



JOHN KNOX VILLAGE

# Gazette

A Life Plan Continuing Care Retirement Community

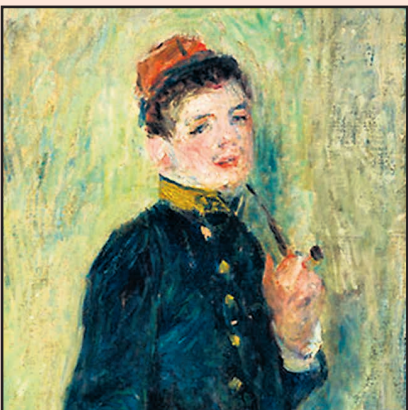
where possibility *plays!*

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## Do You Have A "Bucket List" Wish? Resident Enjoys Sky-High 100th Birthday



*JKV residents Barbara Rowell, Harriett Sams and Pam Gardner getting ready to board a helicopter to fulfill Harriett's birthday "bucket list" wish.*

**Marty Lee**  
Gazette Contributor

In my 17 years working with John Knox Village as a writer, photographer and graphic designer, I have been honored to have met hundreds of seniors who inspired me with their knowledge, wisdom, experience and talents. There are more than a few who stand out as truly inspiring in forging ahead, no matter the circumstances, or what others might have thought or said. These are seniors who have a plan and work to reach their goals. You might say they have a "bucket list" of things they want to do, people they want to meet, or places they want to visit in their lifetimes.

For these "bucketeers," it's not enough to live a long life, play bridge and sit in a rocking chair waiting for time to pass them by. They know what they want, and regardless of age they endeavor to reach the goal line of their "bucket list."

### Meet "Bucketeer" Harriet Sams

Harriett Sams is one of my favorite "bucketeers." This young in mind and spirit lady has always been up for a challenge. An athlete all her life in her hometown of Ft. Wayne, IN, her modest height, at just a touch over five feet tall, never held her back. She excelled at softball (playing on the boys' team)

*See "Bucket List" On Page 2*

## Do You Believe in Magic?

*"Those who don't believe in magic will never find it."*

– Roald Dahl

**Nona Smith**  
Gazette Contributor

On my sixth birthday, my mother gave me the gift of magic in a series of books by Cicely Mary Barker called "Flower Fairies," and my introduction into the enchanting world of make-believe began. The exquisitely drawn fairies in the books wore gorgeous outfits made from flowers or fruits. The tiny fairies are fanciful creatures that live in the treetops, marshes, forest floor and gardens. Wherever and whenever a seed sprouts, a flower fairy baby is born. According to the books, each flower fairy lives and sleeps in their chosen flower, plant or tree. They must look after their plants; keeping them strong and healthy by making sure they have plenty of sunshine and water to drink, polishing leaves, flowers and stems to show off their beauty to best advantage and attracting bees to help with pollination.

I believed in these tiny fairy wisps with butterfly wings so much I would look for them in my family's flower and vegetable gardens. I would put on the gossamer fairy wings my mother had made for me and go look for my fairy friends. Adjacent to our house was a small copse of trees which in the spring had a carpet of bluebells, wildflowers and the occasional primrose. I spent hours

*See "Magic" On Page 4*



*The author has fond childhood memories of the Flower Fairies inspired by the books of her youth.*



## Chase Your Dreams No Matter How Crazy It Looks – Shanice Williams

From “Bucket List” On Page 1

and basketball, where she was high scorer on both her high school and Hillsdale College teams.

Harriett comes from a family of engineers. Her father, husband, son and two nephews were all engineers, and a niece is married to a geologist – an oil explorer. True to family traditions she also wanted to be an engineer, but as Harriett said, “All doors were closed to me, as there was no door open for a woman to become an engineer. I ended up in the math department of the Lincoln National Life Insurance Company in Ft. Wayne. Then I fell in



Harriet Sams enters a helicopter for her 100th birthday “bucket list” ride.

love, got married and the insurance company fired me because they did not want to hire married women.”

### Harriett’s First “Bucket List” Wish

Harriett stayed focused on her marriage, as her husband Hal built an office supply business in the Chicago area. As the company grew and prospered, the Sams had the opportunity to travel and to own property that satisfied one of Harriett’s first “bucket list” wishes. She wanted to own a horse. Mission accomplished, as they purchased a property in the Big Sky Country of Montana.

In subsequent years, Harriet accomplished more wishes from her list including: “Trips to follow the footsteps of St. Paul in Greece and Turkey; a three-week trip to Ecuador and the Galápagos Islands; a visit to the desert Emirates of Abu Dhabi, Dubai, Bahrain and Oman, and visits to the national parks in the western United States.”

Harriett said friends and business associates encouraged the Sams to vacation in Pompano Beach where they met Frank Matheson, a highly ranked national tennis player. The Sams bought a condo in 1972 and Harriett spent most of the winter months in Pompano Beach. Ever the athlete, Harriett started playing tennis with Frank. “I played seven days a week for years. Frank Matheson took me as a partner and we earned 37 trophies together in tennis competitions,” she said.

As in every life, time goes on and Hal passed away in 1992. Still active, Harriett made a decision 10 years later to make a momentous life change. “I was bored in my condo, so I decided to move to John Knox Village” she said. “I always loved music. I took piano lessons for 10 years. My mom was a singer and dad was a violinist. We had opera playing all the time at home, and I sang.

I knew there were concerts here [at JKV], entertainment, lots of clubs, volunteering, activities and things to do. I was too active not to get involved.”

### The Move To Active Lifestyle

It was an easy transition for Harriett to get involved in Village life, joining the Notables ladies’ chorus and participating in events and volunteer opportunities. Harriett enjoys her life at JKV, however there was one more thing on her “bucket list.”

For her 100th birthday (yes, that is correct, One Hundred Years Young), Harriett planned to fulfill her remaining “bucket list” adventure: To take a helicopter ride!

“I have been up in a hot air balloon twice, the blimp three times and airplanes forever,” Harriet said. “I had never been in a helicopter and wanted to fulfill the last thing on my “bucket list.”

On Aug. 8, leaving from the Pompano Beach Airport, Harriett fulfilled her dream. “I had a terrible time finding anyone to go with me,” she said. “They were all scared.”

Harriett finally corralled two friends at JKV: Pam Gardner and Barbara Rowell to join her.

“I loved every minute of it,” Harriet told *The Gazette*. “Pam had been in a helicopter before, so she was a pro and Barbara, who is a diver, also loved it. We flew over John Knox Village and then followed the beach going north. Up to Boca Raton over Pam’s old house, then back down along the Intracoastal Waterway.”

Reminiscing about that helicopter ride, Harriett said, “I am 100 years old and blessed with a wonderful life. My next birthday I do not want any fuss. I finished my “bucket list.”

Somehow, we think Harriett will come up with other great “bucket list” ideas for 101 and beyond.

## Freshly Graduated At 81, Now A Silver Scribe

**Nicoletta Sorice**  
Gazette Contributor

As an immigrant to this country, my greatest joy has been to work diligently

with a focus to see my dreams come true.

I am truly blessed to have achieved the latest dream on my “bucket list.” My dream was not money or trips, but to finally earn my college degree. In August, I received my degree from Florida Atlantic University. This is my story:

I was born Dec. 16, 1936 and I was raised in Roccarainola, a small town located about 30 kilometers northeast of Naples, Italy in the region of Campania. In this ancient town of 3,500 residents, people lived in medieval structures, and many of the same families’ ancestors have been there for centuries.

### The American Dream

My father dreamed of America. It was his ambition to bring his family to the United States for a better life. He left us behind – my mother, my 18-month-old brother Francesco Antonio D’Avanzo, and I at three months of age — to follow that dream. He stowed away on a boat bound for New York from the Port of Naples. His goal was to seek his fortune in America and to reunite with us within a few months, but it took 14 years before we would see each other again.

While father went to America, we moved in with my grandfather, who raised us with the extended family of 10 people in his home. We waited for word from my father, but it was not to be, as WWII and the Fascist Regime of Benito Mussolini interrupted our lives. By the time I was seven, we were running underground, as soon as we heard the sirens to escape the daily bombings. On May 2, 1945, the Italians surrendered and slowly, day by day, life returned to normal.

We had not heard from my father during all those years. Later we learned that dad had gotten to America and enlisted in the U.S. Army, became a citizen and served honorably from 1941 to 1943. He was stationed at Fort Polk,

LA during his entire military enlistment. After his military duty, my father opened an Italian restaurant that was a great success. In a short time, he had a new car, a thriving business and money.

Through the efforts of the Red Cross we were reunited, and father sent us \$100 – more money that we had ever seen before, to help my mother, brother and I to get to America.

### Coming To America

We arrived in Shreveport, LA in 1950. I immersed myself into the American culture and was given the opportunity to attend private school where I learned English and I became in awe of academia and learning.

While in Louisiana, I missed my grandfather Antonio D’Avanzo, who was my father’s father and raised us all. I visited him after eight years apart. Grandfather, being the local mailman, was involved in many romances, bringing letters to and from those in love. Grandfather told me, “I have a nice boy for you.” True to the saying, “Old timers know best,” I fell in love with that “nice boy,” Paolo Sorice. We married in Italy and moved to New York. I brought him to America for the first time. He was a wrought iron artist and got a very good job. I stayed home and raised our children Sabato, Teresa and Maria. I later went to work at the New York State Department of Taxation and Finance in Rego Park, NY, when the children were old enough to be on their own.

### The Achievement Of A Dream

We moved to Florida with the children in 1982. I worked for the Social Security Administration and retired at age 71 in 2007. Throughout my career, I had been denied promotions and felt like I cheated myself for not having a college degree. I had a dream and the highest priority on my “bucket list,” that no matter what, I would earn by college diploma.



Nicoletta Sorice graduated from FAU in August earning the college degree she dreamed of achieving.

As a widow, I went back to school in 1998, taking a few courses at a time. In May 2015, I received my AA from Broward College and immediately enrolled at FAU, in Boca Raton, FL. I dedicated myself as a full-time student taking nine to 13 credits a semester. The teachers at FAU embraced me and I blossomed as a student under their guidance and assistance. On Aug. 9, 2018, at the age of 81, I graduated with a BA in Linguistics Italian.

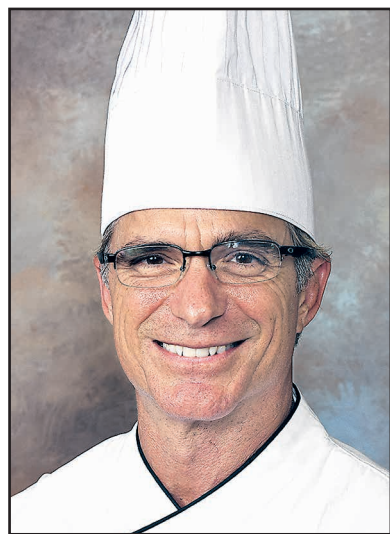
I am at peace with myself because this achievement has been a personal one and it has given my mind permission to dream, to explore and to continue. This journey has provided some of the most fulfilling years of my life. I achieved my “bucket list” wish.

But something new and exciting happened to me shortly after receiving my degree. I heard about the Silver Scribes – a book-writing class offered at John Knox Village. I searched and found that coming to John Knox Village for that writing class was another inspiration for me. I am very blessed. I now have another life’s goal on my “bucket list.” I am working on my autobiography: A story of how my dreams and aspirations have come true.



# In Good Taste: Chef Mark's Mac & Cheese Gives Comfort Year-Round

**Rob Seitz**  
Gazette Contributor



*John Knox Village Executive Chef Mark Gullusci*

Even if Florida's fall season does not rival its northern neighbors with changing leaves and dipping temperatures, enjoying comfort food is a year-round pleasure.

This baked macaroni and cheese recipe from John Knox Village Executive Chef Mark Gullusci is a resident favorite. Chef Mark uses a combination of cheeses, layered in the dish as well as melted into a rich and

creamy cheese sauce for comfy, cheesy deliciousness.

## Smoked Gouda Macaroni & Cheese Serves 4:

- 2 cups whole milk or half and half for a richer, creamier, product
- ½ tsp. salt
- 1/3 cup unsalted butter
- 1/3 cup all purpose flour
- ¼ tsp. white pepper
- ¼ tsp. granulated garlic
- ¼ tsp. granulated onion
- ¼ tsp. ground mustard
- 1 cup shredded smoked Gouda
- 1 cup shredded white Vermont cheddar Reserve ½ cup to place on top to brown
- 8 oz. Cavatappi or Orecchiette pasta



### Method Of Preparation:

1. Preheat oven to 325 degrees.
2. Cook the pasta in a pot of salted water. Drain the pasta 1 minute before the done time to keep firm.
3. Heat the milk to very hot, but not boiling, in a pot or in the microwave.
4. In a heavy bottomed sauce pot, melt the butter, whisk in the flour and cook for 2 minutes whisking the whole time. Remove from heat and slowly add the milk until all ingredients are in. Place the pot back onto medium heat and start adding the cheese slowly, after all but ½ cup of cheddar is added, add the seasonings. If the mixture is too thick add some milk. The sauce should coat the back of a spoon and if you run your finger on the spoon, the line your finger makes should remain.
5. Finally add the pasta and mix well, place in a casserole dish, or a roasting dish, add the remaining ½ cup cheese on top and bake until cheese is melted and the dish is bubbly, about 15 minutes.
6. Sprinkle the remaining ½ cup of cheese on top and bake an additional 5 minutes until golden brown.

Try Chef Mark's recipe for yourself or plan a visit to John Knox Village. Call (954) 783-4040 to arrange a tour.

## "Little Women" – 150th Anniversary Of A Beloved Classic

*I like good strong words that mean something – Louisa May Alcott*

**Nona Smith**  
Gazette Contributor

It's been 150 years since "Little Women" by Louisa M. Alcott was published. This popular work of young adult fiction is still as meaningful today as it was in 1868. This is because stories in the book succeed on many levels. At first reading the book chronicles the coming age of the four March sisters, Meg, Jo, Beth and Amy, their mother 'Marmee' and their neighbor, a young man named Laurie. Set during the Civil War, with their father off at war as a chaplain and with little money to spare, the little family endures hardship. The little women work around the house and garden, mend clothes, and help an immigrant family who has even less. The girls also learn to have fun together with made-up plays. Yet the book is also an ageless morality tale relevant for today, simply written so each chapter has lessons and nuggets of wisdom on how to be a good person and achieve a happy, worthy and contented life.

### Teachings Of Marmee

Each lesson Marmee taught her girls was reinforced by her actions and loving kindness. Marmee inspired the girls to be the best they could be and did not try to change them, even if they were awkward and tomboyish as

Jo, or vain and selfish as pretty Amy. Most importantly, she let them make their own life choices, supported their goals and did not try to change their decisions once the girls made them. While this was almost radical thinking for the Victoria era, it resonates well with today's young ladies.

"Little Women" remains a classic because it shows that every young person goes through trials and decision points. The death of loved ones, family crisis and the mending of broken hearts are something all young people go through and are accurately portrayed in the novel. Most importantly, readers today remain inspired by Jo's commitment to her writing, Meg's devotion to her family, Beth's willingness to help the ones she loves and Amy's artistic gifts and self-love.

### A Story Based On Experience

"Little Women" is unapologetically based on Alcott's life, with herself as the model for writer Jo, and her three sisters: Anna (Meg), Lizzie (Beth) and May (Amy). Like their characters, Lizzie died at 23 from scarlet fever, and May was quite artistic, creating the original illustrations for the publication of "Little Women." In addition to drawing on her own life, Alcott alludes to other books throughout her novel, most often "The Pilgrim's Progress," by John Bunyan, published in 1684.

Louise Alcott was asked to write "Little Women" by the editor Thomas Niles, who wanted a book for girls. When Alcott started the book, she wrote in her journal that, "I plod away, though I don't enjoy this sort of thing. Never liked girls or knew many, except my sisters; but our queer plays and experiences may prove interesting, though I doubt it." In writing a young adult book, Alcott decided to



*Illustration of the "Little Women" Meg, Jo, Beth and Amy March.*

make the tone simple, based on real experiences of everyday life. Her editor Niles and Alcott herself found her first 12 chapters "dull." Both were surprised by the scale of its success.

Contemporary critics praise "Little Women" for being a well-written, lively, and enjoyable book for children and adults alike. "Little Women" differed from other books for girls at the time, by giving depth to its female characters and avoiding being overly moralistic.

"Little Women" is considered one of the great American novels and has been adapted as radio shows, plays, an opera, and several films with star-studded casts. The most recent film, made with a huge Hollywood cast, was in 1994 with Susan Sarandon, Winona Ryder, Claire Danes, Kirsten Dunst, and Christian Bale. A special 150th Anniversary Edition of the story was released in September 2018.



*The home of Louisa M. Alcott in Concord, MA.*



# October: Month Of Magic, Festive Celebrations And Pumpkins

From "Magic" On Page 1

absorbed in my happy make-believe world of pretty fairies and mischievous elves.

Children have an inherent ability to see magic, but as we age we trade wonder for logic and we put aside fanciful beliefs for the practicalities of daily life. But perhaps the world could be a better place if we allowed ourselves to reach out to something invisible, to honor the mystifying beauty of magic. The natural world can help us reconnect to our own fantasy land in many simple ways, by just closing our eyes on a sunny day and seeing the red flickers of sunlight behind our eyelids, gazing with wonder at the gigantic spray of stars in the Milky Way on a clear winter evening or listening to the heartbreaking loveliness of mockingbirds singing their mating songs. These things and many more help us keep our belief and connection in the sheer magic of existence.

## Can Magic Be Defined?

According to scholars of the subject, there are three meanings to the word "magic." There's the supernatural magic of fairy-tale spells, the kind that turns frogs into princes, or pumpkins into golden coaches and mice into white horses. This kind of magic is ubiquitous in children's literature from The Brothers Grimm and Hans Christian Andersen to Disney and Harry Potter, from the benign classic "Alice's Adventures in Wonderland" to the spine-tingling excitement of Tolkien's "The Hobbit."

There is stage or theatrical magic when a magician takes a rabbit out of a hat at a child's

birthday party, or on a grander scale makes the Eiffel Tower "disappear." This magic is simply clever tricks and illusions. And then there's a spellbinding wonder to be found in the "real" world where the ordinary becomes extraordinary, from the improbable sound and beauty of the Aurora Borealis, the haunting communications of whale songs or the music of the stars captured by the Very Large Array in New Mexico.

## The Transforming Magic Of Music

In the song "Hallelujah" by Leonard Cohen, the lyricist asks if there was a secret musical chord that David played to please the lord, "It goes like this, the fourth, the fifth, the minor fall, the major lift?" In the Biblical story David, a gifted musician, was asked to play soothing music for his troubled lord, King Saul. Many musicians have remarked that Cohen's song's melancholic tune, by a deliberate alternating of major and minor chords, gives the song its haunting nature and could be the magic chords that David played for Saul.

The transforming magic of music has been well documented throughout the ages, as poet William Congreve wrote: "Music hath charms to soothe a savage breast, to soften rocks, or bend a knotted oak." Composing music is generally considered to consist of seven basic elements: Melody, harmony, rhythm, tone, form, tempo and dynamics. From these few elements comes the astonishing variety of music. We can trace back music's history from the primitive beat on a drum to Gregorian chants, Beethoven's Symphonies



*Do you believe in the mystery and magic of fairy tales, and a make-believe world all your own?*

and Verdi's Operas, on to contemporary artists such as Bruce Springsteen and Adele. When we listen to music, a part of our brain, called the nucleus accumbens, becomes activated. This triggers the release of the wonderful brain chemical of dopamine, or the pleasure chemical, transforming music from sounds into pure pleasurable magic.

## October Is The Magic Month

Every month a new magic unfolds in our lives, but some months have unique charms that keep us spellbound! October is a month that opens new doors of fun and excitement, of discovery and rediscovery of the wonders of magic. In October, magic is all around us, from visiting the local pumpkin patch with our children or grandchildren to select the perfect pumpkin to carve into a jack-o'-lantern, to the buying or making of Halloween costumes, then taking children house-to-house to knock on doors and calling out "trick or treat" to be rewarded with handfuls of candy.

October is the month to celebrate in the most festive way, of laughter and joy or simply being around people who open our eyes to everyday magic.

## Happy Halloween

May magic stay with you all year long.



*Halloween is always a magical time of the year for children and adults as well.*

## Book Review

# Alternate Side

By: Anna Quindlen

**Donna DeLeo Bruno**  
Gazette Contributor

This latest novel, "Alternate Side," by #1 *New York Times* best-selling author Anna Quindlen, despite a slow start, is thought-provoking, but certainly not her best work.

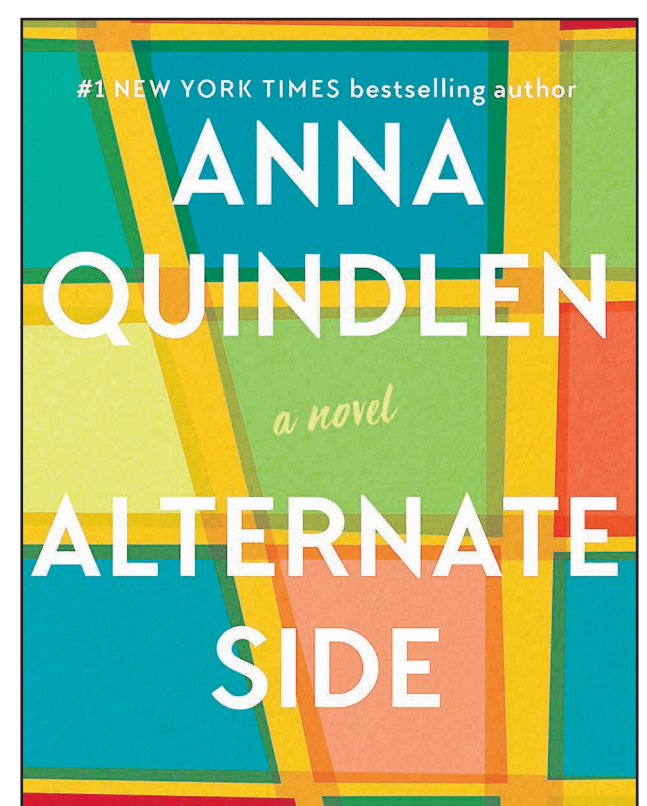
The setting, a dead-end-block in a close-knit New York City neighborhood, is an integral part of the story because it is here that an event will take place that shatters all involved. Until this occurrence, neighbors felt a safety and unity away from the otherwise noisy urban chaos of a metropolis. The most envied luxury of all the residents is to secure a place on the block's small parking lot which young couple, Nora and Charlie Nolan have been fortunate to get.

One day there is a violent altercation between difficult neighbor Jack Fisk and handyman Ricky that puts both in the hospital. The cause was Jack Fisk's rage at getting his side-view mirror entangled on that of Ricky's vehicle, which was parked too close to the lot's perimeter. Ricky suffered severe damage when an infuriated Jack beat him with a three-iron golf club. Suddenly, this tiny community becomes sorely divided between Ricky's sympathetic camp and those who defend Jack, like Nora's husband Charlie, which causes a

severe rift between the couple. All residents take sides, as to whether it was an accident, when Ricky stepped in front of Jack's car, or whether it was a deliberate assault by an elitist venting his fury against a minority. This results in many heated arguments between what Nora perceives are her husband's long-held biases against immigrants. Nora feels it necessary to point out that "every single one who lived on the block was white, and that every single one who worked for them was black or Latino." It becomes a battle between the "haves versus the have nots."

The "incident" causes Nora to reconsider many things: Her difficult relationship with her mother; Charlie's insistence that they relocate to another neighborhood against her wishes to remain in the city which she finds stimulating; her anger and sympathy for the ever-accommodating Ricky whose livelihood is now ruined. Charlie's face turns purple when he learns Nora has visited Ricky in the hospital following yet another surgery and feels it necessary to point out "Ricky is a person who did odd jobs for us. He's not a friend, he's the neighborhood handyman. Jack is our friend." Nora retorts that "Jack is NOT her friend...but a terrible person...who deserves whatever he gets." It becomes an argument about what Jack considers Nora's liberal tendencies. Tensions escalate when Nora attempts to give Ricky's wife his Christmas bonus and is rebuffed. "All that stuff you give Ricky for the kids. He sells it on eBay. Ice skates? Who are you kidding, lady? Ice skates?"

So many surprising and unexpected things happen as a result of this incident, which ends with the disintegration of the block and



its residents, as well as the unraveling of their former comfortable lives. Quindlen has delved beneath the surface of these characters to unearth their "true colors," to expose their carefully crafted exteriors, the inner workings of their hearts and souls, and the great divide between classes.

*Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale. Donna is a member of the John Knox Village Silver Scrubbers group, guiding authors in publishing their books as part of the Senior Connection Club.*



# Join Us At John Knox Village For These October Events



## Join JKV Staff And Residents For a Lunch and Learn on Tuesday, Oct. 9 at 10:30 a.m. Meet in The Woodlands Life Enrichment Center

You are invited to learn about John Knox Village and enjoy a delightful lunch. Learn about the benefits of a life plan continuing care retirement community, then take a tour of the lush, tropical 70-acre campus and visit several newly renovated one and two-bedroom models. Experience the John Knox lifestyle first-hand and meet Village residents who will be happy to answer all your questions.

Call the Marketing Department (954) 783-4040 for reservations.

## John Knox Village Presents Prime Life on Wednesday, Oct. 17 at 10 a.m. in the Village Centre Auditorium

In partnership with the Sun-Sentinel, John Knox Village will feature speakers addressing topics of interest to the 60-plus set. Topics to be discussed include health care options, finance, legal services, travel and much more. This Prime Life presentation will provide a wealth of information that is important to us all as we age. Complimentary lunch will be provided after the presentation.

Call the Marketing Department (954) 783-4040 for reservations.



## Be Our Guest at JKV's Parade of Homes Wednesday, Oct. 17 at 2 p.m. Meet in The Woodlands Lobby

After enjoying the Prime Life Presentation in the Auditorium, plan to be our guest for the Autumn Parade of Homes beginning at 2 p.m. Guests will gather in The Woodlands' lobby to register. You will have the opportunity to view the tropical landscaping and swan-filled lakes of The Village, then visit 10 designer-inspired apartment and villa home models. Meet with Life Plan Consultants who will answer all your questions. Refreshments will be available throughout the tour.

Call John Knox Village at (954) 783-4040 for reservations.



## Learn How to Publish Your Memoirs on Thursday, Oct. 18

- Silver Scribes Book Class at 11 a.m.
- Digital Photo Class at 1 p.m.

Join our group of Silver Scribes – budding authors who are publishing their literary works. Have you ever wanted to write your autobiography or short stories, but have no idea how to prepare the book, design the cover and get it printed? Join our Silver Scribes and we'll take over the technical publishing of your life story. Want to learn about your digital camera? Bring your camera with you. Meet in the Cassels Tower Party Room at John Knox Village. Call to reserve your place for the classes (954) 783-4040.



## Join Us For a Halloween Happy Hour Monday, Oct. 29 at 4 p.m. in the Village Centre Auditorium

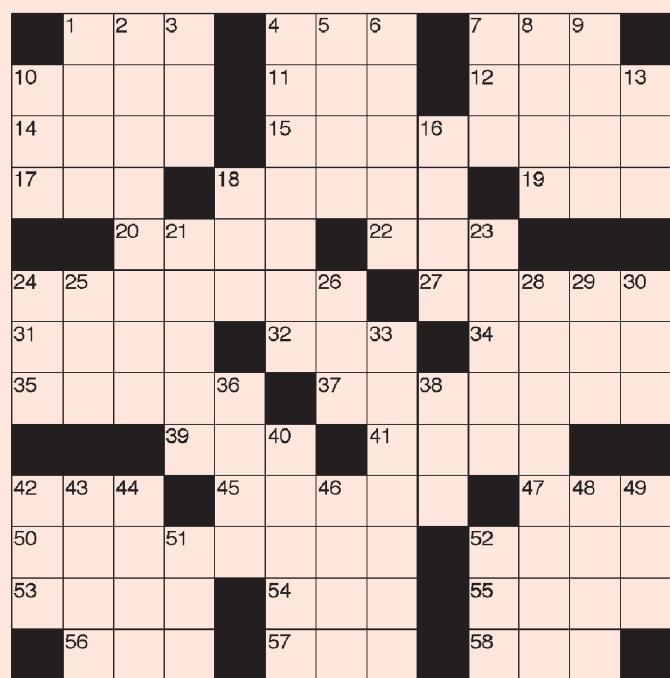
We have a great Happy Hour planned to kick off the Halloween celebrations and you are invited. Dress up in your Halloween finery. There will be a costume contest with prizes, ghoulish appetizers, drinks and dancing.

Call the JKV Marketing Department to reserve your spot (954) 783-4040.



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

## Crossword Puzzle Of The Month



### ACROSS

- Compass direction
- Love (Lat.)
- Amer. Bar Assn. (abbr.)
- Choler
- Eth. title
- Row
- Cruising
- Orris (2 words)
- Bronze Roman money
- Musical direction
- Field
- S. Afr. town
- Rapid eye movement (abbr.)
- Mating
- Hag
- Caen's river
- Sup

### DOWN

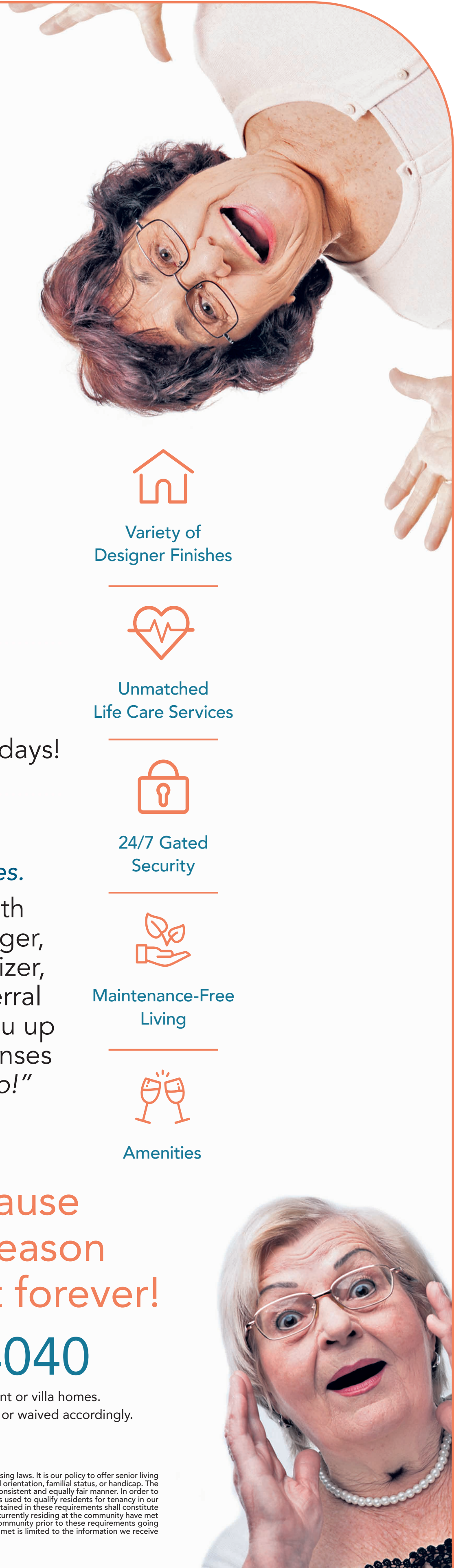
- Irish nobleman
- Fr. artist
- Naut. instrument
- S. Afr. hyrax
- N.Z. island
- Turk. title
- Brain tissue
- For your information (abbr.)
- Tea box
- S. Afr. Boer assembly
- Offspring
- Fr. pronoun
- Ironwood
- Ancient (abbr.)
- Dance step
- Price

### DOWN

- Smeat
- Benediction
- Nat'l Endowment for the Arts (abbr.)
- Daughter of Minos
- Grape refuse
- Withe
- Africa (abbr.)
- Biological (abbr.)
- Agave
- Sheep's cry
- Greek letter
- Meat dish
- Indo-Chin. people
- Step part
- Cat's cry
- Group of whales
- One hundred square meters
- Opening
- Tread (2 words)
- Raw (Fr.)
- Pronoun contraction
- Decare (2 words)
- College entrance exams
- Taradiddle
- Organization
- Atl. Coast Conference (abbr.)
- Earth personified
- Anonymous (abbr.)
- Conrad's "Victory" heroine
- U.S. mountain
- Cyprinoid fish
- Incorporated (abbr.)
- Royal Air Force (abbr.)

Answers On Page 11.





# LAST CHANCE ON HOT END OF SEASON SAVINGS

# \$50,000

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CALL TODAY & LEARN  
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**ENJOY UP TO \$50,000**  
BEFORE MONTH'S END\*

### 3 WAYS TO SAVE!

Reserve your *John Knox Village* apartment home or villa with platinum package upgrades. Save **BIG** on your entrance fees, monthly service fees, **PLUS** your moving expenses. This is the last month to enjoy your end of season savings! Not only will you be saving beach buckets of cash, you will enjoy an unsurpassed lifestyle that includes the peace of mind that comes with *John Knox Village's* unmatched all-inclusive lifetime of life care.

**1** **SAVE** up to **\$30K**  
on your entrance fees!  
**Save \$30K** **Settle By**  
October 31st

**2** **SAVE** up to **\$15K** on  
your monthly fees!\*

\*Calculated up to 120 days!

**3** **SAVE \$5K** on the cost  
of your moving expenses.

We will connect you with a personal move manager, a trusted house downsizer, a real estate agent referral and even reimburse you up to \$5K in moving expenses with our "Ready Set Go!" package.



Variety of  
Designer Finishes



Unmatched  
Life Care Services



24/7 Gated  
Security



Maintenance-Free  
Living



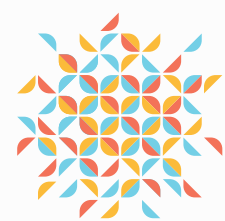
Amenities

Act now, because  
these End of Season  
Savings won't last forever!

## (954) 783-4040

\*Offer good on select designer-ready apartment or villa homes.

\*Monthly fees commence upon financial possession or waived accordingly.



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



John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village have a legal obligation to treat each individual in a consistent and equally fair manner. In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents and occupants currently residing at the community have met these requirements. There may be residents and occupants that have resided in the community prior to these requirements going into effect. Additionally, our ability to verify whether these requirements have been met is limited to the information we receive from various credit and screening services used.



## From Theatre To Dance To Music: Check Out This Month's Events

**October 10 – 21**  
**The Phantom Of The Opera**  
**Au-Rene Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 Mat. & Eves. Tickets from \$35

**October 24**  
**Bob Dylan And His Band**  
**Au-Rene Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 8 p.m. Tickets from \$63.75

*Events listed were current at press time, however are subject to change. Contact each venue for the latest information.*



**October 27 & 28**  
**Miami City Ballet**  
**Company B:**  
**Au-Rene Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 8 p.m. & 2 p.m. Tickets from \$29

**October 13**  
**Arts Ballet Theatre of Florida**  
**Program 1:**  
**Amaturo Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 7:30 p.m. Tickets from \$35

**October 28**  
**The Choreographers Ball**  
**Parker Playhouse**  
 707 NE 8th St.  
 Fort Lauderdale, FL 33304  
 (954) 462-0222  
 www.browardcenter.org  
 3 p.m. Tickets from \$22

### Sudoku

Answers On Page 11.

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

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

## Is It Time For A Legal Check-Up?

**Kaley N. Barbera, J.D., LL.M.**  
 Gazette Contributor



**Kaley N. Barbera**

We often have our annual medical check-ups with our health care providers, but what about our legal check-ups?

Within the estate and tax planning world, your legal check-up exercise can be quite simple. You can often start with a legal check-up in the

comfort of your own home by simply reviewing what documents you currently have and analyzing what changes, if any, are necessary based on major life events or changes in the law.

If your goals have shifted, or there have been significant changes in the law that would impact you, then contact your estate or tax planning attorney to make updates to your documents. If there have not been any significant changes in your life (I like to refer to these changes as “triggering events”) that would impact your planning, such as marriage, death, divorce, the birth of a child or grandchild or change in wealth or the tax laws, then you can simply hold off on making any changes until one of these triggering events occurs.

I often suggest revisiting your legal documents every five years, unless a triggering event occurs prior to that time. As an example of a triggering event, recently, the estate planning world underwent a shift in the tax laws with the adoption of the 2017 Tax Act. Among other changes, the 2017 Tax Act increased the estate tax exemption amount to \$11.2 million per person, which caused some clients to come in and reassess the planning techniques they currently had in place.

### The Time To Prepare Is Now

Below, you will find a sample “legal check-up” list to do at home:

**1. Do you have an up to date Designation of Health Care Surrogate** naming the individuals (with backups) who would act as your

surrogate for health care decision making to provide informed consent on your behalf if you were unable to do so?

**2. Do you have a Living Will** (which sets forth your wishes pertaining to Life Prolonging Procedures such as artificial respiration and tube or IV feeding) and, if so, are the individuals named as surrogates to carry out your living will correct and up to date?

**3. Do you have an up to date Durable Power of Attorney** naming agents to act on your behalf to conduct broad financial and legal affairs?

**4. Do you have an Authorization for Disclosure of Protected Health Care Information form** (commonly referred to as the HIPAA form), which allows information to be released to your Agents named under a valid Power of Attorney, to the Health Care Surrogates named under your Designation of Health Care Surrogate form, to your successor Trustees in your trust (if you have one), and to a guardian ad litem if one is appointed so that these individuals can assist in making decisions on your behalf?

**5. Do you have a Last Will and Testament and/or Pour Over Will with a Revocable Trust** (“testamentary documents”) setting forth your testamentary wishes upon your passing? If yes, is this document up to date in terms of decision makers and beneficiaries?

**6. Do the individuals receiving assets from your testamentary documents need any financial or legal assistance with managing those assets?** This could mean the beneficiary is a special needs beneficiary and receiving governmental benefits that could be affected if they are a beneficiary of your Will or Trust or it could mean the beneficiary is a minor or individual who needs help managing money.

**7. Do you have up to date Beneficiary Designations** naming both a primary and contingent beneficiary on assets that are not going through your Will or Trust?

**8. Have there been any major changes or triggering events in your life** such as death, marriage, birth, divorce, or adoption, to name just a few, that would impact how your documents are written and the individuals named within them?



**9. Have there been any new changes in the tax law** that you have heard about or read about that may impact you?

The above check list is a simple starting point for a valid legal check up to make sure you have the correct documents and that these documents are up to date and valid.

For additional information regarding this article or to ask questions to this writer to be addressed in future articles in *The Gazette*, please submit all questions to Kaley Barbera, Esq. at [Kaley@snyderlawpa.com](mailto:Kaley@snyderlawpa.com).

*The above information was provided solely for information purposes. An estate and tax plan for an individual may or may not contain the documents or ideas discussed, above. We highly suggest that you seek the professional advice of a specialist in this field to determine the appropriate estate plan for your situation.*

**Kaley N. Barbera** is a senior associate at the law firm of *Snyder & Snyder, P.A.* in Davie, FL, where she concentrates on estate planning with an emphasis on special needs planning, art succession planning focusing on how to transfer art, artifacts and collectibles in a tax efficient manner, estate administration and trust administration. She is a member of both *The Florida* and the *New York Bar*. Kaley is a graduate of the *University of Miami*, where she received her Bachelor's degree in *English Literature* and her *J.D.* from *New York Law School*. She also earned her *LL.M.* in estate planning from the *University of Miami Law School*. You can email your questions for Kaley to [Kaley@snyderlawpa.com](mailto:Kaley@snyderlawpa.com).

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[JohnKnoxVillage](http://JohnKnoxVillage)



# The Doctor Is In

## Get Intellectual With This Wellness Dimension

**Dr. Roberta Gilbert**  
Gazette Contributor



*Dr. Roberta Gilbert*

If you have been following my series on the Seven Dimensions of Wellness in *The Gazette*, this month takes us to a dimension of wellness which may not have received enough attention—that of Intellectual Wellness. It is an exciting area to explore because of many new

research frontiers that are opening up.

It is such an important dimension, that I will continue a second installment on Intellectual Wellness in the November issue of *The Gazette*.

First then, let us examine the science. Researchers have found much that we can do to keep our brains healthy and optimally functioning longer and longer. Here are 5 ideas from the scientific studies, in which I have been especially interested.

### Reading

Did you know that if we don't read a half hour a day we begin to lose IQ points within



*Reading fulfills our curiosity to discover new and different ways of looking at the world.*

a short time? So, for starters, let us all settle down into that easy chair for a few minutes each day. Leave aside the worries and the rush of the day, relax, and say "Hello," to that stack of unread books we've been meaning to start reading.

Don't have that stack of books? Libraries in our communities are right around the corner, ready and waiting for us to enter and browse. Let's also not forget the reasonable prices to be had for owning books from Amazon and Barnes and Noble, including both paperback and hard-cover books as well as virtual ones for devices such as Kindle.

### Physical Exercise

Research studies show that physical exercise is very important to brain health. Anything that makes the blood circulate better through the body is bound to nourish all cells, including those of the brain. Those who exercise on a regular basis gain an important difference from those who don't. The tremendous benefits can even be seen on brain scans. If our fitness routine includes a few minutes of maximal effort exercise, the workout will do more for intellectual functioning. Maximal effort exercise means the kind that makes us huff and puff, driving the pulse rate up to about 100. Some magic numbers I have seen in research reports are three times a week and 45 minutes each time. Ok, time to get out of the above-mentioned reading chair now.

### New Learning

Learning a new skill and challenging ourselves with first-time activities are advantageous to the brain. It's called getting out of the rut. Our old familiar rut of what we always do and what we already know may be familiar, but held on too long, it may not be helpful. At John Knox Village, there are always new things to experience. But wherever we live, there are those opportunities. For example, did you know that many, if not most, universities and colleges offer free rates or discounted tuition to seniors for their regular courses? Or, how about exploring the learning curve involved in a new cell phone or computer?

One caveat: Make sure the challenge is not too steep. Just the right amount of difficulty seems to be important in all this. If the new task seems too hard, ask someone for help. I did that recently with a new phone. It made a world of difference.



### Nutritional Help

Much research has been done on nutritional assistance for the brain and body. You can see the ads all over TV. If you ask your doctor about them, he or she may or may not approve. Sometimes I think that is merely because the traditional medics don't read the nutritional journals. However, in my humble opinion, there is good research to back up the possibility of boosting brain function with DHA (a derivative of Omega-3 fish oil) and B Complex vitamins. Also in my opinion, alcohol is probably not a good thing for elder brain function. Severely limiting that intake will pay off.

### Sleep

Restful sleep has been linked to brain health. New research shows that the brain cleanses itself while we sleep. If that process is interrupted or shortened, the cleansing process may be only partial. In that way, unwanted chemistry can accumulate, possibly leading to illness. I don't recommend sleeping medication though. It can so easily become part of the problem. Instead, learn techniques to relax your muscles. There are books on the subject including the classic "*The Relaxation Response*." There are many more. Coaching, biofeedback, and neurofeedback can also be useful. A classic experiment on those most vulnerable to them—medical students—showed that sleep deprivation could cause a syndrome that could not be distinguished from schizophrenia.

Look for four more ideas to promote Intellectual Wellness in "*Part Two*" coming in next month's *Gazette*.

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*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, and continues to teach master classes for leaders and therapists nationally. Dr. Gilbert engages in writing, music, travel, friends and community activities.*

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## JKV Presents Tony Award Winning Levi Kreis At NSU Performance Theater On Oct. 25

John Knox Village (JKV) and *ArtSage Alliance* partner, The Venetian Arts Society (VAS), have announced that award-winning Actor/Singer Levi Kreis will appear in concert on Oct. 25 at 7 p.m. in the NSU Performance Theater.

Kreis won the 2010 Tony Award for Best Featured Actor in a Musical for his role as Jerry Lee Lewis in Broadway's Tony nominated musical "*Million Dollar Quartet*."

VAS Executive Director William Riddle told *The Gazette* that Kreis is a singer-songwriter and actor whose mesmerizing live performances are often described as Harry Connick Jr. meets Hugh Jackman.

"His piano is an appendage that requires no effort," Riddle said. "His southern humor will charm you and his vulnerability will move you. Years of exuberant reviews have dubbed Kreis the consummate performer and he learned from the best."

Riddle explained that VAS has formed a partnership with Nova Southeastern University (NSU) and JKV named *The ArtSage Alliance*; a multi-generational/multi-cultural fine arts program. "The goal is to synthesize the total artistic, social and educational experience and to enrich the individual lives of all in our community through meaningful and purposeful artistic presentations," Riddle said. "The presentations evoke the vibrancy, energy and sheer productivity that result when people of all ages come together, to create a world-class artist series to further unify our community."

In booking Levi Kreis to the NSU Performance Theater at the Don Taft University Center, Riddle will bring an artist well-versed in musical theater, pop and country singing styles. An East Tennessee native, Levi spent his youth

learning everything he knows from "Little Miss Dynamite," Brenda Lee. Traveling on her tour bus and studying her genius on stage and off, Kreis adopted Lee's strong work ethic and classy reputation. But it was Brenda's ability to have an audience in the palm of her hand that Kreis sought to make his own. By all accounts, Kreis succeeded. To this day Brenda Lee confesses, "I taught him everything he knows."

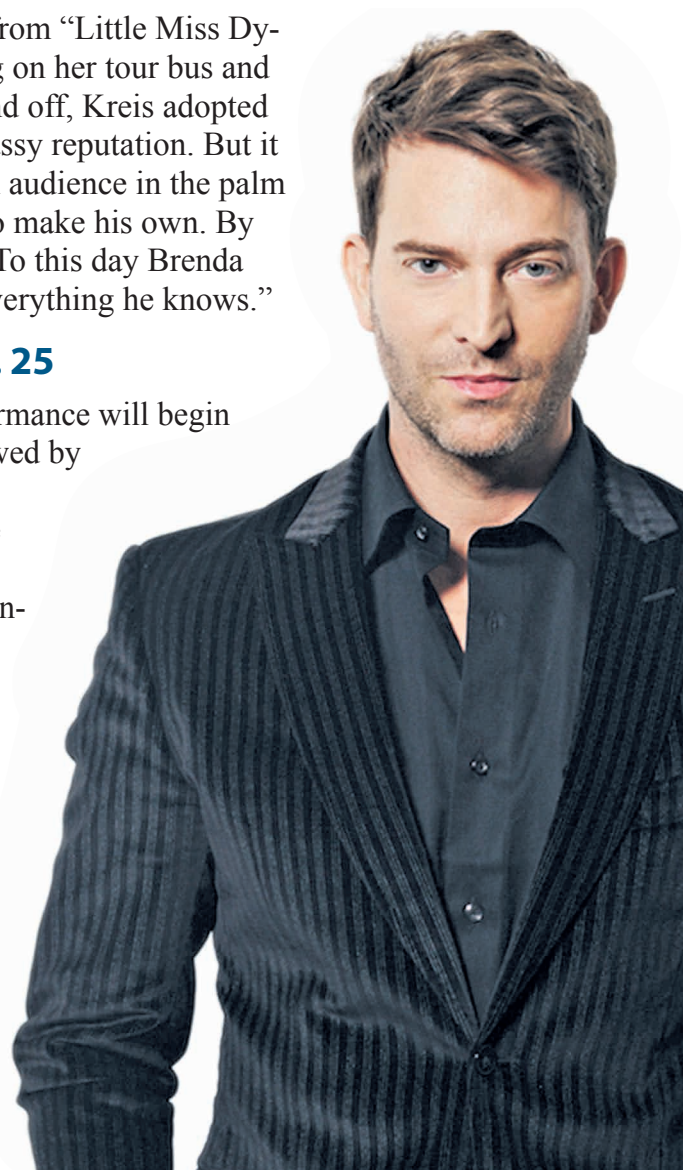
### Enjoy The Show On Oct. 25

The Oct. 25 Levi Kreis performance will begin with a reception at 6 p.m. followed by the Salon Concert at 7 p.m.

Tickets for VAS members are \$35, general admission is \$50. JKV has a number of complimentary tickets for outside guests.

Stay after the performance to enjoy champagne and dessert and to meet Levi. The concert will take place at the: **Performance Theater Don Taft University Center 3301 College Avenue Ft. Lauderdale, FL 33314**

Complimentary valet parking will be available. Call the JKV Marketing Department at (954) 783-4040 for reservations.





# We Are Never Too Old

## West Point Veterans Return To March With New Cadets

**Burn Loeffke**  
Gazette Contributor



The “March Back” is the culmination of weeks of tough training for new Army Cadets. West Point has many traditions. One of them is that graduates can join the cadets on a 12-mile march back from a summer training area. Cadets march in field uniforms, helmets, rifle, a 35-pound backpack and water container on the backpack. The graduates are advised to carry additional water bottles.

### The Young And Not So Young

Leading the march is always a graduate from the oldest class participating. This year the oldest class was my Class of 1957. Carrying the guidon (a small flag) was the graduate from the youngest class, the Class of 2017.

### We Will Follow

The first two rows in the front of the formation were filled with 70 and 80-year-old grads. Behind them, the younger classes followed. You kept up or were forced to drop out. This is a great exercise to unite the classes in a common effort. The march concluded with a lunch and motivational remarks.

### Leading By Example

Gen. Darryl Williams is the President (Superintendent) of West Point. He is an inspirational motivator and speaker. What impressed me most was his backpack. The General is more than 35 years older than the cadets, yet he was carrying a 75-pound pack, twice what the cadets were carrying. It reminds me of a statement that a sergeant made to me when I



*Burn Loeffke, West Point Class of 1957, leads the march alongside a female cadet from the Class of 2017.*

was a cadet at West Point, “Sir, the troops won’t mind the heat if you sweat with them.” Gen. Williams was sweating on the march but didn’t show tiredness.

*For Us Seniors*, the General is an example of what we can do if we keep on exercising.

**Bottom Line:** Exercise if we want to live well.

*Burn Loeffke, a retired military officer, has been wounded, survived two parachute malfunctions and two helicopter crashes in combat. As a captain in his 20s, he was an Army swimming champion. As a colonel in his 40s, he participated in a military decathlon in Russia. As a general in his 50s, he ran three marathons in China. He has been an advisor to the President’s Council on Physical Fitness. As a senior, he starts each day at Hollywood Beach, FL with 200 crunches, 10 minutes of stretching and then, with Dr. Carmen Queral, they sprint one-minute dashes with 30 seconds of rest in between. They finish with 10-20 second dashes with 10 squats in between.*

# Exhibition Of William Glackens And Pierre-Auguste Renoir Paintings Opens Oct. 21

## A Fascinating Presentation At NSU Art Museum Fort Lauderdale



**Emily McCrater**

Communications and Public Relations Manager, NSU Art Museum Fort Lauderdale

One of America’s leading modern artists, painter William Glackens (1870-1938)

had a keen interest in the work of Pierre-Auguste Renoir that has long been recognized.

He saw the French Impressionist’s works in New York galleries as early as 1908 and had unique access to the growing collection of his friend and colleague, Albert C. Barnes. However, Glackens’ specific debt to the art of this important French modernist has never been fully explored.

### A Display From Two Great Artists

In partnership with John Knox Village, NSU Art Museum’s exhibition, “*William Glackens and Pierre-Auguste Renoir: Affinities and Distinctions*,” fills this void by bringing together 25 works by each artist that illuminate Renoir’s influence on Glackens’ artistic development. It also reveals how changes in Glackens’ work after 1920 illustrate his response to Renoir’s late work, as well as that of other important European modernists in Barnes’ collection in order to forge his own distinctive American modernism. The exhibition defines Glackens’ late style for the first time (c. 1920 to 1938), and also sheds light on the history of taste in American collecting from the late-19th to the mid-20th century.

The exhibition demonstrates Glackens’ response to Renoir’s Impressionistic work from 1860 to the mid-1880s, which was avidly purchased by a wide variety of American collectors. Renoir’s late work from the mid-1880s to 1919 appealed to other influential collectors such as Leo Stein and Barnes. Glackens, who traveled to Paris in 1912 on behalf of Barnes, purchased works for his then-fledgling collection. Glackens was the only American artist who subsequently had nearly carte blanche access to Barnes’ increasingly important collection of American and European modernist art, which consequently had a profound influence on Glackens’ painting.

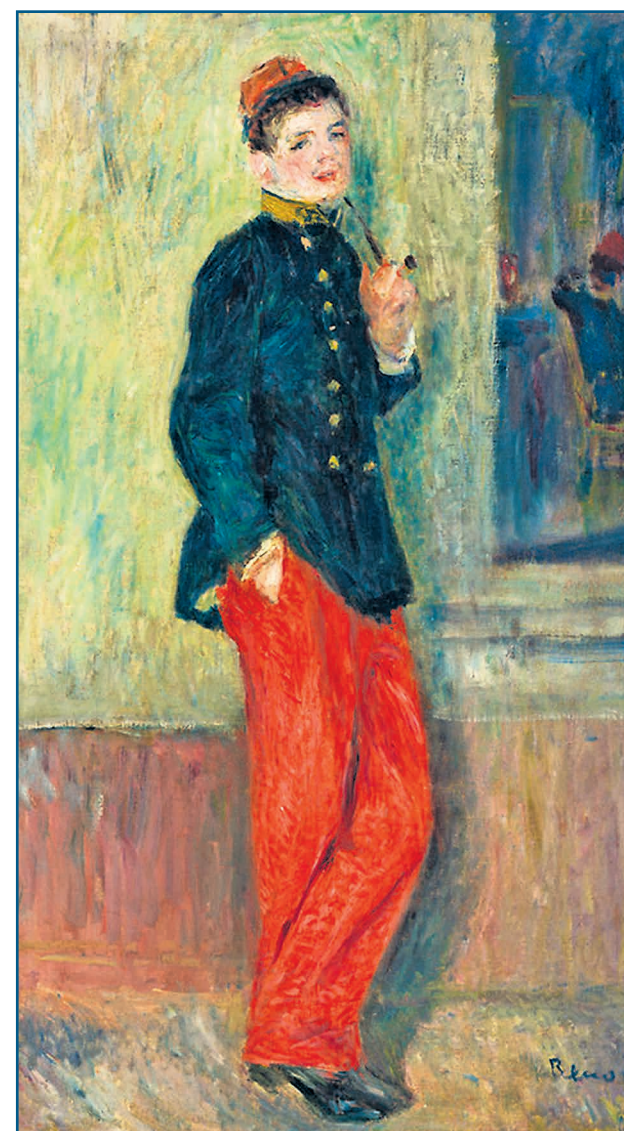
### Renoir’s Influence On Glackens

Glackens presumably became aware of Renoir’s art as early as 1895, when he first visited Paris. However, his knowledge of Renoir did not play a role in the development of his work until after he attended the 1908 exhibition of 41 Renoir paintings at the Durand-Ruel Gallery, New York. When he was sent to Paris by Barnes in 1912, Glackens’ purchases included works by Renoir, Pierre Bonnard, Paul Cézanne, Paul Gauguin, Vincent van Gogh and others. These acquisitions sparked Barnes’ growing interest in modern European art as well as his enthusiasm for the late work of Renoir. Glackens’ study of the late Renoirs and the other works in Barnes’ collection by Cézanne, Matisse and Charles and Maurice Prendergast, shaped his continuing realization of his own conception of the modern.

William J. Glackens and Pierre-Auguste Renoir: *Affinities and Distinctions* is organized by NSU Art Museum Fort Lauderdale and is curated by Bonnie Clearwater, NSU Art Museum Director and Chief Curator and Barbara Buhler Lynes, Ph.D., Sunny Kaufman Senior Curator.

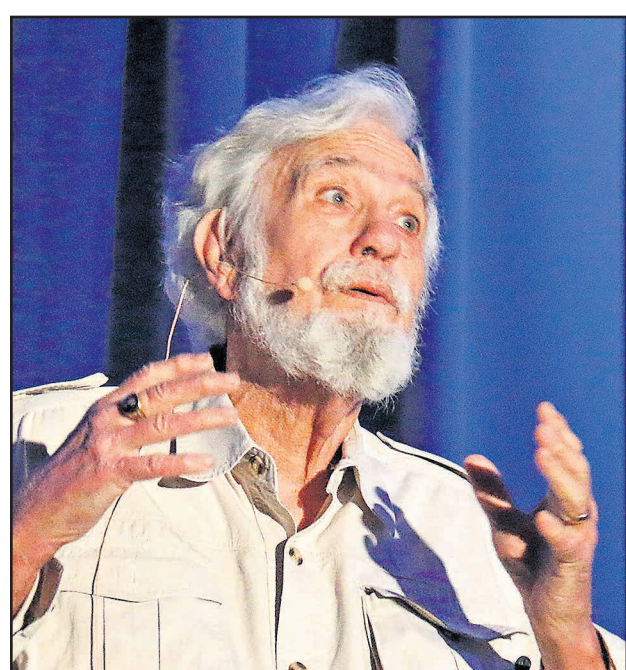
The exhibition is supported by Sansom Foundation, Hudson Family Foundation, David and Francie Horvitz Family Foundation, Kolter Hospitality / Hyatt Centric and 100 Las Olas, Ponant Yacht Cruises & Expeditions. Research and development for this exhibition was supported by the Terra Foundation for American Art.

For more information visit the website: [www.nsuartmuseum.org](http://www.nsuartmuseum.org)



*Auguste Renoir (French, 1841 - 1919), The Young Soldier, c. 1880, oil on canvas, Collection of Mr. and Mrs. Paul Mellon 2014.18.46*





Ed Weeks performed on stage earlier this year at JKV's Spring Scene talent show.

**Marty Lee**  
Gazette Contributor

At a youthful 84 years of age, John Knox Village resident Ed Weeks is a believer in more ways than one. After a long career as a minister: First as Associate Pastor of Emmanuel Baptist Church in Schenectady, NY, and then as Pastor of Croton Falls Baptist Church in Croton Falls, NY, Ed and his wife Carol moved south to Lauderdale Lakes. Here, Ed changed career course to become a special education teacher at Liberty City Elementary.

In 2005, the Weeks moved to John Knox Village with great financial benefit. As Ed said, "We sold our house, got a new car, moved to John Knox Village and put money in the bank." For more than a decade, they enjoyed a care-free independent life until a series of health issues made Ed realize the importance of the life plan health care included at JKV.

Last year, two separate accidents reassured Ed that his health care was a top priority at JKV. Nine stitches in his left shin, and various wounds to his hands and wrists were a health challenge. Ed said, "JKV Wellness Nurses came by every day to make sure everything was doing okay." Occupational and physical therapy was provided by Wellness Nurses who came right to his South Garden Villa.

Yet another, more critical health episode, made Ed a believer in the efficacy of The Woodlands at JKV and the care and therapy

## From Skeptic To Prophet: One Man's Experience On The Road To Recovery

promised when the new center opened in May 2016.

You see, Ed was a skeptic when the concept of The Woodlands Green House® model of care was first proposed. He questioned the expense in building and staffing a new health center. He did not understand the concept of the Shahbaz system and didn't think the concept would work.

But as Ed says now, "The Woodlands was a great vision that came to fruition. It was everything that was promised and more." Ed should know. He experienced the great care at The Woodlands first-hand.

This past May, Ed was getting ready for a party and lost his balance. "I started to weave when I tried to walk. We called the nurse and she immediately sent for an ambulance."

Ed does not remember that ambulance ride but does remember coming in and out of consciousness while at the hospital. He underwent a triple-bypass operation the next day.

He spent about three weeks in the hospital convalescing, and then transferred to the Dove Home in The Woodlands for rehabilitation.

"I cannot say enough about the care I received at The Woodlands," he said. "Everyone was very concerned, very interested in my health and made sure I did my exercises." He

also found the camaraderie living in the Dove Home to be very comforting. "I was surrounded by great people, with great nurses and therapy right in my room. My medications were always administered on time, and the group spirit in the home was totally in tune. I am very thankful we have The Woodlands here at JKV."

As Ed explained, he was formerly unconvinced about the need for a new health center at JKV. Today, through his personal experience, he is a strong proponent of the exceptional care provided to him, fellow residents and those from outside the Village seeking short or long-term rehabilitation.

"It has been like a religious experience. I was converted," he said. "I was a skeptic and now I am a prophet for the care available at The Woodlands. I recommend to anyone who needs either short-term or long-term rehab to look into The Woodlands. It is everything that was promised."

We are happy to report that Ed is back home at his South Garden Villa – he is following his rehabilitation regimen and is on schedule to be back to full strength by Thanksgiving.

If you are looking for a facility for short-term rehabilitation or long-term care, please contact The Woodlands Admissions Office at (954) 247-5800.



The Dove Home staff at The Woodlands meets for a regular planning session.

## Beware Of Alarming Computer Screen Messages It Is Most Likely A Scam To Take Your Money

**Maurice Scaglione**  
Gazette Contributor



Maurice Scaglione

Internet access is the number one use of computers. Sadly, sooner or later you will launch your browser and be hijacked to a page trying to steal your money. You will have clicked on a link and suddenly your screen is taken over. You may hear voices yelling at you to call a phone number immediately.

Please always remember this is a scam. You may reference our previous article about phone calls from Windows or Microsoft, etc., all telling you they will fix your computer. These are phone scams. Just hang up.

In the case of a computer screen warning, first, remain calm. The screen locks so you can't go anywhere else. Do not call the phone number. Instead, depress and hold the power button to your computer, and count to 10 slowly. Your machine will shut down. Wait two minutes and start the computer as you normally would.

Now you have to reset the browser you used. In Windows 10, Microsoft Edge is the default used by most people. Later in this column, we will discuss Chrome if you use that browser from Google.

In the lower left corner of a Windows 10 computer is a square with 4 boxes in it, to the right is a large white box. In that box you can type anything you are looking for on your computer. Please type the words: apps and features.

A list will populate, click at the top and select 'apps and features.' You are now brought to a

new page, it lists all the applications on your computer, on the right had side is a scroll bar, go down to 'Microsoft Edge.'

Click on 'Microsoft Edge' only once, you will see it under 'advance options.' Click on that one time. On the next page scroll down to page number 2. There is an area marked 'reset edge.' Scroll past the word 'repair' and select the 2nd word 'reset.' It will ask if you're sure, as it will delete data, click 'reset.'

Reboot your computer and click on the big E for Edge, and the warning alerts should stop.

If you use Google Chrome as your default browser and it is hijacked, go to the upper right corner in Chrome and click the 3 small dots. Then scroll down to the word 'settings.'

Scroll to the bottom of the page, click 'advance' and then scroll down to the bottom of the next page. At the bottom select 'reset and clean up.' Select 'restore setting to original.' On the next box, click 'reset.' Reboot your computer.

If you use Firefox or Opera edge the procedures are similar.



If you use an Apple Mac it takes more steps please reference this url: [www.macpaw.com/how-to/reset-safari-on-mac](http://www.macpaw.com/how-to/reset-safari-on-mac)

Maurice Scaglione is a 25-year veteran of the computer industry. He runs **Stupid Computers, LLC** (954-302-3011) offering personal computer training in home or office. He resolves problems and instructs on the use of computers, smart phones and tablets such as iPhone, Android, iPad etc. You are welcome to send your questions to him at [stupidcomputersllc@gmail.com](mailto:stupidcomputersllc@gmail.com) and will attempt to include answers in future articles.

### Answers to Crossword Puzzle on Page 5 and Sudoku on Page 8.

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

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



# Train Your Brain And Stay In Tune

## JKV Only Community In Florida Offering This Unique Program

**Marty Lee**  
Gazette Contributor

In recent months, the John Knox Village (JKV) sponsored "Train Your Brain" program has become one of the most popular continuing education classes offered in the Village. Taught by Phyllis Strupp, author of the book, "Better with Age: The Ultimate Guide to Brain Training," the sessions offer a unique brain-training technique that proves that we can get better with age. This is such a unique program that John Knox Village is the only Life Plan Retirement Community in Florida to offer "Train Your Brain."

Phyllis was the featured speaker at a recent Lunch & Learn event held at the Life Enrichment Center in The Woodlands at JKV. She passed out a questionnaire dealing with some common misconceptions of brain health and functionality as we age.

Not surprisingly, most of the first-time attendees to the "Train Your Brain," mini-session responded that brain functionality decreases with age. Phyllis corrected us all, and explained that in fact, that misconception is not true. She indicated that there was a myth circulated by scientists in the '60s that indicated that the normal brain declines with age. "Use it or lose it, is good advice for brain health," Phyllis said.

### The Tradition Of Senior Wisdom

When you think about it, for centuries (if not millennia), families stayed together. Children, parents and grandparents were all part of the same family unit. Phyllis said, "Your brain is 30 percent developed at birth. It is programmed and built to grow." This helps to develop senior wisdom – allowing grandparents to impart wisdom to grand-



Phyllis Strupp is the author of the highly acclaimed book, "Better with Age: The Ultimate Guide to Brain Training."

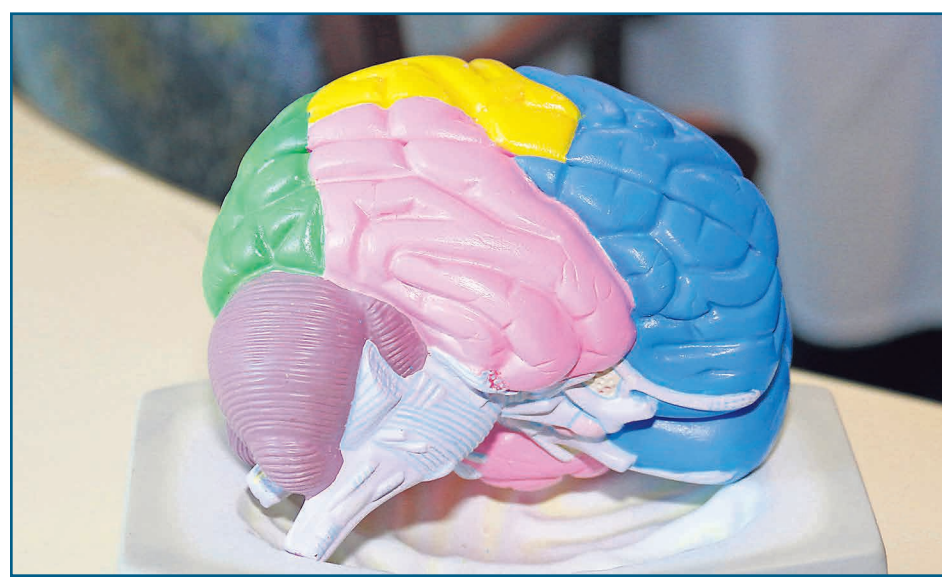
children. In many of the world's cultures, grandparents and elders are held in high esteem for their experience, knowledge and wisdom.

Phyllis points out that among seniors, the normal brain remains vital and active: "Your ability to react quickly diminishes, because the brain is deliberately slowing down to produce wisdom. Your life experiences, which form your life story, are the trees from which the brain harvests wisdom."

### Socialization Is Key To Brain Health

Phyllis leaves readers of *The Gazette* with a brain tip and word of advice: Socialization is one of the most important elements in keeping the brain healthy and functioning normally. So get involved. Have regular gatherings with friends. Take a class in something that interests you. Volunteer your time and talents.

For more information on the next "Train Your Brain" program class, please read *The Gazette* monthly. We will keep you alerted to upcoming classes. Better yet, call the John Knox Village Marketing Department at (954) 783-4040 for more information.



Phyllis Strupp uses 'Athena,' her brain model, to show the different parts of the brain and how each interconnects in functionality.

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The Nautilus apartment home is perfect for comfortable relaxation, yet has the space for entertaining and socializing.

