine	Supplements rich in GABA: B Vitamins

The simple foods listed above are high in nutrients that build brain chemicals.

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.

Celebrate National Best Friend Day: June 8

Rachael Gallagher
JKV Spiritual Life Director



Rachael Gallagher

Did you know June 8th is National Best Friend Day? There are so many designated days on the calendar each month it's hard to keep track. But National Best Friend Day is a rather special day because it's a day to honor our best friends. I'm not sure who created Best Friend Day, but I'm glad they did because I believe it should be a priority to recognize and thank our trusted friends.

Friends play multiple roles in our lives – from being our companions to partners in crime, to our therapist, to the ones we go to for both laughter and for crying our hearts out. Among all of the friends, there are always a few who we connect with on a different level. They stay back with us in life and end up being a chunk of our lives, and a quite important one. Hence, this day is dedicated to those who are our best friends, in happiness and sadness and through it all.

I'm grateful for the friends that I have made throughout my life. There's nothing more inspiring than when I gather together with my friends.



Friends gather with friends regularly at John Knox Village, whether sharing a meal or getting together to enjoy a concert in the Cultural Arts Center.

Their support, encouragement and accountability mean the world to me, and I am forever grateful for the connections we share. My best friends believe in me. They accept me for who I am regardless of my situation or circumstances, and there is nothing more satisfying than a circle of friends who love and accept you for who you are, as opposed to what you can do or give.

Celebrating National Best Friends Day is all about spending quality time with your best friends. This is the best thing to do with best friends no matter what that means to you. If that is not an option, then consider having a phone call with them instead. However you manage to, you should try to spend some time with your best friend on National Best Friends Day. Consider the following options for spending time with your best friends.

- **Sharing a Meal:** Whether this is made at home or at a restaurant, sharing great food with even better people is the perfect way to celebrate the day.
- **Watching a Movie:** So many memories can be shared by watching a movie with someone important to you. This can be something to bond about or something to inspire debate. Whatever movie you choose, watching a movie could be a great choice.
- **Going for Coffee:** If you and your best friend want to go somewhere and have a fantastic conversation, consider going for a cup of coffee. This can be something you can do if you are short on time or if you and your best friend's schedules clash.
- **Playing a Game:** Whatever game you and your best friend enjoy playing is the game you should play

on national Best Friends Day. There is no better time to have fun with friends doing what you love.

As we celebrate National Best Friend Day, reach out to your friends and thank them for their support, encouragement and love. Ask them if there is anything you can do for them. Ask them how you can pray for them. Celebrate your friends. They truly are a blessing.

Have an amazing National Best Friends Day!



Kim Morgan-Vagnuolo, JKV Public Relations Senior Specialist shares a cup of coffee with Rachael Gallagher at BV's French Press and Wine Bar.

Sudoku

Answers On Page 10.

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

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

Honor Flight: A Journey Of Gratitude And Community For Our Veterans

Diane Elliott

Honor Flight Guardian
Special to The Gazette



Honor Flight Guardian
Diane Elliott

the veterans to connect with fellow veterans who share similar life experiences. Getting involved in this program allows us to actively participate in recognizing and thanking these heroes for their sacrifices and service to our nation. Witnessing the smiles on their faces is a heartwarming experience that fills me with immense warmth and pride.

One of the most fulfilling aspects of my life is my involvement in the Honor Flight program. With each passing trip, this program takes on greater meaning and rewards, and I wholeheartedly recommend it to anyone seeking to give back and honor our nation's veterans.

For the last several years, I've poured my time and energy into this noble cause because I firmly believe that contributing to Honor Flight is a small ask to ensure that these heroes receive the recognition and appreciation they truly deserve. I view each Honor Flight as a once-in-a-lifetime opportunity for our veterans.

A Day Of Memorials And Memories

The day begins with a sense of unity as we gather for group photos at the iconic Iwo Jima Memorial, capturing the spirit of camaraderie and patriotism. After that, we embark on a journey that takes us to some of the most significant landmarks in our nation's capital.

At the Military Women's Memorial, we share a heartwarming lunch while honoring the remarkable contributions of women in the military. Our itinerary then leads us to Arlington National Cemetery, where we witness the awe-inspiring Changing of the Guard at the Tomb of the Unknown Soldier. It is a powerful tribute to our fallen heroes. The journey continues with visits to the stunning World War II Memorial, the poignant Korean Memorial, and the solemn Vietnam Wall, with time at each site allowing us to pay our respects and reflect on the sacrifices made by our veterans.

Honor Flight is a remarkable non-profit organization, dedicated to honoring American veterans by transporting them to Washington, D.C. to visit the memorials commemorating their service and sacrifices.

For many veterans, an Honor Flight is a unique opportunity to visit the memorials and monuments built in their honor while simultaneously allowing us, as guardians, to forge cherished memories, and for

During a visit late in 2023, I had the privilege of spending a day with an extraordinary veteran and John Knox Village resident, General Bernard Loeffke. Our time together was truly enjoyable, and I was honored to get to know him on a personal level. He possesses a compelling personality and is a true hero.

Meeting Burn Loeffke

General Loeffke's accomplishments are nothing short of awe-inspiring. He valiantly fought and was wounded in the Vietnam War and later served as the commanding general of the U.S. Army South. He has been awarded four Silver Star Medals, the Distinguished Flying Cross, five Bronze Stars, a Purple Heart, and four Air Medals. In the 1980s, he was the first American general to serve in the U.S. Embassy in Beijing as Defense Attaché. His book, "China, Our Enemy?" advocates for peaceful relations between the U.S. and China. The chance to spend time with Burn Loeffke was an incredible privilege.

In addition to showing gratitude, Honor Flight programs combat the social isolation that many veterans face. These trips provide an opportunity for veterans to connect with others who have served and who can truly understand one another's experiences. The camaraderie and support offered by fellow veterans plays a crucial role in making these journeys meaningful. And the guardians are always by their side to provide a helping hand, conversation, and companionship.

Moreover, Honor Flights can serve as a form of emotional healing for veterans who carry physical and emotional scars from their service. These trips offer a chance to pay respects to fallen comrades, share their stories, and find closure from past experiences.

As a passionate supporter of Honor Flight, I also recognize the vital role these programs play in educating younger generations about the sacrifices and contributions of our veterans. By getting involved, we all have



JKV resident and retired U.S. Army Maj. Gen. Burn Loeffke with Diane Elliott during an Honor Flight visit in October 2023. Image source: Diane Elliott.

the opportunity to raise awareness about the importance of honoring and preserving the memory of those who have served. Volunteering with Honor Flight is a crucial aspect of securing the future of the program. These programs rely on dedicated volunteers to organize and facilitate the trips. By volunteering our time and skills, we actively contribute to the success of the program and make a positive impact on the lives of veterans.

As the Assistant General Manager of Lighthouse Point Yacht Club, I aim to lead by example, showcasing how a strong sense of community and unwavering dedication to a noble cause can make a lasting impact. My enthusiasm for learning from the veterans I meet, exemplifies my dedication to honoring and preserving their stories. My involvement with Lighthouse Point Yacht Club has allowed us to organize events and fundraisers that contribute to sending even more veterans on this meaningful journey.

Honoring The Legacy Of Veterans

Honor Flight of South Florida is a most worthy cause. It's a non-profit, relying on donations and volunteer efforts to fulfill the dreams of veterans and honor their legacy. Our efforts have not only made a profound difference in the lives of veterans but have also inspired others to get involved. The sense of community surrounding Honor Flight is contagious, and it serves as a shining example of how one person's commitment can ripple through a community, creating positive change.

In a world where kindness and gratitude often go unnoticed, the Honor Flight program stands as a reminder that a single person's commitment can make a world of difference.

To learn more about volunteering or becoming a Guardian on a future Honor Flight, please visit www.honorflightsouthflorida.org



Veterans pose for a photo during an Honor Flight event at the Marine Corps War Memorial. Image source: Wikimedia Commons.

Thinking Systems – A New Psychology

Dr. Roberta Gilbert

Gazette Contributor



Dr. Roberta Gilbert

Most of us are not good at "thinking systems." Especially in the medical field, we tend to see one or two people at a time. Thus, we have a limited vision of the entire picture.

When Dr. Murray Bowen, a Georgetown University professor of psychiatry, and my mentor for more than eight years, began looking at the larger picture of the family "system," he saw, what many of us think is a more accurate picture. This led to a comprehensive theory of the human phenomenon. It has been called the "Bowen Family Systems Theory."

We who have studied closely with him, have not done a great job of getting the word out about the theory (though thousands have benefitted from it across this and other countries). That is why I began to write books. My goal in future articles is to outline the "Bowen Family Systems Theory," and how it applies to real life. I'll begin with the most concise of the Eight Concepts of the theory: *Nuclear Family Emotional System* and go from there. Eventually, I will explain how all eight concepts apply to larger and larger systems.

For starters, we'll look at family relationships. Bowen learned that the human family was key to the under-

standing of individuals and by extension larger groups.

Nuclear Family Emotional System

The human family is the building block of all orderly societies and shows how anxiety affects all relationships.

In our families, marriage is primary in the nuclear family relationship. The marriage relationship may get out of kilter from time to time. The anxiety created in marriage difficulties is often contagious from person to person within the family. Four relationship mishaps are seen in families, as well as in other groups:

1. **Conflict**
2. **Distance**
3. **Overfocus on a significant other, or**
4. **Triangling** (yes, this noun is, in the theory, used as a verb also.)

Even a little unresolved anxiety floating around the family seems to take one of these four postures. I'll consider the first two now. In the next *Gazette*, I plan to take up the last two. As we focus on self, instead of the other, we'll see how our relationships improve. This is a great marriage preserver.

Conflict

Marriage, the emotional nucleus of the nuclear family, may result in conflict between the partners. In this case, they get angry, accusing each other of being the problem.

Rarely is only one of them the problem. Rather, the problem exists, because each does not handle the emotional self, well. When anxiety over anything sets in, they start the fight, either verbally or sometimes, physically. By seeing the problem as someone else, one may feel he

or she is off the hook.

Conflict increases the anxiety, and it, like the other three postures affects the brain so that it becomes illogical and often inaccurate. Blaming the other was called, in traditional psychiatric theory: **Projection**. When one projects anxiety onto another, it adds to the problem. Anxiety spreads automatically in others in the system, like a virus.

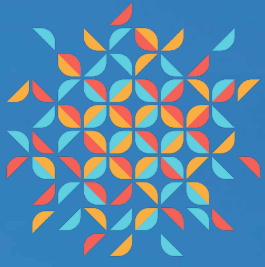
Distance

Often people become tired of arguing and fighting. To avoid it, those in a relationship often decide to distance. It seems to be a way of getting out of the conflict.

This defense only adds to the problem. Who do I think of during the distancing? The other, of course. The brain, with increased tension, always becomes a little less reliable. I have seen couples who had not spoken to each other for weeks. Sometimes people become emotionally depressed by the situation. Depression may shut down speaking, so that they find it difficult to communicate in any meaningful way, thereby increasing the distance.

Next time, we'll explain the remaining two relationship mishaps: *Overfocus and Triangling*. Most importantly, we'll explore how to change things, which is the essential focus of the family theory.

Dr. Roberta Gilbert is a psychiatrist and Distinguished Retired faculty member of the Bowen Center for the Study of the Family, (formerly Georgetown University Family Center). The John Knox Village resident is a published author of several books on the Bowen Theory, therapy and leadership. Dr. Gilbert engages in writing, music, travel, friends and community activities.



JOHN KNOX
VILLAGE

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The BUZZ
is about at
John Knox Village...



...and learn why JKV might be the
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to learn more

Thursday, June 13

11 a.m. – 12:30 a.m.

Meet at the Welcome and Innovation Center



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JOHN KNOX VILLAGE

A Life Plan Retirement Community

re:tired

Playing fetch at the Wellness Park, then getting my hair done at the salon, followed by a show at the Cultural Arts Center. Tired? Sure. Retired? I'm not stopping.

AGE GREATLY.



Performing Live



Brandon Goldberg

Monday, June 10 at 7 p.m.

At 17, Brandon Goldberg is a celebrated pianist and composer, hailed by *DownBeat* magazine for his flawless technique. With prestigious awards and two acclaimed albums, he's set to release his third, "*Brandon Goldberg Trio Live at Dizzy's*," showcasing his timeless sound and boundless creativity.

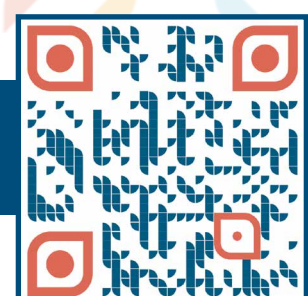
Nicole Henry

Wednesday, June 19 at 7 p.m.

Nicole Henry, hailed as one of jazz's most acclaimed performers, captivates audiences worldwide with her dynamic vocal abilities and emotional resonance. Through peerless interpretations of American Songbook classics, contemporary jazz, and more, she tells real stories that resonate deeply.



Scan the QR code with your camera phone to see more JKV events, visit: www.johnknoxvillage.com/events/



Scan Me

Disclosing A Dementia Or MCI Diagnosis

Ketsia Levasseur, MA, CCM
Gazette Contributor



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

Tweet: *Once you have come to terms with your diagnosis, it's a big step to let others know. You can't control their reactions, but you can help them learn more about your condition and how best to support you.*

It might feel scary to tell others if you've been diagnosed with dementia or even just mild cognitive impairment (MCI). Start with those you think will be the most supportive – perhaps close family and friends.

Common reactions. People will vary in how they respond to the news. Some will be genuinely caring and ask how you are doing and how they can help. Lean into those relationships. Others may respond with denial (“No, not you. You’re too young ...”). They may need to hear some facts about neurocognitive disorders. Some people may react by pulling away. Ouch. This is disappointing.

Do your best to not take it personally. They may need time to adjust. Or they may simply lack information about your condition and have unfounded fears. Again, education may be helpful.

What to say? Choose a quiet time and place where you can talk one-on-one. Or you might want to write a letter or email.

- **Give them a context.** Let them know about the diagnosis and its stages. People conjure up extreme images and don't realize there are many months or even years to have good times together.

- **Tell them what you can still do and suggest modifications if needed.** Perhaps you'd like to continue playing golf, but need them to manage keeping score or not worry about scoring at all. Or you'd like to continue meeting for lunch, but maybe get takeout and go to a park. A restaurant might be too distracting for conversation.

- **Let them know how they can help.** Be specific. Do you want to continue doing things for yourself? Tell them that letting you find your way feels respectful. Ask for their patience if you fumble.

Perhaps you'd like help with computer tasks or rides for errands.

Maybe you'd just like someone to talk to as you process these changes.

You may want to ask that they look for ways to support your partner.

- **Have information ready for them.** Many people are underinformed about conditions they haven't had. Give them a website or pamphlet to read.

- **Continue to engage with life.** You still have the ability to enjoy life and live with meaning and purpose. Stay committed to the hobbies and activities you love. Look for an early-dementia support group. You may find new friends—people who understand what you are going through—and new ideas for living well.

Consult with the experts in aging well: Learn more about our services at www.premierconciiergecm.net



If you have been diagnosed with dementia or even just mild cognitive impairment (MCI). Start by telling those you think will be the most supportive. Image source: Bigstock.

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. Ketsia can be reached at 954-446-7022 or email her: ketsia@premierconciiergecm.net

Coffee And Wine Bar Brews A Sweet Opening

Benefactor Happily Asked for the Naming Rights

Rob Seitz
Gazette Editor

At 56-years-young, John Knox Village is a vibrant Life-Plan Continuing Care Retirement Community in sunny Pompano Beach, FL.

Its vibrancy shines through with award-winning lifelong learning programs, top-shelf entertainment, world-class amenities and some of the most giving residents—of their time and their money.

Never was resident generosity on greater display than during a recent ribbon-cutting ceremony for the Village's newest crown jewel—BV's French Press & Wine Bar—so named for seven-year JKV resident Bruce Voelkel.

Dapper in his black tuxedo, white shirt and red bow tie, Mr. Voelkel got a laugh from the crowd of nearly 200 after he told them:

“When I found out there was going to be a French Press Coffee Bar—and I love coffee—I contacted Mark [Dobosz, Executive Director of JKV's Foundation] and I said, ‘How can I get the naming rights?’

“And, so happily, I decided to name it BV's because it sounds classy.”

Initially, BV's is serving coffee in the mornings, along with breakfast treats. Sometime in the near future, the operation will expand to serving wine later in the day.

In an added philanthropic twist, BV's will be serving Biscayne Bay Coffee, a Miami-based company...founded with a giving spirit and a big idea: To enjoy delicious coffee roasted in Miami, while helping save Biscayne Bay and the animals that live there,” according to its website.

Biscayne Bay Coffee donates 10 percent of all its sales to help preserve Biscayne Bay.



Cutting the ribbon to open BV's French Press and Wine Bar are (l to r) Mark Dobosz, Executive Director of the John Knox Village Foundation; Clark Rechkemmer, President, JKV Foundation Board; Sal Barbera, JKV CEO; Bruce Voelkel, Major Donor, JKV Foundation Board Member and Volunteer Extraordinaire; Lance Sanson, JKV Vice President of Dining & Hospitality; and Steve Turk, Founder of Biscayne Bay Coffee.

“BV's will come to serve as a central meeting place within JKV where residents can come together to socialize, unwind, and enjoy each other's company,” said JKV Foundation Executive Director Mark Dobosz.

“Overall, BV's French Press & Wine Bar will play a significant role in enhancing the overall experience and quality of life for the residents of JKV.”

A retired elementary school principal, Mr. Voelkel gives of his time as well, volunteering for the community's most vulnerable at The Woodlands, one of two skilled nursing centers on campus.

Additionally, he has been a volunteer usher at the

Broward Center of the Performing Arts in Ft. Lauderdale, since its 1991 opening of “Phantom of the Opera.” Mr. Voelkel is also a long-time volunteer at Holy Cross Hospital.

“He is one of the most compassionate individuals I have ever met,” said Clark Rechkemmer, Chair of the JKV Foundation. “We are deeply grateful to Bruce for his very generous gift to the entire community.”

As he cut the ceremonial ribbon using the obligatory oversized gold-painted scissors, Mr. Voelkel said, “let them eat croissants,” and the rest is delicious history in the making.



Bruce Voelkel in his BV's apron was ready to pour the first cup of coffee for the crowd at the ribbon-cutting.

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

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

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

JKV's 'IT' Guy Is Movin' On Up

Enjoying New Office, Learning Center, In Westlake

Jason Cook
Gazette Contributor

While many people think I am too young to know the popular sitcom "The Jeffersons," or its theme song lyrics "Movin' on Up to the East Side," but that little ditty was actually what I was singing in my head after moving into my new office at Westlake.

The recent opening of Westlake has been an exhilarating journey for current and new residents, as well as staff at John Knox Village.

JKV's 'IT Guy'

In my role as the Technology Engagement Coordinator, I am extremely excited about the new building and all its cutting-edge amenities, among which is a dedicated Technology Learning Center (TLC).

One of the highlights of the TLC is my office, where I offer complimentary tech assistance to our residents daily from 10 a.m. to 3 p.m., as well as in the lobbies of two other buildings. (See a story on the many Westlake amenities, including the TLC, on pages 1 and 2 of this Gazette.)

Whether residents need help navigating their mobile devices or mastering those devices for optimal use, I am here to lend them a hand.

As far as my research on the subject has shown, JKV is only one of a small number of Life-Plan Continuing Care Retirement Communities around the country to offer this type and level of technological support.

I thank the Administration all the time for having the foresight to offer such a benefit for its nearly 1,000 residents. This is just another excellent example of the Village leading the senior living industry with innovative benefits for its residents.

Now back to the TLC. It features a fully equipped computer lab, housing both Windows and Apple computers. This space serves as the hub for the various classes I conduct, including a comprehensive four-week course covering Windows and Apple operating systems.

Answering Resident Tech Questions

In addition to computer proficiency classes, I organize sessions on smartphones, tablets, our community's Hotwire cable system, and our exclusive community application, JKVConnect.



Jason Cook, JKV's Technology Engagement Coordinator, at home in the new Technology Learning Center.

Through JKVConnect, residents can effortlessly sign up for the plethora of events happening on our campus and access vital information about JKV.

Possibilities Play In Virtual Reality

Excitingly, we are also launching a Virtual Reality room. This innovative addition will offer an array of immersive experiences, from virtual tours of iconic landmarks like the Eiffel Tower to exhilarating adventures such as virtual rock climbing. Imagine grasping the virtual wall with controllers in hand as you ascend a digital cliff. Much like the JKV tagline, the Virtual Reality room will truly be "Where Possibilities Play."

At JKV, we are committed to providing our residents not just an incredible place to live, but a Village in which they can thrive, learn, and experience the latest in technology and recreation.

The Westlake building and its state-of-the-art amenities are a testament to this commitment, and I could not be more thrilled to be a part of it.



JKV's new Technology Learning Center has three large screen TVs and comfortable seating for students at each class.

7 Free Apps For Seniors Worth Downloading

Available On iPhone & Android Devices

Yael Fishman
Gazette Contributor



Yael Fishman, JKV's Digital Media Coordinator

Most of us rely on our smartphones and tablets to keep us connected to the world and our loved ones throughout the day, but are you taking full advantage of all that your phone can do for you?

Apps on our mobile devices make it so easy to use technology to make our lives easier. You do not have to be tech-savvy to reap their benefits.

We have curated seven of the best apps for older adults to help them save money, stay organized and improve overall well-being.

Plus, these are all free and most are available on both iPhone and Android devices.

Here are some apps that might be new to you, and a few old familiar ones with secret features you never knew they had.

1. Google Maps: Where Did I Park?

You may already have Google Maps downloaded on your mobile device, but did you know it can help you remember where you parked? If you allow Google Maps to access your Motion and Fitness Activity and use the app to navigate somewhere, once you arrive at the bottom, you can turn on "Know Where You Parked." Even without enabling access to your activity, you can also open the app, touch the blue dot showing your location, and tap "Set as parking location," to keep a pin on the map where you left your car.

2. Medisafe: Manage Your Medications

Many of us need to take medication to manage our health. If that includes taking multiple medications, or doses throughout the day, it can become overwhelming to track what we need to take and what we have already taken. The Medisafe app helps you avoid missing

a dose and even allows you to manage a loved one's medications. You can also enable an optional feature that notifies someone you trust if you miss a dose. The app can also notify you of potentially harmful drug interactions, remind you of upcoming appointments, and let you know when it's time to order refills.

3. ShopSavvy: Get A Great Deal

Let's face it, we're all watching our money. Use an app like ShopSavvy to make sure you always get the best deal. This app continuously tracks prices across thousands of retailers and lets you compare prices. Find out instantly when an item you're interested in drops in price or goes on sale. ShopSavvy also reads product reviews and ratings and summarizes them all into a simple set of pros, cons and conclusions.

4. Hopper: Best Deals On Travel

Everyone loves a great deal on travel, and Hopper finds the best deals from sites across the web. You can browse hotels, flights and car rentals. What makes this app especially helpful is getting notified when prices drop, and features like Price Prediction and Price Freeze, enabling you to lock in the price if you need more time to plan your trip.

5. Google Tasks: Manage Your "To-Do" List

How many times have you made a grocery list or written down your "To Do" list, only to misplace it or leave it at home? Google Tasks is another gem from the Google collection of apps. Google Tasks allows you to create as many lists as you like and check items off your list once completed. You can also change the order of items on your list by holding your finger down and dragging the list item to wherever you want it, so you can reprioritize throughout the day. It's also a great place to "jot down" anything that comes to mind — especially helpful when you don't have a pen handy.

6. Hunched: The Posture Guardian For Your Digital Well-Being

In this tech-driven world, many of us are "hunched" over our mobile devices throughout the day without any thought to how it may be physically affecting us. Developed by a chiropractor who noticed an increasing

number of headaches in his patients from poor neck posture when looking down at their devices, the app helps you avoid "text neck" by alerting you to raise your device and correct your posture. Available on iPhone.

7. Magnifying Glass + Flashlight: Like Your Readers, But Better

You're sitting in a restaurant and wondering, why is the print on this menu so tiny? (Thank you ambient lighting, you're not helping.) Not a problem. This app enables you to turn on the magnifier that will auto-focus the text. You'll also be able to zoom in and out as needed. It is also helpful for reading pill bottles and small numbers like the serial number from the back of devices.

Technology is ever-changing and keeps bringing us new ways to enhance our well-being, connectedness and lifestyle.

At John Knox Village, we strive to inspire our residents to embrace technology with all its benefits and to never stop learning. JKV's Technology Coordinator, Jason Cook, provides ongoing classes, workshops and one-on-one education to JKV residents each week. (See the story above.) It's just one of the ways we're redefining senior living.

To learn more about the lifestyle at JKV and what sets us apart, call us today at 954-871-2655 or visit us at www.johnknoxvillage.com



Download some of the suggested apps and improve your day-to-day tasks.

In Good Taste: Go French With Chef Frederic's Crepes Recipe: Ooh La La

Rob Seitz
Gazette Editor



John Knox Village Head Chef Frederic Delaire

What started in 15th century France as a celebration every Feb. 2nd, Candlemas marked the presentation of Jesus at the Temple and the purification of the Virgin Mary, from which the crepe came to symbolize the round and golden Sun.

The tradition is to enjoy crepes that day. With time, making crepes on Feb. 2nd morphed into the entire month and soon the French, as well as the rest of the world, began enjoying the very thin sweet and savory

pancake year-round.

Crepes can be made for a quick snack, birthday party or an entire meal. They are often served with a variety of fillings such as cheese, fruit, vegetables, and meats. Crepes can also be flambeed, such as in Crepes Suzette.

Here is a sweet quick and easy recipe from John Knox Village Executive Chef Frederic Delaire:

Crepes A La Chef Frederic

- 2 whole eggs
- 1¼ cup whole milk
- 1 cup all-purpose flour
- 4 tsp. sugar (Optional, if you want to use the mix for savory crepes, no need to add sugar)
- 4 tbsps. melted butter
- 1 tsp. vanilla extract or orange blossom
- *I always add ¼ cup of beer, it makes the crepes lighter.



French desert crepes filled with chocolate nut spread and bananas. Image source: Bigstock.

For sweet crepes you can use:

- Nutella
- Nutella and banana
- Sugar
- Jam of your choice
- Dark chocolate
- Strawberries and whipped cream

For savory crepes you can use:

- Ham and Swiss cheese (you can even add an egg on top)
- Mushroom, spinach and cheese.
- Smoked salmon

Method Of Preparation:

In a bowl add the flour, add the eggs, and start mixing. Add milk and the butter until you get a mix

of batter that is a bit thick, like Crème Anglaise (light custard sauce like). It cannot be as thick as pancake batter.

Add the vanilla, sugar and the beer, and keep mixing. If you have a hand blender, you can use it to make the batter smooth. After mixing thoroughly, the key is to let the batter rest. A few hours would be fine. Overnight in the fridge would be ideal.

To make the crepes use a nonstick pan between 8 to 12 inches in size. The pan cannot be too hot or too cold. Add a bit of oil to the bottom of the pan and pour in some batter. It needs to be a fine layer and the crepe will cook quickly.

Flip the crepe to cook the other side. Place the crepe on a plate, sprinkle sugar on it and roll it.

Save the extras for desserts later, or for breakfast in the morning.

JKV CFO Named Finalist Of The Year

Village's Financial Standing Is Strong, Thanks To Diligent Efforts

Kim Morgan-Vagnuolo
Gazette Contributor

For financial measures put in place at John Knox Village after the COVID-19 pandemic, as well as during construction and after completion of its \$120 million Westlake apartment building project, Chief Financial Officer Doug Folsom was named one of 19 finalists by *South Florida Business Journal (SFBJ)* for CFO of the Year.

Now in its 17th year, the CFO Awards highlight the growing importance of financial executives: For their innovative leadership, contributions to the overall strategic business plan and impact on their company's bottom line, as the publication stated.

As was written in *SFBJ* the day after the May ceremony: "Their [CFO's] timeless role of overseeing finances and fiscal operations were heightened as companies sought to re-establish themselves through the [COVID-19] recovery. This year, as with the past several years, CFOs were central to that mission."

In the Nonprofit Organization Category, for which JKV was entered, Carlos G. Molina, CFO of United Way, Miami was named winner that evening.

Doug Folsom's Nomination



JKV CFO Doug Folsom

JKV's Executive Team nominated the Boston native, who has been an employee of JKV since 2018, and CFO since 2023. He has been at the forefront of the growth and expansion of JKV while keeping a close eye on the Village's financial steadiness.

"The Continuing Care Retirement Community industry is facing a tough time

with bond covenants," Mr. Folsom told the *Gazette*. "Here at John Knox Village, we have been fiscally stable and in no way pose any threat to violating bond covenants due to recent reorganization of operations



Doug Folsom, finalist for CFO of the Year, (second from right) is shown at the South Florida Business Journal's recent ceremony with (left to right) Gail Sutton-Pauling, JKV VP of Hospitality, CEO Dr. Salvatore Barbera, Doug Folsom, and Doug's daughter Daniela Folsom. Photo by Joel Fistick South Florida Business Journal.

with a focus on cost efficiency, while being mindful stewards of the residents' money in day-to-day operations."

In addition, 2024 is a milestone year for JKV with the aforementioned opening of the Westlake luxury building holding two towers with 147 state-of-the-art apartment homes. The move-ins started in February and Westlake will have 125 apartment homes occupied by July 15, a year ahead of schedule.

Doug Folsom's Career Experience

Mr. Folsom received his Bachelor of Business Administration degree, with a minor in Finance, from Northeastern University. His work history includes stints as Controller and General Manager at Marriott, Hilton and Sheraton hotels and Regional Director of Finance at Lifespace Continuing Care Retirement Communities in Delray Beach, FL.

He is fortunate in his career to have had several mentors who have taught him the importance of listening.

Philosophy Of Leadership

"It is about the team, not me, and to make sure they feel supported," he said. "When it gets tough, it's important to jump in and help any way you can. Stay present and don't vanish."

Mr. Folsom's number one tip for proteges is to not get stuck in the weeds. He advises: "Looking at situations from 30,000 feet above to get a sense of clarity and purpose."

If Mr. Folsom ever had the opportunity for a second career, he said it would involve work to benefit the ocean. "I'd become an Ocean Conservationist, as I love the water and all marine life," he said.

Find Myths, Secrets, Lies & Truth At Boca Raton Museum Of Art

For Immediate Release
Special to The Gazette

The Boca Raton Museum of Art presents: *“Myths, Secrets, Lies, and*

Truths,” an exhibition running from June 12 through Oct. 24. The exhibition explores the complexities of human existence through the interplay of myths, secrets, lies, and truths through the lens of five brilliant artists from the collection of Doug McCraw.

Photographers Hank Willis Thomas, Liesa Cole, Karen Graffeo, Spider Martin, and Sheila Pree Bright capture moments that transcend the ordinary, reveal truths, and explore how myths shape our perceptions, secrets veil the truth, and lies distort our beliefs.

Hank Willis Thomas

Hank Willis Thomas’ *“Unbranded”* is a series depicting years of advertisements created by white ad executives for the Black consumer market that are full of myth, disrespect, disinformation, and in some cases outright racism.



“1990 Alive with Pleasure,” a photograph by Hank Willis Thomas.

Spider Martin

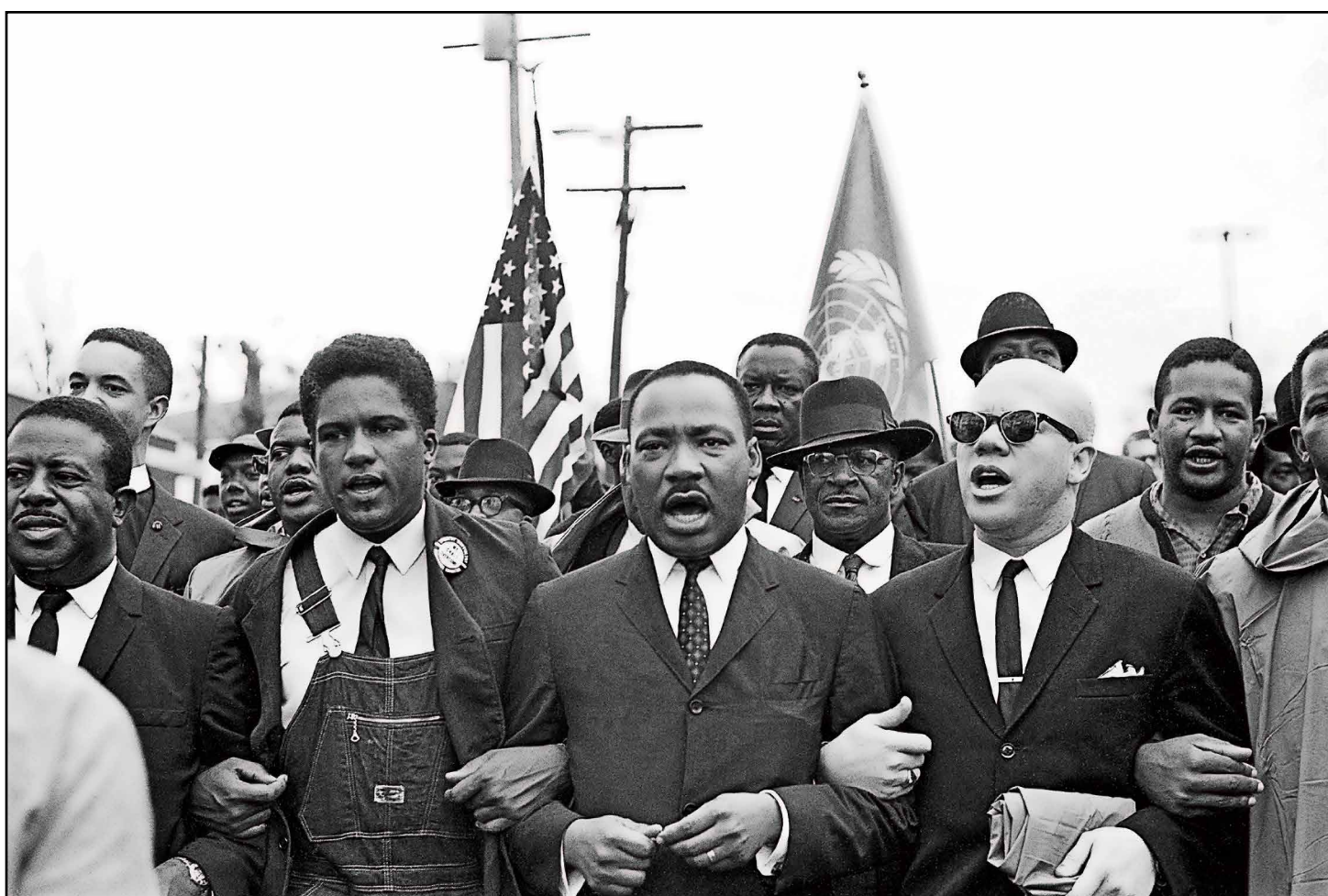
Spider Martin’s iconic photographs from the 1965 Selma-to-Montgomery March document protests by African Americans demanding the right to vote. The three photos featured in the exhibit have been enlarged to express the drama of this important historical moment and are part of a series of enlarged photographs titled *“Selma Is Now.”*

Sheila Pree Bright

Sheila Pree Bright presents works from her powerful Young American series in which she photographed her subjects posing with the American flag while recording what they say the flag means to them.

Liesa Cole

Liesa Cole’s photographs, projections and installation are about those who share secrets and those who keep them. Most people are uncomfortable sharing secrets unless they know they can trust someone to keep their confidence. In the exhibition, we hear anonymous people telling secrets that can be funny, tragic, ridiculous, surprising, or raw and visceral.



“Brothers in Arm,” a photograph by Spider Martin.

Karen Graffeo

Karen Graffeo’s Cuba series is part of an ongoing project expressing the beauty and inventiveness of a culture experiencing many challenges, hardships, and poverty. She photographs moments of everyday life in Cuba with an eye to the vibrant designs, colors, patterns and textures that reflect the unique spirit and aesthetics of the island nation.

“Myths, Secrets, Lies and Truths” is a thought-provoking and transformative exhibition that challenges and inspires us to seek deeper truths in the world around us.

JKV Community Partner

In 2023, John Knox Village partnered with the Boca Raton Museum of Art, due in part to its supportive Foundation, to explore humanity’s rich cultural, artistic and intellectual contributions.

The Museum strives to engage the mind and nourish creativity through excellence in collections, exhibitions, educational programs, and studio art classes. Through its partnership JKV residents enjoy:

- *Members’ Invitations to opening night receptions*
- *10% discounts in the Museum Store*
- *Free or discounted lectures, concerts, films*
- *Special programs on the JKV campus including lectures and workshops*
- *Bi-monthly conversations with the Museum’s Art School artists*

Celebrating over 70 years, the Boca Raton Museum of Art encompasses a creative campus that includes the Museum in Mizner Park, and the Art School. The Museum has provided seven decades of

cultural and artistic service to the community, and to many visitors from around the world.

The Museum is located at 501 Plaza Real, Boca Raton, FL 33432 and the phone number is 561-392-2500. The Boca Raton Museum Art School is located at 801 W. Palmetto Park Rd., Boca Raton, FL 33486 and its phone number is 561-392-2503. Or visit the website at www.Bocamuseum.org



“Joshua Phifer,” a photograph by Sheila Pree Bright.



Residents from John Knox Village pose for a group photo outside the entrance to the Boca Raton Museum of Art during a recent outing.

Taking The Road Less Traveled

JKV Resident Reminisces About Her Travels To Turkey

Janet Anding
Gazette Contributor

If you have been following my current series of travel stories in the *Gazette*, you may remember my journeys

to Iceland, Mongolia and India. As long as I can remember, travel has been my passion.

Growing up, my family moved so much that I attended nine schools in 12 years. My dad worked for Trans World Airlines (TWA), and he was frequently transferred from city to city. So, our family followed him along with his career path.

My mother always said, "We were so lucky to move often as we get more friends, keep the old ones as pen pals and visit when you can." Mama would tell us to live the first two years in our new city as tourists and we will have great memories. In Peoria, Mom, really?

In this issue of the *Gazette*, I turn my attention to Turkey, a country that has been central to both the histories of Europe and Asia.

A visit to Turkey is awesome with beautiful turquoise water surrounding three sides with the Black Sea on the north, The Marmara Sea on the northwest and the Mediterranean Sea to the west and south.

When I was 12, the summer before eighth grade, I received a letter from a boy in Istanbul asking if I would like to be a pen pal. We ended up writing for four years and then lost contact when we went to college. His first name was Mehmet and I still hope one day I will come across his full name so I could contact him again.

His warmth and humor were fun, and he was so happy communicating in English with an American. It was a nice way to learn about Turkey and its people and thereafter I could not wait to visit.

My First Opportunity To Visit Turkey

My first opportunity to visit Turkey came in the '80s. Before I married him, my late husband Jim was a U.S. Foreign Service Officer, assigned to the American Consulate in Istanbul for four years. (The U.S. Embassy is in the capital of Ankara.) Jim had been assigned to U.S. Embassies throughout the world during his career. Jim loved working and living in Turkey.

After we married, we visited often. I still go when I can and often fly on Turkish Airlines. They fly almost everywhere with a one stop or connection in Istanbul. You get a nice hotel, meals and city tours if your connection has a long layover. I love long layovers there.

Istanbul has had at least 12 names previous to its current name with Byzantium and Constantinople as the most notable. It is easy to get around via ferry or tour boats, metro, funicular, taxis and on foot.



The colorful and aromatic Spice Market in Istanbul. Image source: Janet Anding.

Plan Your Stops

Cruise ships stop in many ports. Sites not to miss include the Blue Mosque, the Hagia Sophia, Turkish Baths, the Bosphorus Strait and so much more.

The Covered Market is astonishing and for sure you will get lost. Just go with the flow on your expedition and eventually, you will have many new friends helping to get you where you want to go. The Spice Market is a brilliant scene of colors and aromas – a must in which to spend time.

The fruits and vegetables taste like just picked from the garden. The fish, seafood and meats plus seasonings are delicious. Other goodies include almost 200 different cheeses and the finest yogurt that must be topped off with one of their favorite honeys: Pine, flower, including sunflower, or chestnut.

Raki, a clear liqueur made from distilled grapes and flavored with anise, is the National Drink. The licorice taste is similar to Greek ouzo. Pour over ice cubes, add a little water and it turns milky and refreshing.

The Ottoman Empire, A Reign Of Terror?

The Ottoman Empire began with Osman I in 1299, as an Imperial Empire that conquered areas of Southeast



A waterfront view of the city of Istanbul. Image source: Bigstock.

and Central Europe, West Asia and North Africa. The Empire maintained a strong economy with a well-run military system and power over the lands they had conquered for 600 years.

After WWI, Turkey leaned to the West. Allied Treaties abolished the Ottoman Empire. Mustafa Kemal led a successful War of Independence and became the Founding Father known as Atatürk. In 1923, he declared the country would become the new Republic of Turkey. By 1935, Turkey was secular and democratic.

The republic derived its sovereignty from the people and removed any reference to Islam in its Constitution. Turkey is 99 percent Muslim and they pride themselves on being secular.



The unusual 'fairy chimney' rock formations of Cappadocia. Image source: Janet Anding.

The Unique Landscape Of Cappadocia

Cappadocia, aka Kapadokya, features a landscape of rock formations, fairy chimneys, underground cities and 30 amazing underground Christian churches.

The fairy chimney rock formations were created by erupting volcanoes 30 million years ago. The ash solidified into eroded material called tuff. Over time, distinctive formations became fairy chimneys – columns with caps as the tuff was worn away. This erosion left odd formations and tunnels for underground cities where early Christians lived and hid from enemies, predominantly the Romans.

The area is an extraordinary site to see. Consider an early morning balloon ride over the area. On two different tours, Jim and I stayed in cave hotels, ate in many cave restaurants, and had two fabulous balloon rides.

UNESCO has declared the 40 square mile Göreme Historical National Park and Open-Air Museum as a World Heritage site.

The last page of the monthly *Condé Nast Traveler Magazine* used to be titled "Room With A View." The October 2003 issue showed a cave hotel. My husband and I had never been to Cappadocia; that photo sent us on a "destination discovery," so wonderful, that we went back 10 years later.

A Gulet Around The Turquoise Coast

A gulet used to be a sponge fishing boat for centuries until many were converted as tourist boats accommodating about 15 people. They ply the Mediterranean Coast for sightseeing ancient ruins, swimming, diving and fishing. Along with the boat operation, the two-person crew of captain and co-captain do all the hospitality of cooking great meals, housekeeping and entertaining us. They let us help prepare the meals and take turns piloting the boat with the captain.

We anchor at one harbor and hike up a hill or cliff, see ruins or other sites and meet up with the boat later in the next harbor. An ice cream boat often comes alongside to sell us ice cream. Others come up to us selling souvenirs.



Jim and Janet spent a day in an elementary school in Turkey. Image source: Janet Anding.

Jim And Janet Attend Elementary School And Sleep Overnight In A Barn

Our favorite travel company always celebrates the local people with its "Day in The Life." We bring school supplies and treats and spend time in a school and/or an orphanage. It is always the happiest day of our trip.

We also had a homestay with one of the student's family. Our visit included getting vegetables from the gardens, learning how to cook local cuisine, and getting to know the extended family.

We were in a village near Konya in Central Turkey. Our accommodations were a choice of the house or the barn. We jumped at the chance of overnighting in a barn with straw bedding. Jim was our barn translator, as he spoke Turkish, and our tour guide was the translator in the home. It worked out great as the family spoke no English and while communicating is challenging, it is part of the fun. Dinner was al fresco in the barnyard. We sampled every Turkish food imaginable, including homemade Turkish Delight candy, followed by storytelling around a campfire before tucking in under quilts in the barn.

The Whirling Dervishes

The Mevlevi order of whirling dervishes came from a mystical Islamic faith called Sufism. Sufism was banned by Atatürk in 1925, yet the dancing has continued.

It is quite an event to see the special clothing and hats. The dance consists of greetings and prayers, plus salutes and love to God. Dancers extend their arms, whirling fast, then faster to induce an ecstatic state of universal love. See the accompanying story by Nona Cree Smith about Sufism and the whirling dervishes on page 15 of this *Gazette*.

Maybe Noah's Ark

On a future trip to Turkey, I may head to Mount Ararat for a tour of what archaeologists believe was the final location of Noah's Ark. Their dating of materials reveals human activity from the Biblical time of the Ark.

I was able to view Mount Ararat while in Armenia but did not get to cross the border there to visit the Mount. Maybe one day I will visit and write about that.

John Knox Village Westlake resident, Janet Anding has traveled the world since she was a young girl. By her count, Janet has visited 156 of the 193 countries in the United Nations, and 228 of the 330 places noted in the "Travelers' Century Club" list, and has now crossed the equator for the 48th time in her life. Janet enjoyed a 23-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. She has visited all seven continents numerous times and has lived in North America, Asia, Europe and Africa.

Whirling Dervishes Dance To Reach The Divine

'Now Is The Time To See The Sunlight Dancing As One With The Shadows' – Rumi

Nona Cree Smith
Gazette Contributor

The divine may be experienced through various means. Many global spiritual traditions may include prayer, meditation on sacred texts, participation in religious ceremonies, and pilgrimages. Many practices achieve a religious

experience that is perhaps uncommon in the Western world. One of these is through the medium of dance, with one of the most famous examples being the incredible whirling dervish dance called the Sema by the Sufi Mevlevi Order.

The Sufi Mevlevi Order was founded by the followers of Jalal ad-Din Muhammad Balkhi-Rumi in 1273. Now known as Rumi, he was a greatly admired Islamic spiritual leader, who was born in 1207 in Balkh, in present-day Afghanistan. However, the Mongolian invasion of Central Asia caused his family to leave their homeland, pilgrimage to Mecca, and the settle in Konya, Anatolia, in present-day Turkey.

Rumi thought of dance as the basis of life, and its influence could be seen and admired throughout the natural world. To Rumi, it was the sunlight dancing with the shadows, the wind dancing in the trees, or bees and butterflies dancing with the flowers. Rumi's wonder at the world was reflected in his poetry, writings, and life.

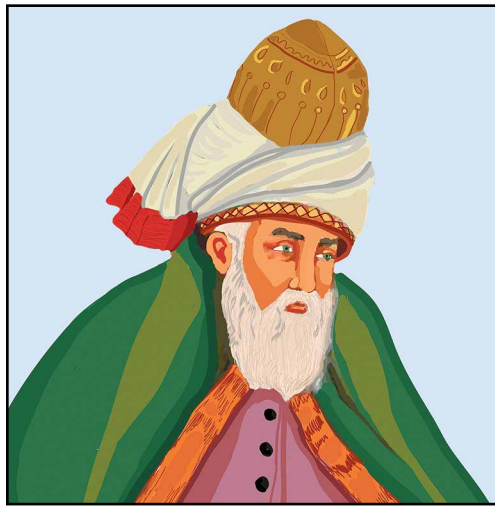
The Dance: A Sacred Ritual

The Sufi Mevlevi Order of whirling dervishes is not merely a performance for tourists, but a captivating display of pure art and devotion that has enthralled audiences for centuries. The act of whirling, a central element of the Muslim ceremony, is a profound testament to the dervishes' glorification of God and their pursuit of spiritual perfection. The camel hair hats worn by the dervishes represent "the tombstone of the ego." Dervishes remove their black cloaks to symbolize spiritual rebirth, revealing the white shirts worn while spinning to symbolize the ego's shroud.

Dervishes spin with arms wide, with the right hand open to heaven and the left hand pointed down, forming a channel for God's blessings to flow to earth. While not all dervish orders partake in this dance, those who do, the Mevlevi dervishes, embody the enduring tradition of this spiritual dance. This tradition has transcended time and continues true to the original form, still inspiring wonder.

The ceremony takes place in a large hall in the building in which the dervishes live. The dervishes sit in a circle, listening to music. Then, rising slowly, they move to greet the master and take off the black coats to reveal white shirts, waistcoats, and skirts. They keep their places and balance to respect one another, then begin to revolve rhythmically. They throw back their heads and raise the palms of their hands, a symbol of giving and taking. The music gets faster as they whirl even quicker. In this way, they enter a trance state, losing their identity in their union with the Almighty. Later, they may sit, pray, and begin all over again. The ceremony always ends with a prayer and a procession.

Rumi: A Life Spinning With The Universe



Jalal ad-Din Muhammad Rumi.
Image source: Wikimedia Commons.

Jalal ad-Din Muhammad Rumi (1207-1273 CE) was a Persian Islamic theologian, scholar, and poet of worldwide renown.

Known as Rumi, a devout Sunni Muslim who crafted poetry that transcended religious strictures. His Islamic worldview was not exclusive but welcoming to all. Rumi's spiritual life was open to anyone who wanted to know and praise God. This universal approach to spirituality, which embraces diversity and inclusivity, made Rumi's works accessible and relevant to readers from diverse backgrounds and every millennium.

Rumi was born to well-educated, Persian-speaking parents and followed his father's profession as a Muslim cleric. In

1224, Rumi married Gauhar Khatun, with whom he had two sons.

Rumi's discovery of poetry can be credited to his midlife friendship with the mystic Shams-i Tabrīzī (aka Shams al-Din Mohammad). Around 1244, Shams arrived in Konya, preaching the possibility of direct communion with God.

It was Shams who introduced Rumi to music, poetry and whirling as a form of mystical absorption in the divine.

When Shams disappeared, it opened the gates of Rumi's heart and started an out-



The Sufi Mevlevi Order of whirling dervishes is a captivating display of pure art and devotion that has enthralled audiences for centuries. Image source: iStock.

pouring of verse that would not cease until he died in 1273. His poetry is as alive and pertinent today as it was more than 750 years ago.

Poetry, music and dance, in the name of God, were the best ways he could express the love Shams had inspired in him. His intimacy with the Beloved evoked joy and gratitude in his followers as they gathered for music, chanting and the famous whirling dance. His six-volume Mathnawi is considered a divinely inspired book. His four other books also illustrate moving, passionate and profoundly deep verse.

Rumi's significant works all date from after Shams' disappearance: "The Collected Poems of Shams," written partially in Shams' voice; "Spiritual Couplets," sometimes known as the Persian Koran is the most widely read poem in the Muslim world. Rumi also wrote prose, including "Discourses" sermons, which were designed for many occasions, and many of his letters have survived.

Rumi's fame during his lifetime was notable, and his death was widely mourned. After the Shams' disappearance, Rumi's poetry became characterized by a deep understanding of the human condition, which recognizes the grief of loss and the joy of love. The power of transcendent love, whether for another person or God, become central to his work.

Legend has it that Rumi's poetry was not just a product of his intellect but also of divine inspiration. He composed his verse by spinning in circles until he entered a trance-like state. He would see vivid images in this state, which he then communicated to a scribe. This unique process was a testament to his work's depth and spiritual nature. It is no wonder that he is considered one of the great Islamic poets and one of the most influential in world literature, with his works continuing to inspire and be appreciated today.

Rumi remains one of the world's most famous poets. Many popular translations of Rumi's works have also been undertaken. His popularity with contemporary readers can be traced partly to his vivid, yet simple, imagery.

*"A moment of happiness
You and I sitting on the verandah
Apparently two, but one in soul, you and I
We feel the flowing water of life here,
You and I with the garden's beauty"*

By Rumi from Kulliyat-e Shams

Stunning Blue Mosque Boasts Six Minarets

Istanbul Mosque Surpasses The Glory Of The Better-Known Hagia Sophia



The Blue Mosque with its six minarets at sunset. Image source: Shutterstock.

Nona Cree Smith
Gazette Contributor

The 17th-century Sultan Ahmet Mosque is a testament to grandeur and architectural brilliance; it enjoys status as a UNESCO World Heritage Site. It is popularly known as the Blue Mosque, from the stunning blue ceramic tiles that adorn its interior walls. This beautiful structure was commissioned by Sultan Ahmet I,

with the goal of not only rivaling the Hagia Sophia but surpassing its glory.

Sultan Ahmet I, a young ruler not seasoned in warfare, sought to demonstrate his devotion to Allah in a grand way. This was his way of placating Allah, as a testament to his deep faith and commitment.

His plan had only one drawback: It cost too much money. Contrary to his predecessors, he had no war treasures to fund projects, so he withdrew funds from the treasury. This was an unpopular decision and wasn't the only hostility the new mosque would cause.

Was It Six Minarets Or Gold Minarets?

The Blue Mosque is the only mosque in Istanbul with six minarets, which caused great hostility at the time and was deemed overreach by the young Sultan, as six minarets were reserved only for the Prophet's Mosque in Mecca. According to legend, this issue resulted from a misunderstanding between the sultan and his architect. The sultan supposedly had asked to have altın minare (minarets in gold), and the architect understood alti minare (which means six minarets). The sultan overcame the problem by paying for a seventh minaret to be built at the mosque in Mecca.

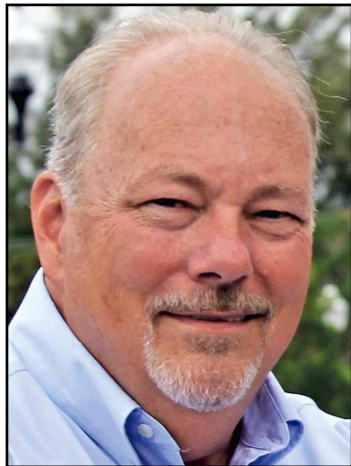
The Blue Mosque has been called a great architectural achievement of the Ottoman Empire. The mosque's interior is lined with over 20,000 handmade blue, turquoise, and green ceramic tiles from İznik, richly decorated with flowers, trees, and abstract patterns. More than 250 stained-glass windows make the interiors glow.

Sultan Ahmet I died after the mosque was completed and is buried in a mausoleum just outside the walls.

How Did Pompano Get Its Name?

The Name Game: But Most Assuredly It Came From The Sea

Daniel Hobby
Pompano Beach Historian



Daniel Hobby

How did Pompano Beach get its name? According to local accounts, we have William Franklin Sheen to thank for giving the little settlement the fishy moniker. Exactly how is open to question.

In one account, Sheen, who was conducting survey work for the Florida East Coast Canal Company around 1895, had a fish dinner at the home of a local pioneer and noted the type of fish on his map,

so that he would remember its name — Pompano. The appellation stuck and henceforth the settlement and subsequent town went by that name.

Another version, published in the early 20th century by a Pompano resident, claimed that Sheen purposely named the settlement “Pompano” because only the fish that was “the best in the sea” was an appropriate name for “the beautiful tract of land he had found.”

Yet a third account has Sheen eating Pompano at a West Palm Beach restaurant with potential land investors when he decided to name the property being discussed after the fish.

Whatever the reasoning, and whether any one version of the story is true in every particular, there is no alternate account of how the name came about, and we do know that by the final years of the 19th century there were written references to the small community of Pompano.

Although Sheen has always been acknowledged as one of the first individuals in the area of today’s Pompano Beach, he was never a permanent resident of Pompano. He lived and conducted his business in West Palm Beach. He had come to southern Florida from the Orlando area, and an account of his arduous journey down here is found in an early history and guidebook to Dade County:

“Messrs. Franklyn Sheen, John B. Nokes and two others in coming to this section brought a sailboat



The Florida Pompano is considered one of the most valued commercial food fish of the American Atlantic and Gulf coasts. Image source: Bigstock.

16 feet long from Orlando on the [railroad] cars to Titusville, where they launched it to come the remainder of the way by water, hunting and fishing en-route. The frail ill-modeled affair was heavily laden and

none of them were experienced sailors or had ever made the trip before. All went well, however, until they reached Jupiter Inlet, having come on the outside at Gilbert’s Bar, up the river. They reached the former place after dark. In addition to this and a high sea, a severe squall hit them just as they were trying to get in, and over the treacherous boat went.

“Although nearly a half-mile from the shore, they managed to reach shore, but in an almost exhausted condition, minus nearly all their clothing and all their baggage and other property in the boat . . . Luckily the tide was running in or they would have never reached the shore.”

Despite his ignominious arrival in South Florida, Sheen’s timing was perfect; with the area just opening up there was plenty of work for a surveyor, and it appears that he prospered.

He and his wife Jessie had five children. Franklin died in 1917; Jessie, 13 years his junior, lived until 1962. Both are buried in West Palm Beach.



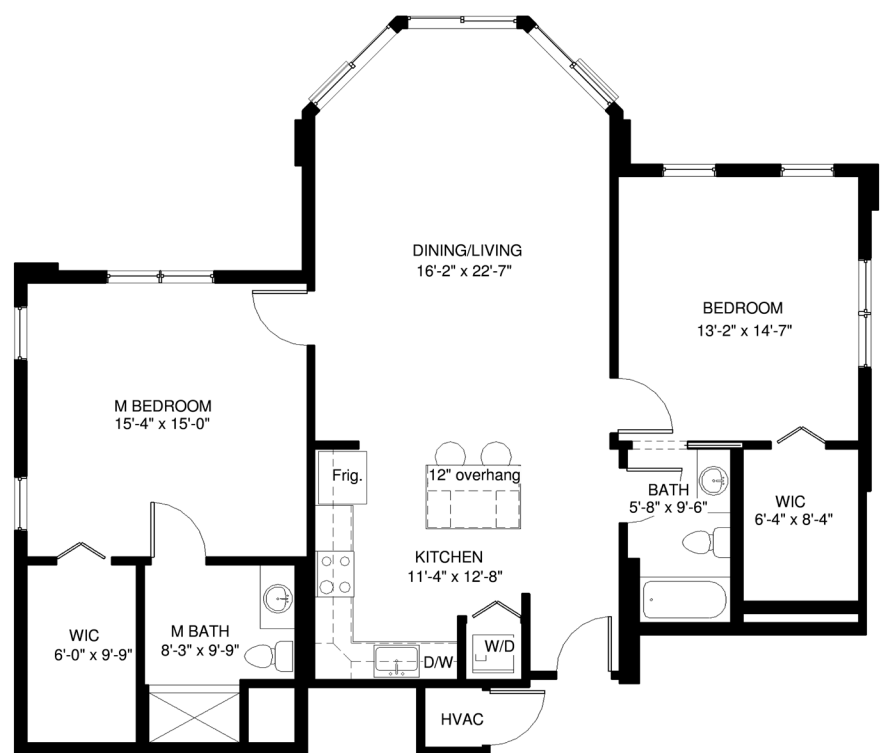
Surveyor William Franklin Sheen is reputed to have given Pompano its name. Image source: Dan Hobby archives.

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 Heritage Tower Queen Palm Apartment

John Knox Village will be ready for you when you are ready to make the move to resort-style living with Life-Plan security. Learn how John Knox Village will take care of your health care needs today, tomorrow and every day in the future. For the ultimate in convenience and spacious living, tour June’s featured two bedroom/two bath Queen Palm apartment home located in Heritage Tower.

The Queen Palm in Heritage Tower 2 Bedroom / 2 Bath / 1,412 Sq. Ft.



As a Resident of JKV, you will enjoy a comprehensive long-term care, daily use of the Aquatic Complex with two pools, Glades Grill, Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with Cultural Arts Center, the Pearl and Seaglass restaurants, and Barton’s Nautilus Bar. Plus with the opening of Westlake at JKV, there are many more amenities to enjoy. See the featured story on pages one and two of this month’s *Gazette* for all the details.

Call the Sales Department at 954-871-2655 to schedule a tour.

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Enjoy the skyline view from the living room’s bay windows.



Meet with your friends in the resort pool or the lap pool at JKV’s Aquatic Complex.