

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

where possibility *plays!*

# Gazette

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JohnKnoxVillage

## John Knox Village 101: Answers To Frequently Asked Questions



Residents enjoy a rich tapestry of amenities, including an Aquatic Complex, seven dining venues, fitness studios, cultural and recreational activities, award-winning life enrichment programming and beautifully landscaped grounds, all nestled on a picturesque 70-acre campus.

**Rob Seitz**  
Gazette Editor

Making the decision about where to spend one’s golden years is a significant one, and many in the 62-plus set are turning their attention towards Life-Plan Continuing Care Retirement Communities (CCRCs)—such as John Knox Village—as a promising option.

As South Florida’s premier CCRC, JKV offers a comprehensive living solution with the appealing blend of independent living, assisted living, supportive memory care and nursing care—all within 70 beautiful botanical acres in the hidden-jewel city of Pompano Beach, FL.

Given the interest and common queries around this topic, let’s delve into some of the questions JKV’s Life-Plan Consultants are asked daily.

**What Is A Life-Plan Contract?**

A Life-Plan Contract is an insured agreement between you and the community that entitles you to live in one of our independent living apartment or villa homes. Because residents are purchasing a Life-Plan Insurance Contract, all CCRCs in Florida are regulated by the Office of Insurance Regulation as specialty insurers, and the Agency for Health Care Adminis-

tration (AHCA) regulates the provisions of health care.

If, or when, your health situation changes, as a JKV Life-Plan resident, you are entitled to the unlimited use of Gardens West, our assisted living residence, as well as our highly rated rehab, long-term nursing, and memory support centers, The Woodlands, and Seaside Cove.

Paying the one-time Life-Plan Entrance Fee (EF) assures you of a lifetime of unlimited health care services. Choosing a CCRC means you will know where, and from whom, you will receive health care and that your loved ones will be spared the difficulty of making care decisions during a health crisis.

**What Is JKV?**

JKV is celebrating its 57th anniversary of providing a holistic approach to retirement living, focusing on health, wellness, and an enriched lifestyle. Residents have the peace of mind knowing they will enjoy a continuum of care designed to meet their changing needs as they age—spanning independent living, assisted living, supportive memory care, and skilled nursing care.

See “Q&A” on Page 2

## We Look Up With Wonder At The Star-Filled Night Skies

*‘Only in the darkness can you see the stars.’*  
– Martin Luther King Jr.

**Nona Cree Smith**  
Gazette Contributor

Stargazing has always fascinated mankind. Just looking up at the twinkling stars, identifying planets in our solar system, or tracing the

path of the Milky Way across the dark sky has filled us with awe, and many unanswered questions about what we are seeing.

It’s only in recent history that we’ve been able to shed light on some of the Universe’s secrets and mysteries, thanks to the invention of the telescope. This groundbreaking discovery

See “Telescopes” on Page 3



The Pillars of Creation: On the left photograph by Hubble and on the right, Webb’s infrared image shows greater detail. Left image credit: NASA, ESA, CSA, STScI, Hubble Heritage Project (STScI, AURA). Right image: NASA, ESA, CSA, STScI. Image processing both images: Joseph DePasquale (STScI), Anton M. Koekemoer (STScI), Alyssa Pagan (STScI).

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# Make The Move While You're Active And Enjoying Good Health

From “Q&A” on Page 1

Residents enjoy a rich tapestry of amenities, including an Aquatic Complex boasting resort-style and lap pools, seven dining venues, fitness studios, cultural and recreational activities, award-winning life enrichment programming and beautifully landscaped grounds, all nestled on a picturesque 70-acre campus. As a not-for-profit CCRC, our dedicated team of professionals delivers personalized care with compassion and respect, ensuring peace of mind for both residents and their families.

## Isn't It Better To Wait To Move To JKV?

Senior living experts agree that the best time to make a move is while you're active and enjoying good health. At JKV you must be at least 62 to purchase a Life-Plan Contract. Additionally, moving to a CCRC, like JKV, also safeguards your assets from future health care costs should you need care. Assisted living, skilled nursing, and memory support expenses can quickly add up and create financial stress for you or your family if you're unprepared. Also, consider costs like home repairs, property taxes, and homeowner's insurance. Moving to a CCRC eliminates these costs as well as the worry and expense of maintaining a home. *Please see our comparison ad on Page 9.* We all hope to be healthy far into our senior years, but the future is unpredictable and procrastinating a move puts you at risk of not passing the health assessment required for admission.

**What Fees Do JKV Residents Pay?**

As a JKV resident, you will pay a one-time EF, along with a Monthly Service Fee (MSF). The MSF includes all maintenance on your apartment home or villa, housekeeping, a dining plan and use of all the incredible on-campus amenities. Most importantly, you will be covered for future

health care costs as outlined in your Life-Care Contract.

**Are There Tax Benefits To Living In A CCRC?**

You may be eligible for significant IRS medical deductions on both the EF and MSF. We recommend consulting a professional financial planner to help determine your eligibility for deductions. A member of our professional staff can also answer your questions and provide details.

**What Types Of Residences Are Available?**

We offer residences ranging from one to two-bedroom with den apartment homes, with many sizes and floorplans available. In addition, we offer villas, which are single-story attached homes with one-and two-bedroom floorplans.

**Will I Need Insurance?**

JKV provides insurance for the buildings and grounds. As a resident, your only insurance need would be a renter's policy to cover personal property and liability.


**Can I Decorate My Residence?**

Yes! You may furnish and decorate your apartment or villa home to reflect your personal taste.

**Is JKV Pet-Friendly?**

Yes! Many residents have furry and feathered friends who also call JKV home. We have a dedicated Wellness Park on campus warmly referred to as the JKV Dog Park. If you have additional questions, please call JKV at 954-871-2655 or email us at [johnknoxvillage@jkvfl.com](mailto:johnknoxvillage@jkvfl.com) and a JKV Life-Plan Consultant will be happy to provide the answers you need or assist you with scheduling a visit to John Knox Village. You can also visit our website at [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com) to learn more.

## Join Us For Our Heritage Tower 20th Anniversary Party: First 5 Enjoy 2004 Throwback Pricing\*



Take A Stroll Down Memory Lane during John Knox Village's Heritage Tower 20th Anniversary Progressive Happy Hour Celebration, Wednesday, Oct. 16 from 3 to 5 p.m.

This is your opportunity to stroll through a number of Heritage Tower floorplans, while enjoying delicious appetizers and cocktails. **\*The first five guests to pick an apartment will enjoy throwback pricing from 20 years ago.**

To sign-up call 954-871-2655 or email [Johnknoxvillage@jkvfl.com](mailto:Johnknoxvillage@jkvfl.com) To learn more about John Knox Village visit [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com)

# Thanks For Asking

## Hey Dave, Do You Think We Need A Bumper Sticker?

**Dave Bayer**  
Gazette Contributor

**Do you remember the bumper sticker that said, “IF YOU CAN READ THIS, THANK A TEACHER?”** As I write this, November is fast approaching, and with Election Day on Nov. 5 and Veterans Day on Nov. 11, I was thinking that perhaps a bumper sticker that reads **“IF YOU ARE FREE TO VOTE, THANK A VETERAN,”** would be both timely and appropriate.

When I graduated from college, the Korean War was winding down, but there was still a 100 percent draft. Getting drafted into the Army, and being the tallest guy in a foxhole in Korea seemed unappealing, so I applied and was accepted into the Naval Officers' Candidate School and received my commission as an Ensign in the Navy.

I enjoyed serving my country and remained on active duty for 22 years, retiring with the rank of Captain in 1975. My family and I lived all around the world (e.g., Newport, R.I.; Little Creek, VA.; Monterey, San Diego and Long Beach, CA.; Hawaii, Japan, and Mayport, FL). I spent 16 years on sea duty, including three years in the Tonkin Gulf during the Vietnam War. I had the good fortune to command two warships, and to be second in command of three others. I also earned my MBA at the Naval Management School in Monterey, CA. and graduated from the Senior Course at the Naval War College in Newport. I also had two financial management tours ashore – a payback for my MBA that the Navy provided. All in all, I considered it an honor to have served my country as a member of the best Navy in the world.

**Lack Of Thank Yous For Your Service**

To put it mildly, however, 1975 was not a good time to be leaving the armed forces with the intention of embarking on a second career. I can't remember anybody saying, “thank you for your service.” Of course, times change, new stuff happens, and old memories fade. Regardless, when the thank yous did start coming some years later, my thoughts were something like, “where were you in 1975?”

I'm pleased to report that I'm well past those negative thoughts, and my usual response to those occasional thank yous, is to smile and offer a few words of sincere appreciation.

When thinking about Veterans Day and our National Election Day being so close, it's difficult not to think about the relationship between them.

**JKV Honors Our Veterans**

John Knox Village does a good job of celebrating Veteran's Day. Recently, those Nov. 11 events have been nicely planned and appropriately executed. In a Life-Plan Continuing Care Retirement Community like JKV, we are especially aware that many of the good things in life that we enjoy in our country have been preserved and enhanced by those who have served in our military. High on that list is our right to vote.

**JKV Embraces Our Right To Vote**

During the recent primary election on Aug. 20, the voter turnout in Broward County was a disappointing 17.53 percent. At JKV, our turnout was 49.14 percent. It's no coincidence that our JKV residents are active and involved voters.

In our Resident Senate (aka Resident Council), we have a Legislative Committee. We are one of the very few CCRCs in Florida to have one. That committee, together with our local chapter of the Florida Life Care Residents Association, held a Primary Election Candidate Forum on campus on July 29. There were approximately 130 residents and 40 candidates in attendance, with each candidate given three minutes to present their platform.

**Kudos To JKV Resident Voting Records**

Steve Bousquet, the *Sun Sentinel* Opinion Editor, attended the Forum and wrote this about the experience, “For weeks, I have been hearing from candidates, disappointed by light turnouts at political clubs across Broward ... John Knox [Village] remains a notable exception. For decades, ... [it] has been a treasure trove of votes both Republican and Democrat.”

Joe Scott, Broward's Supervisor of Elections was quoted by Bosquet as saying that JKV residents attending the Forum “... stayed, they kept taking notes, and without question, they are going to vote.” In late September, JKV held a General Election Candidate Forum using the same format as the Primary Election Candidate Forum.

Although JKV is by no means a political club, we do remain engaged in what's going on in the world,

evidenced by our long record of high turnout, both in primary and general elections. It certainly helps that JKV itself constitutes an entire voting precinct and we have a very effective Legislative Committee.

**We'll Cast Our Vote On Nov. 5**

I personally think that having a high ratio of veterans among our residents is also a contributing factor. Although many of us veterans are turned off by veterans attacking the military careers of other veterans in the political arena, we absolutely intend to cast our ballots on Nov. 5 and stand tall during our JKV Veterans Day celebration on Nov. 11. Maybe I'll even try to give away a few bumper stickers.



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

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



# 'The Universe Is A Pretty Big Place. If It's Just Us, Seems Like An Awful Waste Of Space.' – Carl Sagan

From “Telescopes” on Page 1

significantly expanded our understanding of our place in the Cosmos. Through all the iterations of the telescope, stargazers and astronomers have been able to get closer to the mysteriously beautiful stars that winked so invitingly at us on clear nights.

## Galileo And The Telescope

In May 1609, Galileo Galilei discovered the existence of a new invention from the Netherlands that used glass lenses to make distant objects look closer. The new device could bring the heavens he studied down to Earth. He improved on the invention with his own fine glass lenses, which increased the magnification by up to 20 times more.

With his improved telescope, Galileo first studied the Moon and discovered the gray surface was covered with mountains and craters. He also observed the next brightest object in the night sky: Jupiter.

On Jan. 7, 1610, he discovered the planet had “three fixed stars, totally invisible by their smallness,” and that moved along the same path through the sky with Jupiter. He concluded that these objects were moons orbiting the planet. By March, Galileo had published his findings in his seminal work, “*Sidereus Nuncius*” (The Starry Messenger). His revolutionary deductions indicated that the Earth orbited around the Sun. He also believed that the Earth was not the center of the Universe, as had been preached since the 2nd century CE by Ptolemy of Alexandria.

It was Galileo’s belief that the telescope would be the most powerful tool for exploring the cosmos. And he was correct.

Since Galileo’s time, many great scientific minds and astronomers have worked towards improving the range, visual clarity and quality of telescopes, helping us gain more knowledge of our Universe and getting closer to the ultimate goal of putting telescopes in space, above Earth’s atmosphere,

While this thin layer protects all life on our planet, it only allows visible light and radio waves to pass through. It prevents us from detecting celestial entities that emit radiation on wavelengths of infrared, ultraviolet, X-rays and gamma rays.

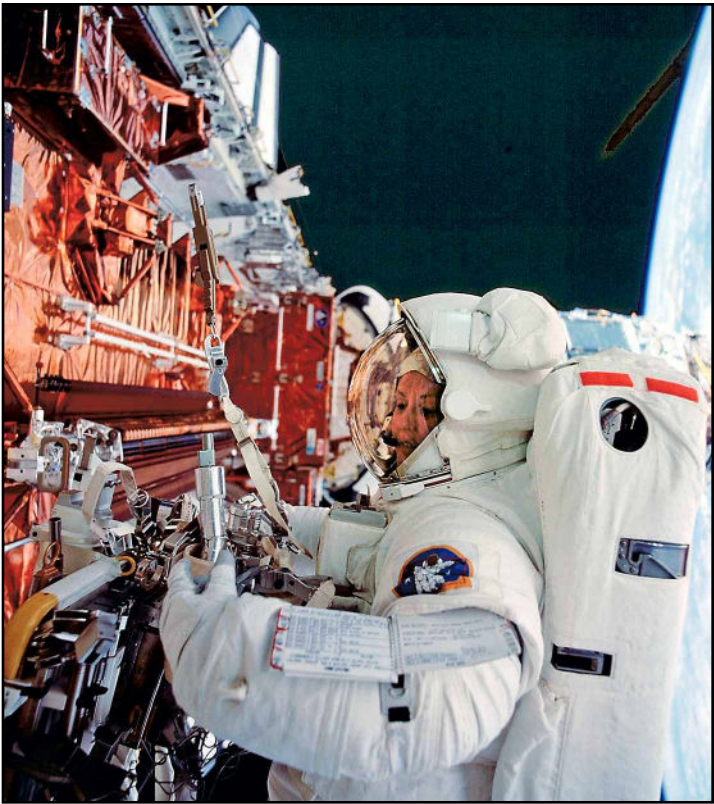
In the 1970s, the first space telescopes were carried on Apollo missions and to the Skylab space station. These small telescopes made possible the discovery of previously unknown celestial entities, including a black hole.

## Our Eyes In The Sky

In the decades since launching the first space telescopes, NASA has busily expanded its space telescope program to develop the ultimate “eyes in the sky” telescopes, which could see back in time billions of years to the Big Bang. But it would take until 1990, and the work of both the National Aeronautics and Space Administration (NASA) and the European Space Agency (ESA) to make the dreams a reality: Ushering in a new age of space telescope exploration and significantly expanding our knowledge of the Universe.

## The Hubble Space Telescope

The goal of placing a telescope in orbit above Earth’s atmosphere became a reality on April 24, 1990, when the Space Shuttle Discovery took off from Kennedy Space Center with the largest ever, visual reflecting space telescope on board. The Hubble Space Telescope (HST) was placed in orbit over 370 miles



Astronaut Kathryn Thornton works on the Hubble Space Telescope while orbiting the Earth at 17,500 miles per hour. Image Source: NASA.

above Earth. But the joy of launch was short-lived when it became apparent that the eye in the sky had a vision problem in its mirror. The error was around 1/50th the thickness of a human hair, but it prevented the mirror from focusing correctly, resulting in disappointing blurry images.

Fortunately, the HST was designed to be upgraded on a regular basis. In December 1993, a service mission installed a new instrument to fix the problem, bringing photos of the Universe sharply into focus.

For over 34 years, the HST has brought us many astonishing and extraordinary images that have revolutionized our views of the Cosmos. The cameras have taken magnificent photos of everything in space, from our neighboring planets to distant galaxies and star nurseries. Recently, it was feared that Hubble’s days might soon be over. In June 2021, a computer fault shut down the telescope, but operators have re-established contact and fixed the problem. The reign of Hubble is set to continue for several more years.

## JWST: NASA’s Sparkling Success

The James Webb Space Telescope (JWST) is a cooperative product of an international partnership with NASA, the European Space Agency (ESA), and the Canadian Space Agency. It was launched aboard the acclaimed Ariane 5 rocket on Dec. 25, 2021, from Europe’s Spaceport by Arianespace in French Guiana.

The renowned accuracy and performance of the Ariane-5 were best demonstrated by its heavy-lift capability launch, and precise placing of the James Webb Space Telescope (JWST) into orbit, which saved so much fuel it doubled the telescope’s operational lifetime.

Parked over a million miles from Earth at Lagrange Point 2 (L2), it is in an orbit that lets the telescope stay in line with the Earth as it rotates around the Sun. This allows the telescope’s large sunshield to protect the telescope from the light and heat of the Sun and Earth (and Moon), as keeping it extremely cold is vital to its operation.

The JWST deep-space infrared telescope has been constantly photographing images; unlike anything mankind has seen before. It is truly a pathfinder of scientific discovery, adding new insights about galaxies, planets, stars, and interesting cosmic objects.

The telescope, in the universal scheme of things, is at the beginning of its cosmic journey as, at a minimum, it will operate for at least 20 years, and as the successor to the esteemed Hubble Space Telescope, JWST is also breaking ground with scientific answers to many questions we have: The origin of the Universe and how old is it; how are stars made; are there more habitable planets (exoplanets); and the age-old question, are we alone?

The infrared telescope will help us see almost every part of our Universe in greater detail, including the most distant galaxies. Within days of JWST coming online in late June 2022, researchers began discovering thousands of new galaxies more distant and ancient than any documented – some perhaps more than 150 million years older than the oldest identified by HST, according to editors of the journal *Science*. The journal named JWST as its Science Breakthrough of 2022. “What’s more, the telescope is capable of collecting enough light from astronomical objects – ranging from birthing stars to exoplanets – to reveal what they are made of and how they move through space,” wrote the editors of *Science* magazine. “This data has already begun to reveal the atmospheric composition of planets hundreds of light-years from Earth, offering hints as to their ability to support life as we know it.”

## JWST A Star In Its Own Right

More than just capturing stunning views of the Universe, the JWST has become a cultural star in its own right. Its very first images were beamed home and introduced at the White House by America’s President Joe Biden in July 2022; the telescope’s impressive pictures of planets, nebulae, and galaxies have splashed across television screens, magazine covers, and billboards above New York’s Times Square and London’s Piccadilly Circus.

## What Are The Next Eyes For NASA?

The Nancy Grace Roman Space Telescope (NGRST) is the next-generation space observatory that will look deeply through dust, and vast areas of space and time to survey the infrared Universe. The mission will help us solve astrophysics’ most profound questions, such as how the Universe evolved, what its fate is, and the age-old question: Are we alone in this vastness? The NGRST’s massive view of space and fast survey speeds will allow astronomers to observe planets by the thousands, galaxies by the millions, and stars by the billions.

The mission will help illuminate, and perhaps answer two of the biggest cosmic puzzles: What is dark energy and what is dark matter?

The NGRST will also search for planets outside our solar system — exoplanets and will investigate the physics of distant stars.

Set to launch in 2026 or 2027, according to NASA, the space telescope’s wide field of vision will help to produce “never-before-seen” expansive pictures of the Universe for essential comparisons in solving some of the most fascinating cosmic mysteries.

Like the highly successful JWST, the NGRST will also be parked at Lagrange Point 2, a stable gravitational point between the Earth and the Sun located about a million miles from our planet.

The NGRST is named in honor of Nancy Grace Roman, affectionately known as “the Mother of Hubble,” a pioneering scientist who served as NASA’s first chief astronomer from 1961 to 1963 and the first woman to hold an executive position at the space agency.



NASA’s James Webb Space Telescope unveils young stars in the early stages of formation. This view, taken in the Carina Nebula, was part of Webb’s first images released. A deep dive into the data has newly revealed a hotbed of young stars in an elusive stage of development. Credits: NASA, ESA, CSA, STScI, Megan Reiter (Rice University), with image processing by Joseph DePasquale (STScI), Anton M. Koekemoer (STScI).



# Let JKV Entertain You

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



The Brazilian Voices will grace the JKV Cultural Arts Center stage on Nov. 19.



Members of the Gold Coast Jazz Society.

## Tues., Oct. 22 at 7 p.m. Jazz & Java: New Horizons For Jazz

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 JKV Jazz-like club, each installment of the series offers an immersive atmosphere that recreates the ambiance of a bygone era. “*New Horizons for Jazz*,” showcases the genre’s continuous evolution and its experimentation with new sounds, styles and technologies. From avant-garde and fusion to contemporary Jazz, Martin Hand and his quintet present a glimpse into the future of Jazz.

Tickets	
JKV Resident	Free
JKV Village Arts Circle	Free
Non-Resident	\$26

## Fri., Nov. 1 at 2 p.m. Jazz History Lecture Series Featuring Frank Sinatra: The Man And His Music

“*Swinging Through Time: Tracing the Evolution of Jazz*,” is an enthralling Jazz history lecture series featuring the illustrious Chuck Bergeron. Hailing

from the vibrant city of New Orleans, Mr. Bergeron has enjoyed a remarkable four-decade career as a highly sought-after bassist. This lecture will feature: “*Sinatra: The Man and His Music*.”

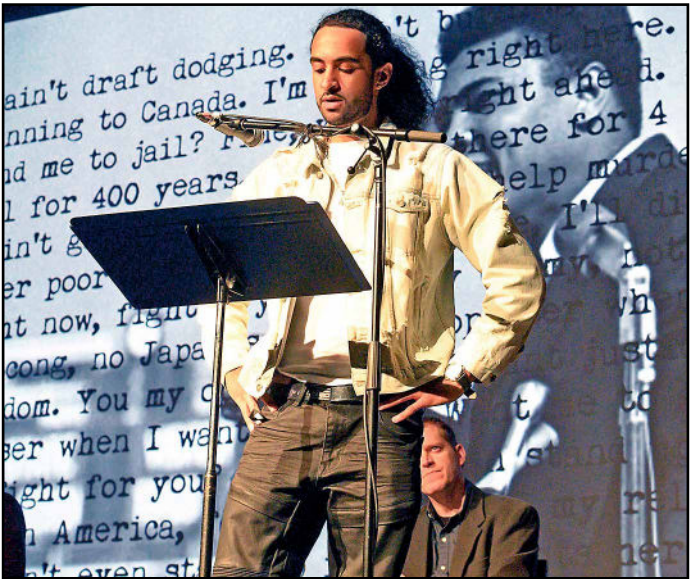
Tickets	
JKV Resident	Free
JKV Village Arts Circle	Free
Non-Resident	\$10

## Fri., Nov. 15 at 7 p.m. Letters Aloud: Thanks, But No Thanks. The Greatest Rejection Letters EVER!

“*Letters Aloud*” has been delighting audiences with thought-provoking, relevant, hopeful and humorous stories told through the real voices of real people via their personal correspondence. In this show, the road to success is paved with rejection and, boy oh boy, have we got the letters to prove it. Among the dozens of gems in this program: Andy Warhol is asked to pick up his painting at the front desk before it is hauled away, and a young Sidney Poitier tries to borrow \$100 from President Franklin Roosevelt (he said no).

Funded by the John Knox Village Foundation.

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



“Letters Aloud” at the CAC on Nov. 15.

## Tues., Nov. 19 at 7 p.m. Brazilian Voices: Jazz Across Cultures

“*Jazz Across Cultures*” highlights the significance of Jazz as a universal language. The repertoire includes songs by Antonio Carlos Jobim, Gershwin, and Cole Porter. Brazilian Voices, a 14-time winner of the Brazilian International Press Award for Outstanding Brazilian Musical Group in the U.S., has released seven CDs in the U.S. and Canada and performed extensively, including in Barcelona, Madrid, Mexico, New York, Arizona, and London, in addition to over 700 performances in Florida. Celebrating 22 years, the group has brought its music to international and local theaters, universities, schools, and hospitals, including Cancer Centers, bringing Bossa Nova to diverse audiences.

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

## Save the Date

## Fri., Dec. 13 at 7pm: JKV Broadway Series: A Christmas Carol

The Concert is the classic Dickens tale as you’ve never heard it before, complete with full symphony orchestra, choir and rock/pop rhythm section accompanying a narrator and four soloists. Composer Bob Christianson and lyricist Alisa Hauser have created a glorious new score with musical styles ranging from classical to Broadway to blues to gospel.

Funded by the John Knox Village Foundation.

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

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



## Crossword Puzzle Of The Month

### ACROSS

- Charity
- Body of water
- Ohio college town
- Hello (Ital.)
- Molding
- Self (Scot.)
- Artificial fishing fly
- Approve
- Incorporated (abbr.)
- Palmetto
- Mau Mau country
- Nose
- Article
- Reedbuck
- Fr. month
- Alfonso's queen
- Babism founder
- Luzon people
- Taro
- Transpire
- Cutting tool
- Indian falcon
- Ming's planet
- River into the Rhone
- Father of Jehoshaphat
- Devil (Scot.)
- Munich's river
- Army service number (abbr.)
- Uncanny (Scot.)
- Pleasant
- Chin. chairman
- Machine gun
- Verb-forming (suf.)

### DOWN

- Alas (Ger.)
- Taradiddle
- Methane (2 words)
- Hot Med. wind
- Birthstone
- Bedouin headband cord
- Legal action
- Arabic script
- Hindu month
- Refuse
- Razor-billed auk
- Borough (abbr.)
- Conger
- Lop
- Galilee town
- Boat
- John, Dutch
- One of the Three Fates
- Needle case
- Mountain lake
- Drone
- Crone
- Departure
- Exclamation
- Tooth
- Drawing room
- Lady's title
- Mount near Olympus
- Billionth (pref.)
- Indian groom
- Within (pref.)
- Atl. Coast Conference (abbr.)
- Arikara people

Answers On Page 10



# Pompano Beach Arts & Music

## Focus On The Arts And Entertainment In The City Of Pompano Beach

**Kay Renz**  
Special To The Gazette

Get ready for an unforgettable October and November in Pompano Beach. As the temperatures cool down, the city heats up with a sizzling lineup of events. Discover vibrant street festivals, explore fresh local finds at bustling green markets, and immerse yourself in a world of captivating music. Plus, celebrate the grand opening of Pompano Beach's newest professional theater company. Laughter, excitement, and endless entertainment await. Learn more at [www.pompanobeacharts.org](http://www.pompanobeacharts.org)

### Old Town Untapped

The ever-popular Old Town Untapped series returns with a grand opening on Oct. 4. Patrons will enjoy a night filled with live music by local bands and a local DJ, art gallery openings at Bailey Contemporary Arts Center, local art vendors and food trucks. Old Town Untapped runs October through May on the first Friday of the month from 6 to 10 p.m. Free for all ages.

### Halloween Spectacular: The House of Poe's Horrors

Experience Edgar Allen Poe's most chilling works in a maze of horrors, culminating in a chilling performance of his classic poem "The Raven" by a ghostly vision of the famed writer. Limited tickets available. Oct. 24 through 28 at the Pompano Beach Cultural Center.



Valerie Tyson

### Soulful Sundays At Ali Cultural Arts Center

The incomparable Valerie Tyson will be taking the stage for Soulful Sundays on Oct. 13, bringing her iconic sound to Pompano Beach with a stunning selection of soul, R&B, jazz and more.

### Pompano Players

A new professional resident theatre company comes to Pompano Beach Cultural Center this fall.



Scene from the First Friday Old Town Untapped.

Debuting in October, Pompano Players promises an exciting six-show inaugural season featuring a delightful mix of great comedies and high-energy musicals. Each production will have a limited run of eight performances. The first two productions offer funny and insightful looks into the human condition.

### Love, Loss, And What I Wore

**Oct. 11 – Oct. 20: Fridays 7 p.m., Saturdays 2 & 7 p.m., Sundays 2 p.m. | Tickets \$45**

"Love, Loss and What I Wore," based on Nora Ephron and Delia Ephron's best-selling book, delves into the sentimental significance of women's clothing through a series of vignettes. Picture a group of stylish women, clad in elegant black attire, seated on stools, sharing heartfelt and amusing anecdotes about family and relationships, all through the lens of their wardrobes. It's a mix of monologues and group pieces touching on various themes like mother-daughter bonds, prom night memories, the struggles of bra shopping, and the enduring appeal of black attire.

### I Love You, You're Perfect, Now Change!

**Nov. 8 – Nov. 17: Fridays 7 p.m., Saturdays 2 & 7 p.m., Sundays 2 p.m. | Tickets \$45**

Get ready for a revamped version of the longest-running off-Broadway revue ever. This show, a comedic exploration of the complexities of modern relationships, has been updated for the 21st century. With hilarious sketches and catchy songs, "I Love You, You're Perfect, Now Change!" celebrates the highs and lows of love, paying homage to those who've experienced the ups and downs of romance and dared to ask, "Hey, what are you up to Saturday night?"

### Green Market Pompano Beach

Mark your calendars for the season opener on Nov. 9. From November through April, visit Green Market Pompano Beach on the second and fourth Saturday of each month, from 9 a.m. to 1 p.m., to experience

the very best local products.

Discover the freshest fruits and vegetables, refreshing juices, mouthwatering baked goods and local honey. Dive into a variety of seafood and other delectable food items. Plus, explore unique handmade crafts, stunning art and gourmet culinary products. Don't miss out on this vibrant market experience.



Fresh honey and some of the very best local products are available at Green Market Pompano Beach.

### Concerts At The AMP

**Lyle Lovett and his Large Band: Oct. 5 at 8 p.m.**

**America: Oct. 12 at 8 p.m.**

**Experience Hendrix: Oct. 18 at 8 p.m.**

**Barenaked Ladies & Toad the Wet Sprocket: Oct. 21 at 7:30 p.m.**

**Dwight Yoakam: Nov. 15 at 6 p.m.**

**Air Supply: Nov. 16 at 8 p.m.**

For more information: [www.pompanobeacharts.org](http://www.pompanobeacharts.org)

# 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 November/December edition emailing at the end of October. The catch is, we need your permission to email the FREE monthly publication to you. Email your subscription request to [gazette@jkvfl.com](mailto:gazette@jkvfl.com)

Please include:

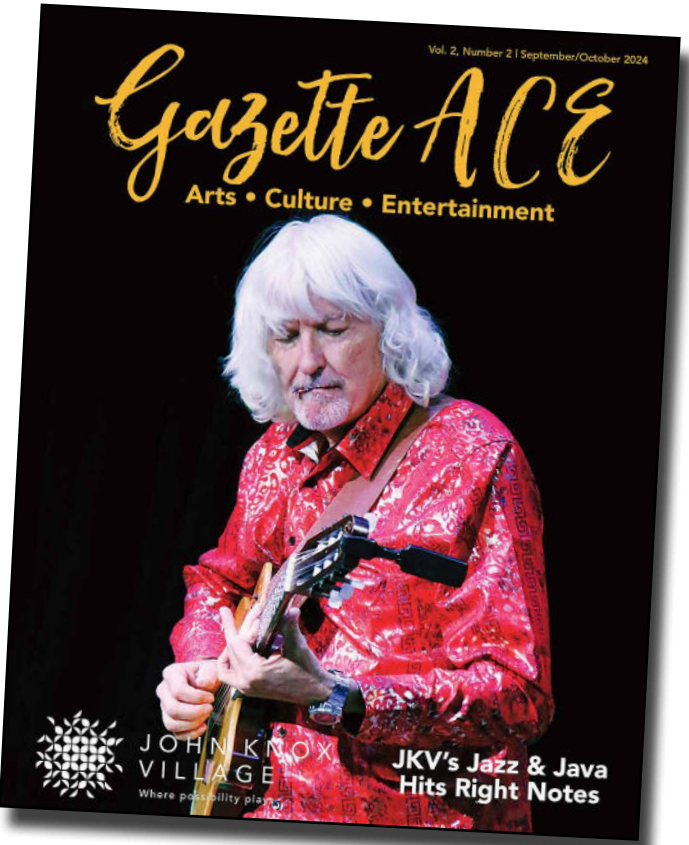
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# The Kindness Of My Caretakers

**Burn Loeffke & Marc Loeffke**  
Gazette Contributors



Burn Loeffke

Challenges to battlefield health care included incoming artillery fire, extreme heat, mosquitos, lack of sleep, and the occasional bombing. Florida medical workers outside of John Knox Village face their own challenges: An underfunded medical system, brutally long hours, staffing issues, and lack of continuity of care.

I had to be hospitalized to learn new lessons. I was admitted for a broken vertebra. The pain level, from 0 to 10, was a nine. Today, 10 days later, the pain is a seven when I'm out of the bed.

Lesson learned: Avoid having to have a "Fall Risk" bracelet. Once you have it on, they don't want to move you. No one is allowed to move you except staff.



The "Fall Risk" bracelet, Burn Loeffke was required to wear. Marc Loeffke photo.

You hope it never happens to you, but accidents happen. While I was at a doctor's appointment, I fell and had to be admitted to an Emergency Department for a broken vertebra. The pain kicked my butt.

The last time I felt pain like this was in Vietnam, when I was shot in my helmet and broke my shoulder in a parachute jump.

The Army medics worked under severe challenges on the other side of the world in the middle of a war.

## The Challenges Of A Back Break

It is reported that breaking your back increases the risk of death. Everyone is afraid of moving you. I went ahead and moved myself. I was chewed out. "Bubba, get back in bed!" I was yelled at with a stern voice: "Don't get out of bed without help!"

Another lesson learned was that we feel better when we are called by our name. Some staff are nice and respectful, but some are not. Names that we don't like to be called such as bubba or buddy are not appropriate.

I found when I called my caretakers by their name they treated me better. Again, I learned the lesson: Treat others how you'd want to be treated. When my caretaker saw her name on the kindness board she smiled. When I called her Miss Johnson, she perked up and called me Mr. Burn. When we recognize each other's humanity, we treat each other with more kindness.

## Kindness Awareness

To bring awareness, my son Marc and I created a chart. We wanted to acknowledge the kindness of those who helped me.

I made it a point to note the kindness of a caretaker who would come over and say my name with a smile on her face and just being downright thoughtful.

Florida has enacted a Patient's Bill of Rights to affirm certain protections all people have while under medical care. The Patient's Bill of Rights makes patients aware of what they can request. For example, timely responses to questions such as "What is my care plan for today?" We, as patients, want to know in detail what to expect every day we are in treatment.

### Florida Patient's Bill of Rights includes:

1. Respect, courtesy and dignity
2. Prompt response to questions and requests
3. Who is providing service?
4. Who is responsible for care?

Without hope, people perish. Medicine that relieves pain makes us feel better. The role of a leader is to keep hope alive. Healers are critical leaders in keeping hope alive. Treating the sick with compassion and dignity does a lot for the healing process. A smile is priceless – it lights up the room. It makes the hurting one feel better. Healers need to be the leaders that keep hope alive by the care they provide to those who are hurting. We can keep hope alive by doing some of the things that we mentioned.

Another important component of healing is seeing

BURN									
😊😊😊😊😊😊😊😊😊😊😊😊									
DATE	KINDNESS	B	L	D	B	Movements	REQUESTS	NOTES	
8/21	Anthonette JKV (head of nursing)	5			AM - 7:30 AM		1. Bedside room 2. Bed 3. Bed 4. Bed 5. Bed 6. Bed 7. Bed 8. Bed 9. Bed 10. Bed	Burn and Jeff @ 10:00 AM	
8/22	Dorothy								
8/23	Sherry I								
8/24	Richard	5	5		5	5 M 3:2 (10 min)		Align with Jeff @ 10:00 AM	
9/15	Antoinette					8 AM 10:15			
8/26	Philomena	5	5			8 AM 10:45		Dr. Muriel, DAME 11/17/24	
8/27						8 AM 11:30 AM			
8/28	Judy					8 AM 3:00 PM			
8/29	Anthonette (nurse)								
8/30	Brenda								
9/1	Linda								
	Ogden								

Burn Loeffke kept an awareness chart on the wall of his Woodlands' room to acknowledge the kindness of his caretakers. Marc Loeffke photo.

friends. Once I was transferred to The Woodlands at JKV, my spirits were lifted by the many friends who stopped by to check on me. I feel grateful for my caring community and the culture at JKV, where residents visit often with those who are recovering.

## Grateful For The Care At The Woodlands

We've come to John Knox Village looking for hope in our healing and aging process. A large percentage of patient satisfaction is the relationship between the healer and the patient. We all hope that we are treated with respect and compassion like what I have received from the caring healers here at The Woodlands.

*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.*

# Nov. 11: JKV Salutes Our Military Veterans

**Marty Lee**  
Gazette Contributor

On Nov. 11, 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. This site, on a hillside overlooking the Potomac River and the city of Washington, D.C., became the focal point of reverence for America's veterans.

Similar ceremonies occurred in England and France, where an unknown soldier was buried in each nation's highest place of honor: In England at Westminster Abbey and in France at the Arc de Triomphe.

These memorial gestures all took place on Nov. 11, as a universal celebration of the end of World War I, when the fighting ceased at exactly at 11 a.m., Nov. 11, 1918 – the day became known as "Armistice Day."

## The War To End All Wars

Armistice Day officially received its name in the U.S. in 1926 through a Congressional Resolution and another Congressional Act declared it a National Holiday. If the idealistic hope that World War I was "the war to end all wars," Nov. 11 might still be called Armistice Day. Unfortunately, only a few years later war broke out again in Europe and the USA fought,

once again, with its allies.

The first celebration using "Veterans Day" was in Birmingham, AL in 1947. Raymond Weeks, a World War II veteran, organized "National Veterans Day," which included a parade and festivities to honor all veterans. The event was held on Nov. 11.

U.S. Rep. Edward Rees of Kansas proposed a bill that would change the name from Armistice Day to Veterans Day and in 1954, Congress passed the bill that President Dwight Eisenhower signed, proclaiming Nov. 11 as Veterans Day.

Raymond Weeks would receive the Presidential Citizens Medal from President Ronald Reagan. Weeks' local parade and ceremonies are now an annual event celebrated by veterans and citizens all over the USA.

## Veterans Day At JKV

Each year, on Nov. 11 at 11 a.m., JKV residents gather to honor the many women and men who served with honor in our nation's military on Veterans Day.

More than 150 JKV residents have proudly served in the U.S. Army, Navy, Air Force, Marines and Coast Guard. Our many JKV veterans, women and men,

achieved ranks from privates to corporals, specialists, sergeants and NCOs, airmen, seamen, petty officers and ensigns, lieutenants, commanders, captains and even an Army major general.

JKV veterans served in war and peace – two of our JKV residents in WW II, others in Korea, Vietnam and Desert Storm. Their missions took them by air, land and sea to all corners of the Earth: Southeast Asia, Japan, China, Russia, Europe, Africa, South and Central America, and all stops in between and beyond.

This November remember to vote and to select leaders who honor our country's democratic principles and pledge to care for our military veterans, not just on Nov. 11, but for their entire lives. It's the very least we can do for the brave women and men who pledged to "support and defend the Constitution of the United States against all enemies, foreign and domestic." We owe a debt of gratitude for their dedication and service.



JKV residents joined with JKV veterans during Veterans Day ceremonies on Nov. 11, 2023.

## Sudoku

Answers On Page 10.

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

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



# World Mental Health Day: Oct. 10

Janelle Falcon  
Gazette Contributor



Janelle Falcon, LMFT, LMHC, NCC

Oct. 10th is recognized internationally as World Mental Health Day by the World Health Organization (WHO). This day serves as a reminder to us all that mental health care is a universal human right and is essential for everyone, especially as we age. Every day is an opportunity for advocacy, education, and awareness about mental health. However, on Oct. 10th, the world mobilizes

and unites across 150+ countries to discuss ongoing efforts and to emphasize the importance of mental well-being. Along with these efforts, John Knox Village can also assist with care. Recent research highlights that one out of every two people in the world will develop a mental health condition in their lifetime (McGrath et al., 2023). This statistic underscores the importance of prioritizing mental health at all stages of life. Additionally, loneliness and social isolation have been identified as key risk factors for developing mental health conditions, especially in later life (Teo et al., 2023). This is a crucial consideration for those in the 62+ community, as maintaining strong social connections and seeking support can significantly impact mental health outcomes.

### Protect Your Mental Health

What can YOU do on World Mental Health Day (and beyond)? Here are several ways you can protect and improve your mental health, and support those around you:

#### 1. Stay Connected

Regularly reaching out to friends, family and community members can help reduce feelings of loneliness and isolation. This could be through phone calls, video chats or social outings.

#### 2. Engage In Physical Activity

Regular exercise, such as walking or yoga, has been shown to have a positive impact on mental health. Even light activities can boost mood and reduce anxiety.



If you're experiencing feelings of depression, anxiety, or any other mental health concern, it's important to reach out to a health care provider or counselor. Image source: Getty Images.

### 3. Practice Mindfulness And Relaxation Techniques

Simple practices such as deep breathing, meditation or listening to calming music can help manage stress and improve mental clarity.

### 4. Seek Help When Needed

If you're experiencing feelings of depression, anxiety, or any other mental health concern, it's important to reach out to a health care provider or counselor. There is no shame in asking for help, and doing so can make a significant difference in your quality of life.

### 5. Challenge Stigma

Talk openly about mental health to help normalize it. Encourage friends and family to seek help if they need it and educate others about the importance of mental well-being.

As we observe World Mental Health Day, reflect, and ask yourself, how will you be a part of the solution? Think about what steps you can take today to support your mental health and the mental health of those around you. Together, we can create a more supportive and understanding community where mental health is valued and protected.

Remember, mental health is just as important as physical health, and it's never too late to start making it a priority. To learn more about mental health, and your overall well-being, browse our free community health programs by visiting [www.BaptistHealth.net/CommunityHealth](http://www.BaptistHealth.net/CommunityHealth) or email: [programs@BaptistHealth.net](mailto:programs@BaptistHealth.net) You can also scan the QR code below with your smartphone to connect to the free community health program information.

Janelle Falcon, LMFT, LMHC, NCC, has worked in the mental health field for over 10 years. She currently works as a Psychotherapist within the Community Health department of Baptist Health.

To scan the QR code go to the camera app on your phone or tablet. Aim the camera at the code and wait for a window to appear that will direct you to the content.



## JKV's IT Guy Breaks Down The Big 3 Top Tech Issues Facing Residents

Jason Cook  
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

The top three tech issues I face when helping John Knox Village residents are some of the same issues affecting everyone. So, if you do not have a Technology Engagement Coordinator at your disposal like our residents, then you might want to pay attention to the top three issues I am confronted with and ways to fix or prevent them. Easily the most common technology problem residents have is a password not working. This is very understandable, if you consider that most of the things you do online involve a username and password.

### Username And Passwords

My primary advice for this is to have a password book which can be purchased on Amazon for as low as \$3.99. This book allows you to write down the website, your username and your password. I also have a rule I stick to when it comes to passwords. A frequently asked question is, "can I use the same password?" For this, I break the websites down into two main categories: Financial or not. If it is a website that I do not have a credit card or bank associated to, I allow myself to reuse a password, but if the

website is tied to a credit card or bank then I give it a unique strong password.

### Where Did It Go?

The second most frequent problem I encounter is the mobile device having "a mind of its own," whereby things randomly move or disappear. What I have found is that a majority of the time this is caused by people not understanding how the phone works. There is a sizable percentage of our residents who think that if the screen is not illuminated then the phone is shut down and they will not receive any communications. As a result, they are putting the mobile devices in their pockets or purses while it is still on the homepage.

This is causing most of those problems. When the phone is not locked and is put away it could bounce around and have buttons pressed inadvertently. This is where the "butt" call comes from, where your phone accidentally calls someone when you put it away.

Even holding the phone when the screen is on could cause issues if you have your thumb or another finger on the screen pressing and holding buttons. The easiest solution is when you are done with the phone, or tablet, press the power button once quickly to put the device to sleep, still allowing it to receive various types of communications, but making sure you don't accidentally do things to give your phone "a mind of its own."

### How Do I Use A Website?

The third most common reason for a resident visiting me is to learn how to use a website online. JKV provides a website for the residents to get all the information they need in the community, from

event sign-ups, to Dining specials, Security notices and Resident Senate meeting minutes. I also offer classes on how to be safer online, how to order an Uber or Lyft driver, how to order through Instacart and Amazon, write with Chat GPT assistance and in September, I began teaching residents how to use new parking payment systems, since most places now use an app instead of a machine and cash. Many doctors are using online portals now to manage their patients, so I also help people getting signed up to sites like Trinity Health's MyChart to help facilitate visiting medical professionals. Residents will frequently take advantage of my daily free tech help to practice using these sites one-on-one. So, as the times and technologies change, JKV residents can stay on top of it with the help of their own Technology Engagement Coordinator.

### JKV's Dedicated 'IT' Guy

Always an industry leader and at the forefront of innovation, John Knox Village is one of the only Life-Plan Continuing Care Retirement Communities in the nation to provide a dedicated full-time employee to assist its residents with technology issues on every platform from mobile phones and tablets to laptops. JKV Technology Engagement Coordinator Jason Cook provides residents with personal assistance, as well as classroom-style training. Overwhelmingly, residents are thrilled and grateful to have Jason on the JKV Team and see the value in the important work he does.





JOHN KNOX VILLAGE



# CFO IN THE Know



**Dear Doug:** Is moving to a Life-Plan Continuing Care Retirement Community (CCRC) like John Knox Village a Wise Investment?  
— **Undecided in Deerfield**

Dear Undecided in Deerfield,  
As the CFO at John Knox Village (JKV), I would consider it a wise investment for several reasons. Firstly, it provides comprehensive care and services under one roof, offering residents stability and familiarity as their health needs change. A Life-Plan Community, like JKV, ensures access to a full continuum of health care options, from independent living to assisted living, skilled nursing, and supportive memory care. This guarantees that as your health evolves, you remain within the same community, surrounded by familiar faces and settings, alleviating the stress of relocating during a health crisis.

Financially, it makes sense to invest in a Life-Plan Community, like JKV. The cost of health care, particularly long-term care, continues to rise in the U.S., making it essential to plan proactively. By paying a Life-Plan entrance fee, you secure lifetime access to unlimited health care services, which can provide significant financial stability.

**For example, a non-JKV resident in skilled nursing care would pay privately an average of \$15,000 per month, versus a Life-Plan resident**

**Douglas Folsom** “CFO” (Chief Financial Officer) has been with John Knox Village for six years, serving as its Controller prior to being named Chief Financial Officer in 2023. He has been at the forefront of the Village’s fast, but disciplined growth, while keeping a close eye on JKV’s financial steadiness. He is often asked important questions regarding living at JKV, which is why we started this informative column—to help you make well-educated decisions regarding your future.

**paying a current average monthly service fee of \$5,000 – a significant cost savings!** This is particularly important given the unpredictability of health care needs and costs.

Additionally, a Life-Plan Community, like JKV, offers a rewarding lifestyle, filled with rich social and cultural experiences, peace of mind, and a sense of security. Many of our residents would recommend considering a CCRC, as it provides quality care and ensures that residents do not become a burden to their families or the state as they age.

By choosing John Knox Village, you are making a sound investment in your future that not only ensures access to high-quality health care, but also promotes an active, purposeful and fulfilling retirement.

**Do You Have Financial Questions?**

**Ask Doug!**  
Call 954-871-2655 today or email:  
[Johnknoxvillage@jkvfl.com](mailto:Johnknoxvillage@jkvfl.com)

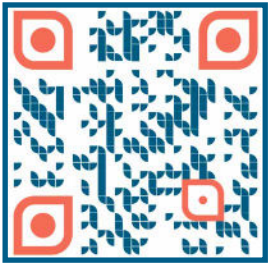
Thursday, October 10th at 11 a.m or Thursday, October 24th at 11 a.m.

Join us for  
**Food for Thought**

Dine like our residents do! Sample one of our delicious daily lunches and learn how you too can benefit from a supportive Life-Plan and vibrant lifestyle at John Knox Village.

RSVP AT 954-871-2655

Scan the QR code with your camera phone to contact us or visit [bit.ly/jkvcontact](https://bit.ly/jkvcontact)



SCAN ME





# How will you vote to secure your future?

	John Knox Village	Your House
	Included	Not Included
<b>HOUSE MAINTENANCE</b>		
• Mortgage or Rent Payment.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Condo or Homeowners Association Dues.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Real Estate/Property Taxess.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Homeowners Insurance.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Utilities (electricity, gas, water and sewer, trash, basic cable TV service).....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• All General House Maintenance.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Major House Repairs & Equipment Replacement.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Lawn & Garden Maintenance.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Pool Maintenance (chemicals, cleaning, etc.).....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Housekeeping Services.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>HEALTH CARE</b>		
• Priority Access to our Assisted Living & Award-Winning Skilled Rehab Nursing Facility.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• 24/7 EMT (Emergency Medical Technicians) on campus.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>AUTO EXPENSES</b>		
• On-and-Off Campus Transportation.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>TAXES</b>		
• IRS Medical Deductions (Entry Fee, Monthly Service Fee)*.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>ADDITIONAL</b>		
• Health Club Membership (includes pools, athletic equipment, fitness trainers & classes, pickleball courts, Life Enrichment programs, etc.).....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• 24/7 Security & Emergency Communications System.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Social, Educational, Technological and Cultural Programs.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• Seven Restaurants (Carry-Out & Meal Delivery Available).....	<input checked="" type="checkbox"/>	<input type="checkbox"/>
* Consult with your professional tax advisor to achieve maximum tax deductions.		

# Does John Knox Village have your vote?





# 'Tis The Season To Give Thanks

## Why Pass Up Having Your Name On A Place That Is Fun?

**Rob Seitz**  
Gazette Editor

As we approach the holidays, we often refer to this time of the year, as the “Season for Giving.” The John Knox Village community is privileged to include among its residents, many who give of themselves through volunteering, assisting others, and sharing through charitable donations. Here are just a three of the stories during this “Season for Giving.”

### Bayer’s Poolside Pub

Jackie and Dave Bayer have been JKV residents since 2016, and during their eight years they have enjoyed their interaction with the many friends they have met in the Village.

“The main reason that John Knox Village is so special is the residents,” Jackie and Dave told the *Gazette*. “The time, energy, and assets that residents have provided for the betterment of our community in general, and their fellow residents in particular, has been remarkable. Before we moved here, we were both involved in volunteer activities.

“Given the JKV culture, volunteer environment and liberating lifestyle, it didn’t take us long to take advantage of some of the opportunities to volunteer our time that the community provided.”

The Bayers have enthusiastically embraced the JKV lifestyle and its spirit of charitable giving and volunteering. They decided to “give back” with a generous donation to the JKV Foundation.

“This is a very generous community, and we now tend to concentrate on gifting a bit more on opportunities within JKV, such as the JKV Foundation and Employee Gift Fund,” the Bayers said. “We did face a bit of a dilemma, however, when we were considering the opportunity to get the naming rights to the Poolside Pub. We’ve always felt that the motivation to donate should be based on personal inner satisfaction and not external recognition. However, during our considerations, several friends mentioned to us that the Poolside Pub is where the residents go to have fun. We agree, so hey, why pass up an opportunity to have your name on a place like that?”



JKV Resident Carmel Provencal (second from left) was honored for being a volunteer at Holy Cross Hospital for 65 years. She is shown here (L to R) with Holy Cross Mission Leader Mary Carter Warren, D. Min.; CEO Mark Doyle, and Volunteer Services Manager Chrissy Turner.

### The Culture Of Volunteering

It may be no coincidence that Carmel Provencal arrived in Ft. Lauderdale from Michigan on the same day in 1959 as a group of Sisters of Mercy from Pittsburgh.

When the 17-year JKV resident, now 97, first met them that summer, the sisters wore black wool habits. She told the women she was a seamstress and could make them white cotton habits that would feel cooler in the Florida heat. She sewed three habits each for the 10 sisters.

“That was quite a number,” said the Cassels Tower resident, “especially with all those pleats.”

Holy Cross recently honored Ms. Provencal for 65 years of volunteering, mostly as a seamstress. The hospital said she had logged 45,360 hours over the years. Holy Cross is a member of Trinity Health.

Ms. Provencal said that she has actually sewed for the hospital for about 60 years, since she has slowed down in recent years and her hands don’t give her the ability to do as much work as she used to. But she was thrilled with the recent recognition.

“I am glad that what I have done in the past, has come to the surface,” she said. “I really feel rewarded.”

She also worked in other areas as a member of the hospital auxiliary, including the front desk, gift shop and auxiliary office. She was also a Mercy Associate for about 15 years. Mercy Associates partner with the Sisters of Mercy to share in their spiritual life and service to others.

Over the years, she has stitched countless items for the hospital, including knit caps and blankets for babies, bags that attach to walkers, mats for surgical instruments in the operating room, and quilts for patients in palliative care and hospice.

“Carmel embodies the core values of Holy Cross,” said Mark Doyle, President and CEO of Holy Cross Health.

He presented Ms. Provencal with a plaque and flowers at a celebration for her during National Volunteer Month. “She is an integral part of Holy Cross and a true treasure to us,” Doyle said. “Over the years, she has touched the lives of so many here at Holy Cross and in our community.”

– Valerie Schremp Hahn, Catholic Health World

### The Logue Resort Pool

Nancy and Ken Logue moved to JKV from the Florida Keys three years ago and enjoy their lovely villa home in the South Garden neighborhood.



Left to right: JKV residents and Foundation contributors Jackie and Davd Bayer with JKV Foundation Director Bailey Moroney and JKV Foundation President Clark Rechkemmer.

As longtime residents of beachfront homes in Lighthouse Point, the Turks, Caicos Islands, and the Florida Keys, the Logues are very accustomed to living on the water.

As Nancy told the *Gazette*, “Ken and I are water people.” Suffice to say, it makes perfect sense that the Aquatic Complex has become their favorite destination on campus. They go for relaxation, sun, socialization and fitness classes. Nancy even used the pool for some recent physical therapy sessions.

Through the years, the Logues have been very philanthropic, and since arriving at JKV – with their affinity for the watery resources provided at the Aquatic Complex – they decided to make a difference there.

“My heart goes out to the JKV Foundation, so Ken and I decided to donate our share to the general fund so [former Executive Director] Mark Dobosz and his team can decide how best to use the money.”

In recognition of their generosity, the Foundation has named the resort pool at the Aquatic Complex the Logue Resort Pool.

Founded in 2003, the JKV Foundation provides funding to enhance and improve the lifestyle and future well-being of JKV Residents through effective acquisition and stewardship of contributions from both residents and members of the community.

Nancy, a retired veterinarian who volunteered and worked on the Board for a non-profit homeless foundation, knows first-hand how challenging it can be to raise non-designated funds.

Mr. Dobosz added, “As Ken and Nancy both know, funding can be a difficult process. Only 20 percent of all residents donate to the Foundation. We are so appreciative of the Logue’s donation to help us continue to have a great impact on the residents here at JKV.”

Together with Nancy, they raised twin sons in Lighthouse Point, who went to Pine Crest School. Both sons were on the swim team and were involved in the start of the crew team there.

Ken, who also went to Pine Crest, was on the swim team as well. They have five grandchildren who, like their grandparents, have a true love for all water activities. Nancy says the kids love coming to the JKV pools when visiting with them.



Left to right: Former JKV Foundation Director Mark Dobosz with Nancy and Ken Logue during the presentation of the plaque which reads: “The Logue Resort Pool, Honoring the Generous Philanthropy of Nancy & Ken Logue.”

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

A	L	M	S		T	A	R	N		A	D	A
C	I	A	O		O	G	E	E		S	E	L
H	E	R	L		P	A	S	S		I	N	C
		S	A	B	A	L		K	E	N	Y	A
S	C	H	N	O	Z		T	H	E			
N	A	G	O	R		J	U	I	L	L	E	T
E	N	A			B	A	B			A	T	A
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M	O	N	G	O		S	A	O	N	E		
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8	1	9	2	6	4	3	7	5
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5	2	1	7	8	3	9	6	4
6	8	4	1	9	2	7	5	3
9	7	3	4	5	6	2	8	1
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3	5	7	6	2	1	8	4	9
1	6	2	9	4	8	5	3	7



# Avoiding Estate-Planning Disasters

**Scott Montgomery**  
Gazette Contributor



*Scott Montgomery, CLU, ChFC*

Annual reviews of your financial accounts are critical to ensuring your wishes are followed after you are gone. Whether you do this at the start of the year or after filing your tax returns, check how your accounts are titled and who is named beneficiaries to ensure this information matches your current life circumstances and evolving tax laws. A mistitled financial account or lack of a named beneficiary can lead to a wide array of potential problems down the road. For example, if it has been several years since you last updated your retirement plan’s beneficiary designation form, the assets you intend to pass to a current spouse or children may end up in the hands of a former spouse. Instead, make it a habit to regularly review your estate plan and ensure your assets are adequately protected within the context of current laws, including the tax code.

### Account Ownership

The law provides individuals with options for structuring ownership of real and personal property, including bank accounts, brokerage accounts and retirement savings accounts. How these assets are titled, especially when they are owned by two or more people, can help to avoid probate at the time of one account owner’s death and limit exposure to potential legal judgments and tax liabilities in the future.

Joint Tenancy with Rights of Survivorship allows property owned by a deceased individual to pass outside of probate directly to the other property owner(s), who consequently can receive a step-up in their share of the property’s cost basis and minimize their exposure to capital gain taxes should they sell the property in the future. However, it is important to note that joint tenancy with rights of survivorship overrides any

wishes an individual expressly communicates in their will. Should a decedent wish to pass an asset to someone other than the co-owner, an estate tax liability may be unknowingly created when the second owner passes away. Therefore, careful planning is essential.

Joint Tenancy by the Entirety applies only to property a married couple owns together. Because this form of ownership considers the couple to be one entity, it protects assets from creditor claims filed against one of the spouses while also allowing assets to transfer outside of probate directly from one spouse to the other.

Tenancy in Common tends to create a probate issue when one owner passes away. The decedent’s interest in that property becomes a part of their estate, which can be passed to beneficiaries named in their will.

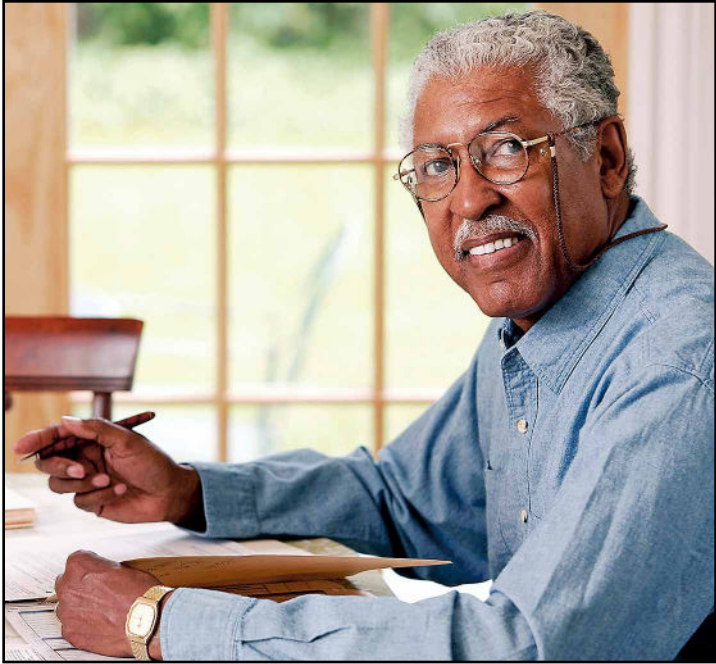
### Beneficiary Designations

Titling property ownership is not the only way to direct how your assets will be distributed at the time of your death. While you may use your will to communicate the individuals you wish your assets to pass to, the beneficiaries named on your retirement accounts and life insurance policies will ultimately receive those assets. Conducting regular reviews of your will against your account beneficiary designations and asset ownership structures can help avoid conflicts that may prevent an inheritance from going to the intended beneficiaries.

### Trusts

Another strategy for avoiding the very public and costly probate process and ensuring assets pass to intended beneficiaries is to create a trust in which you specify how and to whom you wish your assets to be distributed after you pass away. Assets transferred into the trust should be retitled to reflect the trust as the new owner. Remember to continue funding the trust to ensure it serves its intended purposes. Failing to do so is like having a house with no furniture. It’s nice, but it won’t meet all your needs.

Every estate is unique and requires a review of an individual’s needs and goals to optimize plans for building wealth in life and distributing assets to care for future generations after death. Working with experienced financial planners to appropriately title accounts can help to ensure these goals are met while protecting assets and minimizing tax liabilities.



*Develop an estate plan to protect and preserve your assets for future generations. Image source: Getty Images.*

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# Counteracting Internalized Ageism

**Ketsia Levasseur, MA, CCM**  
Gazette Contributor



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

*Tweet: Oct. 9 is Ageism Awareness Day. Prejudice against older adults is so widespread we often inflict it upon ourselves without even thinking about it. Negative age beliefs have been shown to affect physical health and longevity. See what you can do to counteract this way of thinking.*

People over age 65 exhibit a vast range of abilities both mental and physical. Unfortunately, ageism (the negative stereotyping of older adults) links advancing years with decline in a manner that disregards individual capability. From degrading birthday cards to discrimination in the workplace, 82 percent of older adults report experiencing ageism in their everyday life.

### What Is Internalized Ageism?

Most insidious is internalized ageism, when we look down on ourselves, often without realizing it. Blaming age when we can’t remember a word (“a senior moment”). Feeling flattered when we’re told “You don’t look [your age].” Not considering an interesting activity at the senior center because we “don’t want to be around all those old people.”

It turns out such negative age beliefs can significantly reduce life expectancy. Multiple studies across many years and many cultures have shown that people with negative beliefs about aging die as many as seven and a half years earlier than those with positive age beliefs. (The studies accounted for the influences of income, education and health status.)

Those with negative age beliefs are less likely to engage in healthy behaviors. “If it’s all downhill from here, why bother?” Those who are age positive are more proactive about retaining the health they have. People with internalized ageism test higher for C-reactive protein in the blood (a marker of chronic inflammation). Those with a history of age-positive attitudes have lower levels. Also, people with negative age beliefs don’t seem to invest as much psychologically in living a gratifying life. Those who are age positive usually have a sense of purpose or meaning.

In other research, people briefly shown age-positive messages (e.g., depicting older adults as wise or accomplished) had improved scores in subsequent tests of memory, blood pressure, walking and balance. Those exposed to negative concepts of aging (e.g., being senile, dependent) had worse memory recall and a heightened stress response afterwards.

### Positive Forward-Thinking Attitudes

What can be done to reduce internalized ageism? Other cultures celebrate people who have achieved advanced age. Despite decades of ageist messaging in the United States, we can turn things around within ourselves. Keep an ageism journal. Note each remark you hear that centers on someone’s age. Was it positive or negative? If negative, was it based on ageism (a stereotype) or an individual’s actual ability? Stay



*Have a fun and positive attitude toward aging.*

alert to your own ageist thinking. Reframe your self-talk to avoid stereotypes.

Identify five things that you enjoy about being older. Acknowledge them. Add more age positivity to your life and start reaping the benefits.

Want to work with age-positive professionals? Give us a call at 954-446-7022. Learn more about our services at [www.premierconciergeccm.net](http://www.premierconciergeccm.net)

*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@premierconciergeccm.net](mailto:ketsia@premierconciergeccm.net)*



# In Good Taste: Bulgur & Grilled Zucchini Salad

JKV Residents Love To ‘Cook, Laugh, Eat,’ With Chef Alice

Rob Seitz  
Gazette Editor



Chef Alice Colin

Aligning with John Knox Village’s programming theme centered on the Blue Zone Diet, frequent Village presenter Chef Alice Colin offered up a tasty plant-based cooking demonstration for residents.

Bulgur and Grilled Zucchini Salad with Chickpeas, Currants and Toasted Almonds were kicked up under Chef Colin’s culinary creativity. Grilled zuc-

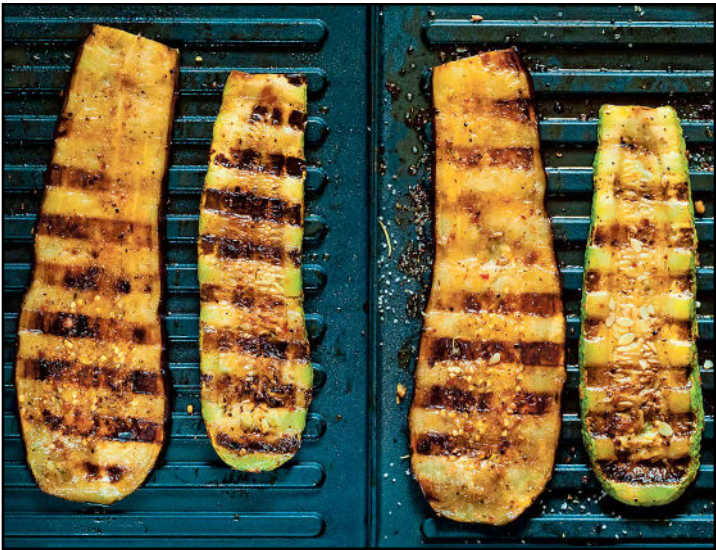
chini is a simple pleasure, with the high heat coaxing smoky, sweet flavors from an otherwise mellow squash. Bulgur, the underrated steamed, dried, and cracked wheat berries that wow in tabbouleh, is ideal for this recipe providing a pleasing heartiness.

The addition of chickpeas, currants and toasted almonds delighted residents. Feta cheese is often included in this salad, this is a Blue Zone recipe, after all.

## Bulgur & Grilled Zucchini Salad with Chickpeas, Currants and Toasted Almonds

Serves 4-6

- Kosher salt and freshly ground pepper, as needed
- 1 cup #2 (medium) bulgur wheat
- 1 cup boiling water



Grilled zucchini cut into planks is one of the main ingredients in Chef Alice’s salad.

Place bulgur in a large microwave safe bowl. Add to the bowl the boiling water and ½ teaspoon salt. Cover bowl with plastic wrap. Let stand for 1 hour, until water is absorbed, and bulgur is cooked. (Bulgur may be cooked up to two days ahead and reserved, refrigerated for up to 2 days ahead.)

### Salad Ingredients

- 1 tablespoon olive oil
- 1 large zucchini, cut lengthwise into ½ inch planks
- 1-15 oz. can chickpeas, rinsed, well-drained and patted dry
- ½ cup currants
- ½ cup chopped mint

Toast cumin seeds in a dry skillet on high heat, stirring until darkened and fragrant, 2-3 minutes. Trans-

fer to a mortar and pestle. To the same skillet over medium heat, add sesame seeds and toast for 1-2 minutes, immediately transfer to mortar and pestle; (or use the back of a spoon) to coarsely grind both seeds. Set aside.

Brush both sides of sliced zucchini with olive oil. Heat a grill or ridged grill pan over medium-high heat. Cook zucchini, just until grill marks appear, 2-4 minutes per side. Remove zucchini to a plate to cool, then cut into ½ inch pieces.

### Pomegranate Molasses Vinaigrette

- 2 teaspoons sesame seeds, toasted in a dry skillet, just until golden and fragrant, 1-2 minutes. 1 teaspoon cumin seeds, toasted in a dry skillet, just until golden and fragrant, 1-2 minutes.
- ½ cup olive oil
- 3 tablespoons pomegranate molasses
- 2 tablespoons red wine vinegar
- 1 tablespoon honey or maple syrup
- 1 small shallot, rough chopped
- 1 medium clove garlic, rough chopped

**Vinaigrette:** Add all ingredients to a small food processor or blender until completely smooth. Season to taste with salt and pepper. Add the bulgur to the bowl of zucchini, along with chickpeas, currants and mint. Mix in the vinaigrette. Toss gently. Taste for seasoning. Salad may be served warm, room temperature or chilled, and will keep refrigerated for up to a week.

# A Story With Every Sip

JKV’s Sommelier Shares His Wine Wizardry With Residents

Rob Seitz  
Gazette Editor

A Friday night event created a buzz at John Knox Village that still has residents talking and asking for more.

Ulas Gungor, Food and Beverage Director and Sommelier at JKV, South Florida’s premier Life-Plan Continuing Care Retirement Community, orchestrated a wine-tasting class presenting an exquisite selection of four white and four red wines.

The residents, a lively blend of novices and connoisseurs, gathered at the first-floor Westlake Eatery in JKV’s latest crown jewel Westlake apartment building.

As the native of Istanbul, Turkey unveiled the first bottle—a 2022 Lucien Albrecht Alsace Riesling Reserve—a chorus of intrigued murmurs filled the room.

### JKV’s Staff Sommelier

Mr. Gungor, who received his Level II Sommelier Certification from Northern Virginia Community College, did not just pour the wine; he wove tales of distant lands—in this case the northeastern region of Alsace in France on the Rhine River, bordering Germany and Switzerland. Mr. Gungor noted the wine’s bright acidity and clean, refreshing finish as he spoke fondly and knowledgeably of the sun kissing the grapes, and of the farmers’ painstaking care.

To follow was a Marc Bredif Vouvray from France’s Loire Valley, New Zealand’s Cloudy Bay Sauvignon Blanc, and Chalk Hill Chardonnay from Sonoma.



JKV Sommelier Ulas Gungor presided over a wine-tasting class at JKV’s Westlake Eatery.

Mr. Gungor deftly followed the whites with the famous Villa Pereire Cotes du Rhone, a delightful red blend of Grenache and Syrah from the south of France.

Helena, CA is home to The Prisoner Wine Company, where Mr. Gungor referenced as he poured a delicious 2021 Unshackled Cabernet Sauvignon, with its aromas of blackberry, blackcurrants, and hint of olive tapenade.

With a 2018 bottle of La Petite Lune as his choice, Mr. Gungor demystified decanting for the crowd. “A lot of it is for show,” he said. “Decanting does not appreciably change the taste of the wine, but it certainly makes for a great presentation.”

Moss Roxx Red Zinfandel and Red Diamond Cabernet Sauvignon rounded out the evening’s pours and discussion points.

Laughter and conversations blossomed as the reds and whites were savored, personal anecdotes exchanged, and the room buzzed with the joy of shared discoveries. It was not just a wine-tasting class; it was a journey, a lesson in the art of living and appreciating the moment, led by a man who believes that every

bottle has a soul waiting to be discovered.

### Proper Pairings Make The Differences

Resident Shari Vordermeier had this to say about the wine-tasting class: “Ulas treated us to an intimate, educational evening of wine tasting. He is a wonderful wine steward. The wines he selected were pair-related side-by-side making it easier to identify similarities and differences.

“My favorite was the introduction he made to Lucien Albrecht Riesling from Alsace, France. Lucien just happens to be the name of my oldest grandson. Thank you for an evening of delicious wines and new friendships. I look forward to future events with our Sommelier Ulas.”

Up next will be a cocktail-making class on the fourth-floor open-air Terrace at Westlake. Mr. Gungor, who also has his Spirits Certification, will discuss Scotch and Bourbon with food pairings. Residents will also learn how to make—from scratch—Margaritas two different ways, as well as the perfect Old Fashioneds and Whiskey Sours.



Sommelier Ulas Gungor explains the importance of decanting the wine.



# JKV: A Haven For Artists

## Diane Delorey Finds Creativity In Her Lakeside Villa Home

**Marty Lee**  
Gazette Contributor

Diane Delorey originally comes from Texas, the land of “*Friday Night Lights*,” where football is king. She told the *Gazette* that she was the Dutchess from West Texas in the Texas Rose Festival, and was a debutante in two cities. With such societal influences, how did Diane get interested in art?  
“My mother enrolled me in art classes when I was in the sixth grade,” Diane said. “In high school, I won a statewide award for a watercolor painting.”



She followed her ambitions and graduated from Texas Tech University with a degree in advertising art and a minor in illustration. She married a football player and moved to Tyler, TX, where she worked for small ad agencies, doing illustration and design.  
Her marriage did not work out, so she moved to Dallas, and worked with national advertising clients, such as Pepsi, Frito-Lay, Harrah’s Casino, Embassy Suites, and Dr. Pepper.  
All was great, until she asked to take a three-month leave from advertising. She wanted to take a break and cruise. She got a job as a charter yacht chef for three months. However, those three months turned into a 30-year charter yacht chef career.  
She moved to Ft. Lauderdale after leaving the seas,



Diane Delorey painting at home in her Lakeside Villa.

and looked for work, “But advertising was all different, everything was computerized. I got a job as a receptionist at Northern Trust. I worked with clients from 8:30 a.m. to 5 p.m. and had the time, so I started painting again.”  
Her technique, which she calls Impressionistic Pointillism, caught the attention of art lovers. At the time, she was living in Palm Aire, down the road from JKV, and while there sold many of her paintings to friends in the community. She has also sold in several art galleries around the Ft. Lauderdale area.  
With no immediate family in the area, Diane started looking toward her long-term future. Knowing about JKV, she got on the wait list in January 2024 expecting that it might take a long time to sell her apartment at Palm Aire.  
But, as Diane said, “serendipity happened.” Life-Plan Consultant Susan Lawrence let Diane know there was



The pink flamingo outside Diane Delorey’s Lakeside Villa.



an exceptional villa available on Lake Maggie. At the same time, with so many apartments for sale in Palm Aire, her residence quickly attracted an eager buyer. She moved to JKV in May.  
Since moving, Diane has found her place with water Pilates, water aerobics, lap swimming, Taco Tuesdays and Karaoke. She is taking stained glass lessons with resident Milton Graves, and has gained many friends who call Diane, the ‘Flamingo Lady.’  
Serendipity indeed. Diane has found a home that enhances her lifestyle, and as she says, “I plan to continue painting every day.”

# The Family And Other Relationships

**Dr. Roberta Gilbert**  
Gazette Contributor



Dr. Roberta Gilbert

In the last issue of the *Gazette*, we discussed the first and second parts of the first concept of the new theory of psychology, “Bowen Family Systems Theory,” Conflict and Distance. They both play an important part in relationships.  
Dr. Murray Bowen, a Georgetown University professor of psychiatry, and my mentor for more than eight years, believed that lying on a couch and saying everything that entered your mind was not an acceptable way to go into science. He laid out the theory on the basis of what he saw in his clinical practice, as did Sigmund Freud, but the two theoretical frameworks came out quite differently.  
That first concept has four parts, so today we’ll explore the second half of that first concept: Over- and Under-Functioning as well as Family Projection Process.

### Over- And Under-Functioning

In an over- and under-functioning relationship, one is the leader and one the follower. The leader has all the ideas, and most of the energy for getting things done. He or she knows what to do about most everything and does it. We say he or she obtains “self” from the other in this way. His or her health is usually good.  
On the other hand, the other goes along with the over-functioner’s programs almost all the time. Giving up so much self to another, though, means that the under-functioner pays a price. He or she has less energy, and often becomes ill: Physically, mentally, emotionally, maybe even spiritually. The over-functioner is happy to make all the doctor’s appointments, and often delivers the patient back and forth to them.  
Though it is present in many marriages, this is not a relationship of equals. Relationships go much more smoothly if the two do treat each other as equals—not only in marriage but in all important relationships.  
The last description in Concept #1 is that of Family Projection Process. Here, there is an over- or under-focus, usually on a child. With our children and grandchildren, it is possible to over- or under-focus. Either tends to affect the other person. With too much focus, a child will grow up always trying

to be a pleaser, doing to perfection what is expected. Under-focus may produce one who doesn’t learn the rules of relationships or of life itself. He or she is likely to become wild and out of bounds.  
All of these postures, as well as basic principles from philosophical differences, have driven a wedge into some familial and social interactions. With the holidays quickly approaching, and with requests from readers, in my next *Gazette* column we will take a break from the theory itself, and think about what to do when faced with these postures.  
In the meantime, here are some starters to consider:  
**1. Be on the watch for the postures in self. Often, just this intervention will show you what you need to do.**  
**2. Try to be the calmest one in the room.**  
**3. Humor. A quick joke can work wonders.**

*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.*



# Taking The Road Less Traveled

## 'It's Not The Destination, It's The Journey' – Ralph Waldo Emerson

**Janet Anding**  
Gazette Contributor

If you have been following my current series of travel stories in the *Gazette*, you may remember my journeys to Timbuktu or Australia. As long as I can remember, travel has been my passion, and recently my itch to travel was needing a scratch.

I have explored many countries during my years of travel. This time my column is different. It is not about the destination, but about “*The Journey*.” It just happens to be one of my best travel stories ever.

### Wanderlust Strikes Again

Life is great at John Knox Village and I very much love my beautiful new apartment at Westlake, especially now, as all the boxes are unpacked. Still, my passion is travel and I had no future trips confirmed. Three trips had been planned, two land trips and one cruise, all on waitlist status for travel between this month and next June. How does this happen that I am on waitlists? I believe the world is on the move.

Remember Niue and Nauru? I have been trying to get this trip to the Pacific Islands since 2018. I often receive positive communications that look like we will be going this month, but they are still working on hotel accommodations. Also, I am still waiting on final plans for a trip to South America in February, traveling with another JKV resident, my friend Liz.

Plus, I have been on a waitlist for a year and a half for a cruise in the spring from Barcelona via northern Europe and Greenland to Ft. Lauderdale. Must be all the retiring Baby Boomers.

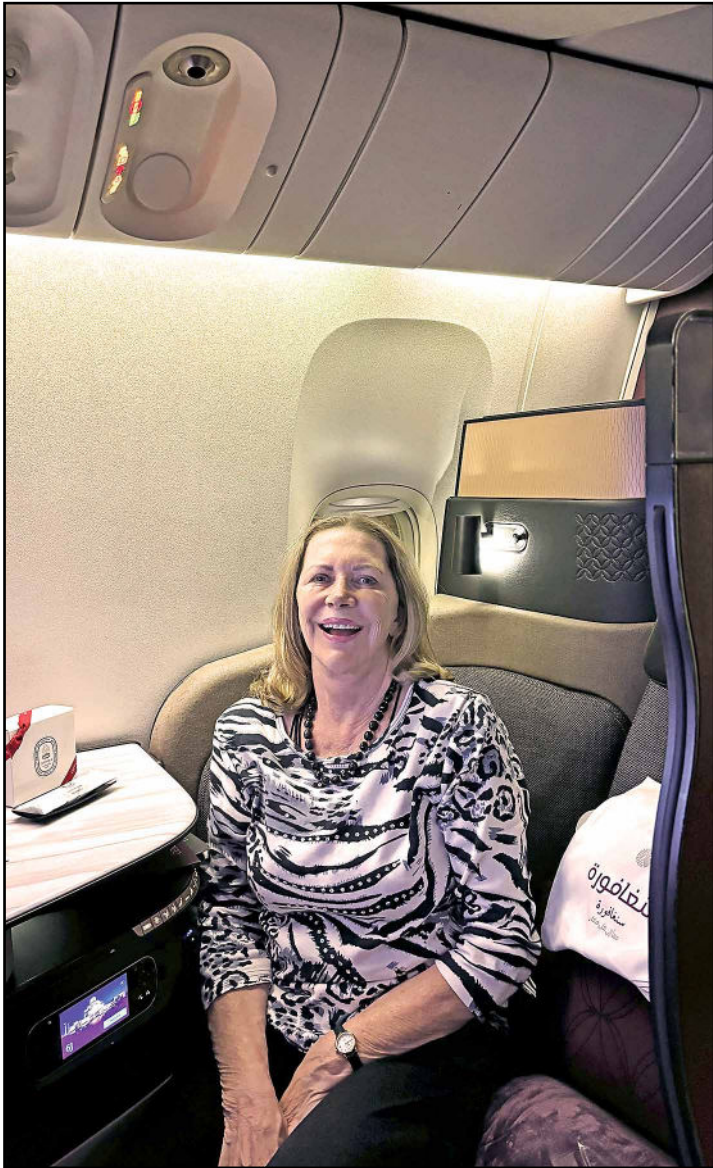
### When To Go? Where To Go Now?

I had wanderlust. It had to be soon, no visa required and not complicated. In this story, I will be mentioning the airline I flew on. I want to say that I do not and have never accepted any remuneration, fees, upgrades etc., for using any travel company’s names in my writings. I just enjoy writing about great experiences.

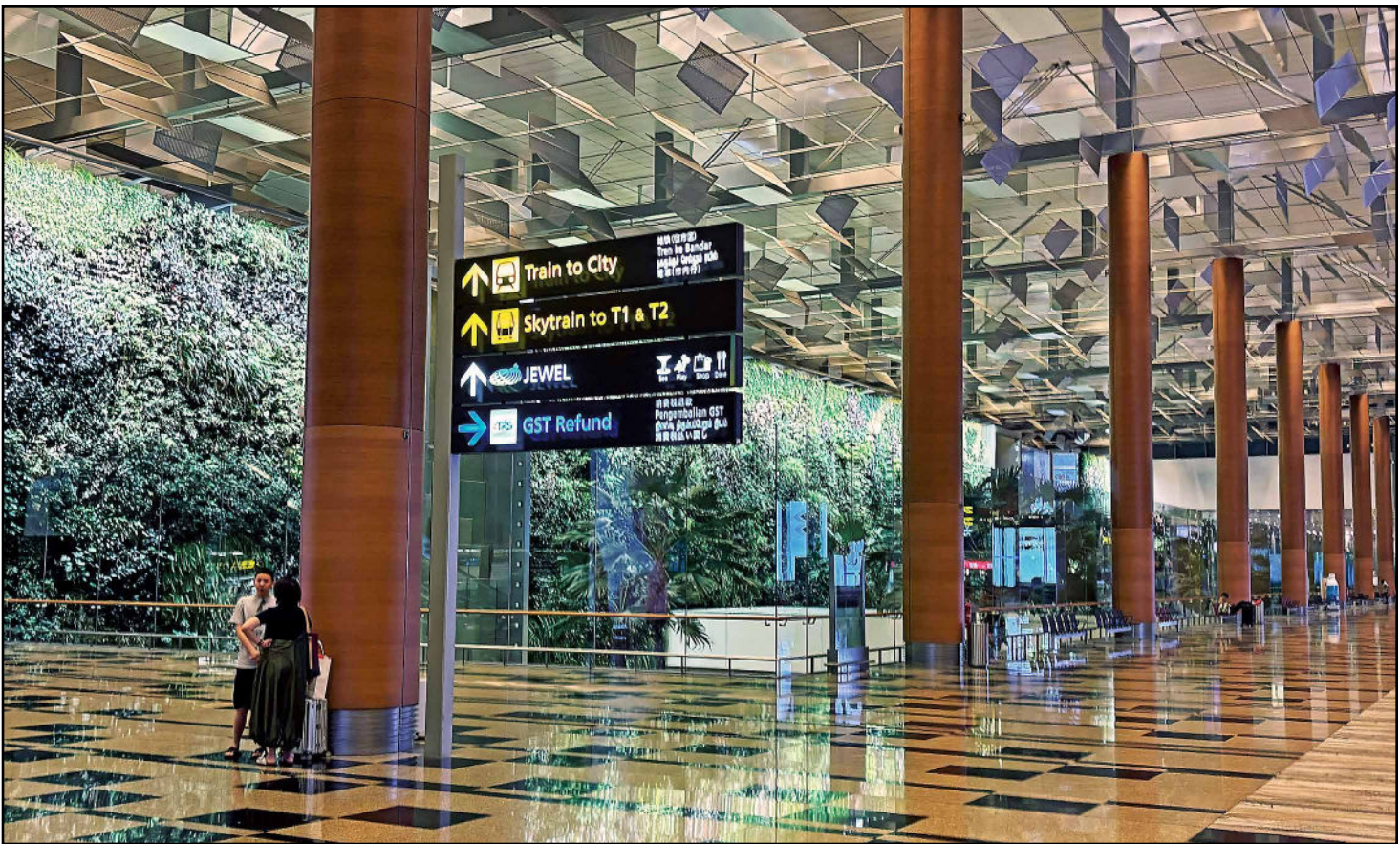
For 20 years, I have wanted to fly on an Air-Bus A-350, and for over 10 years I have wanted to fly on Qatar Airways. Since 2011, they have been voted the top airline in the world eight times, including in 2024. Since Qatar flies A-350s, I zeroed in on that. Additionally, they are also part of the Oneworld Alliance that accepts and rewards American Airlines’ Frequent Flyer miles. Perfect.

I wanted to go immediately to Paris, but it was August and with the Olympics, hotels were scarce. Why fly six-plus hours and 3,000 miles more each way via Doha?

Playing with the globe, I got excited about revisiting Singapore – one of my all-time favorite places. I spent a lot of time there in the ‘80s and except for a three-day visit in 2008 prior to boarding a cruise, it has been 37 years since spending time there. By August, it had now been 10 months since traveling on an airplane internationally. That is the longest span I have ever been grounded since I was 15 years old in 1965 and just beginning my many journeys. No wonder that itch was harsh.



Janet relaxes in her Qsuite. Janet Anding photo.



With her landing focused on the Singapore Airport, Janet describes her Journey. The Destination story about Singapore itself will follow in the next issue of the Gazette. Janet Anding photo.

### Now The Journey

I decided to go all out on this. Many friends have told me their stories of Qatar Airways’ exceptional service. A “Qsuite” is a single, lay-flat business class seat with a window on one side and an aisle on the other with a lockable sliding door. The two seats in the center have a removable partition and can be made up as two single or one true double bed. Furthermore, by lowering the partition in front of you, it becomes a four-seat family suite.

Check-in was a breeze and in five minutes I was off to the biz-class lounge. I realized some of my siblings and friends would never choose to take flights and layover connections of this length.



Exquisite meal served in-flight. Janet Anding photo.

### Top Marks For Customer Service

The ground and in-flight staff was outstanding. They met all needs and more. My first leg Miami-Doha was 14 hours. Perfect time for cocktails, then dinner with up to three full meals, from lobster to steaks and more, during the flight. All very gourmet including Chinese, Japanese and Indian selections. After dinner, pajamas, slippers and eye shades were delivered and the Flight Attendants flattened the seats and made up the sleeping arrangement with bedding.

**FYI:** The lavs are double in size including a full-length mirror, cosmetics and toiletries. Very nice; I had changed into my jammies in my little suite. I slept 10 hours on the first flight and still had time to refresh before breakfast.

### How Big Is A “Qsuite?”

My Qsuite, for example, used seats 1A and 2A to make a rectangle and were partitioned into two L-shaped triangles. Each suite had a seat and a side cushion/storage unit plus a cabinet and shelf in front with the TV screen. From the door over the seat and cushion to the window was four-and-a-half feet wide. The entire length of the flat bed was seven feet long, and two-and-a-half feet wide at the very bottom.

I am 5’10” and I never found the bulkhead at my toes. My neighbor was sitting facing aft. My legs were under his cabinet and his under mine. All privately partitioned. On purpose, I chose a rear-facing seat on the last leg, and it was perfectly fine. Everything was cozy and worked very well.

Including three-hour check-ins, my eastbound trip took 34 hours, and return was 43 hours total. I had a 12-hour layover in Doha on my return. Then a 17-hour flight due to normal westerly headwinds.

On flights with long connections, city tours and private bedroom cabins inside the biz lounge were available. The Doha Lounge has been voted the best airline lounge in the world and it lived up to expectations. On that layover, I reset my internal clock to Miami time with a long nap in the mini-bedroom plus an 11-hour sleep during the 17-hour flight arriving home actually pretty fresh.

### Pampering Is A-OK

As a retired airline manager, my travel odometer is up to five million miles and I wanted this experience. If I was a few years younger, I would apply for a job with Qatar Airways. It was my very best journey ever. At the end of every flight, they gave us boxes of chocolates. They were excellent.

### Singapore Is A Beautiful Destination

The main reason I took this trip was the airline experience: “*The Journey*,” and revisiting Singapore was the cherry on top. I will be writing the second part of this trip: “*The Destination Singapore*,” and it will be in the *Gazette* in Volume 12, Number 6 coming in December.

Additionally, on this trip, the country of Qatar became the 157th of 193 UN countries, and 229th of 339 countries and territories in The Century Club that I have visited in my lifetime.

*Editor’s Note: As the Gazette went to press, Janet was still waiting to hear if her tour of nine islands in the Pacific Ocean is a go. Niue, a 100 square mile island with only 1,700 inhabitants, has scarce hotel rooms. She will know shortly if the tour is confirmed.*



Janet arrived in Singapore in time to celebrate its 59th anniversary of independence from Malaysia. More to come about Singapore in the next issue of the Gazette. Janet Anding photo.

John Knox Village Westlake resident, **Janet Anding** enjoyed a 23-year career with Trans World Airlines and traveled the world. After her travel to Qatar, Janet has now visited 157 of the 193 countries in the United Nations, and 229 of the 339 countries and territories in the “Travelers’ Century Club” list. She has now crossed the equator for the 54th time in her life. 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.



# Remembering Her Tuneful Legacy

*JKV Fondly Reflects On Peggy Joyce Barber: January 7, 1930 — August 4, 2024*



*Peggy Joyce Barber (center front row) surrounded by members of the Nova Singers was proudly honored in a concert at John Knox Village in May 2023.*

Nova Singers’ founding musical director and long-time mentor, Peggy Joyce Barber, 94, passed away peacefully at her John Knox Village home on Aug. 4th. She had remained an honorary director emeritus since turning over the conducting reigns to Chuck Stanley in Fall of 2010.

According to John List, Marketing Director of the Nova Singers, “Peggy was a loving — but demanding — director and those of us, who were either charter members or joined her community chorus in those early years, will remember her uncanny energy and endless enthusiasm for bringing quality choral music to audiences in Southeastern Florida.”

Legend has it that Nova Singers — originally Nova University Community Singers — was founded in Fall of 1976 in her living room with a zealous group of her former Stranahan High School students. Together they sought a choral vehicle to keep singing after graduating high school. The choir’s founding accompanist, Dana Davis, had been Peggy’s accompanist for Stranahan Singers all four years of high school and continued as the choir’s accompanist for 30 years, before relocating to North Carolina.

In the choir’s early years, Peggy secured the important financial support and endorsement of Nova University — now Nova Southeastern University — and the school’s then-President, Dr. Abraham Fischler and Board Chairwoman, Mary McCahill. Both Fischler and McCahill shared Peggy’s passion for the arts through their support of the NSU Art Museum — Fort Lauderdale and the Nova Singers. Both were frequent attendees and financial supporters of the choir’s concerts throughout Southeastern Florida.

Nova Singers credits Ms. Barber with the vision to perform in such prestigious venues as Carnegie Hall, the National Cathedral in Washington, D.C. and in many cathedrals in Europe. She was the catalyst for the choral group’s first European tour to Germany, Austria and Switzerland under then Assistant Director, Chuck Stanley. Other choir tours have included

singing at The Vatican in Rome and in several concert halls throughout Europe.

As Nova Singers launches their 50th Concert Season, the choir is dedicating the year to Peggy Joyce Barber and plans to tour the Baltics States, including Estonia, Latvia and Lithuania.

In addition to her work with Nova Singers, Ms. Barber was a choir director for several Southeast Florida congregations as well as a recruiter, coach and supporter of The Florida Singing Sons and The Girl Choir of South Florida.

**JKV Residents Remember Peggy**

Several JKV residents were members of the Nova Singers and shared their memories of Ms. Barber with the *Gazette*.

“Peggy was not only an incredible musician and choral director, but she truly cared about everyone in the chorus,” said Cassels Tower resident Norma Jenkins, who joined the Nova Singers in 1984. “Her commitment to our being a family was primary for her. Peggy mentored many musicians, both high school and adult. Her legacy will last for generations.”

Village Towers resident Claudie Payer first met Ms. Barber in the late ‘70s. “I am a trained singer and was with my church choir,” Claudie said. “My choir director said that I needed greater challenges and suggested I visit a rehearsal of the Nova Singers and to ask for an audition. I got in right away and was attracted by the quality and selection of the music.”

Claudie sang with the Nova Singers for more than 45 years and remembered Ms. Barber for her ability to develop the singers.

“Even if you were not a trained musician, she would work with you to bring out your best. Musically she was superior, truly a musician’s musician.”

Lakeside Villa resident Dee Davis was a close friend of Ms. Barber’s for more than 60 years. She recalled their first introduction.

“I met Peggy in 1960. My late husband Ron was

teaching at Ft. Lauderdale High School, and Peggy at Stranahan [High School],” Dee said. They were both music directors, and their choirs would often compete against each other. We became friends right away because of Ron and Peggy’s jobs.

Dee recalled how Ms. Barber had found her way to JKV. “In 2004, Ron suggested to Peggy that she should take advantage of a Lakeside Villa at John Knox Village that Ron and I turned down because we were not ready to move. She took advantage of it.

“We then followed Peggy to JKV in 2005. Oddly enough, both Peggy and we had Dalmatians named Pepper, and we often got together to eat at Peggy’s place. Her dog would sit on a chair and eat with us.

“Throughout her health challenges, she stayed in that villa right to the end. Eventually she had a private duty aide round the clock.”

Longtime Heritage Tower resident Twylah Haun recalled her first meeting with Ms. Barber. “I met Peggy when I attended my first rehearsal of the Nova Singers. I was scared to death that I would have to audition for the group but I was seated by a lady, who I found out years later, nodded her head yes or no at the end of rehearsal which erased my need to audition. Thank goodness I stayed on the right page.

“My father-in-law hired Peggy to come to Stranahan High as music director. He said to me, ‘You must go sing with Peggy Barber and the Nova Singers.’ I was always thankful that I listened.

“One of my best memories was watching her organize a community chorus that required directing an orchestra for the Messiah. She met every new challenge with confidence as if she had been doing it for years.”

Peggy has touched hundreds of lives of people who sang under her direction and thousands who attended the concerts. She will definitely be remembered for the gift of beautiful music she gave to each of us.



*The Nova Singers was founded by the late JKV resident Peggy Joyce Barber.*



*Chuck Stanley addresses the JKV audience during the Nova Singers’ May 2023 concert.*



# The Inlet Gets A Name

Another Amazing Story From Dan Hobby On The History Of Pompano Beach

**Daniel Hobby**  
Pompano Beach Historian



Daniel Hobby

One of the most historic spots in the Pompano Beach area is the Hillsboro Inlet. Although today we most often identify its history with the Hillsboro Lighthouse, its significance and name go back much further in time.

The Hillsboro Inlet was given its name by surveyor William de Brahm in the early 1770s. Florida had been acquired by Great Britain in 1763 at the end of the French and Indian War. The British government had learned during that conflict that its military was hampered by a lack of reliable maps and geographic information, and with the return of relative peace, a program was established for surveying the entire eastern seaboard of its North American empire.

### Surveying The Southern District

The British government organized the project by dividing the colonies, which with acquisitions from the French and Spanish empires, now ran from the Arctic to the Caribbean, into two divisions with the dividing line at the Potomac River. A surveyor general was appointed for each district, with William de Brahm selected for the Southern District.

De Brahm was a German engineer and cartographer who had migrated to the British colony of Georgia sometime around 1750. In 1754, he was appointed the colony's surveyor general and quickly became known for his mapmaking skills.

De Brahm was instructed by the British authorities to concentrate his efforts on the Florida peninsula south of St. Augustine, an area about which little was known.



A map entitled, "Chart of the South End of East Florida and Martiers," by William Gerard de Brahm." Image source: Daniel Hobby.

Although the Spanish had controlled Florida for over 200 years before losing it to the British, little effort had been made to survey the southern parts of the peninsula; most early maps of the area showed Florida's eastern coast as a collection of islands.

In the course of his surveying, de Brahm came across "our" inlet, which he named "Hillsborough Outlet." He may have visited the area at a time when high waters in the Everglades caused a strong current of fresh water (as well as snakes and alligators) out of the inlet into the Atlantic.

The Hillsborough Outlet was named in honor of Lord Wills Hill, Earl of Hillsborough. Among his other positions of authority, he was the British Secretary of State for the Colonies from 1768 to 1772, and a fierce opponent of allowing any concessions to the American colonists. He was also described by a contemporary as "a pompous composition of ignorance and want of judgment."



Portrait of Lord Wills Hill, Earl of Hillsborough. Image source: Daniel Hobby.

### Hillsborough Or Hillsboro?

It is not clear how, when or why the spelling changed to Hillsboro, although as late as the early 20th century some maps still used the original spelling.

De Brahm's report was widely hailed as setting a new standard for scientific surveys and in addition to geographic information, it contained his observations on vegetation and the prospects for European agriculture in the region. He also produced the first printed map of the Gulf Stream.

With the coming of the American Revolution, de Brahm moved back to England, where he experienced financial difficulties. He returned to the United States in 1789 and in his declining years, de Brahm became involved in mystical religion and spoke against the harsh treatment of the American Indians. He died in Philadelphia in 1799.

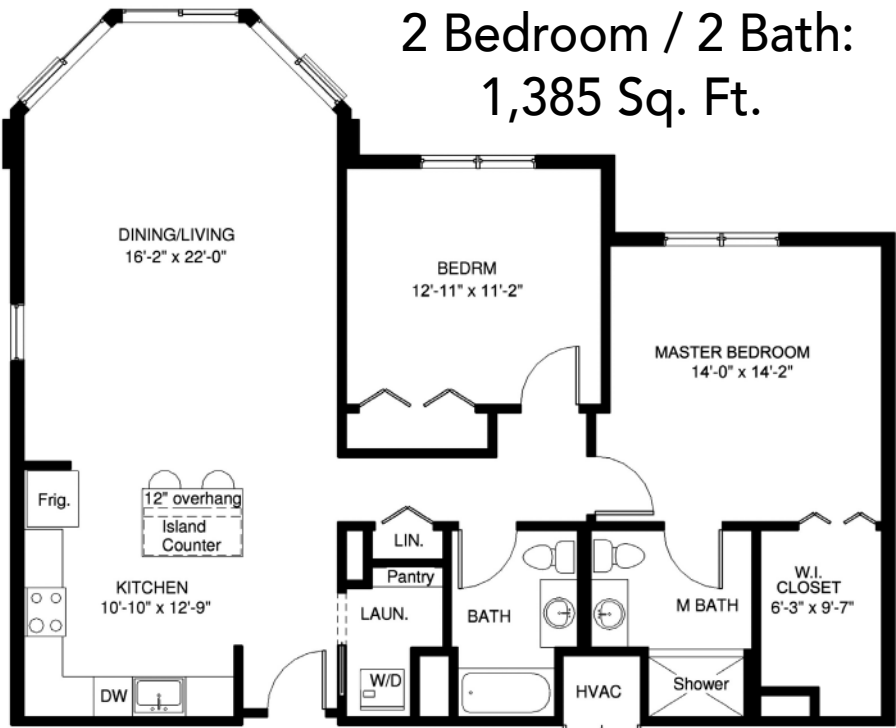
*Daniel T. Hobby, a lifelong Floridian, grew up in St. Petersburg. He moved to South Florida in 1979, and has worked for various historical agencies, most recently the Sample-McDougald House. He is the author of five books on local history, including: "Pompano Beach: A History of Pioneers and Progress."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

## In Celebration Of Its 20th Anniversary JKV Features The Poinciana: See Page 2 For Details Of Our 2004 Throwback Pricing

Heritage Tower is enjoying its 20th anniversary and we're featuring our beautiful Poinciana apartment home. Learn how JKV 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 this month's featured two bedroom/two bath Poinciana Apartment Home located in Heritage Tower.

### The Poinciana in Heritage Tower

2 Bedroom / 2 Bath:  
1,385 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, Bayer's Poolside Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with Cultural Arts Center, The Pearl and Seaglass restaurants, and Barton's Nautilus Bar. Plus, with the opening of Westlake at JKV, there are many more amenities to enjoy, including BV's Coffee Press and Wine Bar, Art Studio, Tech Learning Center, Library, Theater and much more.

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

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

651 SW 6th Street, Pompano Beach, FL 33060  
954-871-2655



The view from the bay windows in the Heritage Tower Poinciana apartment home.



The Poinciana is one of the most popular floorplans available in Heritage Tower.